

An addiction to alcohol or other drugs – or a “habit” – is often misunderstood, not only by the people who are addicted, but also by their families and the general public.

At Horizon Health Services, we recognize that an addiction is a disease. But we also know that an addiction is treatable – and that treatment *works*.

Horizon Health Services' outpatient chemical dependency programs provide cutting-edge therapies that are responsive to an individual's unique needs. All treatment services are provided with caring and respect, and under the strictest confidentiality. If you (or your loved ones) are struggling with an addiction, get the help you need today.



HORIZON
HEALTH SERVICES

3020 Bailey Avenue, Buffalo, NY 14215
(716) 831-1800

www.horizon-health.org

acupuncture

abstinence support

stress management

relapse prevention

relationship counseling

**The help
you want
for habits
you don't.**

chemical dependency

drug abuse

alcohol abuse

co-dependency



HORIZON
HEALTH SERVICES

What is Horizon Health Services?

Horizon Health Services is the largest and most comprehensive outpatient provider of integrated mental health, chemical dependency and medical services in Western New York, delivering care at accessible locations throughout Erie and Niagara Counties.

We assist individuals in fulfilling their goals for an improved quality of life by instilling hope, and providing holistic treatment and rehabilitative services that are delivered with skill, respect and compassion.

Working together toward your recovery

Horizon's staff works with each client and his or her family to develop a plan for recovery that is responsive to their unique needs.

Horizon provides treatment to all persons regardless of their age, gender, race, ethnic group, national origin, sexual preference or disability. Horizon accepts Medicaid, Medicare and most other medical insurances.

All services are provided under the strictest confidentiality, with the overall goals of:

- preserving and enhancing clients' dignity,
- helping clients to achieve their personal goals, and
- improving clients' overall health and quality of life.

Therapies as individual as you are

Horizon recognizes that alcohol and other drug problems often negatively affect individuals' functioning within their family and social group, at work and in the management of their feelings.

To address these needs, Horizon provides a full range of services, including:

- comprehensive diagnostic assessment and counseling programs,
- cutting-edge therapies, including acupuncture,
- medical and psychiatric evaluation and treatment,
- educational and vocational assessment and job placement and support services,
- integrated treatment for persons with both chemical dependency and mental illness,
- counseling for families and/or significant others of persons with addictions, and
- specialized substance abuse counseling for adolescents.

Acupuncture: an effective treatment for addiction

Horizon offers acupuncture treatment services within our chemical dependency programs. Acupuncture has been used extensively in the United States to help people recover from drug and alcohol addictions by decreasing cravings, reducing withdrawal symptoms and relieving tension. Acupuncture, combined with counseling and self-help, clears the mind, builds energy and enhances well being. Acupuncture is safe, involves no drugs, and can be used by people with any other health condition.

Western science has confirmed that acupuncture affects chemicals in the body and the nervous system. Acupuncture works by:

- reducing the physical symptoms of withdrawal,
- relieving depression, anxiety and insomnia,
- decreasing cravings for drugs and alcohol, and
- helping clients respond more positively to counseling.

You can overcome your chemical addiction using the comprehensive programs available at Horizon Health Services. There is hope. You can regain control of your life. To get the help you want for the habits you don't, it starts with one phone call. For more information on **Horizon Health Services, call (716) 831-1800** (Central Intake).