



HANDS ACROSS LONG ISLAND

BECAUSE NO ONE GETS THROUGH LIFE ALONE

HANDS ACROSS LONG ISLAND (HALI) was formed in 1988 as a grassroots, multi-service, organization managed and operated by, and for, psychiatric survivors. Today, we are the largest and most successful peer-run, multi-service mental health organization in NY State, helping over 3,500 people each year. We serve those 18 years of age or older.

Mission Statement

HALI is a peer community providing the opportunity for recovery from mental illness through collaborative creative efforts.

Values Statement

Hands Across Long Island, Inc. strongly believes in the capacity of people to excel. People are the bedrock of the organization, and with vision and passion, we invest in human potential - in ourselves, in community leaders, and in individuals and communities dedicated to transforming themselves. We value the efforts of people to shape their own path of self-determination, and we help them create their own opportunities where barriers often exist.

Community Wellness and Recovery Center (CWRC)

The CWRC seeks to assist all Suffolk County residents to develop, maintain and improve their health and wellness. We offer classes, presentations, activities and special events that promote health and personal wellness at our Central Islip location. Extending beyond HALI's agency walls, we help individuals connect with wellness opportunities in the community. The CWRC focuses on providing services that address the Eight Dimensions of Wellness: Physical, Emotional, Social, Occupational, Intellectual, Financial, Spiritual and Vocational. Each month we offer a series of special events and workshops, which are free and open to all. Topics include: yoga, mental health, physical health issues, creative arts, poetry, computer lab, ESL, and many more. Meals are provided. All our services are geared to accommodate the ever-changing needs of our community. Free space is available for community meetings, workshops, and groups etc. For transportation, information please call 631.234.1925x378.

HALI Mobile Shower Unit

The unit enables homeless individuals to access a hot shower and free clean clothing and food as available within the townships of Babylon, Islip, Huntington, Riverhead and Brookhaven. Advocacy Services are available to link adults residing in Suffolk County with resources and services including benefits and entitlements, legal services and referrals to social services. The goal is to help individuals make a successful transition into the community and linkages.

HALI Café Soup Kitchen

Soup served on Fridays from 11:00am-12:30pm – computer access with FREE Wi-Fi, movies, food, hot showers, coffee and snacks throughout the day.

Housing

Currently HALI provides Supported Housing to over 150 individuals in Nassau & Suffolk Counties. In addition to providing a rental subsidy, HALI case managers provide regular visits with the tenants to assist them with a multitude of activities from daily living skills, to employment. The housing is available through Single Point of Access (SPA) referrals for individuals with mental illness who are able to live independently while maintaining their recovery activities.

Advocacy

With the provision of both inpatient and outpatient advocacy, this program complements traditional mental health treatment programs for individuals with serious and persistent mental illness. It is intended to promote consumers' rights and access to mental health, health, social services, residential and other support service programs. Peer Advocates help individuals in obtaining entitlements. Assistance in completing forms for other services, i.e. housing applications, is also offered. Completing an Advanced Directive to specify your preferred treatment in the event of hospitalization is another service Advocates provide.

Self-Help

HALI's self-help, mutual support groups offer emotional support and practical help with an experience, challenge or concern that is common to all members. Currently HALI facilitates several self-help groups at HALI, and inpatient settings.

Food Farmacy

The Food Farmacy is a NEW pilot program developed to help individuals struggling with co-occurring health issues who can benefit from comprehensive physical and dietetic evaluations; plus, network support from all his/her providers. Services include complete physical evaluation his/her primary care physician; individualized nutritional prescription by a licensed Dietician; weekly monitoring of vital signs; ongoing health monitoring and health education by a nurse team; plus, weekly cooking skills development training and daily support by a social work team. **NOTE: Individuals will need to meet a certain criterion before enrolling into this program.

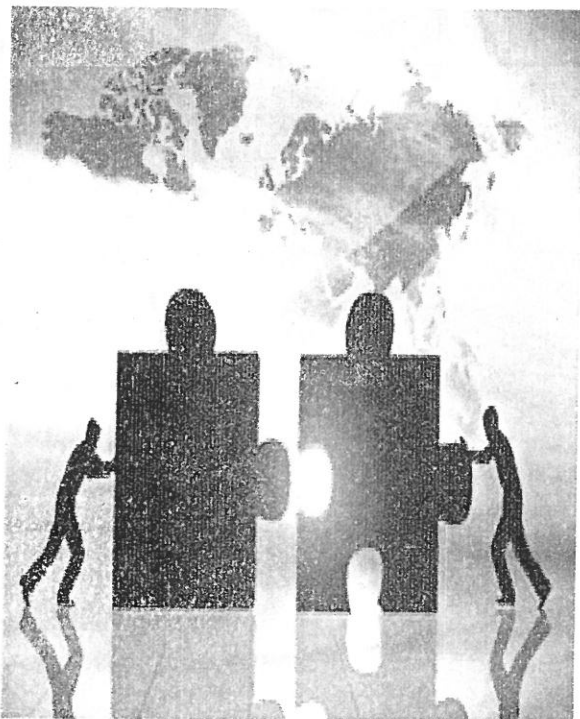
CALL FOR MORE INFORMATION: phone: 631.234.1925, fax: 631.234.7258

**Like us on Facebook: www.facebook.com/haliwellness or follow us on Instagram @haliwellness
159 Brightside Avenue, Central Islip, New York 11722, www.hali88.org**



HANDS ACROSS LONG ISLAND ACADEMY OF PEER SERVICES

“The Academy of Peer Services (APS) is an online, on-demand, self-directed training and testing website offering a wide range of interactive multimedia courses for those seeking certification as peer specialists. Courses on the supervision of peer specialists are also available.”



Hands Across Long Island, Inc. provides individual support to those enrolled in the Academy of Peer Services (APS). We also provide the opportunity for APS students to work on their required internship hours and gain hands-on experience by volunteering in different areas of practice.

“Reach Your Potential”

For more information, please contact ***Kathy Valcich*** at the phone listed below

159 BRIGHTSIDE AVE., CENTRAL ISLIP, NEW YORK 11722, 631.234.1925, FAX 631.234.7258
www.hali88.org



ADVOCACY

We will assist people in all forms of advocacy to ensure that they receive the information they need regarding their benefits, services available, and issues that may affect them. If you have distress about a particular matter, or a special circumstance, an Advocate will listen to your concerns on any issue(s) that are important to you, defend and safeguard your rights, and support you in advocating for yourself. Our hope is that during the process of working with our Advocacy department you will become empowered to take control of all the situations you encounter in your life.

In particular we can help those who need assistance with issues involving DSS (Department of Social Services), SSI (Social Security Insurance) and SSD (Social Security Disability). We are able to assist you in filling out a Single Point of Access Housing Application and an application for Care Coordination services. We are well informed and experienced in working with governmental systems.

Our Peer Advocates have been in your shoes and know how overwhelming things can be; they will break it down and work with you step by step until everything is complete.

Your situation is important to us; we would like to hear about it and work with you to figure it out. We strongly believe that people are so much more than their diagnosis, and that we can all be people with potential. We would like to help you rediscover your potential and go on to live your life. No one gets through life alone.

**The advocacy office is available from Monday to Friday
From 9:00 AM to 4:00 PM**

**159 Bright Avenue, Central Islip, New York 11722
Reinaldo Bello, Advocacy Coordinator at rbello@hali88.org or
631-234-1925 ext. 312**

Hands Across Long Island, Inc. (HALI) has been serving the homeless and unsheltered in Suffolk County with a unique service...the HALI Mobile Shower Unit.

When people are living on the street their safety is often in doubt — and staying warm and dry in the winter is the next major concern. Personal hygiene is a lost cause. Many people will use local churches that offer showers although these are limited.

Taking a shower is a luxury when living on the street – something many of us take for granted. The people we've been serving are grateful for the chance to clean up.

The HALI Mobile Shower Unit rolls from the library, to food pantries to soup kitchens and churches. It has been in operation since 2017.

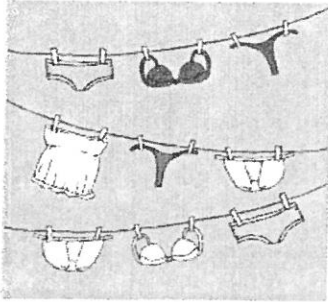
It is fitted with four shower stalls that each include a changing area and a double sink vanity with mirror and electricity – air conditioning in the summer and heating in the winter. A storage area and a small "office" to meet with people. We have a team that includes an experienced worker to link people to services.

We are offering people these services hoping it's a connection that provides a little dignity and some trust to further link people to what they need.

The mobile shower unit will be complete with free shower kits, clothing (as available) and socks.

Our unit hooks up to a hose or a fire hydrant.





UnderAware Underwear Drive

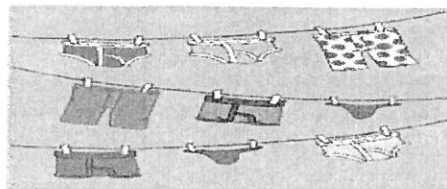
Because Dignity
Starts with the
Basics

DONATIONS OF
NEW
MEN'S & WOMEN'S
UNDERWEAR
CAN BE DROPPED
OFF AT HALI
MONDAY - FRIDAY
9AM-3PM
AND
ARRANGEMENTS
CAN BE MADE FOR
PICK UP

Show You
Care,
Donate
Underwear

STARTING
AUGUST
1ST TO BE
ON-GOING

HANDS ACROSS LONG ISLAND
COMMUNITY
WELLNESS & RECOVERY CENTER
159 Brightside Avenue Central Islip, NY
11722
631.234.1925 phone
631.234.7258 fax



FOR MORE INFO CONTACT *Tim Hankins* AT (631) 234.1925 X 374

Promoting Healthy Living for People with Limited Income

Hello, I would like to introduce myself to you. My name is Michelle Revello. I am the Food Farmacy Coordinator at Hands Across Long Island (H.A.L.I.).

H.A.L.I. recently celebrated 30 years of services in the community. It is a Wellness and Recovery Center located in Central Islip, NY. We are partnering with providers to improve the lives of people with limited income & resources to manage their health through healthy eating.

What is the "Food Farmacy"?

H.A.L.I. is providing a free 12 week program that uses a fun and holistic approach towards improving the mind, body and spirit! Food is the most powerful medicine!

Criteria: A current chronic health concern that can be improved such as:

- ✓ Obesity
- ✓ High cholesterol
- ✓ High blood pressure
- ✓ Diabetes
- ✓ Mental health

Program Goals:

- ✓ Reduce hospitalizations
- ✓ Journaling/ Healthier eating
- ✓ Cooking & planning meals on a budget
- ✓ Free consult with licensed Dietician
- ✓ Increased physical activity

Refer your patients, by providing them with the handout attached or have them contact our Agency directly for an appointment.

Michelle Revello @ 631-234-1925 Ext.333 / Email: mrevello@hali88.org



159 Brightside Avenue, Central Islip, NY 11772



Fridays

At HALI Café

159 Brightside Avenue

Central Islip, NY

631-234-1925

"much more than a meal"

**Salad/Soup served 11:00 AM-12:30 PM
(For Adults only 18 years and older)**

*******Additional Free Hot Meal at 2:00PM ******

Stay with us as late as 4:00 PM for:

- ❖ **Computer Access with Free Wi-Fi**
- ❖ **Free Movie**
- ❖ **In – House Showers [10:00 AM – 2:00 PM]**
- ❖ **Free Coffee and Snacks throughout the day**