



## HELIO HEALTH VOLUNTEER OPPORTUNITIES

### Helio Health Recovery Center, Syracuse

The Helio Health Recovery Center is a drop-in center that provides social, emotional, and recreational support in a non-clinical setting to individuals working on recovery.

**Transport Volunteer:** Provide the opportunity for individuals who do not have transportation to utilize this drop-in center that provides social, emotional, and recreational support in a non-clinical setting to individuals working on recovery. Note: requires valid NYS Driver's License.

**Activities Volunteer:** Classes and workshops help individuals learn what kinds of hobbies and activities interest them, as well as build a safe social network – both of which are crucial to maintaining long-term recovery.

- Lead a twice-weekly, weekly, or monthly class/workshop. Examples include art, fitness, yoga, meditation, book club, music, hobbies, etc.
- Lead a one-time workshop in an area in which you have expertise (e.g., SSI/SSD, legal, etc.).

**Recovery Center Volunteer:** Provide general assistance at the Recovery Center.

- Greet participants arriving at the Recovery Center, engage with participants in recovery-oriented conversations and activities.
- Provide support functions as needed (making coffee, cleaning, administrative work).

#### Support Group Volunteer

- Facilitate a LGBTQ+, BIPOC, or other support group.

### Inpatient Programs – Syracuse, Rochester, and Binghamton

Each Helio Health Inpatient Rehabilitation program is a NYS OASAS certified facility and offers a short-term intensive program for patients requiring a highly structured, supportive environment. Utilizing a multi-disciplinary team consisting of medical and counseling professionals, programming is tailored to the needs of each patient.

**Inpatient Volunteer:** Inpatient treatment is a highly acute level of care, and for many individuals is the first step in the recovery process. Volunteers at this level of care help people lay the building blocks of a solid foundation in their recovery by providing encouragement and support.

- Monitor meals.
- Monitor calls.
- Assist patients getting into the laundry room.
- Assist with bed turnovers.

**Activities Volunteer:** Classes and workshop help individuals learn what kinds of hobbies and activities interest them, as well as build a safe social network – both of which are crucial to maintaining long-term recovery.

- Lead a twice-weekly, weekly, or monthly class/workshop. Examples include art, fitness, yoga, meditation, book club, music, hobbies, etc.

## Reintegration Apartments, Syracuse

**Errands Volunteer:** People living in scattered community housing have a greater level of independence, but still need ongoing support to maintain wellness. Volunteers help provide a needed service – assisting with shopping and other errands. This position also offers teachable moments around budgeting, time management, and planning.

- Assist residents with shopping and other errands. Note: requires valid NYS Driver's License.

## OMH Residential Housing, Syracuse

**Residential Volunteer:** Residential housing provides a safe, long-term living community for people with serious mental illness. Volunteers help build a sense of community by supporting social and recreational opportunities that otherwise would not exist.

- Help provide social, recreational, and wellness activities such as art groups, cooking classes, movie nights, card games, Bingo nights, yoga, etc.
- Assist with landscaping, serving meals, and kitchen work.

## Executive Leadership Office, Syracuse

**Administrative Volunteer:** Administrative Volunteers in the Executive Leadership Office assist with tasks relating to the operation of the entire organization. A non-patient facing opportunity, volunteers in this position play a vital role in helping support all other programs and services in the organization.

- Assist with filing, scanning, organizing, and other administrative tasks.

## Various locations, Syracuse

**Maintenance Volunteer:** Assist with painting, weeding, landscaping, clean up, etc.

## Insights of Helio Health, Integrated Outpatient program, Utica

Insights of Helio Integrated Outpatient Clinic provides coordination of care for individuals with a mental health and/or substance use disorder. Programs include individual and group psychotherapy, psychiatric medication management, and medication assisted therapy.

**Transport Volunteer:** As a Transport Volunteer for Insights of Helio Health Integrated Outpatient, you will provide transportation for individuals to and from Insights and to and from medical appointments. Note: requires valid NYS Driver's License.

**Activities Volunteer:** Classes and workshop help individuals learn what kinds of hobbies and activities interest them, as well as build a safe social network – both of which are crucial to maintaining long-term recovery.

- Lead a twice-weekly, weekly, or monthly class/workshop. Examples include art, crafts fitness, yoga, meditation, book club, music, hobbies, etc.
- Evening and weekend availability encouraged

**Open Access Volunteer:** As an Open Access Volunteer, you may be one of the first points of contact for individuals entering treatment. This volunteer helps provide a safe and welcoming environment and helps people feel comfortable.

- Answer phones on the 24-hour call line.
- Work with walk-in coordinator to help persons entering treatment.
- Escort patients during walk-in process to "Walk-in Waiting Area."

**Waiting Room Volunteer:** As a Waiting Room Volunteer, you will provide an additional point of contact for those who are receiving treatment, offering exceptional customer service to help individuals navigate programs within the facility.

- Greet individuals as they enter the waiting room.
- Help administer surveys in the waiting room.
- Help individuals as they engage treatment.
- Restock literature when necessary.
- Escort patients back into the clinical area if they are a few minutes late for group.

**Administrative Volunteer:** This non-patient facing position helps with the behind-the-scenes work needed to help make treatment possible. Administrative support assists in keeping all the pieces of outpatient treatment flowing smoothly.

- Help with inventories or other non-patient data collection and analysis.
- Prepare admission folders and discharge folders.
- Deliver internal mail.

**Group Volunteer:** Recreational groups – such as art and yoga – help individuals working toward recovery build necessary social and emotional skills. Volunteers in these groups help people build those skills in a safe and fun environment.

- Assist as needed in art, yoga, or other groups.

## Insights of Helio Health, Residential program, Utica

Insights of Helio Health Residential offers a certified 44-bed program for Stabilization (a structured medical setting for those experiencing mild to moderate withdrawal) and Rehabilitation (Intensive program offering individual counseling, group counseling, and vocational counseling).

**Transport Volunteer:** As a Transport Volunteer for Insights of Helio Health Residential, you will transport clients to see new apartments, medical appointments, errands (e.g., getting a haircut), to the DMV, and to the Social Security office. Note: requires valid NYS Driver's License.

**Activities Volunteer:** Classes and workshop help individuals learn what kinds of hobbies and activities interest them, as well as build a safe social network – both of which are crucial to maintaining long-term recovery.

- Lead a twice-weekly, weekly, or monthly class/workshop. Examples include art, crafts, fitness, yoga, meditation, book club, music, hobbies, etc.
- Lead a one-time workshop in an area in which you have expertise (e.g., SSI/SSD, legal, etc.)

**Group Volunteer:** Recreational groups – such as art and yoga – help individuals working toward recovery build necessary social and emotional skills. Volunteers in these groups help people build those skills in a safe and fun environment.

- Assist as needed in art, yoga, or other groups (e.g., set up, clean up, handing out materials, supplies, and/or equipment).

## Helio Health Foundation, Multiple Locations or Remote

**In-Kind Donation Volunteer:** In-kind donation drives help individuals to have ready access to everyday essentials that otherwise would be difficult to obtain. These items include food, home goods, and clothing. Knowing that these items are available if needed gives peace of mind and helps people to focus time and energy on other aspects of their recovery, such as treatment and support groups.

- Organize a clothing drive, home goods drive, or food drive to benefit Helio Health programs.

**Fundraising Volunteer:** When you raise funds for the Helio Health Foundation, you are supporting programs and initiatives that otherwise would not exist. Such programs include fitness equipment, supplies for pro-social programs, and items to help furnish new apartments. Money raised for the Foundation is crucial because it provides flexible funding to support the organization's most pressing needs.

- Dedicate your birthday, a recovery milestone, or create your own challenge.