



HORIZON NEWSLETTER

Expanding access and hope one page at a time.

Summer Newsletter

Issue 2 Vol. 4

www.horizonbh.org

A Letter From Our CEO



Happy New Fiscal New Year! I'm so excited to report that Horizon (HBH) has completed the transition to a new electronic health record (EHR) on August 1, 2015; I know the HBH Board and staff shares my excitement. The countless hours that the HBH team invested in this process is very much appreciated. It has been a long road since we began this journey in October 2014 but we endured and WE MADE IT! The great part for me was observing the internal collaboration, collegiality, support, and teamwork; it was truly impressive and inspiring. I'm very confident about our future with the new EHR and thankful for your

patience, support and guidance during the last two years.

The new EHR will help us align to today's digital technology environment (smart phones, tablets, and web-enabled devices), will facilitate a greater and more seamless flow of information within our infrastructure, and will provide information/data whenever and wherever we need it. In addition, the use of analytics will help HBH move from being retrospective to proactive to predictive at a time when optimizing the "value" of the care we provide is essential to our long term sustainability as an organization and field. The feedback I have received thus far is that the new EHR rocks. My perspective is that any EHR system is only as good as the information that's put into the system. We built in the processes and system. We are Horizon and we rock! (Con't pg.2)

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HEALING AND HELPING

How one Horizon employee is paying it forward through partnership



CIT Role Play Scenario

Paula Brent was a junior in college when the security guards started following her around campus. She was quiet and very shy. "So why would they be following her?" she wondered. It was that professor who wanted to help her "come out of her shell." At first, Paula welcomed the help and was relieved that someone had taken notice of her. But when the professor and the guards starting following her she became increasingly suspicious and realized that they all wanted her kicked out of school.

Very upset and distraught, Paula called her mom. When her mom came to campus she found out her daughter was suffering from severe hallucinations. Paula was involuntarily admitted to a psychiatric hospital and diagnosed with Schizoaffactive Disorder.

The illness still haunts her today but it doesn't stop her from helping others. She now has her Master's Degree in Community Counseling from Lynchburg College and puts it to use every day as a peer support specialist in Centra's Emergency Room. "I can understand better than anyone else what it's like to have a mental illness," says Paula. (Con't. pg.2)

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CEO Letter (con't from pg. 1)

On another very positive note, I had the privilege of visiting several elementary schools in Campbell, Amherst, Appomattox and Lynchburg before this school year ended. I was highly impressed by the level of commitment and expertise of each HBH team member. I was also pleased to hear the praises for our Horizon team from school principals and teachers. They value our partnership. It's so comforting as a parent and professional in the behavioral health field, to know that each school and Horizon staff are appropriately handling the interactions with children especially when it comes to intervening with special needs children. At one school I had the privilege of meeting a third grader named "J". I was blown away at how articulate and bright he is and how he has improved in school because of the life changing work of HBH staff. I'm confident that "J" and other wonderful children in our public school system have a bright future because of our partnership with parents and schools.

Every day I come to work at HBH I look forward to the people that are there, it's a joy to collaborate with them throughout the day. I'm also incredibly grateful and consistently impressed by the amazing community partners that I have the privilege of working with locally and throughout Virginia.

With every best wish and kind regard,

Damien Cabezas
CEO, Horizon Behavioral Health

HORIZON SHINES AT STATE CONFERENCE

Debra Jefferson, Horizon's CIT Coordinator, addressed the *Virginia Community Psychiatric Nursing Spring Conference* to talk about the successes of the program in Central Virginia. She was a part of a speaking line-up that also included Senator Creigh



Debra Jefferson, Horizon CIT Coordinator

Deeds, whose son died in a tragic suicide that injured the Senator as well. During the conference, two nurses from Horizon, Crystal Hicks and Jennifer Phelps, were nominated as Co-Presidents of the state-wide organization. The



Sen. Deeds Addressing VACPN

November conference will be held in Lynchburg at the Craddock Terry Hotel. Horizon CEO Damien Cabezas will address attendees during breakfast the first morning.

Healing (con't from pg. 1)

"There is hope. A mental illness is part of you and there is recovery." Paula says these words to comfort clients suffering a crisis, but it also helps the police officers that bring them in. Paula helps these officers through the Lynchburg-Central Virginia Crisis Intervention Team (CIT). She is one of 28 CIT Trained instructors that teach public safety officers how to spot a mental health crisis. "I see officers that come (to the training) and say they are wasting their time but by the end they are saying 'wow, I'm glad I came here,'" says Paula. She adds that it's not just in their words but their actions – "the way they treat the patient, the kindness they show (a client)."

CIT brings together stakeholders from Horizon, Centra and law enforcement, to improve the overall response to a person experiencing a mental health crisis. To date, the CIT program has trained 171 officers and first responders, along with dozens of professionals from college security, social services, regional dispatch, corrections, and the fire department.

In September, Horizon, in partnership with Centra and local law enforcement agencies, developed a psychiatric emergency center (PEC). This five bed unit is located across the driveway from Lynchburg General's ER. Thanks to a grant secured by Horizon from the Department of Behavioral Health and Developmental Services Police officers will be able to drop off people in crisis 24/7 365 days a year.

For our community, the CIT training and the new PEC mean better safety, a continuum of care for those in need, and a slow deterioration of the wall that is mental health stigma. For Paula, the new PSR means she gets to touch more lives and spread the message of hope: "If you seek services and you stay on medication, chances are that you can live a life that's good. You can work, have fun, and enjoy your life."



HORIZON GUESTS

COMMISSIONER FERGUSON

March  Agency Tour



Debra Ferguson, the Commissioner of Behavioral Health and Developmental Services, visited Horizon in March to hear about the agency's successes and get feedback on the future of behavioral health.

Delegate Garrett & Delegate Yost

March  Children's Services



In March, Virginia Delegates Yost and Garrett visited the Horizon Wellness Center at Langhorne to learn about mental health programs for children.

Senator Garrett

July  Pharmacy Services



Senator Garrett and his team visited our on-site Genoa Pharmacy in July.

Lynchburg Mayor Gillette

June  Therapeutic Day Treatment



Summer camp began with a pep talk from Lynchburg Mayor Michael Gillette. The children asked the mayor many thoughtful questions regarding city council, mayoral decisions, construction and even taxes.



MENTAL ILLNESS AND SUBSTANCE USE DISORDERS

Damien Cabezas, CEO, Horizon Behavioral Health

It's hard to believe that despite all the information around our great nation and the Commonwealth about mental health and/or substance abuse, this topic continues to be the elephant in the room. The horrific incidents across this great Nation demonstrate the need to increase our outreach and education in communities on what to do if they observe someone with a potential mental health or substance use issue. As horrific as these events are it provides the behavioral health field with an opportunity to highlight the importance and benefits of treatment and continue to reduce stigma.

Despite the increased need for mental health and substance abuse services, only 50 % of people with mental and/or substance use disorders receive treatment. We also need to increase educating communities on the mental health issues that children experience, emotional behavioral disabilities or how trauma exposure affects children's behavior in a school environment so that we can appropriately handle the interactions with children especially when it comes to intervening with special needs children.

At Horizon we're committed to being an active participant in

educating communities and advocating on behalf of the consumers we serve. In the next couple of months, we will increase our visibility to remind people on what to do if they observe someone with a potential mental health or substance use disorder, as well as offer more training opportunities. We're also in the process of developing a Horizon Mental Health CALM Kit that we will distribute with a call to action. CALM stands for Carry, Advocate, Listen and Make a Difference. The kit provides basic information that will help communities identify a potential mental health problem and who to contact. It's my hope that my colleagues in the behavioral health field in Virginia and our nation replicate these kits in their communities to highlight that treatment works and recovery is real.

When we lose touch with the people we love, that's when they need us most. Creating a more compassionate community will reveal just how common mental illness and substance abuse is.

With every best wish and kind regard,

Damien

NATIONAL RECOGNITION FOR FAST

The Coordinator of Horizon's Families and Schools Together (FAST) program, Januwaa Davis, was on hand to collect two awards during the national FAST training in Madison, Wisconsin in July. The agency was recognized with the award for "Best Practices for Sustaining FAST" and a "Commitment to Maintaining a Vibrant Fast Community for Over 10 Years."

FAST is an eight-week program that has teachers and families collaborate and support each other to make sure every child reaches his or her potential. Last school year 76 families were enrolled in the program at Appomattox Primary, as well as

Heritage and Bass Elementary Schools in Lynchburg.



(from left) Januwaa Davis, Dr. Lynn McDonald, FAST Founder, and Carol Goedken, FAST CEO

ON POINT WITH ETHICS

In July, Horizon Behavioral Health launched *Ethics Point* – a web-based tool that helps to eliminate fraud, waste and abuse within organizations world-wide. Horizon is the first CSB to make this investment.

This third-party system encourages employees to report any concerns as they relate to potential fraud, waste and abuse or human rights issues. Reporting can be done anonymously online or over the phone. Once a report is made Horizon's Continuous Quality Improvement team begins an investigation. The system also has the ability to provide reports on trends and patterns that could lead to opportunities for further training and performance improvement projects. Horizon Behavioral Health is committed to building and enhancing a culture which supports the highest ethical standards and organizational accountability.

HORIZON PARTNERSHIPS

IN STEP WITH PARENTS AND TEACHERS

Horizon is partnering with R.S. Paine Elementary School to provide a parenting program called STEP (Systematic Training for Effective Parenting). The purpose of this 8-week program is to help parents understand themselves and their children, learn how to effectively communicate, discipline, and understand their children and acquire some basic parenting skills.

The program kicks off each week with a shared family meal. Then children hit the gym or the playground for fun while parents share their experiences, gain encouragement from others, and learn helpful techniques in parenting.

Local businesses partner with the STEP program to provide gift certificates. Each week, participants enter their name in a raffle. At the end of the program, one lucky name will be drawn to win a gift envelope of certificates from Market on Main, Lynchburg Car Wash, Buffalo Wild Wings, Fresh Market, and Fun Quest.



THE BIGGER PARTNERSHIP

STEP is one of more than a dozen programs and services that Horizon provides to Lynchburg City Schools.

Our partnership is growing. The leadership teams from both entities are now meeting quarterly to discuss how to share resources and help the children of Lynchburg thrive. Beyond prevention programs, Horizon provides Therapeutic Day Treatment, Intensive and Emergency Services to children in need.

TAKING HIPE TO THE HILLCATS



Just Say No Day is an annual event sponsored by the *Healthy Individuals through Prevention & Education (HIPE) Coalition* in partnership with the Lynchburg Hillcats. This year, 1,852 students from 14 schools across the region participated in a very special day at the ballpark. These children heard about the dangers of drug use and the importance of making healthy choices. Anti-drug posters were created by each school and judged by coalition members. Horizon did not miss out on being a part of this fantastic day. Horizon prevention staff were on hand to test the youth's knowledge of the dangers of tobacco use.



HORIZON SUMMER CAMP

Horizon's Therapeutic Day Treatment (TDT) Program gave 478 children in Lynchburg and the surrounding counties a fun summer that taught them the importance of service to others and community pride. The program ran for seven weeks.



Lemonade Stand

Who doesn't love cold lemonade on a hot summer day? These Altavista Elementary students raised \$228.41 to donate to Habitat for Humanity and Frannie's House.

Swimming Lessons

Big thanks to Altavista YMCA for partnering with Horizon's Therapeutic Day Treatment Program and providing swimming lessons for our children. This is an essential skill needed for safe summer fun.



Planting Seeds of Change

Amherst High school students planted onions and weeded the potato garden at Lynchburg Grows and did some more planting and weeding the school. They are proud to give back to the school they will soon graduate from.

COMMUNITY CORNER

Airport Disaster Drill

Horizon clinicians volunteer their time and talents as part of the regional disaster team. So when the team conducted an aircraft disaster drill in March, our clinicians were on hand. While the fire crews extinguished the flames and the medical crews tended to the wounded, Horizon's team addressed the mental trauma that families experience during an event like this. This drill tests our local resources to ensure that we are able to respond to the demands an incident like this creates. Rest assured the entire team did a fantastic job.



Food Pantry Donation

Horizon's Food Pantry recently received a generous gift from the Youth Group at Quaker Memorial Presbyterian Church. This food will serve families going through tough transitions like the loss of a job or home. We appreciate the gift and so do our families!



SCHOOL YEAR TDT

During the year Horizon provides Therapeutic Day Treatment to children who have had difficulties succeeding in a regular school setting. Here are some quick facts about the program during the 2014-2015 school year:

781

Total number of clients served

94

Number of clients who met their goals and graduated from the program

33

Number of clients who were hospitalized or put in a more intense program

90%

Attendance rate for children in the program



EVENTS AROUND HORIZON

HORIZON'S GOT TALENT

Horizon's Got Talent, a fundraiser to benefit Horizon Behavioral Health, was a night full of good food, great company and amazing talent. Guests were able to hear how the agency helps more than 9,000 clients a year. Our celebrity judges were Arizona Cardinal's Logan Thomas, Liberty University QB Josh Woodrum, WSET Anchor Danner Evans, and WIQO Talk Show host Brian Weigand. Elvis impersonator Taylor Rodriguez took home the first place trophy. We are so grateful for the wonderful support we received on this exciting event. The second annual Horizon's Got Talent is scheduled for Friday, March 11, 2016. Calls for talent and ticket sales will begin in early 2016.



SPRING PICNIC

At Horizon we value our employees. We believe that the secret behind a strong agency is a strong employee bond. In turn, this helps us build a stronger community. Events like our recent family appreciation picnic create a fun environment for the staff to kick back and build relationships. As our CEO, Damien Cabezas, always says "Together is a wonderful place to be."



EVENTS AROUND HORIZON

OPEN HOUSE

Horizon's Executive Offices recently relocated to Court Street in downtown Lynchburg. To celebrate, the agency held an open house for community members and employees. We were pleased to play host to nearly 75 guests throughout the day.



SUMMER SOIREE

Out with the old and in with the new! Horizon employees rang in the new fiscal year during a late afternoon party that included dancing, great food and a very distinct piñata.

Conflict Free Case Management

Horizon's Case Management Services restructured this spring in order to provide better services to our Consumers while also complying with rulings from the Department of Justice (DJJ) and the Centers for Medicare and Medicaid Services (CMS) regarding "Conflict Free Case Management." The rulings require providers like Horizon to have a full separation of case management from direct services provision, and must be able to demonstrate that case management services are free of conflicts of interest.

Structurally or operationally, this means that the Case Manager can not provide direct services (counseling, etc.) to an individual. This prevents the possibility of any conflict of interest in making referrals for services or creating a situation that may compromise the Case Managers' ability to exercise oversight and monitoring responsibilities of the service providers.



In order to comply with the rulings, Horizon chose to separate Case Management from all other services. It is now a stand-alone Portfolio in the organization. The Case Management Portfolio is broken into four specializations which are: Intellectual Disabilities Case Management, Mental Health Case Management for Consumers from Birth through 10 years of age, Mental Health and Substance Abuse Case Management for Consumers from 11 to 25 years of age, and Mental Health and Substance Abuse Case Management for Consumers 26 years of age and older. These specializations allow the Case Managers to focus on the unique developmental needs of their Consumers.



Horizon Job Openings

We are actively recruiting enthusiastic **Psychiatrists and Nurse Practitioners** to work with our adult **or** child clients and join our Horizon Team!

Adult Services:

The **Psychiatrist and/or Nurse Practitioner** provides direct services to chronically mentally ill adults and dually diagnosed adults (mental illness, substance abuse, and/or intellectual disabilities). The Psychiatrist is responsible for providing psychiatric evaluations, consultations, and medication management services to adult clients in an outpatient clinical setting.

This position works Monday through Friday (8:30a-5p). On-call is not required.

Child Services:

The **Psychiatrist and/or Nurse Practitioner** will serve children with a variety of mental health problems at our Child and Family Services Center. May also work within community settings.

Will perform psychiatric evaluations and create plans of care. On-call is not required.

Horizon Behavioral Health offers a competitive salary with an excellent benefit package that includes medical, dental, and vision insurance; participation in the Virginia Retirement System; additional 401K, 403B, and 457 plans; a generous leave policy, new electronic health record system and e-prescriptions, and educational benefits. Reasonable work hours in a congenial work atmosphere.

**Positions may be eligible for tuition reimbursement through National Health Service Corp (NHSC) and Public Service Loan Forgiveness.*

Must currently be board-eligible and able to be licensed in Virginia as a psychiatrist, or licensed as a Psychiatric Nurse Practitioner and able to be licensed in Virginia.

We are actively recruiting enthusiastic **licensed and/or license eligible clinicians** to provide the following services for our community:

Emergency Services

- voluntary/involuntary assessments
 - independent evaluations
 - prescreening
 - crisis plans
 - initial service track for priority populations
- emergency case management services to individuals admitted under temporary detention orders or rapid stabilization

Access, Intake, and Admission to other services

- behavioral health and substance abuse assessments for individuals seeking services
 - eligibility screenings for individuals requesting services
- crisis assessment and intervention services

Intensive Community Services

- working with children, adolescents, and their families within the therapeutic milieu, community, home, and school settings
- performs assessments, evaluations and individual and/or family therapy sessions which includes maintaining a case load of therapy/counseling cases; provides crisis stabilization and crisis intervention services as needed

Outpatient

Individual and Family Counseling

Group counseling

Parent Center - provide parents with the tools and resources they need to be confident and have healthy influences on their children

Birth to Six - This program is provided in the home for children and their families to develop and implement a plan to address behavioral problems

Co-occurring

Minimum requirements for all the positions above:

- Master's degree in an applicable human services field
- One year of experience providing counseling services in a clinical setting
- Must be license eligible or licensed in the State of Virginia.

A valid driver's license is required. An additional stipend may be available for qualified persons participating in on-call services.

BELIEVE IN YOURSELF



Horizon Opportunities, Inc. believes that **every individual** deserves access to world class behavioral health services and a **bright future** where they can enjoy independent living, full community participation and economic self-sufficiency . We believe in the power of **YOU!**



FOR MORE INFORMATION ON HOW TO GET INVOLVED
AND DONATE:

Visit Horizonopportunities.org

Horizon Opportunities is a 501(c)(3)

ON THE CALENDAR

HORIZON CAREER FAIR

August 13
11 am—7 pm

**2410 Old Forest Rd., Lynch-
burg**

Job opportunities are available for clinicians in Case Management, Outpatient, Emergency and Intensive Services. RN and Lead Nurse positions are available, as well.

AMHERST RIBBON CUTTING

September 30
11:30—12:30

**120 W. Commerce St.,
Amherst**

Join us for a small ceremony and refreshments as we celebrate our expansion in Amherst County

NATIONAL RECOVERY MONTH PARTNERSHIP CONFERENCE

Thursday, September 17, 2015
7:30 am—11:15 am

Eagle Eyrie

Conference Agenda:

7:30 am—8:30 am—Network

8:30—8:50 am—Welcoming Remarks

8:50—10:55 am—Program:

Addressing Prescription Drug & Heroin Abuse
Crisis Intervention : A successful partnership

10:55—11:15 am—Partner of the Year Award

Please RSVP to Lauren Connors at

lauren.connors@horizonbh.org by September 1

A CLIENT'S OWN WORDS

STRANGERS IN A ROOM

I'm in a room filled of strangers.
Have no idea of who they are.
How intriguing are the stories they share,
Some good, bad, happy, sad, some close by, some
far.

But, there is a common bond that draws us near.
Pray-tell what could that be?
Is it the way I look without judging them?
I hope the same goes for me.

We all understand that no one is perfect.
I don't believe one could claim they are.
But there is a special beauty with us
That shines like the brightest star.

Did faith draw us to this place, in time?
Or, maybe we're all just magnets that were to-
gether drawn in.
You know, I really don't care how we got here,
As long as we all can be friends.





Portfolio of Services

Case Management

Outpatient

Housing

School Based

Health

Psychiatric

Intensive

Emergency

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 prevention, early intervention, aftercare and psycho-social rehabilitation services for persons affected by mental health, intellectual disabilities, substance abuse, and co-occurring disorders.

Call Horizon today to make an appointment!

434-477-5000

