



Helio Health Foundation

Give hope.
Give healing.



Helio Health[®]

FOUNDATION

www.helio.health

About the Foundation

Founded in 2015 to support Helio Health's role as a leader and innovator in behavioral healthcare, the Helio Health Foundation raises funds and awareness for people working toward recovery from substance use, mental health, and housing challenges.

The Foundation's signature fundraising event, the Run for Recovery 5K and Kids Fun Run, draws hundreds of participants from Central New York and beyond, and includes kid-friendly activities, food trucks, prizes, and the opportunity to share and celebrate stories of recovery.

To further promote Helio Health's visibility and engage new donors, we are excited to host an Inaugural Golf Tournament in August 2025. [Learn more about our golf tournament](#) ▶



[Watch our New Run for Recovery video](#) ▶

GIVING TUESDAY

Our Giving Tuesday campaign is a 24-hour social media and email event that shares information about our programs and services and creates excitement around reaching a fundraising goal. Match sponsors increase donor engagement by pledging to match individual donor gifts.

Through annual program grants, the Foundation funds unique projects that promote and help sustain recovery. Projects are conceived by Helio Health colleagues and designed to strengthen program outcomes and provide an opportunity for individuals to live fulfilled, empowered lives.

Recent Foundation Grant Awards

Residential Beautification - Provide holiday and special event decorations to beautify the shared areas of a mental health residential program

Summer Picnic - Special event for mental health residential participants to enjoy recreation and social wellness, including live music, lawn games, petting zoo, crafts, and barbeque lunch

Creative Arts - Facilitate a series of art and music classes to strengthen client engagement

Empowerment - Provide recreation-based therapy group for clients to focus on physical health while creating positive social connections and increasing coping skills

Community Celebration - Host a community BBQ to celebrate Recovery Month

Indoor/Outdoor recreation - Equip indoor (art supplies, etc.) and outdoor (gardening, etc.) spaces for residents with the goal of providing activities to alleviate loneliness and allow

for meaningful engagement opportunities between residents and staff

Health and Wellness - Provide larger refrigerators for scattered site apartment residents to afford more space for healthy food items

Physical Fitness - Repair/replace fitness equipment at inpatient facility so service recipients can participate in exercise to strengthen the body and mind

Help on a Shelf - Continue grant from 2024 to provide chest freezer and thermometer to extend the life of food donations that can be frozen

Community Integration - Provide secure mail drop boxes so residents can receive packages from Amazon, FedEx, etc

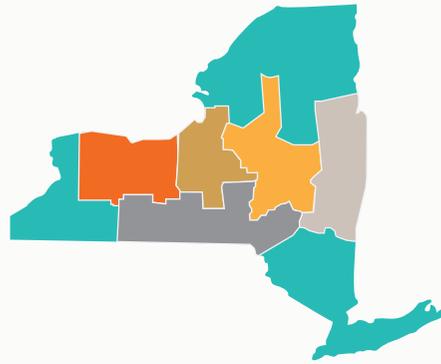


Helio Health By the Numbers



20,432

Number of people served in 2024



Regions We Serve

- Central
- Capital
- Finger Lakes
- Mohawk Valley
- Southern Tier



1090

Number of colleagues

Our Services

- Inpatient Treatment
- Outpatient Treatment
- Residential/Housing
- In-Community
- Training

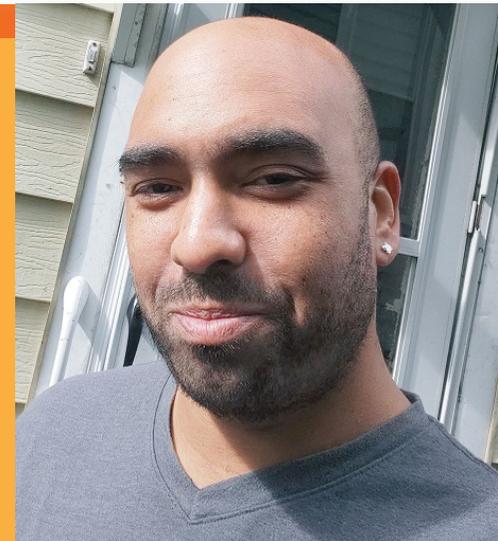
Your Gifts to the Foundation

Each donation to the Foundation has the power to turn the struggle of addiction and homelessness into hope and healing. Gifts have a profound and lasting impact on the people we serve, like Spencer.

Until his thirties, Spencer's life was good. But chronic pain from a traumatic leg and ankle injury as a teenager resulted in Spencer becoming addicted to opiates.

For a while, he managed daily pain with over-the-counter medication, but eventually the hurting became so intense that he was not able to care for and play with his children. The next couple of years consisted of Spencer seeking opiates, struggling to find and maintain jobs, and crumbled relationships. There were multiple failed attempts at detox programs. Upon arriving in Syracuse, Spencer contacted Helio Health and scheduled his first appointment. In treatment, he felt supported and understood and was eager to work toward recovery.

Today Spencer is happily married and shares a wonderful home with his wife and children. He has been substance-free since August 2019. While he still has challenges, he uses the skills he learned to overcome them. He feels that life is a gift and wants people to know that if they are struggling with mental health and/or substance use, they can join the recovery family at Helio Health.



Donate Today



The Helio Health Foundation is a tax-exempt, 501(c)3 organization as defined by the Internal Revenue Code. Gifts to the Foundation are tax-deductible to the extent allowed by law.

A New Way to Support Helio Health's Mission for Years to Come

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 donor support, our next goal is to grow this fund into a permanent endowment that will provide steady, reliable resources to help people on their recovery journey for generations to come.

We'd love to talk with you about becoming part of this inspiring legacy.

Foundation Board of Directors

Ted Jeske, *President, 110 Metalworks, Chair*

Anne Tindall, *President, Employee Management Strategies, Inc., Secretary, Executive Committee*

Joseph Bright, *Owner, Dunk & Bright Furniture, Board Treasurer and the Finance & Investment Committee Chair*

Lisa Morrow-Whittaker, *Communications Consultant*

Orazio (Ozzie) Crisalli, *Broker/Owner, Syracuse Realty Group, LLC*

Eric Austin, *Managing Partner, Burns Bros Contractors*

Katherine O'Sullivan, *British American Household Staffing*

Contact

Interested in supporting our mission and work?
We'd love to connect.

Reach out to:
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