

Horizon

Adolescent Treatment Center

Western Arkansas Counseling and Guidance Center is proud to introduce you to **Horizon**, our Center's facility for the treatment of psychiatric problems and chemical dependency. We would like to take this opportunity to invite you to contact our staff about prospective referrals.

The program is comprehensive in scope and utilizes a strong multi-disciplinary approach. No applicant within the state of Arkansas will be turned away because of inability to pay. Please refer to the enclosed material for a general description of the program and criteria for admission. **Horizon** looks forward to hearing from you and working to help facilitate treatment for the problems occurring in the adolescent.

When an adolescent is accepted for assessment, an extensive evaluation will be conducted in order to determine eligibility for placement. The evaluation will continue for approximately one to two days. Following the evaluation, the applicant is either accepted into the program or recommended for referral to a more appropriate setting.

If you know an adolescent that could benefit from our services, please call (479) 478-6664 and ask to speak to our screening personnel.

Description Of the Program

Horizon incorporates an inter-disciplinary approach to the treatment of chemical dependency as well as co-occurring psychiatric problems.

The treatment team consists of psychiatrists, social workers, licensed professional counselors, psychological examiners, nurses, intervention specialists, licensed and certified substance abuse counselors, case managers, teachers, and teaching assistants. Our program integrates a traditional twelve-step approach to chemical dependency treatment, an eclectic approach to mental health counseling, an outdoor adventure therapeutic component, and a licensed school. This model of treatment enhances the opportunities for successful recovery from chemical dependency utilizing a holistic approach.

Horizon is a twenty-four bed facility serving both males and females, ages thirteen through seventeen, and is located in Fort Smith, Arkansas. Referrals are accepted from a wide array of sources, i.e. schools, treatment facilities, mental health centers, physicians, ministers, court systems, or family members. Residential treatment continues for approximately sixty-five days, followed by the continuing care component for up to two years.

As addiction and psychiatric disorder affects significant others, a major emphasis is placed on family involvement. Intensive family involvement, followed by ongoing family therapy, is critical for treatment, and is facilitated through our inter-disciplinary team.

The educational component is a crucial part of the treatment approach providing educational continuity in treatment. Each resident must be currently enrolled in school or a GED program. Each resident attends an on-site classroom half-days Monday through Friday while in residential treatment.

The outdoor adventure therapy component allows individuals to work as a group, to problem solve and address treatment issues in activities such as: rock climbing, backpacking, leadership training, orienteering, caving, and other outdoor activities. A therapeutic ropes course is an integral component of this program. All components provide opportunities to work on self esteem and personal growth issues. All outdoor activities are part of the therapeutic process, and enhance the other components of the program. Safety is paramount, and all activities are directed by professionals who are extensively trained in outdoor therapeutic activities.

We are dedicated to providing quality and comprehensive treatment to youths with co-occurring psychiatric and substance abuse.

Horizon

Mission Statement

The mission of the Horizon Program of the Western Arkansas Counseling and Guidance Center is empowering chemically dependent persons and those with co-occurring psychiatric disorders, and their families, to develop healthy and responsible functioning through chemical-free living. The Horizon Program will accomplish this by championing opportunities to change through prevention, education, intervention, and treatment.

We Believe:

- Chemical dependency is a disease and is often accompanied with psychiatric disorder
- With proper help and support, persons with this disease can recover and function successfully
- Good stewardship of resources is necessary to ensure continuation of effective programming

We Value:

- The uniqueness and dignity of each individual and his/her family
- Innovation and creativity among our staff to better serve adolescents with chemical dependency and co-occurring psychiatric disorder

Our Goals:

- Promote spiritual, physical, emotional health and well-being
- Provide a holistic treatment approach
- Encourage chemical-free living
- Improve family relationships and functioning
- Improve educational growth and school performance
- Provide treatment in the least restrictive environment
- Introduce the 12-Step Program of recovery
- Function as an effective treatment team with maximum outcomes
- Provide good stewardship with both financial and human resources

Discipline Policy

(Adolescents)

The Horizon staff views inappropriate behavior as a serious roadblock to recovery, both for the acting out individual and the other residents. Horizon is not a high security facility equipped for adolescents with serious behavior disorders. It is designed for chemically dependent individuals with co-occurring psychiatric disorders who are capable of behavioral control and are invested in recovery.

The staff of Horizon recognizes that chemically dependent individuals are accustomed to using alcohol and other drugs to cope with problems and emotions. Sobriety presents a difficult challenge. Treatment is focused on learning new ways to resolve conflict, assert themselves, deal with emotions, and discover a chemical-free lifestyle.

It is the intent of Horizon that any disciplinary action should be educational and consistent. At no time will a resident's basic rights, in accordance with municipal, state, or federal laws be violated. The educational opportunities received for rule infractions will be applied to the area where the adolescent has difficulty.

The Level and Point Systems provide the opportunity for the resident to earn privileges and increase responsibility by demonstrating positive behavior, while the Disciplinary System is designed to deal with negative behavior.

The Point System is designed to provide residents with the opportunity to earn extra privileges on a daily basis. Points are earned through appropriate or outstanding behavior during program activities. Points are earned for most events on the daily schedule and are awarded by the staff member in charge of that event.

A resident can earn from 0 to 3 points at most events and up to 4 at others. Specific criteria for obtaining points may vary slightly in different activities. You may find more complete information about the Discipline Policy for clients in the Resident Handbook. A copy of the handbook is given to each new client.

Horizon Admission Criteria

Residential Treatment

Horizon Admission Criteria

Residential Treatment

Eligibility and Appropriateness:

- Male or Female ages thirteen (13) through seventeen (17)
- Diagnosed co-occurring psychiatric and substance abuse/dependence, or substance abuse disorder requiring intensive treatment
- Able to benefit from a cognitive behavioral treatment approach
- Unsuccessful participation in less restrictive options and/or acute hospitalization in the past 30 days
- Must be willing to participate in treatment
- Commitment of family to actively participate in the treatment process
- Must not be actively psychotic
- Must not be eminently violent or suicidal
- Must not be a sexual perpetrator
- Must be enrolled in 7th through 12th grade in a school system accredited in Arkansas or a GED program affiliated with a public school system
- Measured intelligence of 80 or above
- Cannot be successfully maintained in the home/community
- Legal resident of the United States

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Things to Bring When signing in

The Arkansas Department of Children and Family Services require that copies of the items listed below are included in our files. Please bring all items with you at the time of admission. If items are not available at the time of admission, your child's admission could be delayed. If you do not have some of these items and are unsure how to obtain them, please call (479) 478-6664 for assistance.

- ___ Primary Care Physician Referral (see attached form)
- ___ \$55 Medical/Dental/Security Deposit (MUST BE CASH)
- ___ Copy of Birth Certificate
- ___ Social Security Card
- ___ Current Medicaid Card (if applicable)
- ___ Current Immunization (shot) record
- ___ Court Order or FINS Petition for Treatment
- ___ Copy of Divorce Decree (if applicable)
- ___ Custody Order (if applicable)
- ___ Insurance Card and Information (if applicable)
- ___ Proof of Family Income (check stubs, tax returns, etc...)
- ___ Client Resources/Client Income (child support, social security benefits, savings/checking accounts, life insurance, stocks, bonds, trusts, certificate of deposit, mutual funds, etc...)
- ___ Current school schedule from school counselor and verification of current enrollment
- ___ Legal History from Court System (if applicable)
- ___ Current Medical Records
- ___ Proof of Dental Exam within the past year
- ___ Current Psychiatric Records
- ___ Any Psychological or Psychoeducational Testing Record

Things you need to know about Horizon

- We enforce a NO SMOKING policy
- School enrollment is required
- Parent/Guardian participation is required
- There is a 1 to 2 day assessment period
- Because the admission process takes most of the day, it may be necessary to reschedule your appointment if you are more than 30 minutes late.

Items Guide

Admission into the program is a lengthy process. Arrive on time and plan to stay the majority of the day to complete the process. If you arrive more than 30 minutes late for your appointment, it may be necessary to reschedule your appointment.

Please follow the guidelines below when preparing to pack:

BRING:

1. Personal Care Articles: *Toothbrush, Toothpaste (must contain less than .14 fluoride), Hair-Care products, deodorant, bath soap, razors, shaving cream, feminine hygiene items.*
2. Jeans or Casual slacks (3-5 pair)
3. Shirts (*Several, they cannot expose midriff, they must have sleeves; White undershirts can **only** be worn under other shirts*)
4. Socks (7 pair)
5. Underwear (7 pair) (**REQUIRED**)
6. Modest Sleepwear
7. Sweats or Gym shorts
8. Modest swimwear (*seasonal, must be one-piece*)
9. Jacket or Coat
10. Shoes (2 pair-one pair for daily wear and one pair of older athletic shoes)
11. Flip flops for shower use
12. Stamps and envelopes
13. Rainwear (*optional*)
14. Gloves and sock-hat (*seasonal*)
15. Phone card if not in local area

DO NOT BRING:

1. Radio or TV or cell phones
2. Aerosol Products
3. Products containing alcohol
4. Jewelry (*except a wrist watch and/or stud-type earrings*)
5. Saggy Pants (*pants must fit the waist and seat area*)
6. T-shirts or other clothing advertising tobacco, alcohol, sex, drugs, music, bands, skulls, or does not cover the client's midriff
7. Clothing with holes, rips, or tears
8. Electric Razors
9. Battery operated or Electric Toothbrushes

NOTE: laundry facilities are provided, and the resident will be responsible for keeping his/her clothes clean.

Daily Schedule

(Monday-Friday)

6:30	-	7:30	Wake up, shower, clean room, get dressed, etc.
7:30	-	7:55	Breakfast
7:55	-	8:05	Clean breakfast area
8:05	-	8:25	Goal Setting Group
8:25	-	10:10	School <i>(Thursdays--Outdoor therapeutic activities-- Leave between 8 and 10:30 a.m.--Return by 5 p.m.)</i>
10:10	-	10:40	Break <i>(Tuesdays—Community meetings) (Thursdays—Outdoor therapeutic activities)</i>
10:40	-	12:15	School <i>(Wednesdays--Psychoeducational presentation) (Thursdays--Outdoor therapeutic activities)</i>
12:15	-	12:45	Lunch
1:00	-	2:45	Physical Education, Case Management <i>(Mondays, Wednesdays, Fridays—Individual therapy) (--Tuesdays Recreation) (Thursdays--Outdoor therapeutic activities)</i>
2:45	-	3:15	Personal hygiene <i>(after gym)</i>
3:15	-	4:45	Psychotherapy Group
4:45	-	5:00	Prepare for dinner
5:00	-	5:30	Dinner
5:30	-	6:00	Assigned daily chores
6:00	-	7:00	Big Book activity
7:00	-	7:30	Activity, socialization, or psychoed
7:30	-	8:00	Travel to AA/NA
8:00	-	9:00	AA/NA
9:00	-	9:30	Return from AA/NA
9:30	-	9:45	Summary/Inventory time
9:45	-	10:00	Personal hygiene
10:00			Be in assigned room
10:00	-	11:00	Quiet time in room
11:00			Lights out/bedtime

Daily Schedule

(Saturday)

8:00	-	10:10	Wakeup, Showers, Clean Room, Breakfast, Get Dressed
9:00			Mandatory Wakeup
10:15	-	10:30	Reflections
10:30	-	12:00	Psychoeducational presentation
12:00	-	12:30	Lunch and clean up
12:30	-	1:00	Socialization
1:00	-	5:00	Therapeutic Activity
5:00	-	5:30	Dinner and clean up
5:30	-	6:00	Assigned daily chores
6:00	-	7:00	Big Book study
7:00	-	7:30	Socialization
7:30	-	8:00	Travel to AA/NA
8:00	-	9:00	AA/NA Meeting
9:00	-	9:30	Travel from AA/NA
9:30	-	10:00	Summary
10:00	-	11:30	Movie
11:30	-		In assigned room
11:30	-	12:00	Personal hygiene
12:00	-	12:30	Quiet time in room
12:30			Lights out/bedtime

(Sunday)

8:00	-	10:10	Wakeup, Showers, Clean Room, Breakfast, Get Dressed
9:00			Mandatory Wakeup
10:15	-	10:30	Reflections
10:30	-	12:00	Psychoeducational presentation or Chapel Service
12:00	-	12:30	Lunch and clean up
12:30	-	1:00	Socialization
1:00	-	4:00	Therapeutic Activity
4:00	-	5:00	Outside Activity or socialization
5:00	-	5:30	Dinner and clean up
5:30	-	6:00	Assigned Daily Chores
6:00	-	7:00	Big Book activity
7:00	-	7:30	Socialization
7:30	-	8:00	Travel to AA/NA
8:00	-	9:00	AA/NA Meeting
9:00	-	9:30	Travel from AA/NA
9:30	-	9:45	Summary
9:45	-	10:00	Personal hygiene
10			In assigned room
10	-	11:00	Quiet time in room
11:00			Lights out/bedtime