



**HORIZON**  
BEHAVIORAL HEALTH  
[WWW.HorizonBH.org](http://WWW.HorizonBH.org)



**IMPROVING ACCESS**

2013 ANNUAL REPORT



My fellow citizens,

According to the National Alliance on Mental Illness, roughly 305,000 adults have a serious mental health disorder in Virginia and an estimated 100,000 children and teens have a serious emotional disorder. And the need to open the door to quality care for the mentally ill, substance dependent and intellectually disabled increases across the state annually.

The appropriate care for these citizens has a direct impact on your community, and as a result, your lives. For example, almost one in four of Virginia's jail inmates lives with a mental health disorder. How productive would their lives be if they had access to the appropriate behavioral healthcare? In addition, almost a quarter million adults in Virginia live with a co-occurring mental health and substance use disorder. If both issues were recognized and addressed in the appropriate fashion, the first time, what would the difference be in their quality of life and in our community?

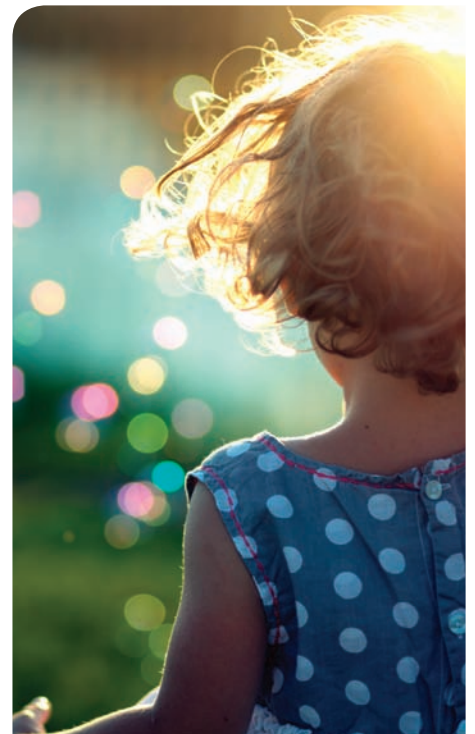
It all starts with ACCESS to quality behavioral healthcare. At Horizon, we've made it a part of our ongoing mission to increase access to effective services to all of our citizens. As evidenced in this annual report, we are maximizing Horizon's impact on our community by increasing access to our services and continuing to offer innovative ways to meet the needs of our citizens.

Thank you for your continued support now and in the future!

Sincerely,

Nancy Cottingham  
Chief Executive Officer

Gary Marple, Chair  
Horizon Behavioral Health



# IN VIRGINIA\*

• **305,000**

*adults are suffering from a serious mental health disorder*

nearly

• **250,000**

*adults are dealing with both mental health & substance use issues*

• **100,000**

*children & teens are living with a serious emotional disorder*

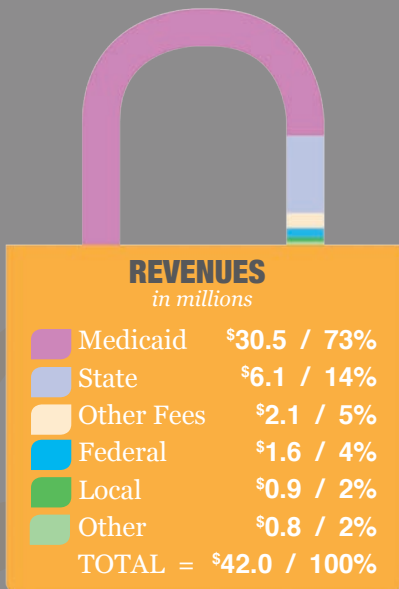
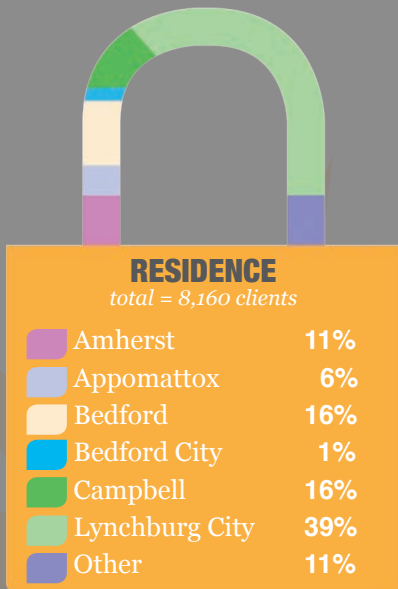
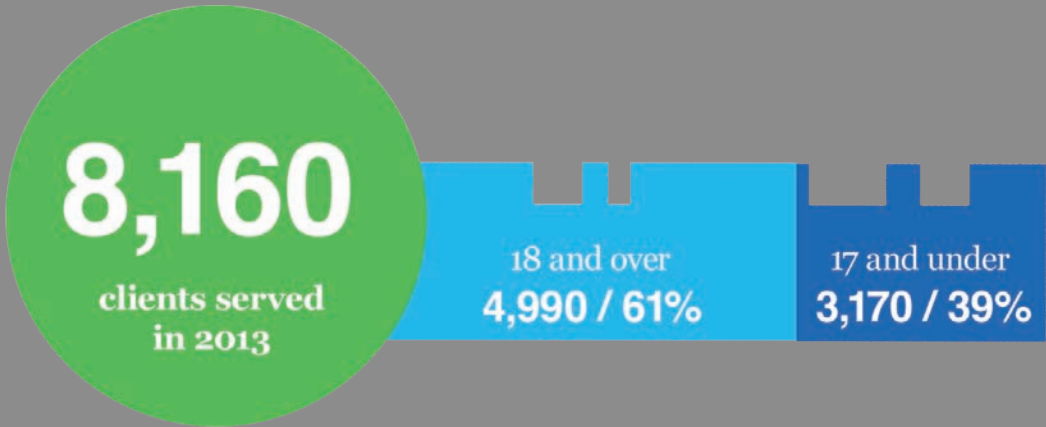
• **1 in 4**

*inmates are diagnosed with a mental health disorder*

\*Source: National Alliance on Mental Illness



# TOTAL CLIENTS SERVED .....







# FINDING BETTER APPROACHES THROUGH COLLABORATION

By treating children with severe behavioral problems in the community, as opposed to hospitalizing them in a state institution, the Commonwealth can save an estimated \$100,000 per child. But, more importantly, the children are saved the trauma of being removed from their homes and community.

The Virginia General Assembly awarded part of a two-year \$3.25 million grant to the community services boards (CSBs) in Health Planning Region I. With Horizon at the helm, all eight CSBs within this region are collaborating to increase a child's access to crisis response and psychiatric services. The ultimate goal is to decrease a child's time away from their family and home for treatment for behavioral issues.

In the first year of the grant, Region I has expanded child psychiatry through the sharing of resources, tele-psychiatry (providing psychiatric services using teleconferencing tools) and providing psychiatric services to children being treated by private intensive in-home providers. And the initiative is working. In the Horizon Behavioral Health catchment area alone, the number of psychiatric hospital admissions has decreased 71%. Several other Region I CSBs are seeing similar results.

**“The client’s mother was thrilled that her son could receive his services easily through telepsychiatry. Otherwise, she would have experienced a one to two month waiting period.”**

— Clinician, Harrisonburg-Rockingham CSB





# TRANSITIONING TO THE COMMUNITY

The recent settlement by the Department of Justice (DOJ) means that the intellectually disabled and physically fragile residents of the Central Virginia Training Center (CVTC) are making a challenging transition – finding new homes in which they feel comfortable.

Horizon is making that transition easier. Across Region 2000, the agency has eleven group homes and two more under construction. Each home caters to the individual needs of each resident.

One such resident is 81-year old Bob. He moved to CVTC when he was seven. For him, change does not come easy. Last year, Bob's legal guardian worked with the staff of Horizon and CVTC to find his new home at Horizon; a decision everyone knew would be tough. But the transition was a success.

Today, Bob is experiencing the world in a different light. He likes his newfound independence and lets everyone know he is taking pleasure in the little things. His room, which he was able to decorate himself, is a point of pride. In addition, Bob finds joy in going out to eat.

Bob is just one of many examples of how Horizon group homes provide an opportunity for local citizens to remain in their community and provide access to a new world of opportunity. Bob's Horizon instructor counselor put it best when she said, "This transition gave Bob not just a place to sleep and eat, but a home of choices, self-expression and self-determination within a supportive community."



**“This transition gave Bob not just a place to sleep and eat, but a home of choices, self-expression and self-determination within a supportive community.”**

— Bob's Horizon instructor-counselor





# NEW HOMES UNDER CONSTRUCTION: BOWYER-WARREN INTERMEDIATE CARE FACILITIES

• **H**orizon's newest Intermediate Care Facilities are expected to be complete and open in early 2014. These will become homes for a total of eight CVTC residents who wish to live in the community.

• The homes are named after Lula Bowyer and Pete Warren, two dynamic citizens who have contributed a great deal to this community.

• State and local dignitaries will join the Lynchburg community for a ribbon cutting ceremony and celebration early this year.





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