

Our Purpose

To enhance the lives of those we help by empowering them to achieve rewarding lives full of new possibilities.



Horizons



Jay Greenhill takes a break from playing Carpet Pool in the Boys Only Rec Room at the Boys and Girls Club in Steamboat Springs.

The People Around Us

When the 6-8 year old boys walk through the door to the Boys Only Rec Room at Steamboat's Boys and Girls Club, Jay Greenhill, 27, is there to teach them "the man shake." Make eye contact, introduce yourself, and offer up a firm, confident handshake. Jay is also there to teach the lost art of holding open a door for someone along with some good ways to manage a rare but unlikeable bully. If Jay is not in the Boys Rec Room, he's in the Mind Game Room teaching 1st-3rd graders how to play chess, Uno and checkers. "He interacts with the kids the whole time he's here," says Program Director Bonnie Peterson. "He's always got a smile on his face. He loves it here and we love having him."

Jay has been volunteering at the Boys and Girls Club every Tuesday afternoon for over a year. In addition, Jay has successfully maintained his job in Customer Service at Staples for over three years now. His position as Head Cashier requires a combination of skills—math, technology, and industry knowledge. But the most important one is people skills: he needs to bring a positive attitude and a lot of energy. In fact, it's the people skills of Jay and his co-workers that account for the store's highest rating *Continued Page 2*

More Than Mainstreamed

It was always accepted that Seth Sobeski wouldn't get his high school degree. Seth had gone through the public school system until he was 18 years old. When it was time to graduate, school officials wanted Seth to walk through the ceremony, receiving verification of time spent in high school but not a degree.

Seth is now 36 years old, living independently with the support of his family and a counselor for 13 hours a week, and pursuing his GED. Along with Supported Living Services Counselor Kyle Mokma, Seth has been attending a GED Prep class at Colorado Mountain College. This class offers periodic diagnostic tests to determine skill level which then set curriculum ideas in motion. The course is designed to be rolling so that each student can take the five parts of the GED whenever he or she is prepared.

Seth's journey started at birth. Seth's mother Ann says that during childbirth Seth was deprived of an adequate oxygen supply. He suffered brain damage and was consequently considered moderately disabled in school, though no precise name was given to his disability. Seth had consistently read at a third grade level

and his comprehension had been at a fifth grade level.

When Seth was in elementary school in Weld County in the early 1980s, all special education kids were bused to the same facility for their separate instruction. When the Sobeskis moved to Steamboat in 1989, Seth transferred to the Steamboat Springs Middle School. According to Ann, the middle and high schools were not able to meet Seth's specific needs by integrating him into their programs. "I thought they were working with him in the regular classroom. But they were sending him down to the cafeteria where he was helping out." While Seth gained practical, hands on experience in the vocational world, Ann felt that Seth's potential for academic progress was hindered. Classroom inclusion emphasizing appropriate education in the least restrictive environment didn't permeate public education until the 1990s.

Currently, Seth is employed as a dishwasher at the Yampa Valley Medical Center where he has worked for the past five years. Before that, he worked in the kitchen at the Sheraton for more than 10 years. He has been successful at his jobs *Continued Page 3*

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Fostering growth and independence for the people we serve.

The People Around Us, cont...

in customer satisfaction in two years. “Jay was a reflection of that score,” said Assistant Manager Drew Garcia.

According to Drew, Staples embraces success by setting standards and expectations high and then holding each employee accountable. And that’s exactly why Jay has been so successful since he came to Horizons in 2008. Horizons Supported Living Services Director Amanda Shipps Barnett describes Jay as assertive, driven and respectful: “he’s never complacent.” Since 2008, Jay’s service plan has been reduced from 13 hours to about half that. Jay’s growth and success leave us with the challenge of continuing to provide meaningful services to someone so responsive.

A similar challenge we face is the one presented by Donald McLeslie. Donald, 45, not only taught himself how to read and write but also just purchased a home. He has worked six days a week as a mechanic at Precision Auto Shop in Craig for the past 10 years. He has spoken at conferences and his personal story has been published in Craig Conrad’s 2008 book entitled *Unstoppable*. “The book describes who I am: unstoppable. I don’t care what I am or have—a handicap. Anything I can do, I can do it. I don’t feel bad about my story because that’s who I am.” In his book, Conrad draws on the metaphor of a cup, or your genetic makeup, and uses Donald to illustrate that it’s not how big your cup is, or what you’re made of, but how you fill it. Donald’s cup is pretty full, and he chose to fill it with a little help from Horizons.

Always adamantly independent, Donald initially refused to let Horizons help him in any way. Without catching anybody’s eye, he would slip into the office, weigh himself, and then slip out. Over time, Donald began to open himself up to the people around him, including Adult Community Coordinator Michael Toothaker, Office Coordinator Vickie Flanders and Nurse Consultant Earlene Sauer. He began to bring his lunch to the office and let Earlene weigh him, take his vitals, and give him some medical advice. “He really struggled with us trying to help him. He didn’t want to take anything from anyone,” Vickie said.

When Donald encountered a serious medical issue seven years ago, he realized he needed health insurance but didn’t know how to get it. Donald does not qualify for Medicaid because he makes too much money working full time—a choice he made deliberately. When Horizons offered to help find affordable insurance and assist with medical bills, Donald was reluctant but he accepted. “I don’t ask for handouts. I couldn’t have done this by myself,” he says. Donald appreciates Horizons’ generosity but emphasizes that “this story is not about me. This story is about the people around me.”



Donald McLeslie at work at Precision Auto Shop in Craig.

Donald’s job at Precision Auto Shop requires diverse skills and a can do attitude. He is responsible for giving customers rides when they drop off their vehicles, running parts, replacing shocks, checking fluid levels and tire pressures, and jacking cars. According to Chris McLeslie, Donald’s manager and brother, the job has given Donald confidence. “Over the years,” Chris says, “I’ve given him tasks that are more challenging for him. He always meets the task. Once he’s got it, he’s got it.”

Donald is thankful for everything he has in his life, but ultimately he wants more. Like Jay, he is never complacent. Just as Jay embraces the opportunity to give back by volunteering at the Boys and Girls Club, Donald says “my goal is to help other people, too.” Both Jay and Donald remind us that the impact of our services can depend as much on the people who use them as the people who provide them. Their successes come from the structure and models around them as much as they come from the expectations and standards within them.

Compassion and respect for every person and in everything we do.

Jaimee Purcell Sexton: living the life of a college student.

More Than Mainstreamed, cont...

and praised by his employers. The opportunity to pass the GED test, however, could provide Seth with more options for a better future. Ann and Kyle both envision Seth being financially responsible and independent; they see a future where he can fine tune the details of autonomy, including accounting for his own checkbook and bills. But more than that, Ann says, “this is his vindication for the fact that he never got a diploma from high school. If he could understand that he was the one that made that happen, then he will have more confidence.”

Horizons’ goals and core values promote independence, self sufficiency and an active commitment to education. We work in collaboration with the Division for Vocational Rehabilitation and CMC’s Disabilities Coordinator. Horizons allocates mill levy funds towards educational coaches for clients who want to take courses; coaches attend classes with clients and assist with studying outside of class. Benefits could enhance clients’ job opportunities, increase pay scale, improve daily living skills, and strengthen self advocacy skills. Ann, CMC and Horizons are working together to help Seth achieve the goal he has had since he was 18.

Seth isn’t the only one who has been benefitting from ongoing educational opportunities through Horizons. Fourteen clients from Milestones in Routt County have also been attending a CMC class. This Academic Achievement in Pre-

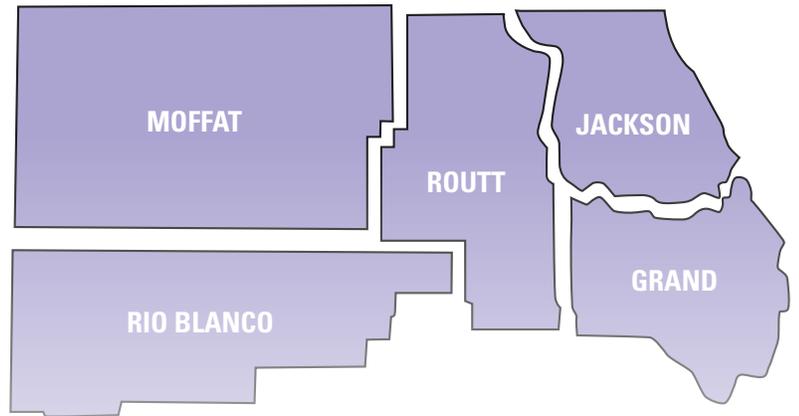
College Equivalent Studies, or Adult Basic Education (ABE), enables students to review and improve in reading, writing, math, science, and social studies. Course objectives include the development of an education plan, motivation and attitude for learning, organization of information, attainment of basic skills, enhancement of self esteem, management of time, and following direction and instruction.

Routt County Day Program Coordinator Ginny Cannon has organized this ABE class for six years. Just as Kyle goes to class with Seth, Day Program counselors go with clients and act as academic aides. The group setting allows clients to feel comfortable in front of their peers so that they are more motivated to take risks and learn. They learn to problem solve both as a group and as an individual. Teamwork and success breed self esteem and clients then become more willing to get involved in real world activities that require these basic skills. In class, students work on public speaking, spelling and vocabulary, reading charts and graphs, using calculators, and learning geography. Marlene Fisher, class instructor, testifies to the students’ progress: “I see every day that they are learning things. They’re always learning something they can use in real life.” And Ginny agrees: “It’s not just academics,” she says, “it’s functional, meaningful learning. Cognitive stimulation is so important for our clients. We take it for granted, but it’s extremely valuable for them.”

Jaimee Purcell Sexton is a student in the ABE class. For Jaimee, it’s the less quantifiable benefits of the class that excite her most. At 26, Jaimee likes “being at the college and getting to feel like a real college student”—something she wouldn’t be able to experience without the support of Horizons and CMC. In fact, one of the best parts of being able to offer post secondary opportunities is that clients can see that education is indeed a part of life and that it can be a part of theirs. Jaimee’s appreciation for the class shows that not only do services provide visible, measurable supports, they also provide invisible, intangible supports. Seth and Jaimee are using the services around them to set themselves up for greater success—at work, at home and in life. Clients are taking advantage of their environment and applying new skills, concepts and attitudes to improve their own lives. These students are creating a culture where things are not simply accepted—they are taken on and challenged.



SLS Counselor Kyle Mokma tutors Seth Sobeski in preparation for the GED.



Counties Up Close

Rio Blanco County

Horizons hosted its first ever Meeker Chamber Mixer on May 26th, preceded by a VIP reception for our Rio Blanco donors.



Forty community members came to learn more about our services and history. Food was catered by Kris and Henry Arcolesse of Ma Famiglia. Mark your calendars for our 1st Annual Spaghetti Dinner Fundraiser and Silent Auction on September 8th at the Fairfield Complex.

Grand & Jackson Counties

Lauren Kerstein, LCSW, P.C., Child and Family Psychotherapist, came to the Granby Public Library on May 27th for a presentation on Sensory Issues and Emotions: A Guide to Assisting Children and Adolescents with Self-Awareness and Strategy Development. Kerstein's practice is devoted to developing strength based, individualized approaches to effectively manage life's challenges. Kerstein specializes in providing support to individuals on the autism spectrum, as well as individuals with depression, anxiety, mood disorders, behavioral challenges, health issues and relationship skill difficulties. This workshop was co-hosted by BOCES and funded in part through a grant award from the Fraser Valley Lions Club.



Lauren Kerstein

Moffat County

Adult Community Coordinator Michael Toothaker participated in Moffat County's Newspapers in Education Program, a collaborative effort between the school district and the Craig Daily Press. The purpose of the program is to introduce children to journalism and the world around them; the selected theme was community service. After Michael's presentation, Emily Howe, first grader at Sunset Elementary, wrote: "Some people have a hard time doing even simple things like talking, eating and bathing. Horizons helps those people, and they have been doing it for 35 years! Horizons helps people young and old. There is Horizons in Steamboat, Craig, Meeker, and Walden. There are around 100 adults and a bunch of children that get help at Horizons. Horizons is a good place to be."



Routt County

Milestones Day Program introduces the Garden Girls Club! As a result of our Innovation Group and part of our initiative to be healthy and green, we have begun the process of proactively learning about where food comes from as well as the large scale environmental issues associated with every day choices involving diet, health, economics and community responsibility. With the help of community volunteers, Maple Street has constructed four raised beds and hopes to produce enough vegetables for all of Routt County group homes to share.



Grant Support



CARHOF/Steamboat Springs Board of Realtors awarded \$500 to assist with the kitchen remodel at our group home at 1054 Village Lane in Steamboat.



Sprout Foundation Fund awarded \$6,000 to purchase computers, software, service and equipment for assistive technology for our Early Intervention program in Grand County.



Yampa Valley Community Foundation awarded \$5,000 to assist in the construction of a back roof extension over a wheelchair ramp on our group home at 575 Rose Street in Craig.



Colorado Realtors for Education awarded \$2,889 to purchase equipment for Early Intervention.



Fraser River Valley Lions Club

Fraser River Valley Lions Club awarded \$700 to assist with the cost of bringing Lauren Kerstein to Grand County for a presentation.



Daniels Fund awarded \$15,000 to supplement funding for our Family Support program.



For the host community of Granby, Ride the Rockies/Denver Post Community Foundation awarded \$5,000 to be used for Grand County's Family Fun Days, Early Intervention's play groups and events, and reimbursements for therapeutic horseback riding lessons.



Push America awarded \$750 for sensory items for Moffat County Day Program.

In 2005, there were only 9 Board Certified Behavior Analysts (BCBAs) in Colorado. Now, there are 78. Because we believe that people with disabilities and their families should be able to live anywhere in this beautiful state and receive top quality supports in their local area, we formed Behavior Services of the Rockies in 2006. We have grown to 26 practitioners, 9 BCBAs and two Board Certified Assistant Behavior Analysts (BCABAs). We serve approximately 100 adults and children with disabilities across the state.

Behavior Services of the Rockies provides staff training and consultation with provider agencies and school districts regarding individuals or groups of individuals presenting challenging behaviors, Individualized Education Program and curriculum development assistance, and assistance with students that have challenging behaviors. Our educational workshops disseminate the principles of Applied Behavior Analysis (ABA). Workshops evaluate treatment effectiveness and provide function based approaches, evidence-based treatments, preference assessments, and skill acquisition. We provide training and consultation with community centered boards, staffed facilities and provider agencies—assisting in effective staff training and individual behavior support planning.

For early intervention, adolescent and adult services, we are proud to offer services for individuals diagnosed with autism spectrum disorders (autism, Asperger's Syndrome, PDD-NOS) and other diagnoses. Our services include but are not limited to teaching language and play skills, relationship and learning skills, successful preschool or school skills, employment and independent living skills. We also develop treatment plans to decrease challenging behaviors and increase appropriate alternatives. All of our employees are well trained in ABA methods. Services are provided directly by or supervised by a BCBA.

Behavior Services of the Rockies is in network with Medicaid waivers (CES, SLS, HCBS-DD, and CWA) as well as several private insurance companies under the recent Health Insurance Mandate for Autism Treatment (HIMAT) legislation passed in December 2010. Feel free to visit our website at www.bsotr.com or contact us at (720).837.2348. We look forward to hearing from you!

Travis Blevins
MS, BCBA
Executive Director

Planned Giving

Planned Giving allows you to distribute assets to family members and organizations. You can leave a legacy through wills, gift annuities, charitable trusts, pooled income trusts and life insurance. Your legacy can support Horizons and those who depend on us for care long into the future. For more information on planned giving, please contact Horizons' Central Office at 970.879.4466 x 108 to speak to Susan Mizen, Executive Director, or talk to your accountant or attorney.



2010 Little Points of Light

Our LPOL campaign raises much needed funds for our Early Intervention and Family Support programs. Lewis Kleckler (Yoda) is one of the 175 children who benefit from this campaign. Thank you to all of our new and loyal supporters!



Jenna, Lewis and Andrew Kleckler

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OUR MISSION

*Horizons works in partnership
with families and communities
to expand opportunities for
individuals with, or at risk of,
developmental disabilities.*

HORIZONS' OFFICES

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Rio Blanco Services

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