

RECOVERY Today

April 2022

A publication of Helio Health



Above: Fulton Friendship House's latest housing initiative: Fulton Friendship Lodge, a 64-unit supported housing complex.

Helio Health Affiliates with Friendship Fulton House of Gloversville, NY

Merger Planned for 2023

Helio Health is pleased to announce that on January 1st of this year we affiliated with Fulton Friendship House of Gloversville, NY. FFH shares many of the same objectives as Helio Health such as offering programs that enhance the quality of life for people, maintaining attractive and efficient facilities, expanding capacity in programs that support people with mental health and substance use challenges, and housing needs. This makes the agency an ideal partner for expanding Helio Health's programs and services into another region of New York State.

FFH was established in 1980 to provide transitional living services to individuals with a mental health diagnosis. The original program, consisting of 12 beds, sought to reduce the number of residents in long term care facilities that could function at higher levels. Believing that program participants' greatest progress would be realized through a safe, comfortable, home-like environment, throughout the 80's and 90's FFH added additional residential services including certified and supported apartments and a community residence, allowing for the provision of a full array of transitional options.

In recent years, programs outside traditional residential services – such as counseling and mental health case management – have been added. Today, FFH offers nearly 100 residential beds, and is currently developing Friendship Lodge, a 64-unit, multi-use residential setting in Johnstown, NY, slated to open this fall. Fulton Friendship House has grown to become a valued community resource in Fulton County. Tom Ryan, FFH Executive Director, said, "I have been impressed with Helio Health's ability to pinpoint community concerns and develop the services needed."

Helio Health sought to partner with Fulton Friendship House so that we may both work together to build a more complete continuum of community-based care for people.

The agencies are working to integrate systems and share resources, while working through the process to seek approval for a merger.



Helio Health®
Where hope meets healing

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Helio Health Welcomes Chief Facility Operations Officer



Bob Roberts joined Helio Health to assume the newly created role of Chief Facility Operations Officer. In this role Roberts will oversee all facilities, real estate, construction, maintenance, and fleet operations.

Roberts has a broad spectrum of senior leadership experience having managed multiple companies in the for profit and not for profit sectors, accountable for multimillion dollar budgets, large scale workforces, and multiple companies. Most recently Roberts served as Chief Administrative Officer for one of the nation’s leading disaster recovery and preparedness firms. Prior to that Roberts spent 10 years as an Executive leading two not for profit companies in upstate New York.

Helio Health Opens Satellite Clinics in Five Syracuse Area School Districts

Onondaga County Calls for Deeper Layers of Mental Health Support for Children and Adolescents

Helio Health’s Child & Adolescent clinic has operated an on-site satellite clinic at West Genesee High School since 2019. In 2020, Helio Health partnered with Onondaga County to begin rolling out a plan to offer school-based behavioral health clinic services to four additional Syracuse-area school districts including Skaneateles, Marcellus, Westill, and Jamesville-DeWitt.

County Executive Ryan McMahon initiated the plan to provide deeper layers of support and stronger accessibility to mental health services to students whose mental health was affected by the Covid-19 pandemic. The initiative includes a multi-tiered system of supports under which Helio Health’s clinical services fall into the “intensive intervention” category.

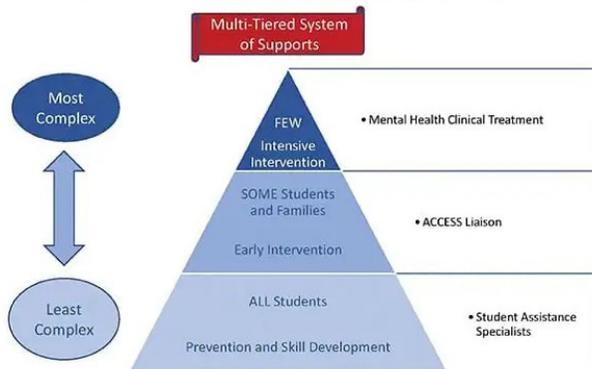
The school-based team consists of ten licensed clinicians and a case manager. The clinicians are available at each school site twenty hours a week, and work with students identified as needing additional support, referred either through the school or by family. These students are admitted into services through Helio Health’s outpatient clinic with consent and involvement from their parents/family. The satellite clinics operate as extensions of Helio Health’s main outpatient clinic and services are billed through insurance.

Mary diGiovanna, Director of the Child & Adolescent Clinic said, “It’s great to be able to expand our ability to help students and families by providing access to services right in schools. We’ve really seen an increase in students struggling with mental health issues since the start of the pandemic, so this initiative works to provide the necessary early intervention and connection to treatment to keep students safe and healthy.”

Paige Freeseaman, Team Lead for the School-Based team added, “We’ve only been providing these services in schools for a few months, but we’ve already seen a significant increase in students being referred. The need exists in the community.”

With services now up and running in 18 schools, the Child & Adolescent Clinic hopes to add similar satellite clinics in two more districts – Tully and Fabius Pompey – later this year.

Children’s Mental Health and School Based Initiatives Expansion Model for All Schools in Onondaga County



Training Institute Presents

Equity and Inclusion Pre-Conference Event (In-person 6.0 CEUs)
May 9th, 2022



Etan Thomas



Daryl Davis



Tiffany Jewell

LGBTQ+ Panelists Discussion
Speakers planning to discuss current issues within the LGBTQ+ population as well as resources for youth, families, and young adults.

**2022 Integrated Care
Virtual Conference (14.0 CEUs)**
May 16th -May 17th, 2022

**Meet and Greet
Social Event (in-Person)**
May 16th, 2022



Dr. Marsden H. McGuire
U.S. Veterans Affairs



Dr. Chinazo Cunningham
NYS OASAS



Dr. Miriam E. Delphin-Rittmon
SAMHSA



Chris Sullivan
and
Jamie Tworkowski



Dr. Jay Carruthers
NYS OMH



Richard Cho, Ph.D
U.S. HUD



Dr. Ross Sullivan
Helio Health

For more information visit the "Training" tab at our website at www.helio.health



Meet Jess Wood

Health and Wellness Coach Supports Colleagues' Goals for Healthier Living



Above, Jess runs at Beak & Skiff Apple Orchards with her daughter, Abby.

At the start of the Covid-19 pandemic, when it became evident that Helio Health colleagues would be challenged physically and emotionally -- perhaps more so than ever -- leadership endeavored to support them in body, mind, and spirit. Providing complimentary wellness services with Jess Wood of Jess Wood Wellness LLC was one measure put into place. Jess, a professional Health and Wellness Coach, had attended and supported Helio Health events for many years, and in so doing grew close to the organization's mission and work. It made sense, then, to partner with her to promote and support the overall well-being of the work force.

During one-on-one phone or video call sessions, Jess discusses participants' wellness goals and works collaboratively to create a road map for attaining them. Jess said, "I enjoy helping people look at their goals in a new way and designing a simple approach to continued success on their life-long wellness journey." She added, "Building blocks and "baby steps" are keys to creating consistency."

Jess communicates with staff weekly via a Wellness Wednesday email. Topics branch across all eight dimensions of wellness (Emotional / Mental, Environmental, Financial, Intellectual, Occupational, Physical, Social, and Spiritual) and staff members get to know Jess as she shares personal stories and suggestions for healthier living. She also leads Wellness classes and one-on-one sessions at The Recovery Center.

Jess has been a frequent participant and volunteer for the Run for Recovery, and in 2021 served as the event's Race Director. In preparation for this year's event on May 14th, Jess created a weekly in-person training program to help runners and walkers get ready for the race. Groups will meet at Onondaga Lake Park in Syracuse on Sundays (8:30 a.m.) and Wednesdays (6:00 p.m.) beginning April 10th. Through progressive programming -- along with health and wellness tips -- participants will have the opportunity to shake off the winter doldrums and work toward completing a 5K. The program will be offered virtually for participants in Rochester, Binghamton, and Utica. Groups are open to all and free to join with Run For Recovery registration. Sign up by contacting Jess at jewood@helio.health or 315.882.2057.



Heartfelt thanks to our incredible Run For Recovery Sponsors and Supporters!



ESSHI Projects

Access to "home"

by John Warren, Vice President of Residential Construction and Development

Home is not just where the heart is; it's a place of warmth, security, and good health for all – particularly for the people served at Helio Health. In keeping with our mission and values, we are committed to ensuring that everyone has access to "home."

In 2016, New York State initiated the Empire State Supportive Housing (ESSHI) Program to create 6,000 new, and preserve 100,000 existing, housing units across the state. Helio Health enthusiastically applied in 2017 and received three Awards to develop new housing environments in Onondaga, Monroe, and Broome Counties. These projects include Affordable Housing units which access multiple funding sources including tax credits and NYSHFA bonds.

We're delighted to announce that 28 one-bedroom apartments will begin opening this April at the **Edna Craven Estates**, a 164 apartment, 7 building complex sponsored by CDS Monarch of Webster, NY. Helio Health partnered with CDS to bring this much needed service to fruition. Located at the intersection of Clifford and St. Joseph Avenues in Rochester, the program will be staffed by a Program Director and two on site Case Managers. Supports, including rental subsidies, case management, and linkage and referral services will be provided. Tenants must have an SUD designation and qualify financially with an income no greater than 60% of the Area Median Income (AMI) for Monroe County. Referrals will come from Helio Health programs as well as the community.



Rendering of Edna Craven Estates, Rochester, NY, courtesy of CSD.

In Binghamton, the \$35 million **200 Court Street Apartments** is being developed in partnership with CSD (Change through Supportive Development) LLC. The former home of the Workshop for the Disabled, this 100,000 square foot site will be purchased by Helio Health this spring and will be composed of 108 Affordable apartments -- 54 ESSHI single apartments for persons with SUD designation and 54 Affordable units. The City of Binghamton and Broome County are enthusiastic supporters of the project. Tenants will need to qualify financially with income no greater than 60% of the Area Median Income (AMI), and referrals will come from Helio Health and throughout the community. We hope to welcome residents in Fall 2024.

These are exciting developments and we have more to come including another Monroe County partnership with HELP USA (a national non-profit affordable housing developer), our affiliation with Fulton Friendship House in Gloversville, and ESSHI efforts in Onondaga County. All told, Helio Health is involved in the development of 468 units of Affordable housing, with 179 of those receiving operating support from ESSHI. What an effort!

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Run for 2022
RECOVERY

WHO DO YOU RUN FOR?

REGISTER NOW

Join us in-person or virtually Saturday,
May 14th at 10:00 a.m.
at Beak & Skiff Apple Orchards

<https://give.classy.org/run4recovery22>



Race shirt and sunglasses included with registration. ● 1/2 mile Kids Fun Run at 9:30 a.m.