



# **HORIZONS**

## *Skills for Life*

***Life is full of possibilities, especially in the teen years! But those possibilities can feel daunting and overwhelming when struggling with poor mental health.***

### **HORIZONS**

is a Psych Rehab program for ages 14-18 which supports teens in building life skills to support them in life-long mental wellness while taking



advantage of their many possibilities available to them as they step into adulthood. Horizons supports teens in building skills that support them in managing mental health symptoms, such as depression, anxiety, and anger. The program also provides training on life-skills, including decision making, communication, and financial management.

The program assists each participant with creating a personal goal around their future and their wellness which captures what is most important to them. Our highly trained staff will support each participant with working towards their goal and maintaining their success as they build skills that will help guide them for life.

### **What to expect**

Horizons offers classes that cover a wide variety of recovery and life-skill topics and will include hands-on activities and group discussions.

**Classes are held on Mondays, Wednesdays, and Fridays in the afternoon.**

### **Location**

**Beacon Light Behavioral Health System  
Outpatient Clinic  
1885 Market Street • Warren, PA**

## Eligibility

Horizons is open to anyone 14-18 years of age who is living in Forest & Warren counties and has been diagnosed with a serious mental illness, including but not limited to:

- Major Depression
- Bipolar Disorder
- Anxiety
- PTSD
- Schizophrenia



The cost of the program is always fully covered regardless of insurance. Transportation provided as available.

## Classes Include

- Technology and Mental Health
- Building Small Habits
- Stress Busters
- Anxiety: Overcoming the Monkey Mind
- Money Matters
- Beyond Coping: Developing Wellness Strategies
- Employment Soft-skills, and more!

## How to Get Started

If you are interested in getting connected with Horizons, please complete the following:

- Complete the Psych Rehab referral form located at [www.beacon-light.org/community-programs-for-children](http://www.beacon-light.org/community-programs-for-children)
- Have a licensed practitioner (PCP, PA, LCSW, Psychiatrist) complete the medical portion of the referral.
- Send the completed referral to [ccp@beacon-light.org](mailto:ccp@beacon-light.org)



**BEACON LIGHT**  
BEHAVIORAL HEALTH SYSTEM  
AN AFFILIATE OF JOURNEY HEALTH SYSTEM



[WWW.BEACON-LIGHT.ORG](http://WWW.BEACON-LIGHT.ORG)

**SCAN FOR HORIZONS  
REFERRAL FORM**



*Beacon Light Behavioral Health System is a trauma-informed care provider.*