

Horizon Health Newsletter



Pictured: Williamsburg Campus

Here's what has happened in the last month and what's to come!

Welcome to our monthly newsletter! We are thrilled to share with you the latest developments in our mission to make a positive impact in our community.

Firstly, we would like to express our gratitude to all of our dedicated community partners and volunteers who have continued to support us! Your generosity and dedication have allowed us to keep our programs running smoothly and effectively.

There are many people in our communities who don't really know what we do at Horizon Health. We're hoping that this newsletter and our community outreach changes that. We provide mental and behavioral health treatment including treatment for addiction, serving clients 6 years and older. We offer individual counseling, group counseling, MAT services as a recovery tool, and intensive outpatient services.

Additionally, as a means to treat the person holistically, we provide several support services such as targeted case management, transportation to and from appointments, peer support specialists, a state-certified childcare, ADHD testing, family support, employment services, an on-site lab, and community health workers. We also offer a variety of training including harm prevention, opioid overdose response, employment workshops, and more!

Finally, we want to extend a huge thank you to the community partnerships and support we have received at all three locations.

Together, we can make a real difference in the lives of those who need it most. It takes collaboration, not competition. We can't wait to work with each of you in the future.

Horizon Health Team

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Pictured: Gray Campus

Horizon News

Exciting news! Horizon will open a campus in Knox County! This facility will host a designated training center for community members to engage in a variety of new and exciting courses, expanding their knowledge and skillset.

The campus is set to open fall 2024 and will offer outpatient services for behavioral health and addiction treatment, a state-certified childcare center, transportation, family services, targeted case management, and so much more.

Additionally, Horizon will offer an Intensive Outpatient Program (IOP), at all three campuses. IOP is offered to those individuals that are looking for a more intensive specialized treatment.

Clients can attend tele-health or in office.

Intensive and intentional; this group meets for 3 hour sessions on Mondays, Wednesdays, and Thursdays.

Our IOP program meets DOC requirements for individuals on probation and parole.



Pictured: Kenneth, Rachel, Tim, Chris, and Ian

Program Spotlight

TRANSPORTATION

We all know transportation is a barrier in a rural service area. Horizon has dedicated an entire department to meeting the needs of those challenged by transportation issues. We utilize Adult Peer Support Specialists as licensed drivers.

Our Lead driver, Kenneth Prewitt, sees the value in the transportation service. "We help the clients make their appointments and stay on their path to recovery. Knowing they have a ride to the facility and that they are met with support each time we come to pick them up is crucial."



Pictured: Tonya Fields and Esperanza Perez

Partner Spotlight

GOODWILL OPPORTUNITY CENTER

Goodwill Opportunity Center is an invaluable community partner. They provide resources for those in need and those who want extra knowledge.

Courses they provide include:

- Financial and budgeting support
- Goodwill cars to work program
- Reintegrating Individuals Successfully Every Day (RISE) program – this is a two-week, incentivized job-readiness program. Program graduates are awarded Work Ready Certificates and can be awarded gift cards and a laptop.

We our community!



Partner Day

On the third Wednesday of each month, the Good Will Opportunity Center in Corbin hosts Partner Day. Members of the community can come to Partner Day to find information about community resources, information, and free items!



Horizon Kids

In Partnership with the Laurel County Health Department, the Laurel County Extension Office, and the University of Kentucky, Horizon Kids Childcare Center was able to create a raised garden bed to aid in STEM activities and developmental cognitive skills for our littlest learners.



Veteran's Walk

In support of our Veteran's, employees and volunteers walked 2.2 miles alongside Two Angels Horse Farm, the VFW, and several community members to remember the 22 veterans per day that the USA loses to suicide. Additionally, we provided information about counseling, peer support, and case management services.



Ken-Ducky Derby

Horizon Health attended the 26th annual Knox County Ken-Ducky Derby in Barbourville. Alongside handing out educational materials to the community, we provided an educational activity to promote early learning, movement, and family engagement.



Cumberland Falls Cleanup

The Cumberland Falls State Park hosted an opportunity for the community to clean up the trash around the falls. Together we were able to pick up more than 30 bags of garbage, old tires, and doors!

JULY EVENTS

- Knox Co, Health Coalition Meeting July 02
10:00am - 11:00pm
Barbourville
- School Ready Bash July 11
11:00am - 1:00 pm
Williamsburg
- National Serve Day July 13
2:00pm - 5:00 pm
Knox Co Middle School
- Goodwill Partner Day July 17
10:00 am - 12:00pm
Corbin Campus
- Whitley Couty Fair July 17-20
- Honey Festival July 27
Williamsburg



Pictured: Miranda and her son

**I realized you must want
it for yourself,
not for your kids or anyone
else.
-Miranda B**

Stories of Impact

Miranda began her addiction on the day of her 23rd birthday. Through the years, as it often does, her addiction progressively worsened, especially after the tragic loss of her mother to cancer.

Miranda had tried for years to stay sober, bouncing in and out of treatment after treatment, including her fair share of inpatient programs and rehab centers. Eventually, she walked into Horizon Health’s Williamsburg Campus. It was on her first visit with us, she learned she was pregnant with her now 6-month-old son. The tears shed that day were both happy and sad. She knew then she needed to change her behavior for the good of her unborn child, but still was struggling with substance use.

At each appointment, one of our Peer Support Specialists, Carla, would try to persuade Miranda to join the housing program. Finally, much to our surprise, she agreed. Three months into the residential program Miranda left to go live with her sister. Despite our best efforts to implore her to stay, Miranda said it was time for her to leave. Less than a week later, Miranda had relapsed.

Thankfully, Miranda fought through the haze of substance use and called Tameka, another Peer Support Specialist. Miranda agreed to go to detox and return to the program starting over at day one. Tameka was able to get her readmitted the same day and our specialist went to pick her up for treatment.

Miranda completed five months of the residential treatment and continued intensive outpatient treatment and regular counseling after leaving campus. July 29th will make a year clean and sober for Miranda. Miranda use medically assisted treatment as a recovery tool and proudly she is now 3 months off on suboxone.

“Horizon helped me get my life back! I realized you must want it for yourself, not for your kids or anyone else. It must be because you want something better. I was a mess, but God changed my life for the better. Now I get to live a sober life with my kids and family. Thanks, Horizon Health, for helping me see that life was possible.” - Miranda B.

We are so proud of you, Miranda! Thank you for sharing your story!

Thank you for reading!

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