

RECOVERY Today

December 2020

A publication of Helio Health



Our Merger Means More Mission

Three of our region's nonprofit substance use, mental health, and housing health systems -- Helio Health, Central New York Services, and Insight House -- have merged to operate as Helio Health effective January 1, 2021.

The combined resources are hard to ignore -- 35 clinics, inpatient, and residential care centers; 1,345 beds; over 820 colleagues; over ten thousand people served annually; and millions of dollars in charity care, community benefits, and substance use and mental health services.

Even so, size and scale are not the main point. Serving the community, providing easier access to care, increasing hours of operation, and improving care integration are the points. Our mission is inspired by this goal: To be a place where hope meets healing.

Helio Health's vision is to transform lives and help shape the future landscape of behavioral health care. We plan to become more powerful advocates for those who are vulnerable, more innovative healers inside our clinics and in the community, and more effective champions for healthy minds, bodies and souls.

We invite you to join TransformNation and help us Transform lives and our community. Please consider making a gift using the enclosed return envelope or donate online at www.helio.health/fundraising/donate-now

Because our communities have never needed to come together more.

*With gratitude,
Jeremy Klemanski, President & CEO*



Helio Health[®]
Where hope meets healing

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Helio Health's Binghamton and Rochester Evaluation Centers Awarded Funding to Expand

Two Helio Health Evaluation Centers in the Southern Tier and Finger Lakes Regions were collectively awarded \$24 million in capital funding from the New York State Office of Addiction Services and Supports (OASAS) to expand their treatment facilities.

The Binghamton Evaluation Center is receiving more than \$13 million to add 50 new stabilization and rehabilitation beds, and the Rochester Evaluation Center for Medically Supervised Withdrawal and Stabilization Services is receiving nearly \$11 million to relocate to a new building and add 13 beds.

"During these difficult times, it's important to help ensure individuals and families get the resources they need to be healthy and well," said Lieutenant Governor Kathy Hochul, Co-Chair of the NYS Heroin and Opioid Task Force. "This funding will expand Helio Health's Binghamton and Rochester Evaluation Centers to address various needs for those struggling with drug abuse including counseling, peer support, and coping strategies. Facilities like these are providing the care and services needed to help save lives and continue to combat the opioid epidemic across the state."

Jeremy Klemanski, Helio Health President expressed his excitement for the expansions. "This funding will allow the creation of spaces where hope will meet healing, and lives to be transformed," said Klemanski. "These spaces will communicate our communities commitment to the possibility of recovery."

The Phase II expansion of Helio Health's Binghamton Evaluation Center will add 50 new stabilization and rehabilitation beds. These fifty residential beds will increase the options and community capacity for patients who need residential services to manage mild withdrawal and provide medical and psychiatric care.

The Rochester Evaluation Center will move to a new location at 1850 Brighton Henrietta Townline Road. When completed, this newly renovated facility, will accommodate up to 53 residential treatment beds and provide adults with comprehensive addiction services.

For more information about these services, please visit www.helio.health.





Making It Home

“When I got the futon, it was just like – wow!”

Antoine has built his new home around this one piece of furniture. It sits in the living room, just below the large, two-pane window. Mirrored candleholders are mounted to wall on either side. Dried sunflowers rest in each corner.

“The futon is a constant reminder that you’re not alone,” said Antoine. “There are still people who care and understand, and are giving. It makes you want to the same thing.”

Before moving into his apartment, Antoine had been living at a homeless shelter in Syracuse. He fell on hard times right around the time the COVID-19 pandemic hit. He lost his job and soon thereafter his place to live. The shelter was his only option.

But Antoine is a survivor. He reached out to some contacts he had at a local staffing company and before long he began working at an auto supply store. Most days he walked to work, even going so far as to roll himself in a wheelchair when he injured his leg. Antoine knew that with hard work, he could put his life back together one piece at time.

Still at the end of a long day, he would come home to the shelter. He didn’t have much and despite his optimism, the luxury of his own apartment felt like a near impossible feat. The days were long and the nights felt longer. Antoine knew that if he wanted to move forward, he had to find a safe and affordable place to live – and soon.

The Helio Health Fast Housing Program provided just that place. The shelter connected Antoine to a case manager at this program and within a few days he was walking into his new place. In the middle of his unfurnished apartment was one piece of furniture – a futon.

“That night, I didn’t just have a roof over my head; I had a safe place to sleep. I’ll never forget that feeling,” said Antoine.

The futon was just the starting point. Now, Antoine has plans to upcycle two dining room chairs into decorative end tables. After years of working in home improvement, he is rebuilding his home much in the way he is rebuilding his life.

Gifts to the Helio Health Foundation directly funded Antoine’s futon and many others like it.

“To come home after a long day of work and have a couch to sit on – it’s really a blessing. It’s a blessing to know that people care and support you.”

To learn more about how you can support people like Antoine, visit www.helio.health/fundraising/donate-now/

Providing a Safe Home

Residential Services Offer a Full Continuum of Recovery Supports



Green Street Men's Community Residence in Syracuse, NY

Helio Health -- and its affiliates Central New York Services and Insight House -- operate a wide variety of residential services to help people at every stage of the recovery process. From intensive residential programs - like Elements of Central New York and Insight House Residential Rehabilitation - to supportive housing programs, residential options span the full continuum.

The various residential programs offered by Helio Health and its affiliates provide for a range of support based on a person's individual needs. Some programs provide short term residential services while others offer permanent long-term housing. Residential programs are located throughout Onondaga and Oneida counties. Some focus specifically on treating those with substance use disorders and others are targeted towards caring for those with serious mental illness.

This breadth of residential programs allows for a personalized approach to treatment that is person-centered and recovery-oriented. In all facilities, residents can count on the hope and healing that Helio Health brings to each person it serves.

According to Kristen Morey, Helio Health Residential Division Director, this approach is crucial.

"Helio Health Residential Program recognizes the importance of providing supports and services that are unique to each individual within a safe, supportive community environment," says Morey. "It is essential that each person residing in the Helio Health Residential program is treated with the utmost dignity and respect in order that they may confidently strive to reach their personal goals, overcome barriers and live a happy, productive, healthy life."

Helio Health, Insight House, and Central New York Services planned merger will take place on January 1, 2021.

To learn more about the residential programs operated by Helio Health, Insight House, and Central New York Services, please visit www.helio.health.

BHCC Wellness Resources

Take Action to promote health and wellness this season.

We know this year has been anything but normal. Concerns regarding a second wave of COVID-19 continue to rise as we move into the winter months. Holidays may bring even more stress and anxiety than normal. It can be a difficult time for you and your loved ones. We want you to know that we're here for you!

Our local CNY Behavioral Healthcare Collaborative keeps a comprehensive page of resources to help maintain physical, emotional, and mental wellness.

We've highlighted some of our favorites below:

- Coronavirus Anxiety Workbook
- Tips for Protecting Your Mental Wellness
- Resources for Parents (and others caring for children)

Check out the entire list of wellness resources here: www.cnybhcc.health/wellness-resources/



Program Spotlight: Mental Health Services

Helio Health offers Mental Health Services at the Integrated Outpatient Clinic, located at 329 North Salina Street in Downtown Syracuse. The multidisciplinary team of clinicians, nurses, counselors, peers and other support staff use evidence-based practices to assist our patients with meeting their treatment and recovery goals.

“Helio Health offers affordable, quality behavioral healthcare for our community,” says Ben Kandel, Outpatient Service Director. “Whether its a child, a teenager, an adult, a family member, or a friend -- our counselors, therapists, and psychiatrists are here to help. Mental health services can help with every thing from additional anxiety due to current 2020 challenges to severe depression. You are not alone.”

Helio Health’s treatment programs offer hope to those that need it most. All of our programs are medically supervised and managed by accredited counselors and recovery professionals.

Helio Health mental health services are offered as a standalone service. Those utilizing this treatment do not need to have an existing substance use disorder. Patients seeking treatment can walk in Monday through Friday from 8:00 a.m. to 3:00 p.m. Services are offered Monday through Friday with morning, afternoon and evening hours availability.

Services offered include psychological consultations, psychiatric evaluations, physical exams, drug screening, referrals, mental health therapy sessions, medication monitoring, impaired driver evaluations, DOT qualified evaluations, nicotine replacement therapy, suboxone medication-assisted therapy, vivitrol, acupuncture, individual counseling, group counseling, family counseling, and PROS (Personalized Recovery Oriented Services).

Learn more about the mental health services offered by Helio Health, please visit our website at: www.helio.health/treatment-programs/mental-health-disorders/

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I BELIEVE...

I can be a voice for recovery.

I can bring hope to those living in a world of darkness.

I can make a difference in the lives of those suffering from addiction and mental illness.

I can help get the right care at the right time at the right place.

I can be a powerful force for change in this community, this nation.

I WILL join the fight and become a member of the TransformNation.

Join the TransformNation at www.transformnation.health