



Sweet Briar College and Horizon Behavioral Health continue to work together to provide mental health and substance use care to students on campus. Horizon's mission is to support and promote the health, independence, and self-worth of individuals and families in Central Virginia by providing a continuum of community-based prevention, early intervention, aftercare, and psychosocial rehabilitation services for persons affected by mental health, intellectual disabilities, substance abuse, and co-occurring disorders. Our vision is to provide behavioral healthcare services that are accessible, consumer centered, cost effective, and quality outcome-based.

Services Provided:

Horizon staff will be on campus Monday-Friday 9am-5pm to provide individual therapy to students who desire one-on-one support. We are located in the Chapel Basement Health Center.

For more immediate/crisis needs or unsure if you think counseling would be helpful, we have daily walk-in hours which are posted on flyers throughout campus. Monday 9-10am, Tuesday 3-4pm, Wednesday 12-1pm, Thursday 12-1pm, and Friday 1-2pm. You can meet with a counselor, free of charge to support your immediate needs or questions.

Case Management is a service that is provided as well for people with diagnosed mental health difficulties. Case management provides support in learning how to access resources in the community to strengthen your independent living skills as well as support in making and following through on doctor's appointments, managing medication, one-on-one support in learning prioritization and time management in order to be as effective as possible. This service is reimbursed by Virginia Medicaid as well as self-pay on a sliding scale. When completing the intake, you will need to provide financial information in order to qualify for the sliding scale fees.

Additional services such as psychiatric services and emergency services are also available and subject to full fee (with the exception emergency services). We accept most major commercial insurance and Virginia Medicaid, and we may have available grant funding on a case by case basis. Please note that psychiatric services will require participation in another service.

You need to provide 24 hours notice of any need to cancel or reschedule an appointment. Any appointments cancelled within 24 hours or not attended are subject to a **\$50 No Show fee**. Appointments for Monday will need to be cancelled Friday by 12:00 pm.

How to Schedule Your First Appointment:

To schedule your initial intake appointment for therapy, please **call 434-946-2316** and indicate that you are a Sweet Briar College Student requesting an initial appointment. You will need to provide your demographic information, social security number, and insurance information. Please indicate the correct billing address as any balances will be mailed monthly. If you do not have insurance or an out of state Medicaid, please inform the administrative staff when calling to schedule.

You will also need to provide financial information in order to be considered for a sliding scale for services not covered by insurance or other payer. The administrative staff will ask if you are able to come to the Horizon location (120 W. Commerce St. Amherst, VA 24521) to complete this. If you are not able to, telehealth appointment may be offered. You will need to provide proof of income for the last 30 days, photo ID, social security card, and insurance card, if applicable. Please allow 30 minutes for this to be completed.

When scheduling, please inform the staff of the desired therapist and/or your available schedule. They will do their best to meet your schedule with what is available. At your initial appointment, please bring a photo ID, social security card, proof of insurance, and proof of income to be scanned by your therapist if you have not already met with a financial staff. Once you have your initial appointment with your therapist, you will schedule future appointments with them directly.

Emergencies:

Horizon therapists can be reached Monday-Friday, 8:30 am-5:00 pm at 434-946-2316 if you are a current client and need to talk with your therapist. If you are not already a client and are experiencing difficulty, please contact 434-946-2316 and ask to speak with the Program Manager, Christina Ferrell.

For after-hours crisis support please **call 434-522-8191**. Leave your information with the answering service and they will have an on-call worker contact you shortly. If someone has not contacted you within 20 minutes - please call again and the supervisor will be paged. Please also follow Sweet Briar College emergency protocol if applicable.

Privacy:

Your privacy is important to us and it is protected by law. You will receive a copy of your rights to privacy at your initial appointment. In order for Horizon Behavioral Health to talk with or send information to someone, a written release of information is required. There are exceptions to disclosure that are outlined in your privacy notice related to safety.