

# RECOVERY Today

December 2019

A publication of Helio Health



## Faces of Hope: Garrett's Story

"For the longest time, I didn't think hope existed. I had no hope for anything," said Garrett.

"In many ways, I felt like I sold my soul and there was no getting it back. In double digits I went to rehabs and detoxes and outpatients, and each time I learned a little bit more about myself. But at the same time, I just had no hope that things would ever change."

Garrett's story is not unlike many of the stories of people who walk through the doors of Helio Health. He had struggled with his addiction for years, trying to find recovery but never able to get the right treatment and support -- until he came to Helio Health.

"Helio Health opened my eyes," said Garrett. "They taught me that not only do people care, but that change is possible."

After receiving treatment at the Meadows Outpatient Clinic, Garrett stayed in the Supportive Living program to build a solid foundation in his recovery. He became a Certified Recovery Peer Advocate through the Helio Health Training Institute and is currently in school to become a Certified Alcohol and Substance Abuse Counselor. He has his own apartment now and is working to help others find recovery.

"Everywhere I go, not only do I have hope, but I'm giving hope to others," said Garrett. "I'm able to motivate and inspire others, and fill them with the hope that I never had. Hope is bigger than me. It's something I want to continue to give to a community of people who are hurting."

To learn more about Garrett and meet others who have found hope and healing, visit [www.helio.health](http://www.helio.health).



### In this Issue

Faces of Hope -  
Garrett's Story

Insight House Affiliation

2019 Year in Review

Conference Announces  
Keynote Speaker

Program Spotlight: The  
Willows

Save the Date: 100th  
Anniversary Celebration

# More Hope, More Healing

## *Helio Health and Insight House in Utica announce affiliation and planned merger*



Planned merger will expand services for individuals in the Utica area working towards recovery.

Helio Health and Insight House are excited to announce their affiliation and planned merger.

Jeremy Klemanski, Helio Health President & CEO, expressed his excitement for the merger saying, "We are eager to affiliate and merge with Insight House to work on expanding access to quality care for substance use disorders in Utica and the greater Mohawk Valley."

Located in Utica, NY, Insight House operates an outpatient clinic and day treatment facility, along with a 44-bed intensive residential unit. Treatment is customized depending on client needs, and programs include a variety of clinical group sessions, psychiatric assessment, occupational/vocational services, recreation in the facility's gymnasium, and life skills education.

The affiliation with Insight House brings several treatment programs together under one umbrella. Patients working towards recovery are now able to more easily move from level of care to the next.

The merger will further build the continuum of services available in the greater Utica area. Helio Health currently operates an Opioid Treatment Program in the area, along with overseeing the numerous behavioral health programs of its other affiliate, Central New York Services.

For more information about the programs and services of Insight House, visit [www.insighthouse.com](http://www.insighthouse.com). For more information about Helio Health, visit [www.helio.health](http://www.helio.health).

## Elements of CNY Opening Soon

75 bed program to start serving patients in early 2020

Elements Residential Program is anticipated to open this January. This innovative three phase residential program is designed to help stabilize, rehabilitate, and reintegrate individuals who are working towards recovery from substance use, mental health disorders, and other health issues.

Located on Crossroads Park Drive in Liverpool, the 75 bed facility includes 55 single bedroom units, 20 apartment units, several lounges and multipurpose rooms, and ample green space including a basketball court and a volleyball court.

The goal of Elements of CNY is to ensure a healthy transition back into the community. It is designed to first stabilize the individual medically and emotionally, so that they may successfully engage in a rehabilitative process, leading to community reintegration. This will occur in a careful and coordinated manner to minimize the likelihood of destabilization and maximize the individual's opportunity for a successful self-directed recovery. Individuals are able to enter the program at any of the three phases as determined by their assessed need.



# Conference Announces Keynote

*The founder of To Write Love On Her Arms and the star of the hit series This Is Us come together for an unprecedented mental health awareness event in 2020 keynote address.*

The Northeast Behavioral Healthcare Conference is thrilled to announce its 2020 keynote speakers -- Jamie Tworkowski, founder of To Write Love on Her Arms, and Chris Sullivan, from the hit show *This Is Us*.

Together, they will offer a lively conversation on self-care, recovery, and hope.

In 2006, Jamie Tworkowski began his quest to end the stigma of mental health. Since then, his global non-profit movement has offered relief to thousands struggling with depression, addiction, self-injury, and suicide. He is the author of the New York Times Bestseller If You Feel Too Much.

At the Northeast Behavioral Healthcare Conference, Jamie will join forces with friend and mental health ally Chris Sullivan, best known as Toby on NBC's top rated drama, *This Is Us*. His acclaimed portrayal of depression and anxiety has enabled a national conversation on these urgent issues.

The 2020 Northeast Behavioral Healthcare Conference will be held June 2-3 at the Marriott Syracuse Downtown. This growing conference offers behavioral healthcare professionals the opportunity to develop interdisciplinary approaches to treatment, focusing on this year's theme -- "Re-creating Recovery: Considering New Values and Experiences in Behavioral Health."

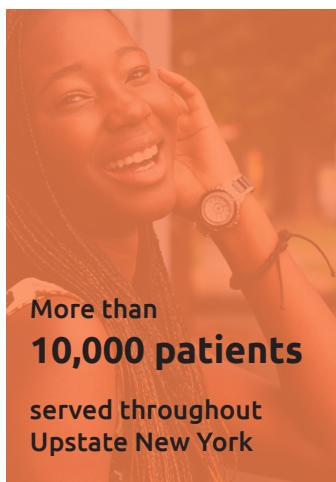
Tworkowski and Sullivan will deliver the keynote address on Tuesday, June 2nd with an exclusive social event to follow.

Conference registration will open in January 2020. For more information about presenting, exhibiting, or sponsoring, please visit [www.helio.health/training/northeast-behavioral-healthcare-conference](http://www.helio.health/training/northeast-behavioral-healthcare-conference).

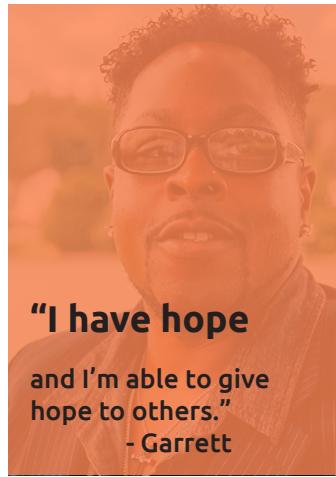
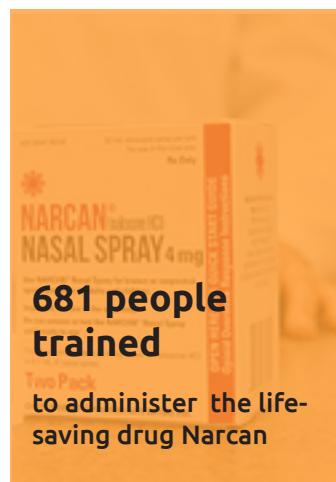
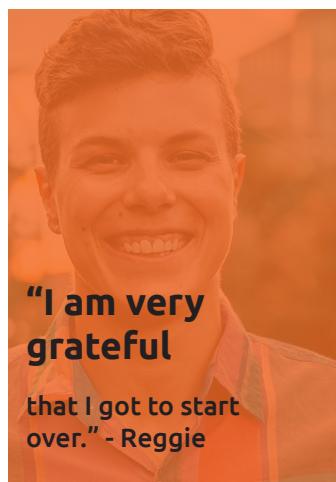


# 2019

## Year in Review



**More than  
10,000 patients**  
served throughout  
Upstate New York



- Garrett





## Program Spotlight: *The Willows Inpatient Treatment*

The Willows Inpatient facility houses two treatment programs to help people on the road to recovery - Inpatient Withdrawal and Stabilization (detox) and Inpatient Rehabilitation. For many people, it is the first step in the recovery process.

Helio Health's Withdrawal and Stabilization (detox) Services are NYS OASAS certified facilities that offer treatment services to those who are temporarily incapacitated from alcohol and other substances. Medical and clinical staff are on-site 24 hours a day to assist patients in managing their mild to moderate withdrawal symptoms within a medically structured setting, providing a safe place to begin the recovery process. Individual and group counseling is combined with medical care and bed rest in a safe and comfortable environment. Length of stays average three to five days but vary based on the needs of each patient.

Helio Health Inpatient Rehabilitation is also a NYS OASAS certified facility and offers a short-term intensive program for patients requiring a highly structured, supportive environment. Utilizing a multi-disciplinary team consisting of medical and counseling professionals, programming is tailored to the needs of each patient. Individual and group counseling is coupled with patient education. Length of stay is dependent on the patients individual progress and needs. Average length of stay is between fourteen to twenty days. Continuing care coordination begins upon admission with referral to services in the patient's preferred county. Helio Health's Inpatient Rehabilitation is the only inpatient program in Central New York that accepts women postpartum with newborn children up to 3 months old into treatment.

For more information about treatment programs at the Willows, please call 315-492-1184.

## BOARD OF DIRECTORS

James Antonacci, Chair

Shane McCrohan, Vice Chair  
*Scolaro, Fetter, Grizanti, McGough & King, P.C.*

Martin McDermott, Secretary  
*JF Real Estate*

Joseph Geglia,  
*Immediate Past Chair of CNY Services*  
*Elmcrest Children's Center*

Scott Lickstein  
*Newman and Lickstein*

Lisa Morrow  
*Communications Consultant*

Shane Attlee  
*Ernst & Young*

Conor Gillen  
*Carswell Investments, LLC*

Joseph Hammill  
*Xerox—Retired*

Kim Myers

Joseph Zikuski  
*City of Binghamton*  
*Chief of Police*

Cheryl Pusztais  
*YMCA Greater Syracuse*

John Balzano  
*Utica City Court Judge*

David Mathis  
*Director of Oneida County*  
*Workforce Development*

James D'Onofrio  
*Oneida County Legislator*

Helen Lopez  
*Rochester Regional Health*



Executive Leadership Office  
555 East Genesee Street  
Syracuse, NY 13202

# SAVE THE DATE

---

## 100th Anniversary Gala

*Saturday, September 19th at 6:00PM at the OnCenter*

Established in 1920, Helio Health is celebrating its 100th anniversary in 2020. Join us as we dance through the decades to celebrate one hundred years of hope, healing, and service.