

NEW HORIZONS NEWS

NEW HORIZONS COUNSELING SERVICE, INC.
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Current Programs At New Horizons:

- *Substance Abuse Screening, Education, and Treatment
- *Relapse Prevention Treatment
- *Domestic Violence Survivor Treatment and Education
- *Domestic Violence Offender Treatment (PEACE Program)
- *General Mental Health Medication Services
- *General Mental Health Group Counseling
- *DUI Screening, Education and Treatment
- *Driver's License Revocation Services (Please call to inquire about availability)
- *Sex Offender Treatment
- *Parent Skills and Education
- *Anger Management
- *Specialty Groups for Women, Men, and Persons with Serious Mental Illness (SMI) - Please call to inquire about availability

Healthy Living Tips: Building Self Esteem

Feelings of low self esteem are common for many people. It may keep them from working towards goals or seeking positive change in their life. Making small changes in your daily routine can help promote a more positive self image, and can increase feelings of self worth. Here are a few tips:

-Make a list of all of the accomplishments you have made and things you admire about yourself.

-Spend time with people who make you feel good about yourself.

-Make your living space a place that honors who you are by placing things that remind you of how special you are around the space.

-Make it a point to treat yourself well everyday. Do one thing you enjoy everyday.

-Remember you are a person worthy of happiness! *Tips adapted from "Building Self Esteem: A Self Help Guide" developed by SAMHSA and DHHS.*

Meet our Staff: Nurse Practitioner Debra Dallas

Newly joining the NHCS team is Nurse Practitioner Debra Dallas. She joined New Horizons in October 2010 to help expand the agency's Psychiatric Evaluation and Medication Services to full time availability. Debra received her BSN from Linfield College School of Nursing, and her Master's Degrees from Oregon Health Sciences University, with a double major in Geriatrics and Psychiatric Mental Health. She then went on to complete another 1.5 years at Oregon Health Sciences University in the Nurse Practitioner Program. She has been working in the field for 15 years. NHCS welcomes our newest team member, we are happy to have her!



ROAD TO RECOVERY

Comments?

Suggestions?

We appreciate your feedback!

Call 623-939-6567
or email

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[newhorizons
counselingservice](http://newhorizonscounselingservice.org)

[.org](http://newhorizonscounselingservice.org)

Mission Statement

New Horizons Counseling Service, Inc. is devoted to providing the highest quality outpatient treatment to help individuals address unhealthy choices. We strive, through best practice treatment models, to teach adaptive life skills for people to lead healthier, more productive lives.

Quote Corner

"I feel [I] accomplished a goal. Thank you New Horizons."

-Recent New Horizons Graduate

NHCS welcomes our
2010-2011 Interns!

Master's level students from Arizona State University and Grand Canyon University have recently joined the NHCS team for the 2010-2011 school year to complete their internships. Welcome to the team!