

RECOVERY Today

August 2019

A publication of Helio Health



Fast Track to Success

Eight hours a day. Five days a week. Twelve weeks a year.

Three short months later, Paul Berry is now able to say that he has his CASAC-T . Paul was part of a vocational training program funded through the Alliance of Economic Inclusion that helps prepare people for a rewarding career in the behavioral healthcare field.

"It was a great fit," said Paul. "I started in late January and finished in late April. By May I was working. It really helped break down the time and financial barriers that otherwise would have made it difficult for me to work in this field."

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 certifications in the region.

Up to 150 people are able to participate in this program at no cost through the Helio Health Training Institute. The course prepares the participants for an entry level position in the field and links them with potential employers to fill vacant positions.

Paul was a member of the 2nd class to have completed CASAC training through this program. He is currently a counselor aide at Helio Health's Lincoln House Men's Community Residence.

"Working in the field is a great opportunity," said Paul. "I feel useful. I'm helping to solve problems."

For more information about becoming a CASAC or CRPA through the Helio Health Training Institute, visit www.helio.health/training or email training@helio.health.



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Join us at the Recovery Center

Recovery for Tomorrow

Give hope. Give healing.

Join us for a celebration of giving and recovery!

On Friday, September 13th, Helio Health will host the annual Recovery for Tomorrow fundraiser, art exhibit, and celebration of recovery! This year's event will be held at the Redhouse Arts Center, located at 400 South Salina Street in Syracuse.

The evening will include passed hors d'oeuvres and food stations, catered by the Cider Mill. The Recovery Arts Exhibit will feature a wide variety of artwork that reflect artists' experience with substance use disorders, mental health disorders, and recovery. Entertainment will be provided by several live artists whose artwork will be live-auctioned at the end of the evening.

Guests will also have the opportunity to participate in an interactive piece of artwork. A silent auction will include

a wide variety of items and services donated by local companies. Finally, we will debut three stories of recovery to celebrate the power of hope and healing.

All proceeds support the Helio Health Foundation and people in our community who are recovering from the effects of substance use and mental health disorders and other health issues.

Tickets to this event are only \$35 at early bird prices and are ON SALE NOW! A group of (8) tickets is also available for a discounted price of \$250.

Get your tickets at: bit.ly/R4T19

The event is sponsored in part by Cross Insurance, Barclay Damon, Dunk & Bright, Bond, Schoenbeck & King, EMSI, ICS, Newman & Lickstein, Hancock Estabrook, NYSID, and the Lockheed Martin Employees Federated Fund.

CALL FOR ART

Annual Recovery Arts Exhibit to be held on Friday, September 13th at the Redhouse Arts Center

Helio Health is seeking submissions of artwork for the 2019 Recovery for Tomorrow Art Exhibit. This exhibit celebrates September as Recovery Month. Artwork that reflects experience with recovery, substance use, or mental health disorders is encouraged.

All types of artwork are eligible, including but not limited to painting, drawing, photography, poetry, jewelry, fashion, songwriting, creative writing, and more!

Submissions will be accepted until Friday, August 30th.

For more information or to submit artwork, contact Ashley Forshee, Development Director, at 315-474-5506 x221 or by email at aforshee@helio.health.

For more information visit www.helio.health.



Elements Progress Report

New 75 Bed Residential Program Scheduled to Open this Fall

Elements of CNY is an innovative three phase residential program designed to help stabilize, rehabilitate, and reintegrate individuals who are working towards recovery from substance use, mental health disorders, and other health issues. It is anticipated to start serving patients in our community this November.

Located on Crossroads Park Drive in Liverpool, the 75 bed facility is currently under construction. Once complete, it will include 55 single bedroom units, 20 apartment units, several lounges and multipurpose rooms, and ample green space including a basketball court and a volleyball court.

Jeremy Klemanski, Helio Health President & CEO, expressed his excitement for the new project. "We've been developing the plans for this innovative program and facility with Onondaga County and NYS OASAS for years, and to see it almost finished is exciting. We can't wait to open one more place where hope meets healing."

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.

Phase 1 is stabilization. During this phase patients receive integrated medical care to address their substance use, mental health, and primary care needs. The safe environment provided in this phase allows for stabilization of the withdrawal symptoms, severe cravings, and other psychiatric and medical symptoms. Patients also work with staff to determine other immediate stabilization needs, such as treatment, economic security, housing, and peer supports, and then build a self-directed long-term recovery plan.

Phase 2 is rehabilitation. Its focus is on building resiliency by restructuring social supports and behaviors. While, this phase continues the supports from Phase 1, it begins to implement an educational and vocational track to help the patient start working towards longer term self-sufficiency goals. Family participation is also encouraged during this phase, as the patient explores options for family re-unification and mutual support.

Phase 3 is re-integration. This phase provides an onsite community living experience for the individual transitioning to long-term recovery and independent living, while providing continued clinical, educational, and vocational supports. The focus of re-integration is transferring care to a permanent medical home and establishing a longer term career path with economic stability.



Foundation Awards 2019 Gifts

New funding will support programs that help people in recovery

The Helio Health Foundation has awarded gifts to fund three projects that support hope, healing, and people who are working towards recovery.

Welcome Home Baskets are one of the projects funded through this year's grant awards. Through this project, individuals in the Helio Health permanent housing programs who are moving into a new apartment will receive a Welcome Home Basket filled with new home goods. The baskets will include various home good items that otherwise wouldn't be available such as blankets, pillows, shower curtains, and silverware.

Funds were also given to Lincoln House Men's Community Residence to update fitness equipment. Lincoln House provides up to 30 men with a structured living environment that helps them re-enter society as recovering, productive, independent, and contributing members. The award will provide for the purchase, delivery, and set up of dumbbells, a storage rack, and an adjustable bench.

The Willows Inpatient and Detox facility also received funding to enhance fitness equipment. A new rowing machine will allow the individuals receiving inpatient services to have more options for cardiovascular and endurance training.

The annual funds awarded by the Helio Health Foundation are a direct result of the funds raised throughout the previous year. The Foundation is supported by gifts and donations from individual donors and local corporations, as well as fundraising events such as the Rock for Recovery, the Run for Recovery and Recovery for Tomorrow.

To make a gift to the Helio Health Foundation, please use the enclosed donation envelope or visit www.helio.health.

For information about the Foundation, please contact Ashley Forshee, Development Director, at 315-474-5506 x221 or by email at aforshee@helio.health.





Program Spotlight:

Personalized Recovery Oriented Services (PROS) at CNY Services

Licensed by the New York State Office of Mental Health (OMH), Personalized Recovery Oriented Services (PROS) is a comprehensive recovery-oriented model of care for individuals with severe and persistent mental health conditions and/or substance use disorders.

This evidence-based approach allows treatment, rehabilitation, and support services to be fully integrated. The PROS model emphasizes restoring the skills and supports necessary for participants to live independently, and assisting in the achievement of specific life roles and goals such as furthering education or securing employment.

Services include but are not limited to the following: assessment, basic living skills training, benefits and financial management, community living exploration, crisis intervention, self-help information and education, skill development and support, wellness self-management, intensive relapse prevention, intensive rehabilitation goal acquisition, family psycho-education, integrated dual disorder treatment (IDDT), psychiatric and health assessment, medication management, and symptom monitoring and clinical counseling.

Hours of operation are Monday through Friday from 7:30 a.m. to 4:00 p.m. PROS is located at 321 West Onondaga Street in Syracuse.

Walk-in intakes are welcomed on a first come, first served basis. Appointments are available by calling (315) 478-2030. An insurance card, Medicaid card, or Medicaid pending letter is required. Anyone without insurance should bring proof of income (pay stubs, W-2) and be prepared to pay as determined by a sliding fee scale.

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JOIN US

at the Helio Health Recovery Center

Recovery Center Hours

Monday - Friday: 10AM to 8PM

Saturday: 10AM to 6PM | Sunday: 12PM to 4PM

Drop in for a cup of coffee or check out a recreation group!

Coffee & Conversation | Art Group | Yoga | Baking | Running Group
Fitness Class | Financial Literacy | Narcan Training | Movie Night
Book Club | Meditation | Employment Readiness Workshop

Learn more at www.helio.health/support-services/recovery-services/