



## Individual Therapy

Our dedicated team provides outpatient mental health and substance use treatment to adults, adolescents, and children (ages 3+). Our licensed clinicians use evidence-based approaches and individualized treatment plans to help you or your loved one achieve goals.



## Group Therapy

Group therapy sessions offer a supportive environment to build life skills and develop healthy coping strategies for managing stress and life's challenges. We offer a variety of group therapy sessions across our locations.



## Psychiatry & Addiction Medicine

Our medical team provides consultations and, when medically appropriate, prescribes psychiatric and/or addiction-related medications as part of a comprehensive treatment plan.

## Specialized Programs



## Care Coordination

Our team helps Medicaid-eligible individuals access the care they need through outreach, health assessments, and connection to physical, behavioral, and social support services.



## Peer Advocates

Our Peer Advocates use their lived experience to support individuals and family members in recovery from mental health or substance use challenges. They offer encouragement, guidance, and hope throughout the healing journey.



## Population Health

We support your overall well-being by helping you set goals, stay engaged in care, and improve both your physical and behavioral health outcomes.



## Family Support

All individuals who have someone involved in mental health or substance use treatment are encouraged to join in family sessions with their loved one's counselor. These sessions are designed to be supportive for all with a focus on shared decision-making. Some of these support services include:



**Community Reinforcement and Family Treatment (CRAFT)** teaches concerned significant others to positively engage with their loved ones throughout treatment.



**Opioid Overdose Prevention Training** is a free training where participants will learn the signs of an opioid overdose and be provided with an Opioid Overdose Prevention kit containing Naloxone (Narcan).



**Parent and Family Support Services** will provide loved ones with knowledge and insights from a family member's perspective on addiction, mental health, navigating the treatment system, and how to provide effective support.



## Intensive Outpatient Programs (IOPs)

6–8-week intensive mental health or substance use disorder programming where patients will have access to individual counseling, group therapy, family psychoeducation, Peer Advocates, and more. Talk to your counselor to learn more about IOPs.



## Specialty Offerings

Horizon also offers a variety of specialized services and evidence-based therapies tailored to individual needs, including:

- Support for veterans, young adults, women, and LGBTQIA+ individuals
- Family education, counseling, and support coordination
- Treatment for Perinatal Mood & Anxiety Disorders (PMADs)
- Harm reduction and overdose prevention
- Community outreach and education
- Therapy Dog Program
- Language translation and interpretation services

## Inpatient & Residential Treatment



### Horizon Village Terrace House

Located in Downtown Buffalo, our 68-bed residential facility offers medically supervised detox for substances such as opioids, alcohol, and benzodiazepines. We provide 24/7 care in a safe, supportive environment.



### Horizon Village Campus

Located in Sanborn, NY, our serene Campus offers residential rehabilitation for substance use and co-occurring mental health disorders. Specialized programs are available for veterans and young adults.

# Connect With Us



## Patient Engagement Center

Your first step to care at Horizon. Our Patient Engagement Center is your central point of contact for all new appointments, service inquiries, and general questions. Whether you're seeking help for yourself or a loved one, our compassionate team will guide you through the process, answer your questions, and connect you with the right services.



[horizon-health.org](http://horizon-health.org)

**Call us at 716-831-1800**  
**to get started or talk to your counselor to**  
**explore additional treatment options.**