

RECOVERY Today

October 2021

A publication of Helio Health



Star Park Ribbon Cutting

Welcoming People Home

A ribbon cutting ceremony to celebrate the opening of Star Park, a newly constructed housing complex, was recently held, attended by officials from the New York State Office of Mental Health, New York State Homes & Community Renewal, Christa Construction, CSD Housing, and Helio Health.

The 50-unit, 3-story building contains one-and two-bedroom units, with 30 supportive units reserved for residents with mental health needs, and 20 apartments offered to individuals who meet income requirements. Amenities include laundry facilities, a community room, air-conditioning, and a key fob system for enhanced security. The large, beautifully landscaped lot provides ample green space.

Helio Health provides staffing for the supportive units whereby residents receive case management and recovery support.

The building is located on the site of the former Star Park baseball field. In 1928, Babe Ruth and Lou Gehrig played on the field with local baseball teams in a series of exhibition games. The original backstop remains part of the landscape.

John Warren, Vice President of Residential Construction and Development, expressed his excitement for the opening, saying, "We have been dogged in our determination to address the need for a safe and affordable living environment for persons who are vulnerable, and those blocked by their income level from achieving housing stability. This opening expands our continuum for mental health residential services and reinforces our mission of transforming lives. We are grateful to bring this new critical resource of support and recovery to our community."



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Joe Bright lives in Syracuse, NY and owns Dunk & Bright Furniture, a family business that has been on the Southside of Syracuse since 1927. He purchased the business from his father in January 2020, not anticipating that the pending pandemic would force him to close the store two months later. Since reopening, business has been steady, and Dunk & Bright is preparing to expand its footprint with a second showroom.

Joe is honored to be joining the Helio Health Foundation Board of Directors saying, "I believe in Helio's mission and have had that mission reinforced multiple times in my life. Most notably, we trained our staff on how to use Narcan, and one week later we treated an overdose that occurred in our parking lot. The man lived thanks to our ability to administer Narcan in a timely, effective manner. The work Helio Health does in our community saves lives."

Brian Bund is a banking officer and senior analyst at Canandaigua National Bank with 15 years of financial services experience in Syracuse and the surrounding areas. He received his MBA with a concentration in Finance from Walden University and BS in Business Administration from SUNY Oswego. Addiction and recovery are very close to his life as he has lost friends and family to their own battles with the disease. His goal as a Foundation Board member is to continue being an advocate for recovery and to raise awareness and visibility for Helio Health services throughout the community. Brian and his wife, Annette, reside in Clay, NY and have three boys.

Recovery Center Expands Services

SOR grant provides funds for new positions

The Recovery Center welcomed two new contract positions over the summer: a Health Coach and a Job Coach.

The positions are funded by a State Opioid Response (SOR) grant which aims to assist agencies in providing a comprehensive continuum of treatment, prevention, and recovery services to reduce the prevalence of opioid use disorder.

The Health Coach supports the Recovery Center efforts to engage participants in overall wellness and improved physical health. Participants are empowered to take charge of their physical wellness. Areas of focus include meal planning, nutrition, food shopping, and exercise.

The Job Coach is expanding the Recovery Center offerings related to vocation and employment readiness. With a goal of participants obtaining gainful employment, the Job Coach provides a formal program that includes skill building, resume writing, application preparation, and interviewing skills.

Participants will have an opportunity to work with the Health Coach and / or Job Coach in group classes or one-on-one by appointment.

The Recovery Center is open to the public 7 days a week, 365 days a year. For more information contact Katelin Arnold, Team Leader, at 315.701.1518 or karnold@helio.health.



Run for **RECOVERY**

WHO DO YOU **RUN** FOR?



A bright blue sky and apple blossoms in full bloom were the backdrop for the 2021 Run for Recovery 5K held at [Beak & Skiff Apple Orchards](#) on May 15th. More than 400 people ran and walked, both in-person and virtually, to raise awareness and funds to provide hope and healing for individuals with substance use and mental health disorders.

\$22,000 was raised for the Helio Health Foundation.

Thanks to all who participated, our amazing crew of volunteers for making the day go so smoothly, and our committed sponsors for their support.



BARCLAY DAMON ^{LLP}



Beak & Skiff Apple Orchards | Jess Wood Wellness
Miles & Macros | PepsiCo



Helio Health Training Institute Presents

An Evening with Chris Sullivan and Jamie Tworkowski

Join us on December 11, 2021 for an evening with Chris Sullivan, Emmy Nominated star of the NBC hit series *This Is Us*, and Jamie Tworkowski, founder of the non-profit organization [To Write Love on Her Arms](#) and New York Times bestselling author of *If You Feel Too Much*, as they discuss mental health and the impact the past two years has had on our collective wellness. There are a limited number of tickets for this event.

To purchase tickets, click on the appropriate QR code below. For questions, email Training@Helio.Health.



Event Ticket: \$149

Includes:

- 4:30pm – Arrive and Sign In
- 5:00pm – Dinner & Dessert
- 6:00pm – Presentation and Question/Answer Session

Meet & Greet Ticket: \$229

Includes Event Ticket items plus:

- 8:00pm – Meet and Greet (Photo Opportunity and Autograph Session)
- Copy of Jamie Tworkowski's book to be signed during the Meet & Greet

Corporate Table: \$2,000

Includes all items plus:

- Premier Seating
- Reserved table for 8 guests
- VIP access to the Meet & Greet





Foundation Makes Grants to Three Programs

The Helio Health Foundation awarded gifts to fund three projects that support hope and healing for people on their recovery journey.

Hawthorn CR-SRO, an Office of Mental Health residential program, received funds for a "Hawthorn Health Hub," a space for residents to participate in physical exercise with cardio equipment, free weights, and yoga mats. The physical benefits of exercise are well-established and studies show that exercise is effective in reducing the symptoms of serious mental illness. An outdoor gazebo will also be purchased to encourage residents to enjoy recreational time outdoors.

Funds were also awarded to Gateway CR-SRO for its "Gateway to Wellness" project. With a goal of improving physical and mental health, exercise equipment and a large screen television will be purchased, and a space created to be used alternately for exercising and movie nights. An outdoor gazebo will be added to the exterior landscape, providing a tranquil space for enjoying the outdoors. Lastly, weighted blankets will be purchased and offered as a mechanism for self-soothing to individuals experiencing a mental health crisis.

With funds received from the Foundation, the Recovery Center will continue its Art in Recovery group twice a week. Special art events will also be hosted each month, coordinated with holidays and special occasions. Recovery Center staff observations and participant feedback indicate that the Recovery Center's art groups are therapeutic and help improve participants' mental and emotional well-being.

Annual gifts awarded by the Helio Health Foundation come from funds raised throughout the previous year. The Foundation is supported by donations from individuals, local businesses, corporate partners, as well as fundraising events such as the Run For Recovery.

For more information about the Foundation or to learn how you can become involved with our mission, please contact Susan LaPlaca, Development Director at 315.474.5506 x 245 or slaplaca@helio.health.

To make a gift to the Foundation, please use the enclosed donation envelope or visit <https://www.helio.health/fundraising/donate-now/>.

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Did you know?

You can donate to the Helio Health Foundation simply by doing something you already do – shopping!



What is AmazonSmile?

AmazonSmile is a simple way for you to support your favorite charitable organization every time you shop, at no cost to you. AmazonSmile is available at smile.amazon.com on your web browser and can be activated in the Amazon Shopping app for iOS and Android phones. When you shop with AmazonSmile, you'll find the exact same low prices, vast selection, and convenient shopping experience as Amazon.com, with the added benefit that AmazonSmile will donate 0.5% of your eligible purchases to the charitable organization of your choice!

How do I shop with AmazonSmile?

To use AmazonSmile, go to smile.amazon.com on your web browser or activate AmazonSmile in the Amazon Shopping app on your iOS or Android phone within the Settings or Programs & Features menu. On your web browser, you can add a bookmark to smile.amazon.com to make it even easier to return each time you return.

How do I select a charitable organization to support with AmazonSmile?

On your first visit to AmazonSmile, you will be prompted to select a charitable organization to receive donations from your future eligible AmazonSmile purchases. Simply choose The Helio Health Foundation, Inc. Amazon will remember your selected charity whenever you shop at smile.amazon.com or with AmazonSmile activated in the Amazon Shopping app, and then every eligible purchase you make through AmazonSmile will result in a donation for your selected charity.

All our small donations added together will go a long way in helping the Foundation support the mission and work of Helio Health.