

How does Horizon involve parents/guardians in their children's treatment?

WE BELIEVE THAT PARENT/LEGAL GUARDIAN PARTICIPATION IS KEY TO TREATMENT SUCCESS. THIS PARTICIPATION INCLUDES:

- Participation in identifying the problems to be addressed and in the development of the treatment plan
- Participation in family sessions
- Ensuring their child's timely attendance of appointments
- Encouraging their child's treatment participation
- Supporting their child's efforts to effect change



Child & Adolescent Services

SERVING AGES 3+



How can I get more information or schedule an appointment?

To schedule an initial appointment, please call our Patient Engagement Center:

716.831.1800



horizon-health.org

Our Mission

*Together for Recovery.
Changing Lives. Saving Lives.*



What treatment services does Horizon provide for children and adolescents?

Horizon provides mental health and substance use treatment for children and adolescents ages 3 and up. Treatment is designed to address each child/adolescent's individual needs, and includes:

- Individual, parent, and family counseling
- Play therapy, including a playroom designated for play therapy
- Evidence-base therapies for trauma including Eye Movement Desensitization and Reprocessing (EMDR) and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Dialectical Behavioral Therapy (DBT)
- Counseling through art, music and dance
- Child & Adolescent Psychiatry Program
- Coordination with schools, pediatricians, and other key persons/agencies
- Telehealth appointment availability

What kinds of emotional and behavioral problems does Horizon treat?

- Anxiety symptoms
- Depression symptoms
- Mood disorders
- Trauma symptoms
- Substance abuse
- Peer relationship problems
- Family dysfunction (family issues)
- School adjustment problems

We do not treat Autism Spectrum Disorder or other developmental disability disorders and Primary Eating Disorders.

What does treatment at Horizon usually include?

TREATMENT IS DIFFERENT FOR EACH CHILD/ADOLESCENT DEPENDING ON THEIR NEEDS, BUT OFTEN INCLUDES:

- Ongoing diagnostic assessment and treatment plan development
- Individual counseling sessions
- Family sessions
- Medication management
- Trauma informed therapy, including Trauma-Focused CBT and EMDR

