

# Addiction Awareness and Education

## MEET THE TRAINER



### Colleen Babcock

#### Parent & Family Support Coordinator

As Horizon's Parent & Family Support Coordinator, Colleen works with loved ones of patients to help them better understand substance use and learn valuable skills to support their loved ones in recovery.

Contact Colleen via email at [CBabcock@horizon-health.org](mailto:CBabcock@horizon-health.org) or by calling or texting at (716) 907-2985 to learn more about her Parent and Family Support Group, free Narcan training, and other training opportunities! Colleen has availability after hours, as well.

## RESOURCES AVAILABLE

### Parent and Family Support Group

Our family support liaisons can answer questions, guide families to resources, and otherwise serve as a source of support. Parents and families can access these supports on an as-needed or ongoing basis depending on identified needs. The goal of this role is to provide loved ones with knowledge and insights from a family member's perspective on addiction, mental health, navigating the treatment system, and how to provide effective support.

### Opiate Overdose Prevention Training

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.

### Understanding Substance Use Training

Learn about alcohol and opiates, as well as gain an understanding of the signs of substance use.

## THERAPY DOG PROGRAM

Research shows that interaction with therapy dogs increases the release of bonding and happiness hormones and decreases stress. Led by Colleen, Horizon's Therapy Dog Program continues to improve and enhance practices, maintaining Horizon's high-quality treatment and recovery programs. Scan the QR code below to learn more.

