



PARTNER IN HOPE

Together we can help hope meet healing.



Helio Health[™]
FOUNDATION

Opportunity & Impact

A watercolor illustration of a person from the back, with their arms raised in a gesture of triumph or joy. The colors are warm, ranging from bright yellow to deep red and orange, with some dark, almost black, splatters and spots. The background is a soft, light yellow.

Bringing healing to our community.

Every year, thousands of individuals in our community are faced with the challenge of living with a substance use or mental health disorder. Behavioral health disorders affect people of all backgrounds and walks of life. With more than one in four people impacted by a mental health disorder and one in twelve by a substance use disorder, everybody knows somebody ~ whether it's a family member, a friend, or even a colleague.

However, according to a study by the Substance Abuse and Mental Health Services Administration, only 10% of people who need treatment for a substance use disorder will receive it at a specialty facility.

The good news is that with treatment and support, people can and do recover every single day. When we as a community are informed about the services available and prepared to navigate challenging situations, we can invest in hope and healing for all.

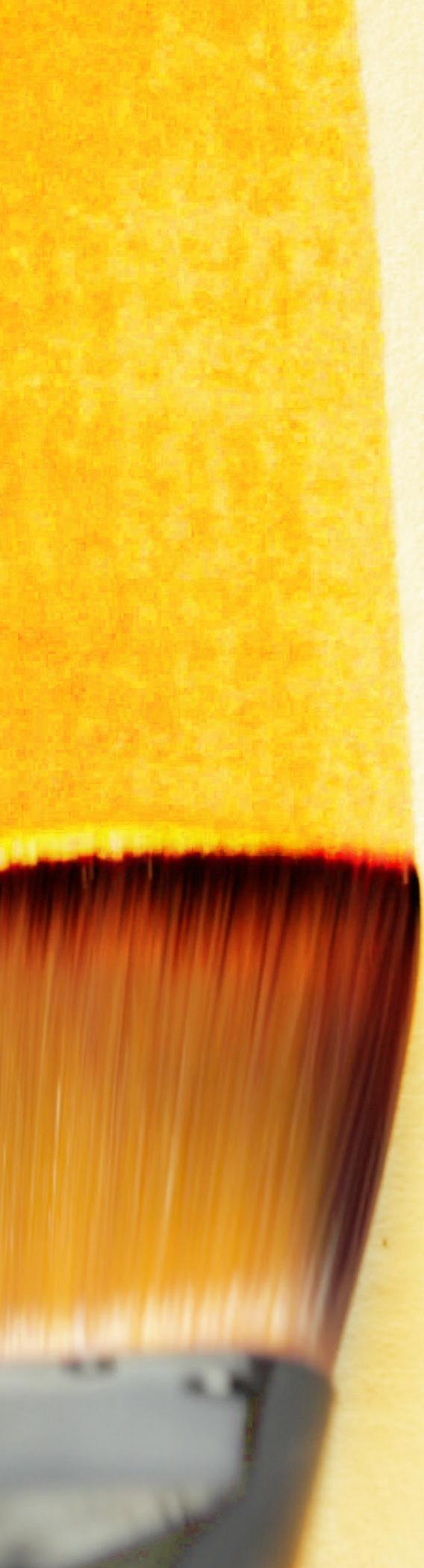
Give hope. Give healing.

Helio Health is an innovative, nonprofit healthcare organization dedicated to transforming the lives of people who are recovering from substance use and mental health disorders. We offer hope with a balance of compassionate care and clinical excellence. We take a comprehensive approach to recovery and strive to make treatment and support within reach of everyone who needs it.

Helio Health offers the one of the most comprehensive and successful clinical programs for people of all ages, delivered through one of New York State's most complete continuums of care. We're dedicated to treating the whole person, not just the symptoms of substance use and mental health disorders. With programs throughout Upstate New York, we help more than 10,000 men, women, and children on their recovery journey.

By being an informed, prepared, and invested partner, you can help build healthier families, a stronger workforce, and a more vibrant community. You can help give hope and healing.





INFORM.

A larger and more diverse workforce, coupled with the prevalence of substance use and mental health disorders, means that your employees may be experiencing a range of behavioral health needs.

Understanding the treatment landscape is the first step in addressing these needs. Behavioral health disorders vary in type and severity. Each person's treatment plan is different and tailored to their specific needs, often using a variety of services.

To help understand these services, Helio Health offers in-service presentations that provide an overview of the different programs and services available, the role each of these programs and services play in the recovery process, and most importantly, how to access treatment. Presentations can also cover what to expect from the different treatment options and what types of payment plans are available.

Whether it's inpatient treatment at one of our evaluation centers, weekly help at the Outpatient clinic's professional's program, or something in between, understanding all of the options available to help treat a behavioral health disorder is the first step ensuring that help is available for everyone.

PREPARE.

As progressive, chronic diseases, substance use and mental health disorders can sometimes result in critical situations. There are measures you can take to be prepared to immediately offer help in one of these challenging situations, whether it comes from an colleague, a vendor, or even a customer.

Helio Health offers two trainings that can help prepare you and your workplace ~ Narcan Training and Mental Health First Aid.

Narcan is a drug that, when administered in a timely manner, can reverse the effects of an opioid overdose. Helio Health's Narcan training teaches participants how to recognize an opioid overdose and administer the Narcan medication. This training is offered free of charge by Helio Health and can be presented at your workplace.

Likened to CPR for mental health, Mental Health First Aid trains participants to help people who may be experiencing a mental health problem or crisis. This training explains the risk factors and warning signs of mental health problems; teaches information on depression, anxiety, trauma, psychosis, and addiction disorders; offers a 5-step action plan to help someone who is developing a mental health problem or is in crisis; and shares professional, peer, and self-help resources.

“Otro Cinco has always been a community-minded organization. When we came face-to-face with someone experiencing a crisis, we knew had to be better prepared to handle a similar situation in the future. Helio Health's narcan training allowed us prepare all of our staff. Now, we're ready to help.”

*-Keith, Restuarant Manager,
Otro Cinco*

INVEST.

Our vision at Helio Health is a world where recovery from a substance use or a mental health disorder is possible for everyone. We need your help to make this vision of hope and healing possible. There are many ways to invest in recovery, whether it's volunteering at a program, sponsoring an event, or making a donation to the Helio Health Foundation. Together we can help hope meet healing.

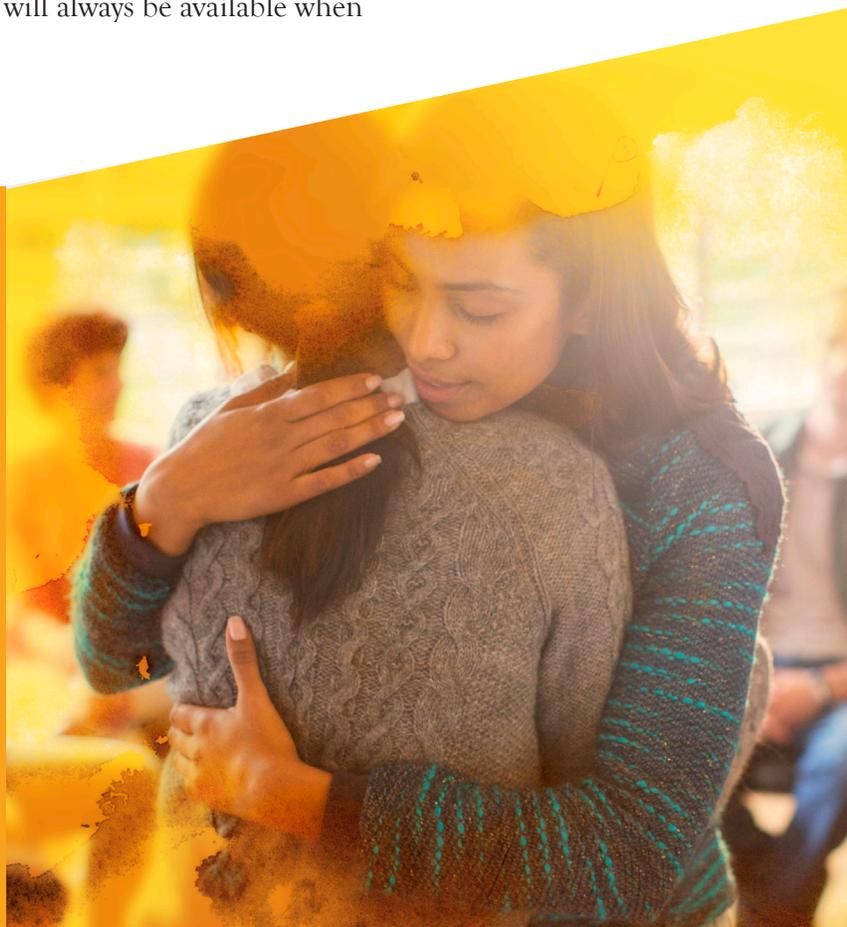
Volunteers can help support individuals working towards recovery in a number of ways. Whether it's leading a class at the Helio Health Recovery Center, organizing a coat drive for the clothing closet, or something unique to your company, volunteering allows an individual or a group of people to make a meaningful difference.

Sponsoring a fundraising event is another great way to support recovery. Helio Health organizes a number of fundraising events throughout the year, with proceeds from these events going to the Helio Health Foundation. Sponsorships not only raise awareness about your own company, but also to leverage thousands of dollars in additional support. Sponsorships are offered at a range of levels and can be tailored to your company's specific interests.

Donations to the Helio Health Foundation are one of the most significant ways to invest in recovery in our community. The Foundation supports programs that otherwise would not be funded, such as a trauma-responsive care curriculum at our Women's Community Residence, new furniture and fitness equipment at our residential facilities, and welcome-home baskets in our permanent housing program. Gifts to the Helio Health Foundation are crucial in ensuring that help will always be available when someone reaches for it.

"Supporting this cause is important to us, and we at Beak & Skiff Apple Orchards wanted to do more than just give financially. Our team rallied to put together one hundred Pre-Treatment Prep Kits for the Helio Health Center of Treatment Innovation mobile outreach program. It was a great opportunity for us to give back to the community and know that we were helping people when they were at their most vulnerable."

-Marianne Brennan, Co-Owner, Sr. Dir. Brand Development, Beak & Skiff Apple Orchards



LEARN MORE

For more information about partnering in hope, please contact:

Ashley Forshee
Development Director
aforshee@helio.health
315-474-5506 x221
www.helio.health

GET HELP NOW

Syracuse, 315-471-1564 | Binghamton, 607-296-3072 | Rochester, 585-287-5622

Helio Health provides substance use and mental health assessments 24 hours a day, seven days a week, 365 days a year.

Center of Treatment Innovation - 315-401-4288

Our mobile outreach clinic will come to you and help get you on the road to recovery, frequently within 24 hours. This program covers Onondaga, Cayuga, Oswego, Madison, Oneida, and Otsego counties.

Child and Adolescent Clinic - 315-471-1564

Located in Syracuse, this programs offer a comfortable and safe space for children ages 0-21 seeking help with behavioral health issues such as: substance use disorders, mental health disorders, and developmental disabilities.



Helio Health®

Where hope meets healing

Executive Leadership Office
555 East Genesee Street | Syracuse, NY 13202
www.helio.health | 315-474-5506