

Choosing Success - and a Second Chance at Life



"I just assumed I was going to die." ~ Ryan

During his childhood, Ryan Jarrett was shot in the eye with a BB gun, and the resulting treatment, coupled with an unstable home life, led him to a long period of drug use and legal indiscretions that landed him in juvenile detention, and ultimately, prison. He spent more than half of his twenties incarcerated.

Physically and emotionally exhausted by his pattern of getting out of jail and immediately returning to drug use, Ryan was "down and out," experiencing problems with his family, multiple warrants for his arrest, and homelessness. At one point he had no shoes. He became tired of letting people - and himself - down.

In the summer of 2024, he sought treatment at Helio Health. He recalls feeling welcomed and was grateful to be paired with his amazing counselor, Danny, with whom he had a lot in common. Through his time in treatment, Ryan learned that success is an option; a choice. And he chose it. "Going to Helio Health saved my life," he said.

Now, nearly a year and a half sober, Ryan is working toward earning his Certified Recovery Peer Advocate (CRPA) certification. He helps others in recovery by volunteering at Helio Health's Recovery Center, providing support to individuals seeking sobriety. Today, Ryan is happy with himself and his progress and wants people to know that their addiction doesn't define them. They, too, can choose success.

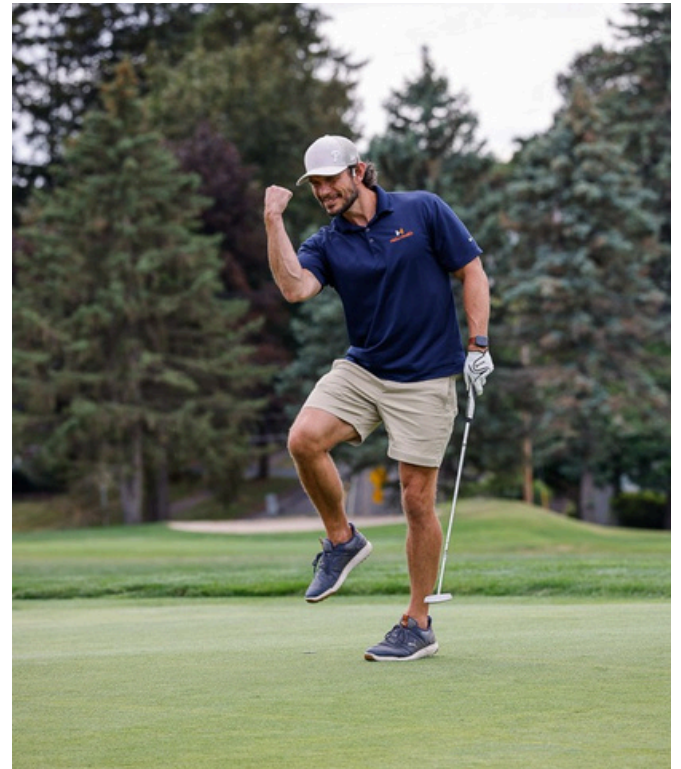


Scan the QR code to watch Ryan's inspirational video and learn why he gives back to people in recovery.

Do you know someone with an uplifting recovery story? We'd love to celebrate and share it. Reach out to Susan LaPlaca, Development Director, at slaplaca@helio.health.



On Monday, August 25th, we played a *Round for Recovery* at our Inaugural Helio Health Classic Golf Tournament. More than 100 golfers and countless supporters joined us for a beautiful day at Bellevue Country Club and together we raised **more than \$55,000** for the Helio Health Foundation! Heartfelt thanks to our presenting sponsor, OneGroup. We had so much fun that we've already set the date for **next year's event - Monday, August 31, 2026**. Join us!



Helio Health Inaugural Golf Classic 2025

To all the golfers, our amazing volunteers, and our dedicated sponsors...thank you for helping us provide hope and healing to the people we serve.
Your support *transforms* lives!



Scan the QR code to watch the golf tournament video!



Helio Health Endowment :

A New Way to Support Helio Health's Mission

We're excited to share a powerful new opportunity to make a lasting impact.

In partnership with the Upstate Foundation, a trusted fund manager, Helio Health recently established a Donor Advised Fund (DAF)—a key step in building long-term sustainability for our mission. With your continued support, **our next goal is to grow this fund into a permanent endowment that will provide steady, reliable resources** for generations to come.

An endowment is an investment in the future of our work and the lives we touch every day. Whether it's someone reclaiming their life after addiction, finding stability through housing, or receiving individualized care for mental health challenges, your gift today can ensure that help is always there when it's needed most.

We invite you to be part of this inspiring legacy. Every contribution—no matter the size—moves us closer to our vision of long-term, life-changing support. Please consider making a gift to our DAF today.



You can help us build a future of hope, healing, and opportunity.



Please mail your tax deductible gift to: Upstate Foundation, c/o Helio Health DAF #628
750 E. Adams Street, Syracuse, NY 13210-9943

Rochester Outpatient's "emPOWERyou" Program

Our Rochester Outpatient program received a Foundation grant for a project entitled "emPOWERyou." The recreation-based program offers participants the opportunity to focus on their physical health in a supportive, active, social setting. The group has been up and running since early July, with the concepts of teamwork, encouragement, and motivation woven into each activity.



Project Coordinator, Karissa Krautwurst, says, "This playful approach to recovery support is amazing. Whether it's a Kan Jam tournament or a vision board group, clients spark original, deep conversations about their struggles and triumphs in recovery. We offer a neutral ground by removing the titles of 'addict' and 'recoveree.' A safe space promotes sharing and mutual connection. The group is constantly evolving, and appeals to the often-overlooked child-like emotions and truths that arise when people are engaged in an activity."

Thank You for Spreading the “Luv”!



We're so grateful to everyone who supported our **luv handlz frozen yogurt** fundraiser this summer! Thanks to your kindness and enthusiasm, we raised more than \$1,000 to support our mission of helping individuals at each stage of their recovery journey. A special shoutout to Megan and Paul Cooper, who joined in the fun and shared this great photo enjoying their frozen yogurt creations! 🍦



Your participation - whether you stopped by for some froyo, shared the information on your social media pages, or encouraged others to join - made a meaningful difference. Thank you for showing that a little “luv” can go a long way!

New Fridges Bring Fresh Opportunities for Recovery

Earlier this year, the Scattered Site Reintegration Program, a community living experience for individuals transitioning to long term recovery and living independently in the community, received a Foundation grant to purchase larger refrigerators so residents had more space to store fresh food items. Residents, interested in eating a healthier diet and grocery shopping less, were thrilled with the new fridges and sent notes to the Foundation Board to express their gratitude.

Kenneth said, “I am thankful for the new fridge because it’s bigger, so I don’t have to go grocery shopping multiple times a week. I can store more food. Also, it’s a better fridge that keeps things colder, so vegetables stay fresh longer. ”

Emily wrote, “I want to thank everyone involved with helping me receive the new fridge. Although I am grateful for every opportunity, it was hard not being able to supplement my food needs before the new fridge. Now, I no longer have to live day to day buying food, like I had to when I was addicted. It makes preparing real meals much easier.”

Upon learning about residents’ notes, Anne Tindall, Foundation Board member, shared her enthusiasm saying, “This is exactly what the Foundation funds were always envisioned to do - *to support individuals when, where, and in the manner they needed.* Food is such a basic essential to everyone. How great that a single item could make such a difference!”

Kenneth and Emily are just two of the individuals impacted by generous gifts to the Helio Health Foundation. You can help countless others by making a donation today. Your kindness provides essential tools for personal growth, empowerment, and self-sufficiency.

Give your gift safely and securely here: <https://give.helio.health/give2helio>

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8

NOVEMBER 2025

12:00PM - 3:00PM

Strike 'N' Spare Lanes
1777 Brewerton Road



\$1000

IN CASH PRIZES

\$150 TEAM REGISTRATION INCLUDES: 3 GAMES OF BOWLING, COMPLIMENTARY SHOE RENTAL, UNLIMITED SOFT DRINKS, 2 PIZZAS PER TEAM, & FRENCH FRIES

YOUR DONATIONS SUPPORT PEOPLE IN RECOVERY!

Every dollar raised benefits the Recovery Center participants for things like winter clothing, personal care items, holiday meals, community integration, social wellness activities, AND MORE!

 **Helio Health®**
Foundation

REGISTER NOW

qrco.de/bgMfVV



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**SAVE THE
DATE!**

**GIVING
TUESDAY**

December 2, 2025

Check your email and follow us on social media December 2nd to learn how your Giving Tuesday gift makes a profound impact on the people we serve. We'll share inspiring Stories of Recovery and details about how Foundation Grants help to build confidence, hope, and self-sufficiency.

Your support transforms lives. ❤️