

RECOVERY Today

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New grant funds job training for behavioral health

With a grant award from the Alliance for Economic Inclusion (AEI), Helio Health is launching a new training program specifically for low-income individuals seeking careers in behavioral health. The grant award of \$267,011 from AEI will provide job trainings for people in Onondaga and Oswego Counties. The training is designed to assist individuals in becoming Credentialed Alcoholism and Substance Abuse Counselors (CASACs) and Certified Recovery Peer Advocates (CRPAs).

There is currently a shortage of both CASACs and CRPAs in the region. Up to 150 people are able to participate through the Helio Health Training Institute at no cost. Training will prepare the participant for an entry level position in the field and link them with potential employers to fill vacant positions. Long term this project will help to expand existing services while simultaneously lifting people out of poverty.

“The national opiate crisis has highlighted the shortage of peers and counselors working in the field of substance use and mental health disorders,” says Jeremy Klemanski, Helio Health President and CEO. Staff shortages have the potential to delay access to treatment for people needing help at a time when the need for treatment is historically high.

“This grant will allow Helio Health to train and prepare people in our community for the certifications needed to pursue the rewarding work of helping people with substance use and mental health disorders,” said Klemanski. “These certifications give people a significant advantage climbing the career ladder in counseling and peer work professions.”

This innovative project not only increases access to care, it contributes to the economic vitality of the region. As more behavioral healthcare professionals join the field, there will be increased access to care for people who need services and reside in Central New York. This increased access to care will lead more people into a lifestyle of recovery, where they may also be able to seek meaningful employment and contribute to the economic well-being of the region.



In this Issue

New Grant Funds Job Training

More Help Coming to Rochester Evaluation Center

Women's Health Award

Recovery for Tomorrow Raises \$20,000

Program Spotlight: Home and Community Based Services



Helio Health will soon operate 40 beds of inpatient detox in Monroe County.

More Help Coming to Rochester Evaluation Center

Expansion adds 15 new beds

The Helio Health Rochester Evaluation Center is undergoing an expansion to add 15 more short-term detox beds at its 1350 University Ave facility.

The expansion is funded by a \$1 million grant from the NYS Office of Alcoholism and Substance Abuse Services. Half of the funding will be used for start-up costs for the new expansion with the second half used for operational costs.

To accommodate the expansion, Helio Health will renovate the space adjacent to its current facility on University Avenue. The renovation is expected to be complete by the end of 2018.

Currently, the Rochester Evaluation Center operates 25 beds of medically monitored and medically supervised withdrawal inpatient services.

There is a strong documented need for additional treatment services in Monroe County. The Helio Health beds at the Rochester Evaluation Center are the only medically monitored and medically supervised inpatient withdrawal and stabilization services in Monroe County.

Monroe County also has higher than New York State rates of new-born drug related diagnoses, alcohol-related motor vehicle deaths, and percent of adults who binge drink. The county falls in the 4th quartile in New York State for heroin overdose deaths and the 3rd quartile for emergency department visits due to heroin overdose.

"We are looking forward to being able to respond to the requests from families in our community for more access to medically supervised withdrawal treatment," said Jeremy Klemanski, Helio Health President & CEO.



2018 Northeast Behavioral Healthcare Conference

Save the date! Join us April 30th - May 1st at the Marriott Syracuse Downtown as we delve into the theme of "Emerging Faces: Exploring Changing Populations and Perspectives in Behavioral Health." This two day conference will provide sessions on innovative, evidence-based, and best practices facilitated by national experts. Continuing education credits will be available for Licensed Social Work, Licensed Mental Health, CASAC, and CTRS.

We are pleased to announce Darryl Strawberry as this year's keynote speaker!

For more information about sponsorship, exhibiting, speaking, and attending, please visit our website: www.helio.health or email: conference@helio.health.



Recovery for Tomorrow Raises Funds for Hope and Healing

Annual fundraiser shares stories, artwork, and hope.

Fourteen years ago, Cynthia used for the last time. After 17 years of battling her addiction and countless attempts at recovery, she found herself in the Helio Health Supportive Living Program.

"It was the only place I had ever been safe," said Cynthia. "It was the first time I understood what I needed to do. It made me feel empowered. Going through that program saved my life."

The 2018 Recovery for Tomorrow fundraiser highlighted Cynthia's story, and others like hers. The event raised nearly \$20,000 for the Helio Health Foundation to help more people like Cynthia find recovery from the effects of substance use and mental health disorders and other health issues.

Recovery for Tomorrow was a celebration of September as Recovery Month. In addition to sharing stories, the event also showcased the 2018 Recovery Arts Exhibit. This exhibit included over 50 pieces of artwork created by both patients in Helio Health treatment programs and local artists impacted by substance use and mental health disorders. Live artists and a silent auction provided entertainment throughout the evening, with refreshments provided by Diamond Catering.

This event would not have been possible without the generous support of our sponsors. Our deepest gratitude to Barclay Damon, NBT Bank, Dunk & Bright, Quest Diagnostics, Schopfer Architects, Bond, Shoeneck & King, Mower, Employee Management Strategies, Newman & Lickstein, and the Lockheed Federated Fund. Thank you for your commitment to providing hope and healing for people like Cynthia and thousands of others in our community.

Cynthia's story is a poignant reminder that with treatment and support people can and do recover every single day. Today she is an LPN, owns her own home, and has a great relationship with her family. She loves singing in her church choir and spending time with her grandchildren.

To hear more stories like Cynthia's, visit www.helio.health/about/stories-of-recovery.

Women's Health Award

When it comes to recovery, women often face unique and complex healthcare challenges. With the help of Senator DeFrancisco, Helio Health is enacting programs to meet these specific needs.

An award of \$90,000 from the New York State Department of Health will fund two women's health coordinators in the Helio Health Meadows Outpatient Clinic to focus on helping women overcome these challenges.

Kathi Meadows, Outpatient Division Director at Helio Health, says, "This Women's Health Award improves our ability to address the health-related issues that are specific to women and physiological responses to alcohol and other drugs."

A women's health coordinator will meet with the individual during her initial intake assessment and determine whether she has a primary care provider and has had a women's health exam recently.

If the woman has need of these services, the women's health coordinator will then make referrals and connect the individual with the needed services. Initial women's health services can be provided on site by a Helio Health physician who specializes in women's health.

Jeremy Klemanski, Helio Health President and CEO, expressed his excitement for the award.

"We are very grateful for Senator DeFrancisco's leadership in helping us identify funds to support CNY women with a substance use or mental health disorder access additional health services," said Klemanski.

According to a Kaiser Family Foundation survey of 3000 women, 26% of women delayed care in the past year because of cost. Other barriers include inability to get time off, finding childcare, and transportation. Even with medicaid, 19% of women had not had a check up in two years.

Health protection and prevention is the long-term goal to keep women healthy. Integrating a specific women's health program in the Meadows Outpatient Clinic will increase access to care by helping to remove some of these barriers. Developing a relationship with with a provider will help women stay healthy for the long haul.

For more information about the Helio Health Meadows Integrated Outpatient Clinic, please call 315-471-1564 or visit www.helio.health.





PROGRAM SPOTLIGHT:

Home and Community Based Services

Home and Community Based Services (HCBS) for Behavioral Health is a program under Helio Health's Recovery Services Division that is designed to help high-needs individuals achieve long-term recovery.

The collection of recovery-oriented and evidenced-based services meets individuals in recovery where they are and helps them to build lifelong skills. The program assists individuals by exploring their interests, connecting them to services in the community, overcoming barriers, and celebrating their strengths.

Home and Community-Based Services are provided in the community or in the home of the individual receiving the services. An individual is eligible for Home and Community-Based Services if they are part of a Health Home, and if their Health Home has identified them as eligible for HCBS.

Supports offered through HCBS include: Empowerment Services -- Peer Supports, Psychosocial Rehabilitations, Residential Support Services, Family Supports and Training, Educational Support, Prevocation Services, Transitional Employment, Intensive Support Employment, and Ongoing Supportive Employment.

Joan Spector, Director of Helio Health Recovery Services and coordinator of HCBS, says, "Home and Community Based Services enable us to work with individuals who most need assistance, building skills so they can move forward in life. These services, delivered in an innovative way, directly benefit this underserved population and are changing lives."

For more information about Helio Health's Home and Community Based Services, contact Joan Spector at 315-701-1518 or visit www.helio.health.

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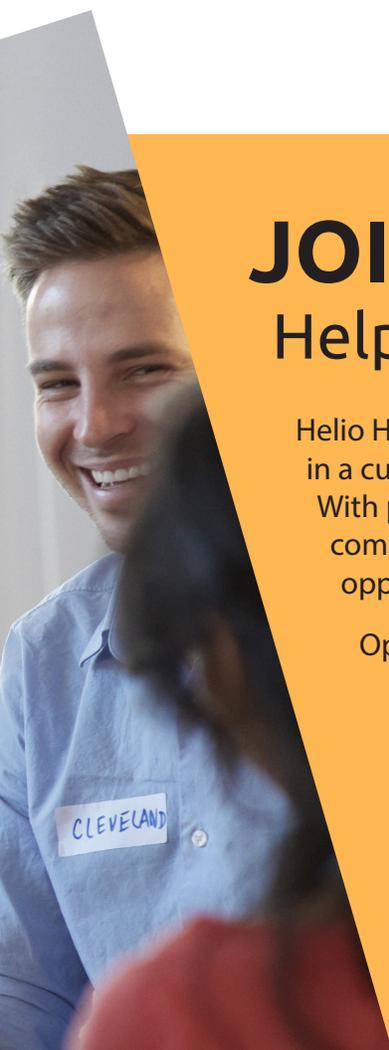
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Help deliver hope and healing.

Helio Health is growing and looking for talented individuals to join our team. If you thrive in a culture of innovation, collaboration, and mutual respect, we'd like to meet you! With positions available in Syracuse, Rochester, and Binghamton, Helio Health offers a comprehensive employee benefits package and numerous professional development opportunities.

Opportunities available include positions in:

- Leadership
- Clinical
- Nursing
- Medical
- Entry-level

For more information about starting a career at Helio Health, to view open positions and to apply, visit www.helio.health.