

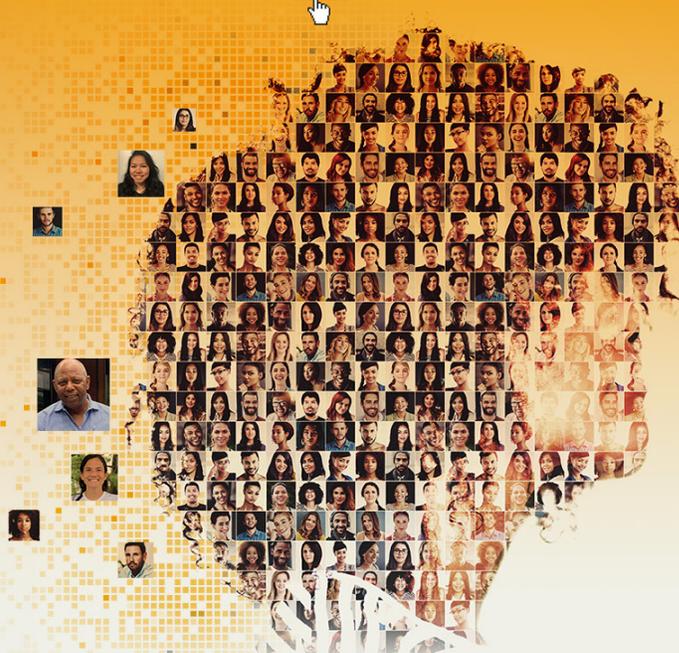
# RECOVERY Today

July 2020

A publication of Helio Health

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## A Nation of Hope and Healing

*Over recent months our lives have been transformed in ways many of us would not have imagined.*

*We have seen a global pandemic touch every part of our community and take with it jobs, businesses, social norms, and lives.*

*We have developed a renewed commitment to addressing social and racial injustice because of the lack of justice for people in our community. We have come to more fully realize that injustice for one of us is injustice for all of us. This is a renewal of the promise of life, liberty, and the pursuit of happiness for every member of our nation.*

*All of these developments arrived on top of the decade old opiate epidemic that has ravaged families across every community in our nation.*

*Over the next decade we will need to support people who struggle with substance use and mental health issues resulting from that trauma. Already, we have seen evidence of increasing overdoses and suicides.*

*What we have learned through our collective work over the past 100 years at Helio Health, is that to address substance use and mental health disorders holistically, it takes more than a village to support long term recovery. It takes a nation.*

*The transformation that our communities are experiencing is traumatic, but can lead to a healthier future in recovery.*

*That is why Helio Health is launching the TransformNation initiative to engage people in all of the communities we serve in our work helping recover peoples lives. To learn how you can "join it, live it, be it," visit [www.heliotransformnation.health](http://www.heliotransformnation.health).*

*--Jeremy Klemanski, President & CEO*



### *In this Issue*

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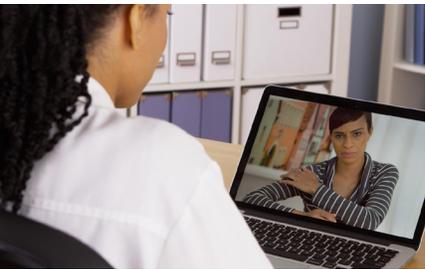
Run for Recovery - A Virtual Event

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# FCC Award Funds Telehealth Technology

## Helio Health and affiliates to receive funds to treat COVID-19 positive patients



Helio Health, Central New York Services, and Insight House have each been awarded funding from the FCC to support the development of telehealth infrastructure within the organizations.

Helio Health was awarded \$504,034 for technological equipment that will provide video monitoring for consultation and remote services to patients who have tested positive for COVID-19. Central New York Services received \$546,009 and Insight House received \$78,528.

The purpose of these grants is to address the unique challenges of providing safe and effective care to patients by using technology to maintain the social distancing as recommended by the CDC.

All three organizations are now making plans to acquire telehealth equipment,

specifically laptops, iPads, phone systems, and telehealth software. This technology will create a comprehensive end-to-end solution for patients.

Jeremy Klemanski, Helio Health President & CEO, expressed his excitement for the award. "This funding will go a long way to helping us further our strategic intent to leverage technology to improve access to and quality of the care we deliver in the communities we serve."

The funding was allocated through the Federal Communications Commission (FCC) COVID-19 Telehealth Program as part of the Coronavirus Aid, Relief, and Economic Security Act (CARES). Telehealth Program funding aims to connect providers with patients during the COVID-19 pandemic, while preventing unnecessary visits to over-crowded hospitals and emergency rooms.

## Virtual Support is Just a Phone Call Away

### Helio Health Recovery Center offers peer supports seven days a week.

Helio Health's Recovery Services provide person-centered care to all members of the recovery community. Whether someone has a substance use or mental health disorder, they can join us on their recovery journey. The Recovery Center offers peer-led support and provides the opportunity to engage with others who are traveling down the same path to a healthier life.

To support the behavioral health community during the COVID-19 pandemic, the Recovery Center is offering support services over the phone. Phone-based peer supports can provide assistance finding recovery-oriented activities or can help those who simply need someone to speak with.

Peer supports are offered seven days a week: Monday - Friday, 8AM to 4:30PM; Saturday, 10AM to 6PM, Sunday, 12PM to 4PM.

**To reach the Recovery Center, please call: 315-701-1518.**

# Foundation Awards \$20,000

Programs funded include beds for new residents in FAST Housing, waiting room upgrades at DRP, and personal items for patients and residents during social distancing

The Helio Health Foundation awarded its annual gifts to Helio Health, this year contributing \$20,000 to support hope and healing for people who are working towards recovery.

Projects funded will help provide a safe and comfortable home to individuals who were formerly homeless, a welcoming and tech-savvy environment for those recovering from both a substance use and a mental health disorder, and providing a small personal item -- such as books, art supplies, or other items -- to every single patient or resident in a bedded program to ease the strains of social distancing.

Previous programs funded by the Helio Health Foundation include furniture for supportive living programs, fitness equipment at community residences and withdrawal and stabilization facilities, supplies for pro-social programs at the Recovery Center, welcome-home baskets for those receiving a new apartment, and the development of a trauma responsive care curriculum at the womens community residence.

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 Run for Recovery, Recovery for Tomorrow, and Giving Tuesday.

With COVID-19 significantly impacting our community, the need for behavioral health services is higher than ever. You can help support hope and healing by making a donation to the Helio Health Foundation. Give now at: [helio.health/fundraising/donate-now/](https://helio.health/fundraising/donate-now/)

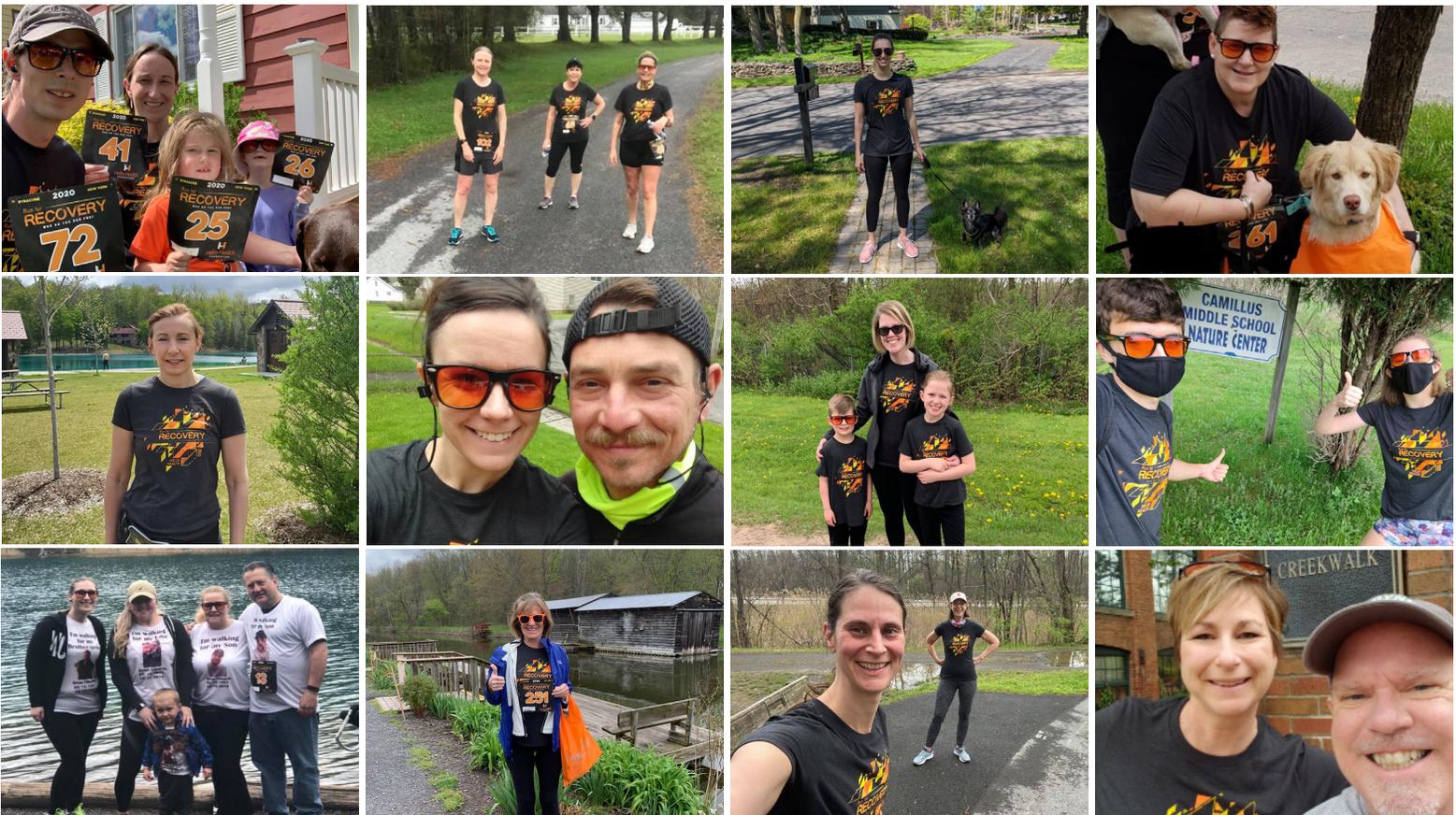
For more information about the Helio Health Foundation, please contact Ashley Forshee, Development Director, at 315-804-9482 or by email [aforsee@helio.health](mailto:aforsee@helio.health).



# Run for Recovery

## A Virtual Event for Hope & Healing

Presented by Cross Insurance, the Run for Recovery is an annual 5k walk and run that raises funds to support people who are working towards recovery. In response to the global crisis created by COVID-19, the Run for Recovery went virtual in 2020 -- but that didn't stop the community from showing up in a big way! Runners, walkers, and even hikers all participated -- representing hope and healing from Florida to Texas and Rochester to Albany. With nearly 400 participants from across the country, the event raised nearly \$20,000 for hope, healing, and recovery!



A special thank you to all of the generous sponsors who helped make this event possible!



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## Open Access Service Streamlines Treatment

Expanding access to treatment is a key component of delivering quality behavioral healthcare at Helio Health. Barriers to receiving care – such as transportation, long wait times, or confusing processes – can significantly discourage those who may be seeking help for a substance use or a mental health disorder.

New Open Access Service breaks down these barriers by combining two existing programs -- the Center of Treatment Innovation and the Regional Open Access Center -- to make it easier than ever to receive care. Ron Wood, Open Access Service Director, expressed his excitement, "A streamlined process helps us shorten wait times, increase immediacy of care, offer better triage, and provide more support throughout the entire continuum."

Like other Helio Health programs, Open Access Service adopted telehealth practices to better serve our community while responding to COVID-19. Those seeking service can call to receive an assessment, talk with a peer, receive a level of care determination and a referral completely over the phone.

"COVID-19 has shown us that telehealth can work in behavioral healthcare," said Wood. "It helps remove barriers such as transportation and provides a level of service that otherwise wouldn't be available. To be truly person-centered we have to meet people where they're at. Telehealth is one more tool in our tool belt to help people find recovery."

A streamlined process to accessing care, along with telehealth capabilities, ensures that those needing treatment will be able to easily and safely receive it.

Additionally, individuals seeking treatment can still go directly to the Meadows Outpatient Facility for walk-in services. If you or someone you know needs treatment for a substance use or mental health disorder, please visit our website at [www.helio.health](http://www.helio.health) or call 315-471-1564.

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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, Binghamton, and Utica, Helio Health offers a comprehensive employee benefits package and numerous professional development opportunities.

Opportunities available include positions in Leadership, Clinical, Nursing, Medical, and Entry-level.

For more information about starting a career at Helio Health, to view open positions, and to apply, visit [www.helio.health](http://www.helio.health).