



Horizon's Teen Mental Health Program

Founded by The Devin Waring Foundation with support from
The Good Climb & The Revelas Family Foundation

HORIZON IS FOCUSED ON STRENGTHENING OUR MESSAGING, EDUCATION, AND IMPACT BY CONTINUING TO EXPAND AND BUILD OUR OUTREACH EFFORTS TO LOCAL SCHOOLS IN OUR COMMUNITY.

Education and awareness play a vital role in what Horizon does. We look forward to working with you and providing the necessary presentations and resources to your school for increased education and awareness. Across every industry, field, and background, our community as a whole has an incredible opportunity to enhance the quality of life of students, their families, and faculty/staff by educating around mental health and substance use. Virtual or In-person options will be available. Programs will be customizable based on the school needs and what is recommended by teens and peers.

Horizon will work with local high schools to implement and customize the program to best fit their needs. Each school will be allotted resources, which will include educational opportunities inclusive of counselor and parent/family liaison time, presentations, staff meetings, staff trainings, etc.

Additional Communications and Outreach

The need for mental health (MH) treatment in our community has grown exponentially. There is no question that the significant loss of lives consequent to the ongoing epidemic is escalating due to the complicating factors associated with COVID-19. The factors contributing to these trends are several - including social isolation, impaired health, trauma/grief and loss, and reduced access to teen, young adult, family/support persons and systems - with consequent heightened anxiety, depression, and substance use.

Based on these needs, the purpose of this campaign is to ensure that mental health struggles are normalized/ destigmatized - thereby encouraging persons and their families to seek help - and to ensure that all students are informed about education and awareness surrounding mental health, Horizon's behavioral health treatment services, know how to easily and quickly access them, and understand that they can access these services from the comfort and safety of their homes via our secure telehealth platform. We also recognize the critical nature of our effective communication with community partners who refer patients and families to care - with an emphasis on schools and other community representatives.

Horizon's Mission Statement is: "Together for Recovery. Changing Lives. Saving Lives." Our mission is to support the ongoing recovery of persons struggling with their mental health and substance use disorders to maximize their health, wellness, and personal, family, and community functioning. We provide services across the entire population spectrum. We are committed to being creative, innovative, and being the regional provider of choice for high quality evidence-based services.

Mental Health Awareness Topics

- **Mental Health First Aid**
 - Explanation of depression and mood disorders, anxiety disorders, trauma informed care, and substance use disorders. Presentation also covers how to have conversations with loved ones or colleagues, appropriate help/resources for treatment, and more.
- **Stress Management, Wellness, and Mindfulness Practices**
 - Brief overview, wellness activities and suggestions on what staff, students and adults can do to work through their stressors, understanding self-care, and how mindfulness can increase organizational productivity and employee wellness. Resources and information on levels of treatment are provided.
- **Well-Being in the “New-Normal”**
 - Normalizing what everyone is feeling and experiencing after the COVID-19 pandemic, including signs, symptoms and treatment of anxiety and depression, how to have conversations with teams or loved ones, ways to provide support, and identifying stressors and how to navigate them.
- **Compassion and Connection**
 - Strategies and approach for increasing compassion towards each other.
- **Suicide Prevention**
 - Discussion of signs and symptoms to look for in addition to assisting employees or loved ones in conversations following those who may have been impacted by suicide.
 - Grief and Loss
- **Trauma-Informed Care**
 - Gain an understanding of trauma-informed care and the role trauma plays in an individual's life. Attendees will learn how to take a trauma-informed approach to interacting with coworkers and loved ones, and how to provide support to those experiencing trauma.

Substance Use Awareness Topics

- **Understanding Substance Use**
 - Alcohol & Opiates: learn about the signs & symptoms of substance use.
- **Family Education and Involvement**
 - How to support your loved one, connecting with resources and continued education.
- **Treatment**
 - What does that look like? How do I go about receiving treatment, and what options are available to me?
- **Cannabis 101**
 - Learn all the basics of cannabis as a plant, product, medicine, and potential drug of abuse.
- **Opiate Overdose Prevention**
 - We believe that being prepared is an important step in preventing death from an overdose. Training attendees will receive an Opiate Overdose Prevention Kit to help opiate users, friends, and family be prepared in the case of an overdose.

Other Topics

- **Learn About Horizon**
 - Presentation provides an overview of Horizon Health Services, what services we offer, how to refer a colleague, same day access programming, introduction to our admissions team, what does confidentiality look like if an employee reaches out, insurance barriers and questions on how to find resource advocates to assist with insurance and more.
- **Understanding DEIB & Cultural Humility**
 - Our Director of Diversity, Equity, Inclusion and Belonging will present on the basic understandings of DEIB, how to have critical conversations among teams and families, and the importance of having cultural humility with coworkers, family members, friends, and the community.

(Topics would be a presentation on the understanding and explanation of each, in addition to the available resources and take-a-ways)



To learn more about the program and resources available, please contact Christina Pearl at cpearl@horizon-health.org or call 716-831-2700

[HORIZON-HEALTH.ORG](https://horizon-health.org)

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