

# Treatment & Recovery Services

For Adolescents & Transitional Aged Youth



*Horizon Behavioral Health supports and promotes the **health, independence and self-worth** of individuals and families in Central Virginia by providing a continuum of community-based treatment, prevention, early intervention, and aftercare services for persons affected by mental health, intellectual disabilities, substance use and co-occurring disorders.*

With support from the Substance Use Mental Health Services Administration (SAMHSA) TREE Grant, Horizon offers evidence-based treatment options and supportive services for adolescents, ages 12-18, and transitional aged youth, ages 16-25, with a substance use disorder (SUD), and/or co-occurring substance use and mental health disorder.

## Services

Case Management  
Individual Outpatient Therapy  
Group Outpatient Therapy  
Service Linkage



All Horizon programs are CARF accredited, which means we adhere to the highest internationally recognized standards of service and care.



# The TREE Program

Early intervention with evidence-based treatment and recovery services are shown to improve the overall health outcomes of adolescents, transitional aged youth, and their families, by involving the family unit and primary caregivers in the treatment plan and prevent disciplinary action in the public school system.

The Adolescent Community Reinforcement Approach (A-CRA) is a behavioral therapy supported by SAMHSA's TREE Grant that strengthens social, recreational, familial, school, and/or vocational reinforcers using skills training. The goal is that non-substance using behaviors are rewarded and can replace substance use behavior. This positive, non-confrontational approach emphasizes engagement in positive social activity, positive peer relationships, and improved family relationships.

## Eligibility Criteria

An individual may be eligible for this program if they meet the following criteria:

- ✓ An adolescent or transitional aged youth, ages 12-25.
- ✓ A Central Virginia resident.
- ✓ Having a substance use and/or co-occurring diagnosis.

## How to Make a Referral

Individuals may be referred to this program by an adolescent's school due to possession of substances or paraphernalia on school property.

A concerned parent or caregiver can also make a referral by calling Horizon's admissions department at 434-477-5000 to schedule an initial assessment.