Our community.
Our goal
Changing Lives.
Saving Lives.

Horizon
CORPORATIONS

As opioid addiction and mental and behavioral health disorders persist, all of us know someone directly affected.

Yes, this crisis continues to challenge us. But when tragedy occurs, good people step up to help.

We are profoundly grateful for the varied and creative ways families, friends and donors have rallied to our support.

Together as one community, we pursue our mission to guide patients in their journey to recovery.

FROM THE PRESIDENT AND CEO

In 1963, President Kennedy signed the Community Mental Health Act that led to the establishment of comprehensive community mental health centers across the country. As a result, in 1975, we initiated services as Erie County Mental Health Services Corporation 2.

Our mission then was to provide care and healing for individuals with serious mental illness – many of whom were being released from long-term institutionalization. We operated with the best intentions, with few resources, little support and substandard facilities. What we lacked in clinical tools and evidence-based practices, we made up for in compassion and commitment.

While our compassion and commitment continue, 43 years later we have fortified this passion with many more resources. We now provide advanced clinical training in evidence-based practices, new tools and technology to enhance access, expanded geographic access, wraparound and recovery support and, most importantly, a belief that recovery for individuals with mental health and substance use disorders is possible. Then – and now – we know that the key to our continued success is our focus on hiring the best staff, innovation, opportunity and continuous quality improvement.

Looking back at 2018, I am most proud of our dedicated, talented and dynamic team. These individuals represent the best in the business, and are experts in their respective fields. They consistently challenge the status quo, seeking new solutions and opportunities to propel our organization into the future.

We still have a lot of work to do. We must continue our focus on improving patient access through the development of tele-health services, off-site and outreach and engagement services. While Horizon's training programs distinguish our organization, we must expand our commitment to ensure that evidence-based practices are in all clinical team "toolboxes." We must ensure that we have the most comprehensive and valid data regarding our services and developments in the field – as this information drives our decision-making. We must establish and strengthen our strategic partnerships, and thereby access new opportunities through collaborative action.

Excellence, respect, compassion and integrity must continue to be the hallmarks of the Horizon team.

We are unrelenting in our quest to remain "best in class." Our activities and focus in 2019 will continue to build on our strengths and prepare us for our future.

We remain ever hopeful about recovery. We come to work each day knowing that our efforts make a difference – one person at a time.

Thank you.

Anne D. Constantino, President and CEO

The Women's Council of Realtors Fashion Show at Salvatore's, which featured a basket raffle along with live and silent auctions, attracted more than 500 attendees who contributed $9,100 for Horizon Health.

Emily Eisenbaum's hand-knit baby sweaters bring joy to new parents while Emily donates the proceeds to Horizon. It's her way of expressing gratitude for services we provided not only to her foster daughter and family but to the community as well.

Power Yoga Buffalo chose Horizon's women's facility at Aurora Village to be the recipient of its **Breath and Beats** event in May. More than 300 enjoyed the evening of yoga and music which raised close to $5,000. Opened in November, the new facility houses a room dedicated to the group.

Friends devise creative ways to raise funds.

Western New Yorkers are as inventive as they are generous. With enthusiasm, ingenuity and a good measure of fun, community efforts raised significant amounts to benefit Horizon.

Danny's Bags are thoughtful gifts from the Daniel J. Adamczyk Foundation. Christine Adamczyk named both the foundation and the program in memory of her son, who died from a fentanyl overdose in 2017. The bright purple tote bags provide toiletries and other necessities for patients at Horizon's residential facilities, who also receive a note with a photo of Danny and words of encouragement.

The Ingram Micro East Coast Charity Golf Tournament is a major annual event. Horizon was grateful to be a beneficiary in 2018. Ingram's $35,000 donation will fund a family room slated for group and individual family therapy, speakers, presentations and training in the Family and Training Center to be built this year on the Horizon Village Campus.

The Berryman Drive Fiesta Bowl was the brainchild of Canisius High School senior Nick Revelas. Spurred by a friend's suicide, Nick organized a three-on-three basketball tournament whose purpose was to raise awareness of mental illness and depression. More than 150 students, 32 teams, 300+ spectators and 35 volunteers raised close to $20,000. Nick plans to stage an even bigger competition and after-party in 2019.

Music Is Art founder Robby Takac of the Goo Goo Dolls participated in a press conference at Delta Village to announce **Nurs'n Blues**, an innovative music therapy program offered in collaboration with the Blues Society of Western New York. Founded by Patti Parks, a local blues musician and nurse, Nurs'n Blues uses blues music to help adolescents and young adults in recovery.

Our Aurora Village Grand Opening took place in November, and the 25-bed women-only facility on the Horizon Village Campus filled immediately. Lieutenant Governor Kathy Hochul recognized Horizon's continuing efforts to increase both our treatment resources and residential capacity.

Honoring the courage of our patients and their families.

As opioid addiction and suicide continue to plague the nation, Horizon is working diligently not only to support our patients and families but also to raise awareness in the community at large.

Modern Warrior, a live theatrical and musical work, staged two performances at the Horizon Village Campus in November. All 125 patients, plus employees, paid rapt attention as U.S. Army combat veteran and co-creator Jaymes Poling narrated the story of his struggles to return to civilian life. The autobiographical production emphasizes shared human experience, resilience and hope, as well as the role of the arts in recovery from trauma.

Prescribed to Death: A Memorial to the Victims of the Opioid Crisis. Horizon was honored to be among the sponsors that brought this powerful traveling exhibit to Canalside in August. Created by the National Safety Council, the exhibit consists of a black wall with row upon row of little white pills, each one carved with a human face. The pills – 22,000 in all – represent the number of people who overdosed on prescription drugs in the year 2015 alone. A presentation by Horizon was among the exhibit's educational components.

Recovery Month, observed in September at all Horizon locations, focused on reaching out to patients and highlighting their hard work to achieve recovery. Recovery bracelets were distributed and worn by patients, families and employees alike. Employees composed heartfelt messages on posters in every waiting room to support patients and recognize their efforts. Recovery Month cards written by employees provided progress reports and encouragement.

Our 5th annual Wellness Walk in Delaware Park was a highlight of Recovery Month in September. This event increases in popularity and success every year. In 2018, almost 300 people came together to raise more than $40,000 – our highest turnout and highest dollar amount ever.

Winning new friends for Horizon Health.

As Horizon Health grows, so does our profile in the communities we serve.

The Buffalo Pride Parade in June drew more than 100 Horizon employees and family members to march alongside the colorful float designed and constructed by our Diversity Committee.

Our first-ever Holiday Sock and Underwear Drive, an innovative promotion through Amazon, brought in more than 650 donations of men's and women's essentials between Thanksgiving and New Year's Day. Donors simply placed orders online, and had the items shipped directly to Terrace House.

Our first Horizon Night at the Bisons gave employees a chance to invite family or friends along for a fun time at the ballpark. With the ability to choose a Friday or a Sunday game, and some Bisons Bucks to spend, both events attracted a huge turnout.

New summer team-building events were a big success – made even more enjoyable because each group got to organize its own entertainment. Ideas ranged from picnics to paint days, from boat rides at Canalside to tours of Letchworth State Park, Maid of the Mist excursions and more. And multiple events made it possible to accommodate everyone's work schedule.

Strengthening employees — our most valuable asset

Amid the fast pace and intense focus of our work, we endeavor to maintain work-life balance, nurture relationships with our colleagues, and attend to our own wellness.

We expanded Horizon University, offering clinical and non-clinical employees new opportunities to broaden their skills and grow in their careers. In addition to management and leadership development – including our first off-site managers' retreat – we provided advanced instruction in evidence-based practices for employees as well as training for the community at large.

Coach with H.E.A.R.T. is a program that trains employees to treat everyone they encounter – patients, families and colleagues – with empathy and respect. Horizon's 43 coaches at all of our locations mentor their teams in practicing the H.E.A.R.T. skills – Hear, Empathize, Apologize, Respond and Thank.

New employee-run clubs encourage people to socialize outside work hours. Start-up funding has helped to launch several book clubs, bowling and volleyball teams, and groups devoted to such activities and interests as fitness, photography, crocheting and more.

Our 11th year as a Best Company to Work For was truly cause for celebration. On the day after the NYS Council of the Society for Human Resource Management made the announcement, employees at every Horizon location took a break from their workday to enjoy a piece of cake and take pride in their accomplishment.

Grants

SAMSHA for CCBHC-E	$2,000,000
BlueCross BlueShield Blue Fund	$500,000
John R. Oishei Foundation	$185,000
Senator Jacobs – SAM Fund	$150,000
Peter & Elizabeth Tower Foundation	$100,000
Key Bank Foundation	$86,000
Senator Ortt–Women's Health Initiative	$45,000
Garman Family Foundation administered by the Community Foundation for Greater Buffalo	$25,000
The Robert J. and Martha B. Fierle Foundation	$10,000

Blue Cross Blue Shield Blue Fund
Horizon received $500,000 to support construction of our new Training and Family Center. This multipurpose building will accommodate training for behavioral health workers, programming for family members of residential treatment patients, and after-care programs for people completing residential addiction treatment.

The Robert J. and Martha B. Fierle Foundation
With this grant, Horizon established an Uber Health account that enables us to overcome transportation barriers that impede our patients' access to quality care. Horizon staff members can easily schedule reliable rides to and from patients' behavioral health appointments using technology specifically designed to meet confidentiality and security standards.

Senator Robert G. Ortt & Garman Family Foundation Women's Health Initiative
Studies show that developing healthy support systems during pregnancy increases viability of the pregnancy, reduces premature births and increases compliance with treatment programs. This grant supports the mindful pregnancy group Horizon offers in collaboration with Sisters Hospital. Meeting biweekly, patients in our mental health and substance abuse programs receive education and social and emotional support, as well as continued support postpartum.

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