

What is Horyzons?

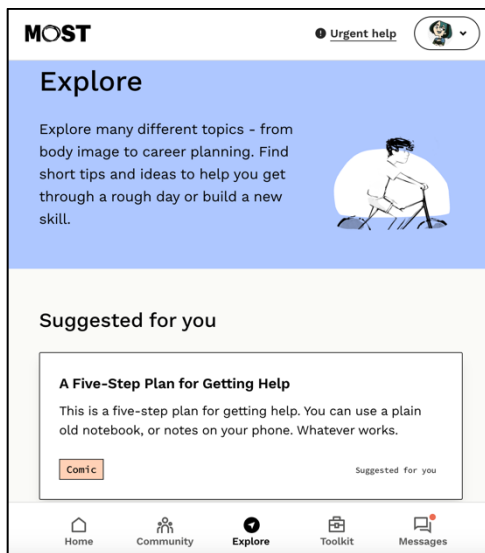
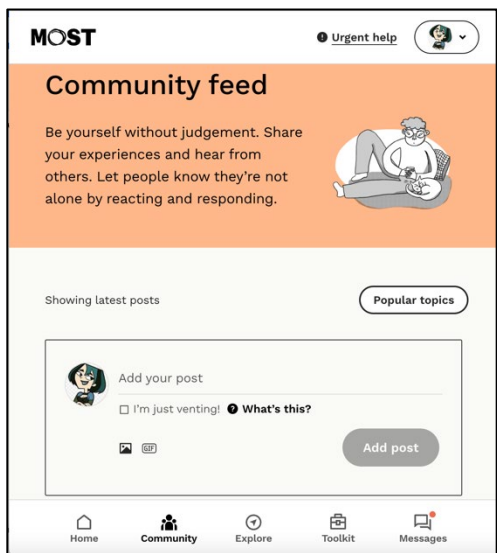
Horyzons is an online social media platform for individuals experiencing psychosis and receiving services in North Carolina at a first episode psychosis clinic. The digital platform allows you to learn skills such as coping and mindfulness through educational and therapeutic material as well as connect with the other platform users who have had similar experiences.

Horyzons is a peer-led space. You can request to chat with a peer support worker, and they may react or respond to posts on the community page. There are also Horyzons Hangs, which is a space for Horyzons users to get together via Zoom every other week to chat and hang out for an hour or so and catch up or play games. These Horyzons Hangs are completely optional.

Horyzons is moderated. “Moderated” means that a group of clinical psychologists and graduate students will check the site daily to make sure it is a safe and welcoming place for all users. Moderators are like Horyzons guides who help orient you to the different aspects of Horyzons and call once or twice a month to check in and help you make progress toward your goals on the site.

While Horyzons is viewed as an additional clinical service your clinic can offer, it is a research study. It being a research study allows us to offer the unique and beneficial platform free of charge to individuals who would like to participate. As it is research, it is completely voluntary to participate in and you can stop participating at any time and for any reason. If you are interested and would like to participate, you would meet with Liz, a study coordinator for the project. With your visit with her, you will go over a couple of forms to provide your consent to participate and complete 3 measures. You will then create your profile for the platform and learn how to save it to your phone like an app. You will also be connected with a clinical moderator, who will help you reach your goals you identified for your use of the platform. You can use Horyzons as much or as little as you would like and you can engage with both the therapeutic side and community side or just the side of the platform that you enjoy. You will have access to the platform for at least 12 months if you decide to participate.

Horizons Platform Examples



You Only Have So Many F*cks to Give: Use Them Wisely

Reflect

*This, in a nutshell, is what 'self-improvement' is really about: prioritizing better values, choosing better things to give a f*ck about. Because when you give better f*cks, you get better problems. And when you get better problems, you get a better life.*

Mark Manson

It's true. We only have so many f*cks to give. We can't put our energy into everything. When it comes to determining what to give a f*ck about, our values are the best tool we have for figuring out what matters most.

Our values are like guideposts. They help us to stay on track, no matter what we think or feel. Our values are not about what we achieve or get. They're about our relationships – what kind of friend we want to be and who we want to be for ourselves. Values include things like adventure, compassion, generosity, honesty, trust and patience.

One way we can get better at knowing what to give a f*ck about, is to use our values to guide our behaviour.

To do this, you'll first need to write down three of your most important values.



Bright Skies, Dark Nights

Comic

Save to Toolkit

When we're feeling down and unmotivated, shifting our focus from how we feel to activities we find fun and meaningful can help to lift us out of our funk. Science tells us that we can't wait to feel motivated before we act, we need to take action and wait for our feelings to catch up. Because they will.



Now, think of one value driven activity that you can do this week.

For example, if your top value is curiosity, you could learn a weird fact, listen to a podcast about something completely new (effective altruism, or existential risk, or share trading) or research a place you're keen to travel to someday.

Write your value driven action down.

Now, commit to it.

Pull out your diary or whatever it is you use to keep track of important dates and write down the time and place when you'll do this action. Scheduling it in will increase the likelihood that you'll do it.

We've got to decide what's worth giving a f*ck about. A great way to do this — some may argue the only way to do this — is to use your values as a guide. When you're guided by your values, difficult feelings and thoughts will have less of a say in how you live your life.

