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Horizon Behavioral Health shares messages of hope and resiliency as students return to school

Lynchburg, VA – The 2020 Youth Risk Behavior Survey (YRBS) showed an increasing trend in feelings of sadness and hopelessness amongst high school students in Lynchburg over the past five years ([LCS School Health Advisory Committee](#)). Similarly, only 30% of adults in the United States, ages 18 and older, reported feeling hopeful about the future in the 2021 Stress in America Survey ([American Psychological Association](#)).

Horizon Behavioral Health is proud to invest in the future growth and wellbeing of residents in Central Virginia by emphasizing the importance of positive messaging as a resiliency factor for building safe, happy, and healthy communities.

“The science behind resiliency shows us that messages of hope and trusted support systems are equally impactful for all ages, across all neighborhoods, and all people,” says Januwaa Davis, Prevention Program Manager at Horizon. “In the face of an ever-changing landscape at home, at school, and at play, our ability to respond to stress, everyday challenges, and unexpected setbacks are crucial in creating a nourishing environment where youth, adults, and families can thrive as they aspire to reach their goals.”

Back by popular demand, Horizon is offering yard signs to the community to encourage neighborhoods to build their resiliency with positive messages of hope. Yard signs will be made available at no cost to individuals residing in the Counties of Amherst, Appomattox, Bedford, Campbell, and the City of Lynchburg. Yard Signs, free medication lock boxes, medication disposal bags, gun locks, and additional resiliency resources can be picked up at one of Horizon's Wellness Centers from 10:00 am – 1:00 pm according to the following schedule:

- Monday, August 15, 2022 – Horizon Wellness Center at Amherst
 - Address: 120 W. Commerce St. Amherst, Virginia 24521
- Tuesday, August 16, 2022 – Horizon Wellness Center at Bedford
 - Address: 1409 Ole Dominion Blvd. Bedford, Virginia 24523
- Wednesday, August 17, 2022 – Horizon Wellness Center at Campbell
 - Address: 37 Village Hwy. Rustburg, Virginia 24588
- Thursday, August 18, 2022 – Horizon Wellness Center at Appomattox
 - Address: 226 Union Boulevard Appomattox, Virginia 24522
- Friday, August 19, 2022 - Horizon Wellness Treatment Center
 - Address: 2225 Langhorne Road. Lynchburg VA 24501

Horizon is pleased to partner with local school systems in Central Virginia to continue this resiliency work in the school setting, where youth are strengthened by protective factors such as a healthy and supportive learning environment, parent engagement, connectedness, and community involvement.



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***Horizon Behavioral Health** has been the primary public behavioral healthcare provider in the Region 2000 area for more than 53 years. In the last year, Horizon provided services to approximately 12,000 adults and children, addressing problems with mental health, substance use and intellectual disabilities. Horizon is accredited by CARF International. This represents the highest level of accreditation that can be given to a behavioral health organization.*