



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 nearly six hundred 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.

Watch Our New
Run For Recovery
Video ▶



Our Giving Tuesday and Mohawk Valley Gives campaigns are 24-hour social media and email events that share information about our programs and create 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

Community Integration - Increase quality of life by participating in community activities such as NYS Parks, the zoo, and bowling

Wellness Clinic - Provide health assessments, health education, immunizations, and wellness checks to residents in our mental health residential programs

Help on a Shelf - A pantry to distribute food, essential clothing, cleaning products, and sanitary products to clients in need

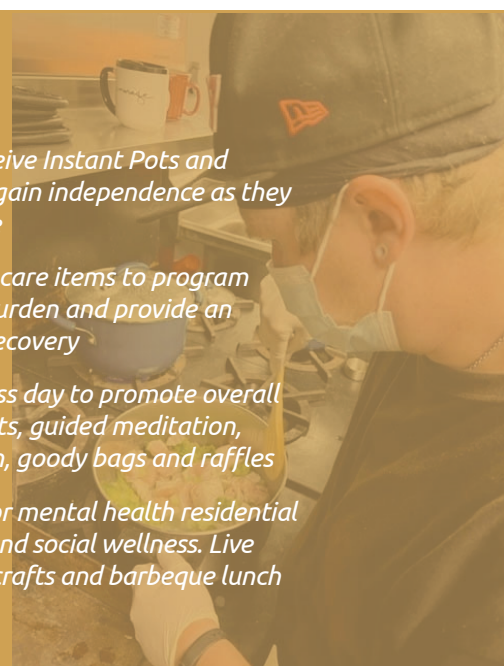
Fitness - Install basketball hoop, treadmill, and exercise bike so residents can engage in healthy living activities

Cooking Classes - Residents receive Instant Pots and participate in cooking classes to gain independence as they transition to a lower level of care

Care Baskets - Provide personal care items to program participants to lessen financial burden and provide an incentive to remain engaged in recovery

Wellness Day - Provide a wellness day to promote overall wellness and self-esteem. Haircuts, guided meditation, health testing, smoking cessation, goody bags and raffles

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

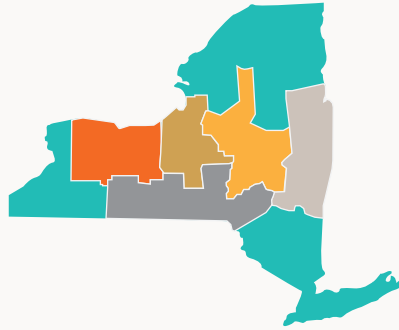


Helio Health By The Numbers



19,291

Number of people served in 2023



Regions We Serve

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



1090

Number of colleagues



\$15.1 Million

In expansion projects for 2023

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.

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*

Camille Coakley, *Consultant, OuterBox Consulting Group*

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

Eric Austin, *Managing Partner, Burns Bros Contractors*

Contact

Interested in supporting our mission and work?

We'd love to connect.

Reach out to:

Susan LaPlaca, Development Director

315-474-5506 x1245

slaplaca@helio.health

Follow us on



www.helio.health