

# RECOVERY Today

January 2022

A publication of Helio Health



Pictured left to right: Katelin Arnold, Recovery Center Team Leader; Ozzie Crisalli; Keith H.; and Dede Crisalli. Below: David Crisalli.

## Crisalli Family Turns Heartbreak into Hope and Healing

Ozzie and Dede Crisalli remember their son David with love, who died in 2019 after a courageous battle with opioid addiction. "David's outgoing personality put others at ease and influenced his peers in recovery," Ozzie said. "He was a loyal friend and helpful to others. His kindness and gentle spirit are remembered by his entire family, and his infectious smile is missed by everyone who knew him."

Last November, in an effort to do good work in David's memory, Ozzie and Dede organized the first annual David Crisalli Memorial Bowling Tournament, designed to raise both funds and awareness for opioid addiction treatment. Held at Flamingo Lanes in Liverpool, more than 40 teams, including one from the Helio Health Recovery Center, attended. The Crisallis underwrote the \$125 registration fee for the Helio team so that program participants could experience a fun day among others in recovery.



Proceeds from registrations, raffle tickets, and a silent auction allowed the Crisallis to raise \$14,369, half of which is earmarked for Helio Health programs. Dede said, "We want to use the tournament proceeds to provide basic things for people in treatment so they can focus on recovery." Ozzie added, "We're grateful for the support of our family, friends, and the community. The event was a beautiful celebration of David's life."

In December, the Crisallis toured the Recovery Center which offers peer-led support and provides the opportunity for individuals in recovery to meet others who are traveling the path to a healthier life. They gifted the program with a variety of winter clothing such as hats, gloves, scarves, and coats. Removing the worry of keeping warm has allowed people to concentrate on their recovery. Katelin Arnold, Recovery Center Team Leader said, "It was a joy distributing the winter items Dede and Ozzie donated. It made such an impact on participants. I only wish they could have seen the smiles of everyone they helped."

If you would like to donate to Helio Health, please contact Susan LaPlaca, Development Director at [slaplaca@helio.health](mailto:slaplaca@helio.health).

For information about the Recovery Center, visit our website at <https://www.helio.health/support-services/recovery-services/>



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## Helio Health Welcomes Chief Growth Officer



Shawna Craigmile, LCSW, serves as the Chief Growth Officer of Helio Health, Inc. where she will work with the Helio Health Executive Leadership Team in the development and execution of the organizations strategic plan across new business development, mergers and acquisitions, and existing business expansion.

Shawna is well-known in the Upstate community for her leadership in New York State healthcare initiatives such as Delivery System Reform Incentive Payment (DSRIP) program and Health Homes. She brings with her years of experience collaborating with organizations across the community, to include activities such as the Steering Committee for Onondaga County Community Health Assessment and Improvement Plan, Onondaga County Drug Task Force, Central New York Care Collaborative Board of Directors, and the Rural Health Network of Oswego County Advisory Committee. Her public speaking engagements include SUNY Upstate's Transitions in Care Symposium and NYS Supportive Housing Conference.

Jeremy Klemanski, President and CEO said, "We are excited to have such a talented and thoughtful leader on our team."

## Helio Health Spirit Day *Go Orange!*



Colleagues working at our Learbury building location participated in a spirit day organized by Thom Kelley, Targeted Case Manager, to show Syracuse / Helio / Orange pride and promote fun and camaraderie among team members. Staff dressed in SU gear (some from head to toe!) and many celebrated the occasion by making a donation to the Helio Health Foundation. Football themed snacks were also part of the day, as was a "photo booth" that included a goal post background and props for making memorable photos. Fun was had by all!







# Apple Picking

After much discussion and with a heavy heart, it was decided last September to forgo our traditional fall dinner and art show event -- Recovery For Tomorrow -- because of the challenges associated with Covid and larger gatherings. Instead, we reimagined it (with a health and wellness twist) to an apple picking outing for our residential program participants! Programs visited Beak & Skiff Apple Orchards for a tractor ride into the orchards where they picked Empire and Jonagold apples. Everyone enjoyed celebrating recovery while maintaining social distancing guidelines and enjoying fresh air, spectacular views, and of course a healthy snack. To further promote wellness, Helio Health colleagues were presented with Beak & Skiff gift cards so they could pick apples at their leisure with their family and friends.

Heartfelt thanks to our committed sponsors for their financial support.





# Approaching Life with a Helping Nature On and Off the Job

Dr. Candi Capozzi-Jones is the lead provider at the Rochester Evaluation Center where she evaluates individuals for admission to detox and works collaboratively with counselors to care for patients. She enjoys her work because patients present a challenge. "As a provider, I need to lead patients in a direction that will help them make decisions that are in the best interest of their recovery."

True to her nature of helping others, outside her work at Helio Health Dr. Candi is a member of the Civil Air Patrol, an all-volunteer auxiliary of the US Air Force, with which she has been involved since 1983. She holds the rank of Lieutenant Colonel and serves as the Emergency Services Training Officer for the 9 states that make up the Northeast Region. CAP performs a variety of emergency and operational missions, such as disaster assessment and relief, on demand, for the federal government. Last year, Dr. Candi worked with the emergency response team for Hurricane Henri where she coordinated units taking photos of hurricane damage. CAP responds to multiple state and local emergencies throughout the year and is an integral part of the community. In 2021 the organization saved 130 lives.



Dr. Capozzi-Jones, far left, poses with a group of CAP cadets at a Welcome Home for Honor Flight event.

In addition to responding to emergencies, Dr. Candi's CAP work includes creating practice scenarios, locating resources to execute missions, and educating personnel in a multitude of specialties.

The Civil Air Patrol has been a stabilizing force in Dr. Candi's life since she was sixteen years old. She says, "I learned about search and rescue, how to fly, how to work with a team – things to which I would not have otherwise been exposed – and also how to be myself while still helping others. CAP is a little-known organization, but it provides a sense of camaraderie not found in other places."

If you would like to learn more about the Civil Air Patrol, visit [www.gocivilairpatrol.com](http://www.gocivilairpatrol.com)

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# Highlights from Annual SAMHSA Survey

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*New questions on nicotine vaping, receipt of telehealth services, adolescent suicide, and COVID-19 impacts produced interesting information.*

The annual SAMHSA National Survey on Drug Use and Health (NSDUH 2020) provides a view of the state of substance use and mental health issues in the U.S. On a national level, it helps to guide policy directions in addressing problem substances, prevalence of mental illness, intersection of substance use and mental health issues, and provides insights that can be studied in the context of data from other agencies to help in decision making about what types of resources are needed and where resources should be directed. On an agency level, it helps to inform leadership of national trends and areas where services may be needed or need to be strengthened.

- Those with depression prior to COVID reported the pandemic had a significant impact on their health.
- 15.4% or 25.9 million individuals, ages 12 or older, reported that they drank a little bit more or much more than they did before the pandemic.
- For individuals aged 12 or older, 20.7% of people or 53.3 million used nicotine products in the past month,
  - o 41.4 million used cigarettes; 10.4 million used nicotine vaping
- The pandemic has highlighted the importance of telehealth services. There were fairly high rates of telehealth usage. The highest rate was for adults with serious mental health,
  - o Ages 26 to 49 at 50.3%
  - o Ages 18 to 25 at 49.3%.
- 14.5% of the population had a SUD in the past year
- 73.8 million Adults had either SUD or Any Mental Illness (AMI)
- 17 million Adults reported co-occurring SUD and AMI
- Opioid Misuse from ages 12 or older was Down from 10.1 million to 9.5 million overall from the previous year but pain relievers went down, and Heroin use went up.
- 17% of adolescents had a major episode.
- 12% of adolescents had a major depressive episode with severe impairment and 2.7% of those had a co-occurring SUD.
- Suicidality is something we need to continue to look at and work on. For adolescents aged 12 to 17, 12% reported serious thoughts of suicide; 5.3% made a plan; 2.5% attempted suicide.
- The highest percentage of adults aged 18 or older with serious thoughts of suicide in the past year and who made plans of suicide in the past year, was for individuals identifying with 2 or more races. They were more than 5% higher than any other single race.

NSDUH 2020 summary prepared by Kim Aichner, LCSW-R, Chief Quality Officer



## ICS Selects Foundation as Beneficiary

*Annual Charity Golf Tournament benefits local non profits*

The Helio Health Foundation was selected again to receive a portion of the proceeds from ICS' Annual Charity Golf Tournament. ICS, a Binghamton area-based IT company, endeavors to make a difference by giving back to the communities in which it does business.

Ethan Tancredi, ICS Director, Syracuse Region, recently stopped by our offices to present a check for \$8,400 to Kathleen Gaffney-Babb, Executive Vice President and Chief Operating Officer. We are ever grateful for our partnership with ICS, and look forward to providing hope and healing with their giving spirit in mind.

If your organization would like to explore a partnership with Helio Health, please visit our website and view our [Corporate Partnership Opportunities](#) packet.





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## SAVE THE DATE!



**Saturday, May 14, 2022 • Beak & Skiff Apple Orchards • 10:00 a.m.**

#### **JOIN OUR SPRING RUNNING / JOGGING / WALKING GROUPS TO GET READY FOR THE RUN FOR RECOVERY!**

Jess Wood, Helio Health Wellness Contractor and owner of Jess Wood Wellness, will be leading weekly in-person running, jogging, and walking groups at Onondaga Lake Park in Syracuse for five consecutive weeks on Sunday mornings (8:30 a.m.) and Wednesday evenings (6:00 p.m.), beginning on April 10th.

Participants will be led through progressive programming, including coaching and wellness tips, leading up to the Run For Recovery. This is a great opportunity to shake off the winter doldrums and reawaken your body, mind, and spirit as the weather changes from gloomy to gorgeous!

Program will be offered virtually for runners, joggers, and walkers in Rochester, Binghamton, and Utica.

Groups are open to all and free to join for those registered for the Run For Recovery. Sign up by April 6th by contacting Jess Wood at [jewood@helio.health](mailto:jewood@helio.health) or 315.882.2057.