

RECOVERY TOOLKIT

Where hope meets healing

Helio Health Recovery Services

714 Hickory Street

Syracuse, NY 13203

Phone: 315-701-1518

recoveryservices@helio.health



Where hope meets healing

www.helio.health

RECOVERY PLAN

Your Recovery Toolkit

This booklet is your recovery toolkit. It's a series of checklists designed to help you manage early recovery.

Your Recovery Plan

Your recovery plan is an important document that will help you navigate the first several days or weeks following discharge. Make sure to contact your counselor if you have any questions about the plan you created together.

___ I reviewed the discharge plan with my counselor.

___ I know when and where all of my next appointments are.

___ I have a plan for safe housing or a method of obtaining housing.

___ I have set educational and/or vocational goals for myself.

___ I have a plan for my leisure time.

___ I have and understand my individual relapse prevention plan.

___ I know my program's number if I have questions about my plan.

24/7 Regional Open Access Center for Addiction
315.471.1564

RECOVERY CHECKLIST

Creating a Checklist for Recovery

When starting out on your own in recovery, it can be helpful to make a checklist of things that you need to do to take care of yourself and to live independently. A checklist has been started below, with spaces left to add your individual goals.

- ___ Have I identified who is in my support network?
- ___ What do I plan to do with my free time?
- ___ Do I plan to work or to go to school?
- ___ Have I created a budget plan?
- ___ Do I plan to attend 12-step and/or self-help meetings?
Do I know when/where they are?
- ___ If moving, have I changed my address with the US Postal Service and notified others?
- ___ Do I know where the nearest grocery store, busline, hospital, healthcare center, bank, post office is?
- ___ Does my family have a copy of Helio Health's Family Guide?

<http://www.helio.health/about/resources-links/>

Aftercare Services



Aftercare Services are a bundle of non-medical services that are designed to support you in your individual recovery journey. When someone engages in Aftercare Services they work with peer specialists to receive:

- A plan to determine treatment needs in case of crisis called a Wellness Recovery Action Plan (WRAP)
- Check-in calls every month
- Non 12-step groups to form a recovery community
- Warm-line support for questions and information
- Referrals to care, community resources and other services

The Recovery Center is a drop-in center that provides a safe space to support individuals in recovery. Offering a variety of programs, meetings, activities and special events including: health and wellness groups, support groups, cooking groups, free wi-fi, coffee, and computer access, as well as weekly Narcan Trainings.

Our purpose is to help the individual and their support network develop the skills they require to maintain a successful recovery.

Hours of Operation:

Monday-Friday: 9:00am-7:00pm

Saturday: 9:00am-5:00pm

Sunday: 10:00pm-4:00pm

Zero Suicide

Staying Safe: What to Know About Suicide

Although not everyone experiences thoughts of suicide, some people do - particularly in times of stress or a crisis. As your vulnerability to suicidal thoughts and feelings can change over time, it is helpful to know the warning signs:

- Feeling hopeless or that there is no reason to live
- Feeling trapped or in unbearable pain
- Thinking I am a burden to others
- Increasing the use of alcohol or drugs
- Feeling or acting highly anxious or agitated
- Behaving recklessly
- Withdrawing from others or feeling isolated
- Feeling rage or thinking/talking about seeking revenge
- Having extreme mood swings
- Changes in appetite or sleep, or trouble taking care of myself
- Looking for ways to kill myself, such as searching online, stockpiling pills, or buying a gun
- Visiting or calling people to say goodbye, giving away prized possessions

If you are in a crisis, talking with someone about your thoughts and feelings can help. The staff at Helio Health is here to help you throughout your stay. No matter what problems you are dealing with, ***please know that help is available!***

Need to talk?

We've got time to listen

Text "Got5" to 741741 to start a conversation

URGENT TEXT LINE

Free, 24/7, Confidential Crisis Support

NATIONAL
SUICIDE
PREVENTION
LIFELINE

1-800-273-8255

Embracing Wellness

Eight Dimensions of Wellness

The idea of wellness will vary from person to person. The Eight Dimensions can serve as a guide to apply practical initiatives to improve wellness in each dimension.

Emotional - *coping effectively with life*

Financial - *satisfaction with financial situations*

Social - *developing a sense of connection and belonging*

Spiritual - *expanding the sense of purpose and meaning in life*

Occupational - *satisfaction and enrichment derived through work*

Physical - *recognizing the need for physical activity, diet, sleep and nutrition*

Intellectual - *recognizing creative abilities and expanding knowledge and skills*

Environmental - *occupying pleasant, stimulating environments that support well-being*

Understanding Anger

Anger may lead people to engage in behavior that involves risk. It has also been linked to heart disease, high blood pressure, trouble sleeping, digestion issues and even depression and anxiety. It is difficult to make good choices and to communicate well with others when angry. It is important to learn how to recognize, control, and dispel anger in healthy ways, such as:

- Being physically active
- Sleeping and eating well
- Avoiding drugs and alcohol
- Seeking out professional guidance
- Finding a local support group
- Learning relaxation techniques
- Practicing forgiveness as much as possible

RESOURCES

If you or a loved one needs immediate medical care, dial 911

Community Supports

Alcoholics Anonymous	315-463-5011 aasyracuse.org
Narcotics Anonymous	585-235-788 na.org
National Alliance on Mental Illness (NAMI)	315-487-2085 namisyracuse.org
Al-Anon / Alateen	315-471-0191 syracuseais.org

Educational Resources

OCM BOCES	315-433-2600 ocmboces.org
SUNY OCC	315-498-2000 sunyocc.edu
Syracuse Educational Opportunity Center	315-472-0130 syracuseeoc.com
Syracuse City School District Adult Education	315-435-4135 syracusecityschools.com
Onondaga County Public Library	315-435-4135 onlib.org

Health Resources

Onondaga County Department of Social Services	315-435-2978 ongov.net/dss
Onondaga County Health Department	315-435-3252 ongov.net/health
Onondaga County Medicaid	315-4767921 ongov.net
Social Security Administration	800-633-4227
Syracuse Community Health Center	315-4767921



Outdoor Opportunities

Onondaga County Parks	315-451-7275 onondagacountyparks.com
Syracuse City Parks	315-4734330 syrgov.net/parks
Green Lakes State Park	315-637-6111 parks.ny.gov/parks/greenlakes

Transportation Resources

Centro Bus	315-442-3400 centro.org
Hancock International Airport	315-454-4330 syrairport.org
Medical Answering Service	855-8523287 medanswering.com
Call-A-Bus	315-442-3434 centro.org/specialized-transit/call-a-bus
Taxi Services Yellow Cab Dependable Taxi	315-471-5151 315-422-1000
William F. Walsh Regional Transportation Center	315-478-1936 centro.org/specialized-transit/call-a-bus

Vocational Resources

Helio Health Training Institute	315-471-1564 helio.health/training/employee-training
JOBSplus!	315-442-3242 sunyocc.edu/jobsplus
ACCES-VR (Vocational Rehabilitation)	315-428-4179 acces.nysed.gov/vr
CNY Works	315-473-8250 cnyworks.com

Additional Resources

YMCA of Central New York	315-474-6851 ymcacny.org
Helpline CNY	211 211cny.com
Samaritan Center	315-472-0650 samcenter.org
Food Bank of Central New York	315-437-1899 foodbankcny.org

Contact Us

Helio Health Administrative Offices	315-474-5506
Regional Open Access Center for Addiction Recovery Center	315-471-0568 315.701.1518
Meadows Integrated Outpatient Clinic Center of Treatment Innovation	315.471.1564 315.401.4288
helio.health	

Medical Providers

Primary Care Physician (PCP):

Name: _____ Office: _____

Other Providers:

Name: _____ Office: _____

Name: _____ Office: _____

Important Phone Numbers

_____	_____
_____	_____
_____	_____

Notes



www.helio.health