

alkama
United for Health and Wellbeing

HORIZON





A MULTIDISCIPLINARY PROGRAM FOR ANXIETY & DEPRESSION

Horizon is alkalma's multidisciplinary program for anxiety and depression, designed to restore daily functioning, not just reduce symptoms.

Horizon is a health program designed to support people, not just individual appointments. Instead of relying on one weekly session with a single provider, Horizon brings together a team of professionals who work together in a clear and structured care plan to support sustainable recovery and long-term wellbeing.

The program supports individuals and families dealing with anxiety and depression by combining therapy, medical care, practical support, & guidance to help people feel better in their daily lives, at home, at school, at work, and in their relationships. Care is delivered through personalized monthly packages, allowing individuals to receive the right level of support at the right time, with continuity, structure, and measurable progress.



HOW HORIZON WORKS

Horizon is a health program that brings the right support together at the right time. Instead of spreading care across occasional, disconnected appointments, Horizon offers a clear, structured program where different specialists work together to support you when you need it most.

This coordinated approach helps people regain their daily routines, independence, & meaningful activities sooner. By working on symptoms, everyday habits, & practical challenges at the same time, Horizon provides focused support with clear goals, helping avoid long or fragmented care journeys.

HOW HORIZON IS DIFFERENT

Whole-Person, Functional Recovery

Horizon focuses on restoring everyday functioning, sleep, routines, concentration, self-care, relationships, school, and work, not just managing symptoms.

Multidisciplinary Care, Coordinated

Patients receive integrated support from psychiatry, psychology, occupational therapy, workshops & group sessions, & a dedicated Care Coordinator. All services are aligned under one care plan.

Continuous Support Model

Beyond individual sessions, Horizon includes workshops and skills-based groups that reinforce coping, regulation, & daily functioning throughout the week—supporting consistency and real-life application.



THE HORIZON CARE TEAM

Psychiatry & Psychology

The psychiatry & psychology team provides diagnosis, treatment planning, & evidence-based therapy. Care focuses on emotional regulation, insight, and coping strategies.

Occupational Therapy

Occupational Therapists play a central role in Horizon by helping translate insight into daily life. OTs support restoring routines, improving sleep and focus, returning to school or work, and building independence and confidence.

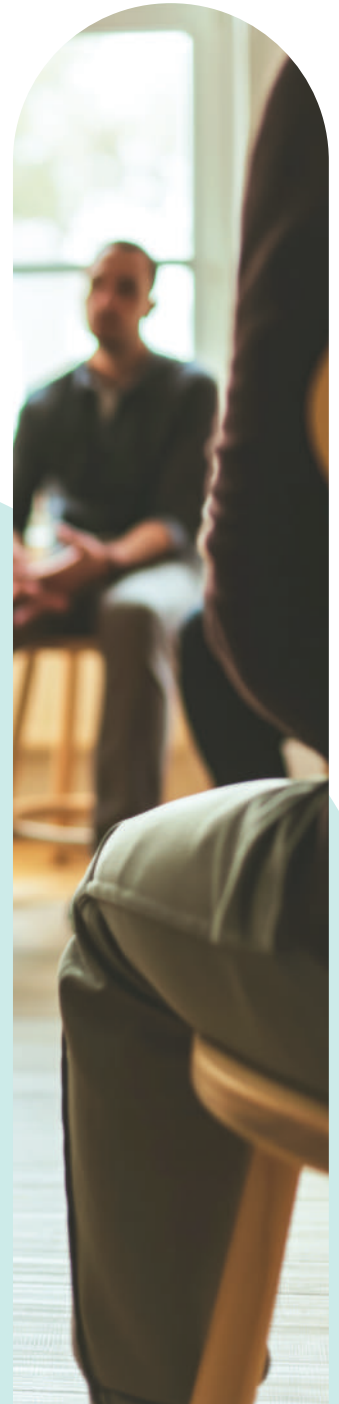
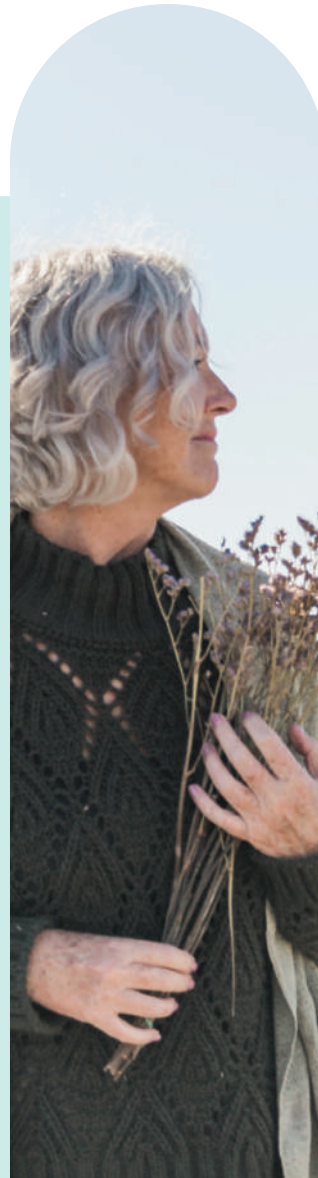
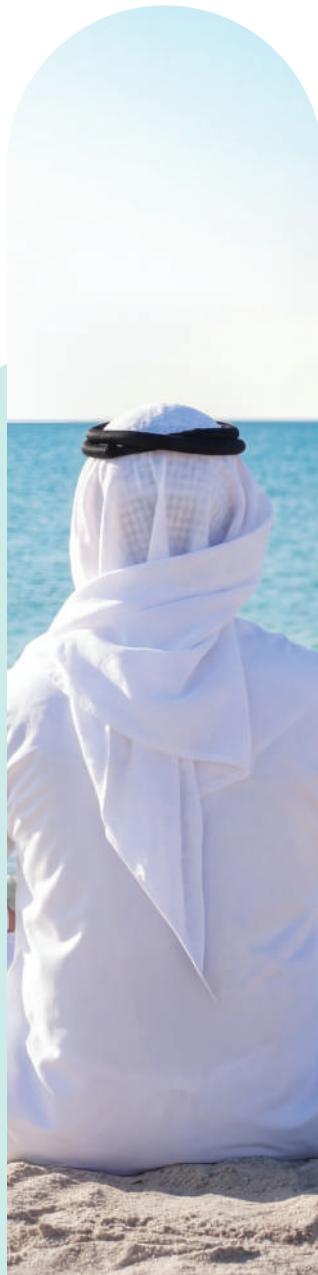
Care Coordination

Each patient is supported by a Care Coordinator who guides onboarding, coordinates appointments, tracks progress using standardized measures, & serves as a consistent point of contact for patients & families.

Workshops

Horizon workshops and classes provide structured opportunities to practice coping and regulation skills, apply therapy strategies in real-world contexts, build confidence, and reduce isolation for individuals and their loved ones.

Workshops are open to family members who want to better understand anxiety and depression and learn practical ways to offer support. To protect privacy, workshops are designed so participants may attend for learning and support without being identified as patients or caregivers.



HORIZON PACKAGES

Horizon is delivered through monthly bundled packages, with support increasing based on individual needs and progress. Packages are personalized using standardized screening tools and ongoing clinical review.

Typical package duration:

- ▶ Tier 1: About 5–3 months
- ▶ Tier 2: About 9–5 months
- ▶ Tier 3: About 12–9 months

Packages may include psychiatry visits, individual psychology sessions, occupational therapy sessions, family or caregiver sessions, workshops and group classes, and ongoing care coordination.

THE HORIZON JOURNEY



**Screening
& Clinical
Assessment**



**Introduction to
Horizon by
The Care Team**



**Enrollment
& Package
Placement**



**Coordinated
Scheduling
of Services**



**Progress
Monitoring
& Outcome
Tracking**



**Monthly
Reviews
& Plan Updates**



**Graduation Planning
& Transition to
Maintenance Care**

WHO HORIZON IS FOR

Horizon is for anyone facing anxiety or depression who feels stuck, needs extra support with everyday life, or would benefit from a more structured and coordinated approach to care, especially when weekly therapy alone hasn't been enough.

LEARN MORE ABOUT HORIZON

**THANK YOU FOR TAKING THE TIME TO REVIEW OUR SERVICES,
WE LOOK FORWARD TO SUPPORTING YOU
& YOUR LOVED ONES FLOURISH WITH CARE.**

please reach out if you have any queries

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