

# RECOVERY Today

February 2023

A publication of Helio Health



## Kathleen Gaffney-Babb Named Interim President and CEO

Kathleen Gaffney-Babb started at Helio Health early in her professional career as an Outpatient Counselor. Two years later she assumed the position as the Outpatient Director and two years following was asked to be the Inpatient Director. Helio Health invested in her professional development and assisted her to obtain her Credential as a NYS Credentialed Alcoholism and Substance Abuse Counselor; to obtain her Graduate Degree in Rehabilitation Counseling from Syracuse University through remitted tuition, and to become Nationally Certified as a Rehabilitation Counselor. When Helio Health was a much smaller organization, Kathleen held the position of Director of Quality Assurance, Training and Compliance, and for the past 7 years, she served Helio Health as the Executive Vice President & Chief Operating Officer. Kathleen worked alongside Jeremy Klemanski, former President & CEO, for 17 years.

Kathleen is from Syracuse and currently lives in Onondaga Hill with her husband. Together they have six children and five grandchildren. When Kathleen started at Helio Health, her daughters were 4 and 6 years old. Her youngest was diagnosed with a complex seizure disorder with a potentially fatal prognosis. Kathleen says working with the people we serve, humbled and inspired by their vulnerability and courage, gave her strength to hope for a different tomorrow. Thankfully, Kathleen's daughter was able to get evidence-based treatment by an integrated care team at Johns Hopkins hospital and is healthy, seizure free, and married with a seven-year-old son. Kathleen's oldest daughter became a nurse because of watching her baby sister developmentally regress from the seizure disorder, and knowing the medical team saved her. That experience reinforced for Kathleen the importance of an integrated care team who listens to the patient and their family in the provision of person-centered care.

When asked about her vision for the future of Helio Health, Kathleen said, "I want Helio Health colleagues and recipients of services to feel a sense of belonging here, to know we are invested in their wellbeing and development. Helio Health will continue to work to meet the community needs, to increase access to quality services when and where people need these services. Where hope meets healing isn't just a tag line, it is a guiding North Star for all who work and receive services at Helio Health."



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# Endwell League of Community Action Donates to Binghamton Evaluation Center

Program participants in Binghamton were treated to a large donation of clothing, personal care items, books, and art supplies from the Endwell League of Community Action. The League, now in its 52nd year, is a non-profit community group that seeks to improve the lives of residents in the Binghamton area through service and camaraderie. The organization boasts more than 100 members.

At last December's League meeting, gift tags were hung on a giving tree. Members chose a tag and selected an item to donate to Helio Health. Jill King of the League said, "We are excited to partner with Helio Health to provide items that can help those in recovery and transitioning beyond." Helio Health is grateful for the kindness of donors who help to provide ongoing hope and healing to its patients and residents. Thank you, Endwell League!



Binghamton colleagues Tequila Jarvis (left) and Denise Nikula gratefully accept items donated from the Endwell League of Community Action.

**INTEGRATED CARE CONFERENCE**  
**MENTAL WELLBEING**  
*Resiliency & Transformation Across the Lifespan*  
April 17th -18th, 2023  
Presented By  
  
**Helio Health**  
Training Institute

## Integrated Care Conference

Join us for inspiration and learning (and earn CEUs!) at our Integrated Care Conference April 17-18 at Embassy Suites by Hilton @ Destiny USA.

For a list of featured speakers, attendance options, fees, and sponsorship opportunities, scan the QR code below and register today!



## Become a Volunteer. Become a Helio Hero.

Helio Heroes play a vital role at Helio Health. By volunteering, you give hope to people at all stages of the recovery process. Your unique perspective, dedication, and generosity can lend comfort to individuals who may feel hopeless.

Helio Heroes are compassionate, empathetic, and have a passion for recovery. There are numerous ways that you can give back and many opportunities are flexible. You can find a time that works with your schedule and do something meaningful that you love!

Interested in becoming a Helio Hero? Visit <https://www.helio.health/about/volunteer-at-helio-health/> and check out our Volunteer Opportunities. Then download the Volunteer Application and email it to Susan LaPlaca, Development Director, at [slaplaca@helio.health](mailto:slaplaca@helio.health). We can't wait to work with you!





Recovery Center staff, left to right: Katelin Arnold, Kathleen Cieloch, Kristina Hull, Vincent Infusino, Michael Muraco. Left photo above: Troy Wescott.

# Holiday Celebrations at the Recovery Center!

The Recovery Center kicked into celebration mode last November and December, hosting a Thanksgiving Dinner and an Ugly Sweater Party for the respective holidays. Each event included a catered meal generously donated by Ozzie and Dede Crisalli in memory of their son, David. Crafts, cookie decorating, and puzzles added to the fun.

The Recovery Center is open EVERY holiday, offering a safe, sober, welcoming environment for people seeking a safe space to engage in their recovery journey. In addition, a regular schedule of groups, activities, and special events -- inclusive of the recovery community -- is offered each month. A Job Coach and Wellness Coach are also on site for those seeking support in gaining meaningful employment and/or working on a health/wellness goal.

If you would like to learn more about the services and supports available at the Recover Center, visit our website at <https://www.helio.health/in-community/recovery-center/>.



# Holidays Made Brighter

Helio Health colleagues come together to provide hope, healing, and extra smiles

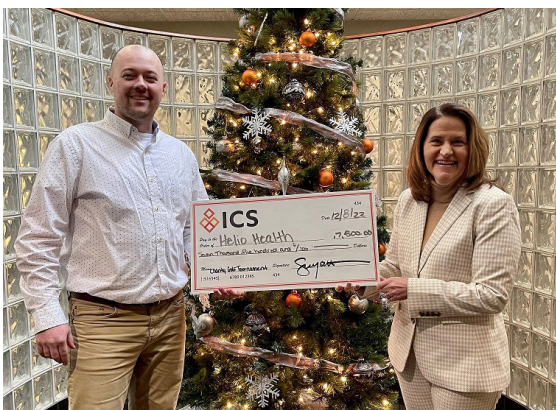


Through the generosity of our colleagues, along with Foundation Board members and community supporters, 107 children who have parents working toward recovery in one of our residential treatment programs received a holiday gift last December.

Heartfelt thanks to our amazing donors for all the shopping, purchasing, ordering, pivoting when orders were delayed, wrapping, gift-bagging, delivering, and LOVE that was poured into each and every gift. We couldn't have done it without you!

## ICS Selects Helio Health Foundation as Beneficiary

3rd Annual Charity Golf Tournament benefits local non profits



The Helio Health Foundation was once again selected 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.

Greg Waite, ICS Client Strategy Manager, Syracuse Region, recently stopped by our offices to present a check for \$7,500 to Kathleen Gaffney-Babb, Interim President and CEO. 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 to view our [Corporate Partnership Opportunities](#).



# Helio Health Receives Designation to Open Intensive Crisis Stabilization Center

Last August, Helio Health was awarded by New York State the designation to plan, build, and operate an Intensive Crisis Stabilization Center (ICSC) serving a five-county area including Onondaga, Cayuga, Cortland, Madison, and Oswego. The project, which includes the addition of approximately thirty-eight full-time staff, will provide immediate assistance and treatment to any adult, child, or adolescent experiencing a behavioral health crisis.

With an emphasis on peer and recovery-oriented support, the ICSC will offer walk-in care and rapid access to services – including medication treatment – for acute mental health and substance use symptoms in hopes of diverting people away from higher levels of care and unnecessary emergency room visits. Individuals may receive ICSC stabilization and referral services for up to 24 hours.

The ICSC will serve as a safe and welcoming place for people when they don't know where else to go. Staff will help stabilize people in crisis, support them, provide treatment, and connect them with other services.

Tania Lyons, LMSW, MHA will lead the ICSC, slated to open this summer. Tania received her MSW from Bridgewater State University and is a Licensed Master Social Worker. She received her Master's in Healthcare Administration from Colorado State University. She has been dedicated to assisting and advocating for vulnerable populations for over fifteen years and is an active



member of the Central New York Crisis Network workgroup for coordination of care within our region's crisis system. Tania said, "Crisis work has become my life's passion and I am on a mission to help eliminate the stigma surrounding mental health and substance use while providing compassionate services to those facing crises. I could not be more excited to have joined Helio Health, whose mission aligns with my own, to expand the breadth of crisis services and provide this incredible resource to our folks in the Central New York region."

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# Registration is Open!



**Saturday, May 6, 2023 at Green Lakes State Park**  
(7900 Green Lakes Road, Fayetteville, NY 13066)

**Kids Fun Run @10:00 a.m. • 5K @ 10:30 a.m.**

Register now to run and walk, celebrate recovery, and experience the breath-taking natural beauty of Green Lakes. Scan the QR code to sign up or visit <https://give.classy.org/run4recovery23>

The Run For Recovery is offered in cooperation with the New York State Office of Parks, Recreation, and Historic Preservation – Central Region.