



DECEMBER NEWSLETTER

KEEPING YOU IN THE LOOP

IT'S BEEN GRAND

Horizons has bid farewell to three remarkable employees- DJ Project Coordinator Maybelle Manio, MYEEP Coordinator Rosalinda de la Rosa, and Substance Abuse Counselor Calder Gillam. All three employees greatly contributed to the success of our programs and their presence will be missed. In the spirit of Horizons' fast-paced rhythm, interviews for position replacement are already under way and hiring is expected to happen in early December.

presented her curriculum on co-occurring psychiatric and substance disorders, giving each agency their own copy of her book.



THANKSGIVING PHOTOS

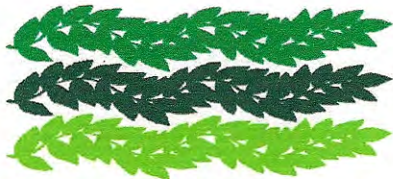


Horizons Thanksgiving Potluck

Tradition continues this year as Horizons Unlimited hosted its annual Thanksgiving Potluck on Wednesday Nov. 26th. Administration provided a ham as well as a roasted turkey, while staff contributed to the feast by bringing a variety of sweet and savory dishes. Menu items included a green salad, vegetarian stuffing, mushroom pasta salad, yuca, cornbread, and homemade pumpkin pie.

Aside from the delicious eats, the potluck served as a reunion for Upstairs and Downstairs staff, a coming together of Treatment and Prevention-minded employees. Thanks were given across the board for the ongoing achievement of all Horizons programs.

Names were drawn from a hat for an agency-wide Chris Kringle gift exchange in which employees offer a small present to one secret recipient. Gifts will be presented at our All-Staff Christmas Luncheon on Friday December 19th. Staff will enjoy this beautiful afternoon luncheon at Guaymas Restaurant in Sausalito.



FROM PRECONTEMPLATION TO MAINTENANCE

On November 20th four Horizons staff members attended the CBHS-sponsored training at the SF Zoo. The training's theme- Matching Therapeutic Goals to the Stages of Change- highlights the movement of mental health/ substance abuse integration. Keynote speaker Rhonda McKillip

NOVEMBER PROGRESS & DECEMBER UPDATES

Thanksgiving:

Originally founded as a day to appreciate the bountiful season of harvest, the traditional "First Thanksgiving" dates back to 1621 at Plymouth Plantation, Massachusetts. The title "First Thanksgiving" is up for debate, however, because settlers in Florida and Virginia claim to have championed the cause decades earlier.

Thanksgiving has taken on a quality of familial appreciation in recent years. That is to say, people tend to express gratitude for friends and family in addition to the feast. Another attribute Thanksgiving has acquired these days is religion. The "First Thanksgiving" had no roots in religion, but it's not uncommon for the 21st century Thanksgiving to involve a bit more Godliness.

NEW DIRECTIONS EMPLOYMENT PROGRAM (NDEP)

After several months of wavering enrollment, the current cycle of NDEP has reached its participant capacity of 20 youth.

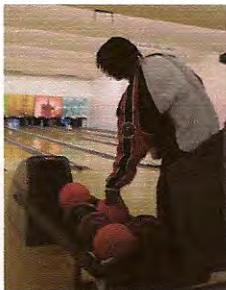
On December 12th, HIFY (Health Initiatives For Youth) will begin a series of presentations for NDEP on health topics such as STDs, sexuality, and relationship violence.

On December 23rd, NDEP will take a trip to Mel's Diner for dinner and then on to catch the Union Square Tree Lighting Ceremony. Check out pictures from last month's field trip to the bowling alley below:

OUTPATIENT PROGRAM (OP)

Fridays at the CALMECAC After School Program are reserved for culturally affirming and community oriented outings. The second Friday of November, Counselor Fernando Serrato and Management Coordinator Casey Gold took youth on an Urban Art exploration. The group visited a graffitied alleyway near Townsend and 5th St. in SOMA District to observe first-hand street designs. The trip served to connect Urban Art curriculum with real life practices of SF graffiti artists.

The alley lies on private property and the art was legally solicited by the building owner. This is apparent in the detail of the works- artists took close to 2 months and hundreds of spray



Upcoming Activities

Mark Your Calendars

- **December 3**
All-Staff Meeting @ 12:00 pm
- **December 19**
Horizons Holiday Luncheon @ Guaymas in Sausalito- 1pm

If you're free, check out...

December 1

Union Street Festival Fantasy of Lights

December 5-7

First Int'l Body Music Festival
"Before people were hollowing logs and striking rocks, they were using their bodies to stomp, clap, sing, snap and grunt their musical ideas."

December 8

Parol Lantern Festival



'TIS THE SEASON

Upcoming Holidays

- DECEMBER 25: AGENCY CLOSED FOR CHRISTMAS
- DECEMBER 31: HALF DAY NEW YEARS EVE
- JANUARY 1: AGENCY CLOSED FOR NEW YEARS DAY