



Horizon is accredited by CARF for Children and Adolescents for Integrated Alcohol & Other Drugs and Mental Health in the following areas:

- Outpatient Treatment
- Residential
- Case Management/Services Coordination
- Detoxification

Our Mission

“We are dedicated to providing comprehensive treatment to adolescents with co-occurring psychiatric and substance abuse disorders, utilizing an interdisciplinary approach.”

For more information or to make a referral please call 479-478-6664.

HORIZON

**3113 South 70th Street
Fort Smith, AR 72903**



HORIZON

***A Treatment Program for Adolescents
with Co-Occurring Disorders***

A Program of Western Arkansas Counseling & Guidance Center

What is Horizon?



Horizon is a treatment program for teens with co-occurring psychiatric and substance abuse problems. For over 20 years, we have given hope and healing for adolescents and families throughout Arkansas. Recently, Horizon has expanded admission options to offer services throughout the U.S.

Our team of mental health and substance abuse professionals work together to provide individualized treatment. We integrate mental health counseling, evidence-based practices, a traditional twelve-step model of treatment, and an outdoor therapeutic adventure program to provide a holistic approach toward recovery.

The treatment process is designed to provide adolescents with the skills necessary for successful recovery from their psychiatric and substance abuse problems. As mental health and addiction problems affect all significant others, family participation is required. Our goal is to help these teens achieve a high level of psychological functioning while maintaining abstinence from alcohol and other drugs.

Horizon's co-ed residential facility is licensed to serve up to 24 adolescents at one time. Their average length for treatment is between 60-90 days.

Program Features

A unique component of the treatment program is the **Outdoor Therapeutic Adventure Therapy**. Teens and staff participate in camping, hiking, rock climbing, rappelling, canoeing and other activities. These experiences provide opportunities to improve decision-making and problem solving skills through team building and trust exercises. They learn to work as individuals and as team members in completing the initiatives and meeting the goals they have set. Recovery and self-esteem issues are thoroughly addressed during these outings.

Education is an integral part of the program. Our certified teachers provide individualized education in coordination with the individual resident's school schedule and their resident school. The Education Program is licensed by the Arkansas Department of Education.

Family Participation is critical for successful treatment. We believe that the adolescent's problems affect all family members and intensive family involvement, followed by ongoing family therapy, is required. Case Management and Services Coordination are also provided to assist the adolescent and family in securing services, both internal and external to Horizon.

Outpatient Treatment is provided to adolescents who meet multiple times weekly in a variety of services to include individual, family and group counseling. Many teens are referred to outpatient counseling from a wide range of agencies.



"Navigating Life Together"

Success Rates

(Twelve Months Post Discharge)

47%	Reported no problems in living
71%	Clean and sober (average of 163 clean days out of 365 days)
95%	Attending school or have completed high school education
71%	No arrests since discharge
72%	Can function independently or with occasional assistance

Referral & Assessment

Anyone may refer to the program. Confidential pre-admission assessments are available. For a free screening, call the admissions department at **479-478-6664**.

Payment Options

Several payment methods are accepted including Medicaid, self-pay and private insurance. A sliding scale fee, based on family income, is also available.