

"I feel that the staff is incredibly caring and helpful. I consider this program to be the most wonderful blessing and wish more women knew about it" (Horizons' client)



UNC Horizons, where women and their children find help, hope and healing



WWW.UNCHORIZONS.ORG

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Department of Obstetrics and Gynecology
Outpatient Services in Wake County
Outpatient Services in Orange County
Residential Treatment Services in Orange County
Specialized Obstetrics/Gynecology at UNC Timberlyne in Chapel Hill

Department of Obstetrics and Gynecology

UNC Horizons



"That's one thing I love about this program is they never give up on you, and even if you have given up on yourself, they will say something that will make you realize that you are not alone." (program graduate)

UNC Horizons



UNC
SCHOOL OF MEDICINE

WHO WE ARE



UNC Horizons is a substance abuse treatment program for pregnant and/or parenting women and their children, including those whose lives have been touched by abuse and violence. We are a program of the Department of Obstetrics and Gynecology at the University of North Carolina in Chapel Hill.

Confidential
Nurturing
Mother/child focused

Recovery oriented
Nationally-recognized
NA/AA informed

Women-only
Safe
Comprehensive

“You could not ask for nicer, more concerned people than the women in Horizons...They are genuinely concerned when you’re down and out in group [therapy]. They will stay right by your side in a crisis.” (Program graduate)

WHAT WE DO

For Women:

- *A comprehensive recovery and relapse-prevention program for substance abuse*
- *A range of treatment options including residential and outpatient services*
- *Individual and group counseling*
- *Medication assisted treatment for opioid dependent pregnant and non-pregnant women*
- *OB/GYN and psychiatry services*
- *Assistance with finding employment, creating a budget and managing finances*
- *Help with creating healthy relationships and healing from abuse and violence*

For Children:

- *Evaluation, treatment and referral to early intervention services*
- *On-site child care*

For Women and Children:

- *Family therapy*
- *Trauma-recovery programming*
- *Attachment-based parenting education and guidance*
- *Individualized case management*
- *Transportation to and from treatment services*



WHERE WE ARE GOING



- **Expanding Our Services** to improve care for more women and children in our area while also providing a world class model in women’s treatment which can be replicated across the state, the USA and the globe.
- **Conducting Cutting Edge Research** focused on developing and implementing evidence-based approaches to women-centered treatment.
- **Training the Next Generation** of providers from the USA and international locations in state-of-the-science approaches to treatment and encouraging interdisciplinary collaboration across UNC.

With your help we can achieve our goals and continue to grow in order to serve more women and children touched by addiction. Please see our website at www.unchorizons.org or contact us at 800-862-4050 for more information and to find out how you can help.