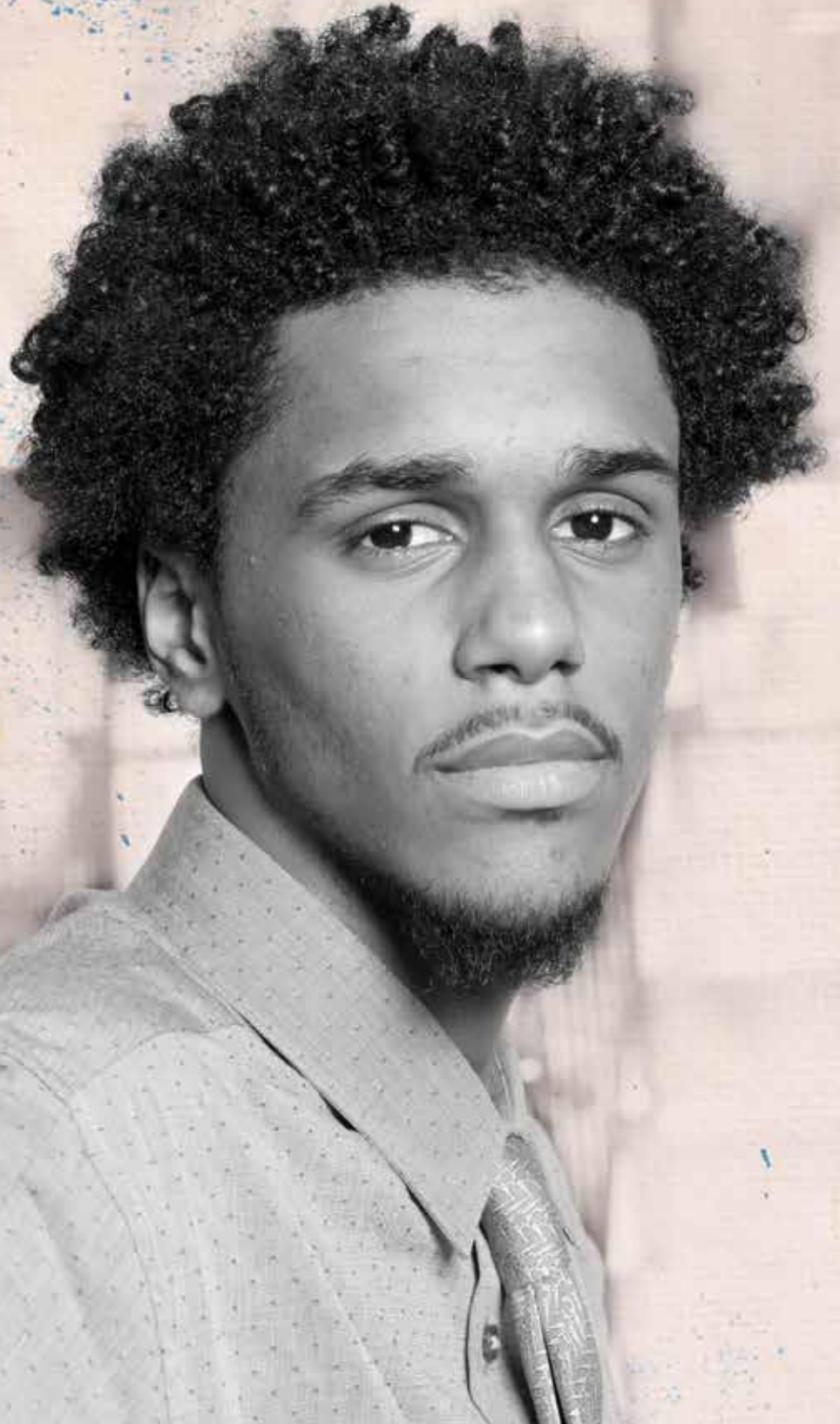




Odyssey House

Where recovery lives

# ANNUAL REPORT 2015



## It is the mission of Odyssey House:

*To provide comprehensive and innovative services to the broadest range of metro New York's population who:*

- Abuse drugs
- Abuse alcohol
- Suffer from mental illness

*To provide high quality, holistic treatment impacting all major life spheres: psychological, physical, social, family, educational and spiritual.*

*To support personal rehabilitation, renewal and family restoration.*

In all of its activities, Odyssey House undertakes to act as a responsible employer and member of the community, and manage the assets of the organization in a professional manner.

### COVER PHOTO

**Jose M., 19**, came to the Odyssey House Leadership Center for transitional age youth to deal with an escalating cocaine problem. He is now enrolled in vocational training, working towards his high school equivalency diploma, and thriving in the supportive environment.

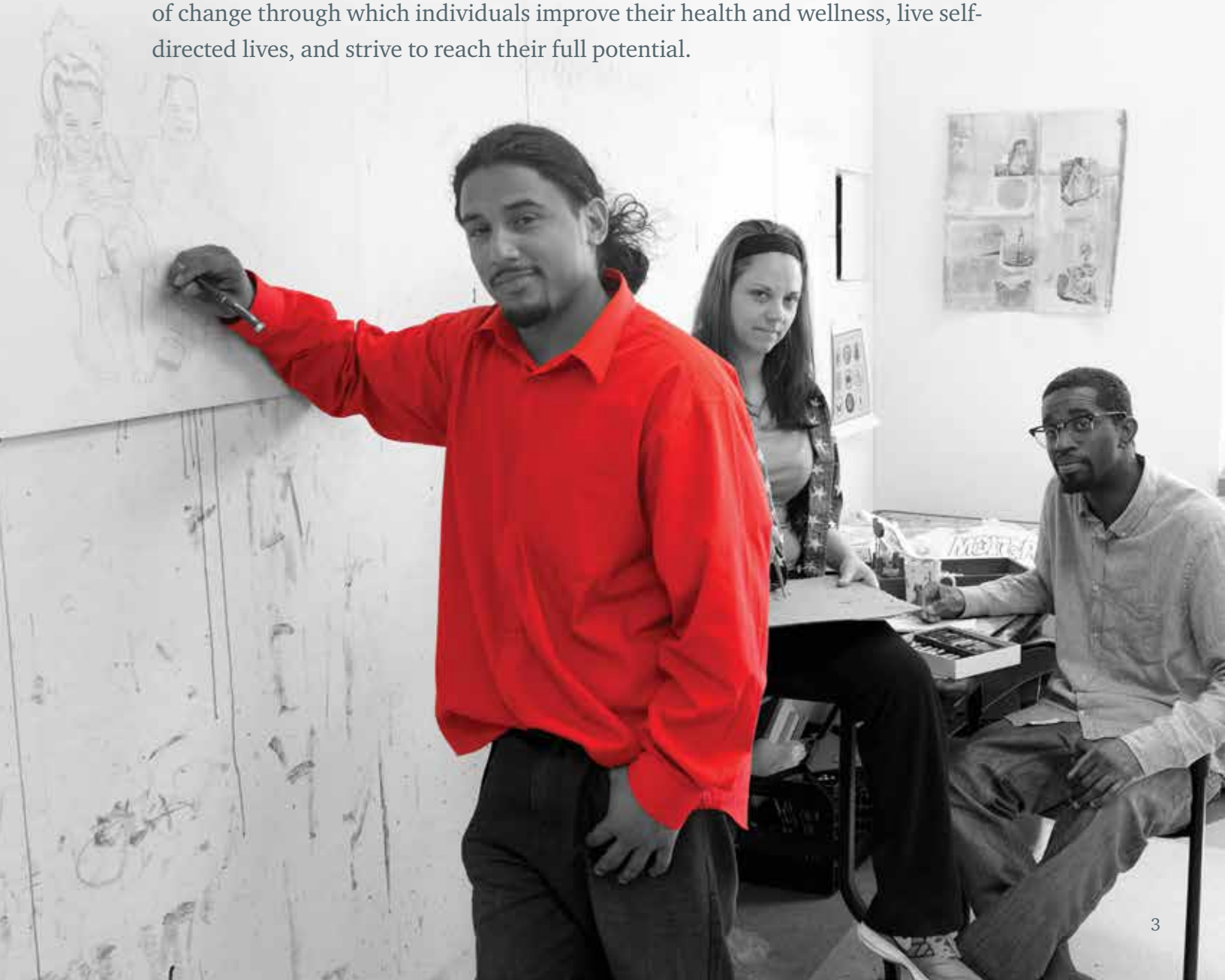


# 50 YEARS OF SERVICE TO RECOVERY

Being in recovery means engaging in a life that has meaning, has hope for the future, and is grounded in reality. It is also a lifelong process with challenges to overcome and opportunities to harness.

Today, treatment for substance use and mental health disorders come under the umbrella of behavioral health services and make up a broad package of programs that address wellness through psychological, medical, and physical supports.

For 50 years, Odyssey House has adhered to the gold standard of recovery, a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.





*Providing vulnerable families with a safe place to bond and develop secure relationships is at the heart of our family center. We approach treatment for pregnant women and women with young children as an opportunity to work with the whole family in a supervised environment that increases child safety, allows for the delivery of intensive services, and provides opportunity for ongoing assessment of a child's well-being.*

*The main deterrents to entering treatment cited by women are lack of childcare options and fear that their children will be removed from their care by child welfare authorities. Residential treatment addresses these concerns with parenting classes and trauma-informed therapies, on-site nurseries, daycare services, and preschool classes. By keeping the family together, we help mom— and dad— focus both on recovery and on being parents.*

# SUSTAINING A COMMITMENT TO RECOVERY

This is an exciting time for treatment of substance use and mental health disorders. Advances in medications are saving the lives of people in danger of overdosing from opioids, helping to reduce narcotic cravings, and blunting the effects of mood-altering drugs of abuse. These medications, when administered in conjunction with intensive behavioral therapy, have the potential to help millions of people break out of the cycle of addiction and relapse, and go on to achieve long-term recovery.

Helping people attain a lasting recovery is our number one goal. For 50 years our mission has been to support personal rehabilitation, renewal, and family restoration. We provide extended-stay residential care for individuals and families who need immediate intervention, community-based intensive outpatient services, recovery coaching, housing support, educational and vocational assistance, and primary medical and dental care.

Our range of evidence-based treatment services is among the broadest available in behavioral health care. We are proud of this accomplishment and optimistic that advances in treatment will continue to build on our holistic model of intensive behavioral health care incorporating psychological, physical, social, family, educational, and spiritual life spheres.

According to the Centers for Disease Control (CDC), more people died from drug overdoses in 2014 than in any year on record. The majority of drug overdose deaths (more than six out of ten) involved opioids. Since 1999, the rate of overdose deaths involving opioids (including prescription opioid pain relievers and heroin) nearly quadrupled. From 2000 to 2014 nearly half a million people died from drug overdoses; 78 Americans die every day from an opioid overdose.

What makes it all the more tragic is the majority of these deaths are preventable and for those who get treatment the chances of achieving a sustained recovery are better than ever.

Faced with this growing epidemic we need our partners more than ever. We are very grateful to the support of New York State Office of Alcoholism and Substance Abuse Services; Office of Mental Health; Division of Parole and Division of Criminal Justice Services of the Department of Corrections and Community Supervision; New York City Department of Housing, Preservation, and Development; our elected representatives; community and business leaders; neighborhood associations; and the public health and safety representatives. At the national level we thank the Substance Abuse and Mental Health Services Administration for essential grant funding and the White House Office of National Drug Control Policy for promoting treatment and prevention.

Our deepest appreciation goes to the members of the Boards of Trustees; philanthropic, corporate, and foundation partners; and the clinical and administrative staff for their unwavering commitment to the cause of recovery and their wholehearted embrace of our core values of services to others. We thank you all.

**Richard C. O'Connor**  
Chairman, Odyssey House

**Peter Provet, Ph.D.**  
President and CEO



New York State Assembly Member Robert J. Rodriguez (center) joined Richard O'Connor (left) and Dr. Provet to celebrate the 10th Anniversary of the Odyssey House hosted "Run for Your Life" 5K race in support of recovery for all New Yorkers.



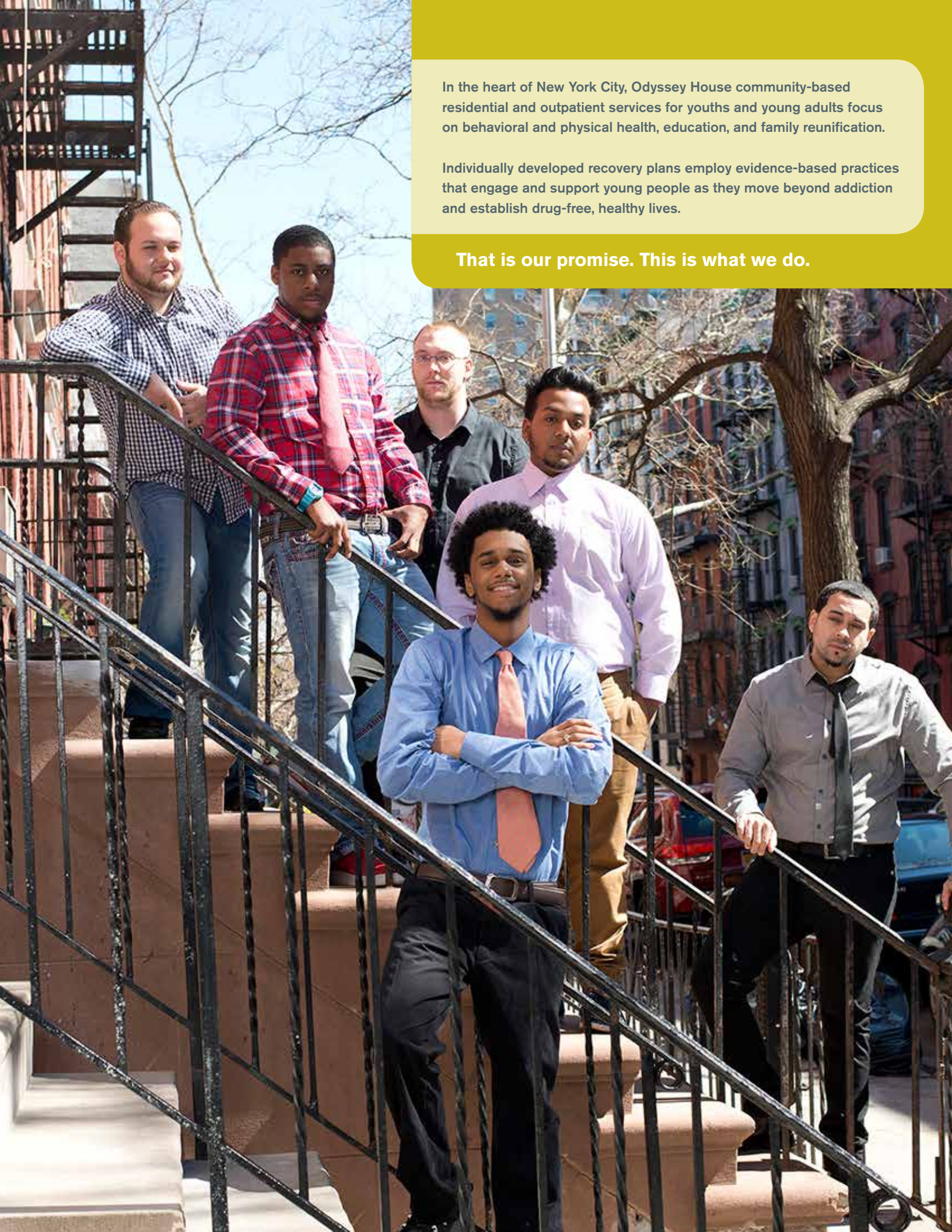
# WHAT WE CAN DO — **TOGETHER**

*In fiscal year 2014/15, Odyssey House provided:*

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195,640	<i>Days of residential treatment</i>
18,326	<i>Outpatient visits</i>
11,028	<i>Primary medical care and dental visits</i>
420	<i>Subsidized supportive housing apartments</i>
22,880	<i>Mental health housing case management hours</i>
7,488	<i>Classroom hours</i>





In the heart of New York City, Odyssey House community-based residential and outpatient services for youths and young adults focus on behavioral and physical health, education, and family reunification.

Individually developed recovery plans employ evidence-based practices that engage and support young people as they move beyond addiction and establish drug-free, healthy lives.

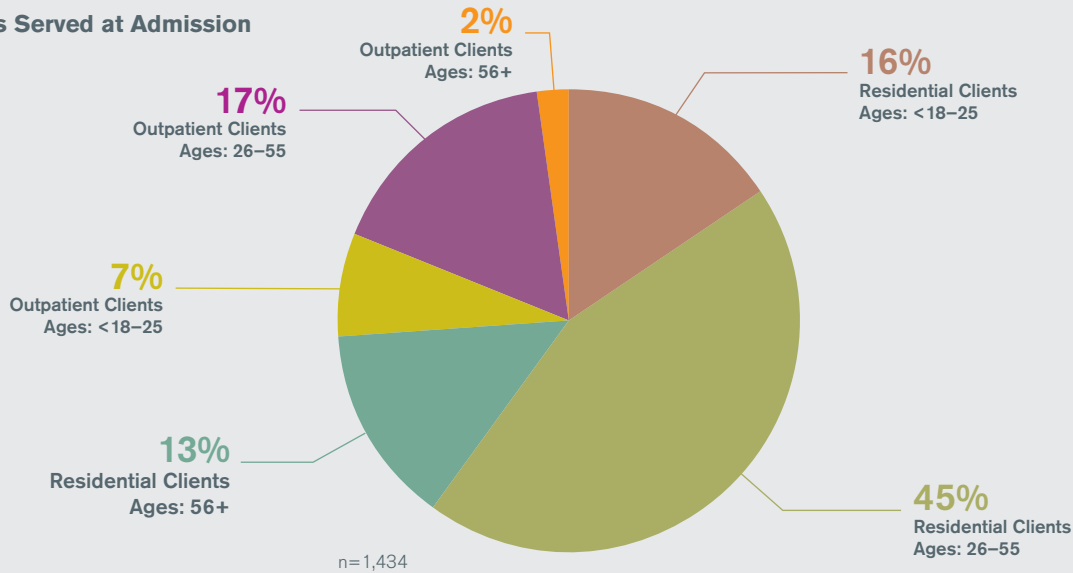
**That is our promise. This is what we do.**



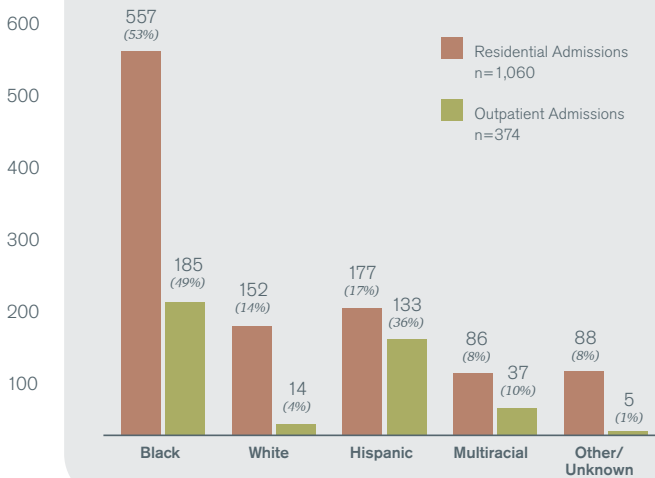
# WHO WE SERVE

## Residential and outpatient treatment

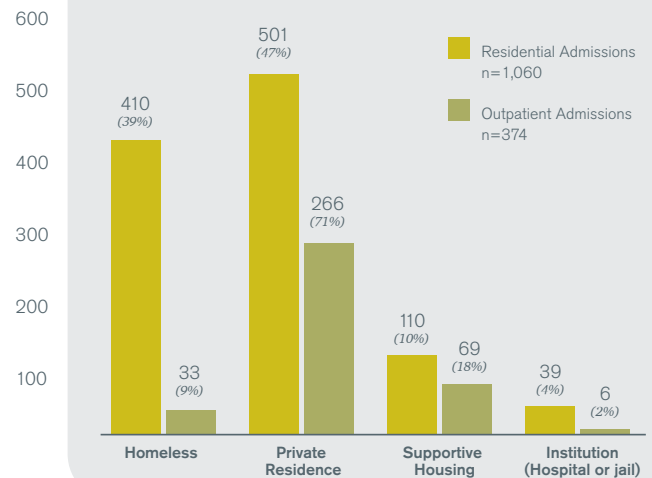
Ages Served at Admission



Race/Ethnicity



Client Living Arrangements Prior to Admission



Gender Breakdown



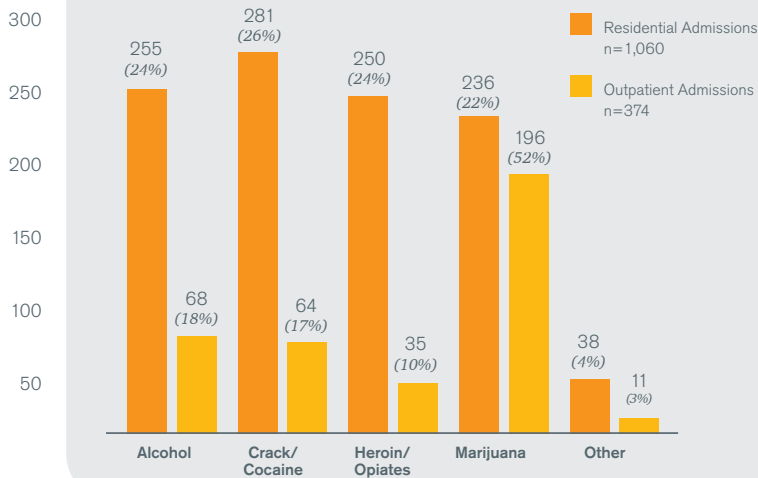
808 (76%) Men in Residential Admissions  
252 (24%) Women in Residential Admissions



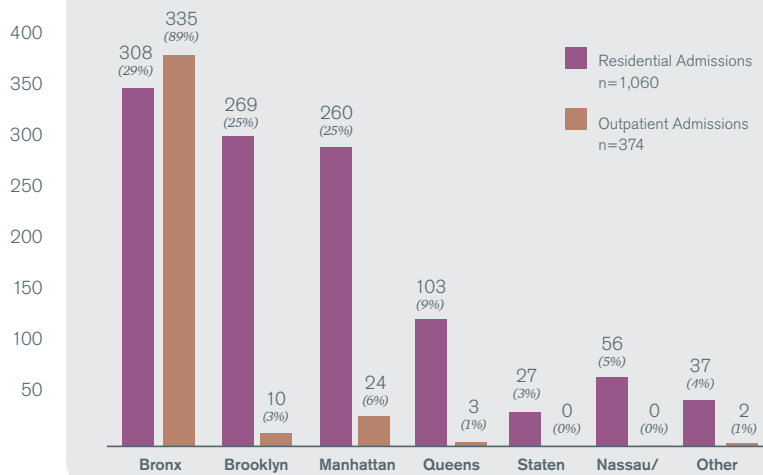
235 (63%) Men in Outpatient Admissions  
139 (37%) Women in Outpatient Admissions



### Primary Drug at Admission



### County/Borough of Residence at Admission



### Employment Data

**214** **JOBS EARNED**  
by participants in 2015

More program participants obtained employment in 2015 than in each of the previous five years.

## TODAY'S TREATMENT: *Combining behavioral therapy and medication assistance*

Medication-assisted treatment (MAT) is pharmacotherapy used to support treatment and recovery efforts for people seeking to overcome addictive disorders. It combines prescribed medications with counseling and behavioral therapies, monitoring, community-based services, and recovery supports. MAT is designed to assist, not replace, other treatment and recovery efforts and supplements psychological, behavioral, and social interventions. At Odyssey House we currently offer the following medication assistance:

Naltrexone (Revia, Vivitrol) is an opioid antagonist that is non-addictive or sedating, does not result in physical dependence, and has no potential for abuse. Naltrexone can be taken orally (Revia) or through an extended release formulation (Vivitrol) that is delivered in a monthly injection. Naltrexone can only be used after a client has undergone detoxification.

We also offer both the oral and injectable forms of naltrexone to clients diagnosed with a history of an alcohol use disorder. Although it is not fully understood as to why an opioid antagonist works in treating alcoholism, it is believed that naltrexone blocks the pleasurable effects of alcohol by blocking the release of endorphins.

Acamprosate (Campral) is used along with counseling and social support to help people who have stopped drinking large amounts of alcohol to avoid drinking alcohol again. Drinking alcohol for a long time changes the way the brain works. Acamprosate works by helping the brains of people who have drunk large amounts of alcohol to work normally again, but does not prevent the withdrawal symptoms that people may experience when they stop drinking alcohol. Acamprosate has not been shown to work in people who have not stopped drinking alcohol or in people who drink large amounts of alcohol and also overuse or abuse other substances such as street drugs or prescription drugs.

Disulfiram (Antabuse) is an alcohol-abuse aversion therapy used to treat alcohol use disorders. Disulfiram works by blocking the breakdown of alcohol, causing unpleasant side effects (e.g., headache, nausea, vomiting) when even a small amount of alcohol is consumed.

# EXPANDING BOUNDARIES

*Treatment and recovery services embrace total health and wellness*

With 50 years of treatment experience under our belt, we have witnessed remarkable changes in how society looks at addicts and how we have come to understand addiction as a public health problem.

Today, substance use and mental health disorders are included under the umbrella of behavioral health, and legislation is in place that ensures parity with physical medical specialties. This advancement in thinking has led to a greater focus on the importance of health and wellness for people with, or at risk of, behavioral health conditions.

This new thinking is life-saving.

People with mental and/or substance use disorders typically die years earlier than the general population. Individuals with substance use conditions are often at higher risk for HIV/AIDS as well as hepatitis C due to intravenous drug use; and people with serious mental health illnesses are at higher risk of premature death from preventable medical conditions such as diabetes, heart disease, cancer, or infectious diseases. Other risk factors affecting longevity of people with behavioral health problems include poverty, social isolation, trauma, obesity, lack of access to quality health care, and side effects of medication.

For decades, Odyssey House has promoted mental and physical health for all our residential, outpatient, and supportive housing services. We are committed to a holistic treatment and recovery approach that exposes men and women with chronic substance use and mental health disorders to quality of life enhancements that most Americans take for granted.

Our on-site gyms and regularly scheduled running and fitness training programs are open all clients. Over the last 10 years, pounding the pavement with a motivated support group has encouraged more than 450 former clients to complete the NYC marathon – and many of them come back year after year to support our team.







*Josephine Thomas, food services manager at the George Rosenfeld Center for Recovery, which houses the ElderCare program, prepares a nutritious lunch for residents. “I see noticeable differences between the folks who have just enrolled in the program and those who have been in treatment for a month or longer. Everything about them looks healthier and happier. When they first come in for their meals they stay to themselves, but after a few weeks of regular good food and support from their peers, they are changed people. It’s a joy to see.”*

Underpinning our approach to health and wellness are the nutritious, balanced meals we serve three times a day, seven days a week. Chronic substance misuse and mental health disorders, especially within our older adult populations, can lead to malnutrition and an overall decline in physical and emotional health. For many of the people we serve, food insecurity has been such a stressor in their lives that access to freshly prepared foods is an essential lifeline, without which some could not fully participate in treatment.

Our award-winning expressive arts program provides an essential creative outlet for clients. With paint brush in hand and an empty canvas in front of them, Odyssey House artists create beautiful and inspiring works of art that are proudly displayed in our Haven Art Gallery and throughout the institution.



# SERVICES AS INDIVIDUAL AS THE PEOPLE WE SERVE

From the moment someone walks through our doors to the day they leave, our job is to ensure everyone gets the help they need to rebuild their life.

## Rebuilding a life is no small task.

As a behavioral health organization our approach is to look at the whole person, see each person's strengths and challenges, and match them with appropriate services. From residential and outpatient substance abuse treatment to mental health supportive housing and outreach, we have developed a broad portfolio of programs that each year serve thousands of vulnerable New Yorkers, regardless of their ability to pay.

### Mental health housing and supportive services



Supportive housing for people with mental illness and/or in recovery from substance abuse is a growing segment of our organization. We currently manage 420 apartments for single people with more units poised to come on line in the next few years. Each one of these apartments represents a success

story for someone who was homeless and either living in a shelter, a psychiatric facility, or on the streets. With minimal support from on-the-ground mental health professionals, recreational and outreach workers, our tenants are proving to themselves and others that they can overcome challenges and live independently. And when they need extra help we are right there for them.

### Individualized treatment services



While the cornerstone of our therapeutic model is based on pro-social group learning, our treatment plans are focused on each individual's unique needs. Some people who turn to us for help have struggled with alcohol or drug abuse for decades;

others are just starting out in life and are already feeling the desperation and cost of addiction; some need the safety and intensity of residential care; and others require regular outpatient sessions. We offer a range of proven treatment options, including the latest medication-assisted treatment, because lives are on the line and we have no time to lose.



### Family-focused services

When a mother (or father) is struggling with behavioral health problems, including addiction and mental illness, the whole family suffers, especially the children. And when those children are toddlers and infants, the need for intensive services that provide a safe and supportive place for the family is urgent. Our residential model is one of only a handful of licensed programs in New York City equipped to care for young families. On-site nurseries, daycare, and Head Start services ensure babies and preschoolers receive round-the-clock care while their parents commit to an intensive treatment curriculum where the family lives, and learns, together.



# RESPONDING TO THE NEEDS OF OLDER ADULTS

As baby boomers, many of whom experimented with drugs in the 1960s and 1970s, head towards their senior years, the number of older Americans with substance use disorders is growing dramatically and with it the need for specialized treatment. Odyssey House's ElderCare program has focused on the special needs of this population for close to 20 years, both by establishing dedicated residential and outpatient services and, more recently, developing a peer-run, community-based mentoring program.

We have an extensive track record in meeting the needs of this overlooked and underserved population. In 1997, we created the first-ever residential treatment program dedicated to treating older substance abusers, known as ElderCare. Since its inception, we have increased capacity from 15 to 100 beds, reflecting the ever-growing demand for treatment among older adults.

To date, we have served well over 2,500 older adults in residential and outpatient settings, and serve an average of 150 ElderCare clients annually. ElderCare consistently operates at full capacity and has a waiting list, reflecting the program's appeal to a growing group of consumers as well as the tremendous need in the community.

## Odyssey House ElderCare Population

- **69%** African-American, **22%** Hispanic, **8%** White
- Average age: **60**
- Age Range: **52–74**
- **54%** report completing HS or obtaining GED
- **46%** have criminal justice involvement at admission
- **44%** are homeless
- Approximately **18%** of ElderCare residents report a mental health condition at admission
- **21%** report having a major physical health condition
- **83%** report at least one prior treatment episode

*Reflects client population for calendar year 2015.*





# RECOVERY IN THE COMMUNITY

At Odyssey House, recovery is more than just sobriety. Recovery includes taking responsibility for your health, engaging in creative pursuits, and participating in your community. To that end, many of the events and activities we sponsor commemorate the ways in which our residents and tenants overcome drug abuse and develop healthy new lives, take control of debilitating mental health challenges, and contribute to their communities. Last year we celebrated the 10th anniversary of our flagship fitness and wellness event, the Run for Your Life 5K Run & Recovery Walk. We also opened our eighth art exhibition, partnered with renowned arts organizations, and held community events for our neighbors. When committed individuals come together to support our mission, they make a powerful difference in the lives of thousands of New Yorkers.



Our annual Recovery Month event, the Run for Your Life 5K Run & Recovery Walk, celebrated its 10<sup>th</sup> anniversary on September 19, 2015. More than 1,000 people came out to Icahn Stadium to show their support for men and women in treatment for substance use and mental health disorders.



In November 2015, 41 runners — including clients, graduates, staff, and volunteers — completed the arduous New York City Marathon. Since 2001, more than 450 runners have run the NYC Marathon in support of Odyssey House.





Odyssey House hosted a performance by the Mexican student choir Estudiantina La Salle with renowned tenor Mauricio Trejo at our Manor Family Center. The clients and staff in attendance participated enthusiastically, singing and clapping at their seats, and dancing with the performers.



The Odyssey House Art Department partnered with the Museum of Modern Art to introduce ElderCare clients (many of whom have never been to a museum before) to our shared cultural heritage. Here, a MoMA Educator discusses Vincent van Gogh's "The Starry Night" with the participants during a private visit.



The Manor Family Center children enjoy a book reading as part of the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Children's Mental Health Awareness Day, to highlight the importance of caring for every child's mental health.

(Below) Manor resident Michael G. working on his painting, "Eternal Koi Fish," for the eighth exhibition of the Odyssey House Art Project, "What is Your Spirit Animal?"



To mark the one-year anniversary of the opening of our supportive housing building on Soundview Avenue in the Bronx, we held a breakfast for our tenants, neighbors, and community partners. Attendees included representatives from the 43<sup>rd</sup> Precinct Community Council, the Soundview Residence Council, Urban Health Plan, and Leake & Watts.



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 Karen Zier & Walter Williamson  
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 Kristen Wilson  
 Dayna Woo  
 Melissa Woodson  
 Whittaker Wright  
 Danielle Wroblewski  
 Sherry Yim  
 Richard & Margaret Zeldes  
 Kenneth Zinghini

# ODYSSEY HOUSE, INC. (NEW YORK) AND SUBSIDIARIES, 2015

## Consolidated Balance Sheet

June 30

### ASSETS

#### Current Assets:

	2015	2014
Cash and cash equivalents	8,207,417	8,743,826
Client services receivable	3,977,507	4,457,566
Grants and contracts receivable	2,795,780	2,603,497
Due from affiliate	41,739	926
Prepaid expenses and other current assets	949,176	963,718
Surety bond fund	516,501	516,501
Cash held on behalf of welfare clients	318,897	332,541

**Total Current Assets** **16,807,017** **17,618,575**

Interest in net assets of Odyssey Foundation of New York, Inc.	169,397	156,116
Property, plant and equipment, net	68,658,038	64,632,579
Investments held for deferred compensation plan	793,500	725,244

**Total Assets** **86,427,952** **83,132,514**

### LIABILITIES AND NET ASSETS

#### Current Liabilities:

Accounts payable and accrued expenses	2,258,166	3,359,479
Accrued compensation	791,990	714,617
Funds held on behalf of welfare clients	318,897	332,541
Current maturities of mortgages payable	1,407,413	2,291,682
Advances from OASAS	832,661	832,661
Refundable advances	7,430,069	6,092,383
Due to contractor	37,078	323,979
Due to third parties	692,508	688,150
Deferred Revenue, current portion	209,178	209,178

**Total Current Liabilities** **13,977,960** **14,844,670**

#### Long-term Liabilities:

Mortgages payable, less current portion	31,773,376	33,180,789
Deferred revenue, less of current portion	19,425,343	13,583,354
Due to contractor, less of current portion	826,832	821,929
Loan payable to Odyssey Foundation of New York, Inc.	341,312	
Deferred compensation	793,500	725,244

**Total Long-term Liabilities** **53,160,363** **48,311,316**

**Total Liabilities** **67,138,323** **63,155,986**

#### Net Assets:

Unrestricted – Controlling interest	18,413,836	17,315,905
Unrestricted – Noncontrolling interest in subsidiaries and limited partnerships	706,396	2,504,507
Temporarily restricted	169,397	156,116

**Total Net Assets** **19,289,629** **19,976,528**

**Total Liabilities and Net Assets** **86,427,952** **83,132,514**

Currency amounts represented in U.S. dollars.

## Consolidated Statement of Operations and Changes in Net Assets

Year Ended June 30

### REVENUE

	2015	2014
Client services	9,797,128	10,161,142
Grants and contract services	23,526,395	22,451,923
Contributions	147,172	61,136
Other	335,838	380,394

**TOTAL REVENUE** **33,806,533** **33,054,595**

### EXPENSES

Program services	31,421,473	29,448,144
Management and general	3,662,309	3,426,121

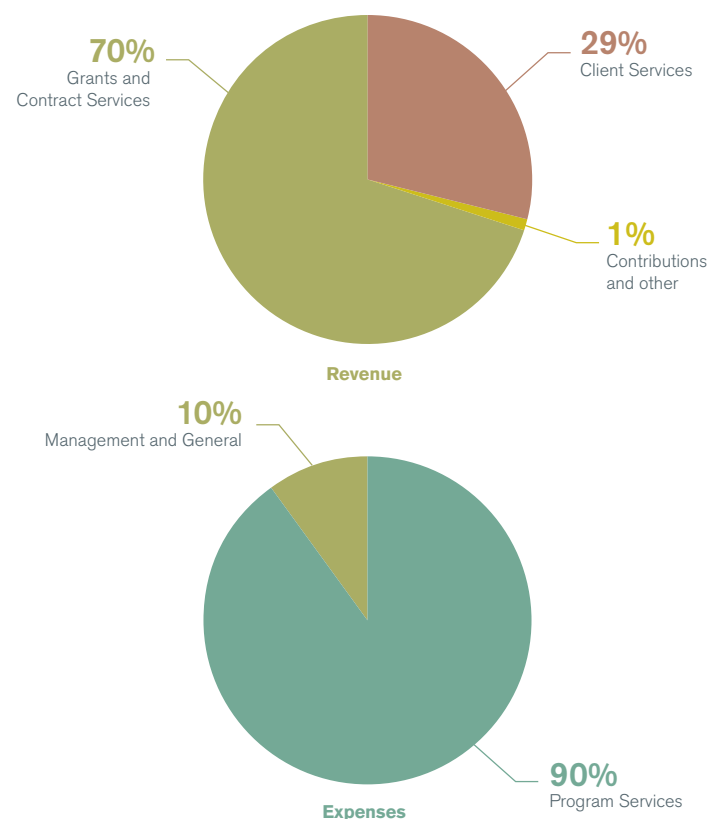
**Total Expenses** **35,083,782** **32,874,265**

(Decrease) increase in unrestricted net assets	(1,277,249)	180,330
Change in interest in Odyssey Foundation of New York, Inc.	13,281	–

(Decrease) increase in net assets before noncontrolling interest	(1,263,968)	180,330
Capital contributions	577,069	1,319,338

Net (Decrease) increase in net assets	(686,899)	1,499,668
Net assets at beginning of year	19,976,528	18,476,860

**Net assets at end of year** **19,289,629** **19,976,528**





## Admissions

219 East 121<sup>st</sup> Street  
New York, NY 10035  
(212) 987-5100

## Treatment Centers

### *Young Adult Treatment Services*

Odyssey House Leadership Center  
309-311 6<sup>th</sup> Street  
New York, NY 10003  
(212) 780-1515

Odyssey House Lafayette Avenue  
1264 Lafayette Avenue  
Bronx, NY 10474  
(718) 378-8671

### *Adult Treatment Services*

Odyssey House Manor Family Center  
219 East 121<sup>st</sup> Street  
New York, NY 10035  
(212) 987-5120

Odyssey House Engagement Unit  
219 East 121<sup>st</sup> Street  
New York, NY 10035  
(212) 987-5120

Odyssey House ElderCare Program  
219 East 121<sup>st</sup> Street  
New York, NY 10035  
(212) 987-5120

Edgecombe Residential Treatment Program  
611 Edgecombe Avenue  
New York, NY 10032  
(212) 923-2575

### *Family Centers of Excellence*

Odyssey House Manor Family Center  
219 East 121<sup>st</sup> Street  
New York, NY 10035  
(212) 987-5120

George Rosenfeld Center for Recovery  
13 Hell Gate Circle  
Ward's Island, NY 10035  
(212) 426-6633

### *Family Re-Entry*

Odyssey House Family Re-Entry  
1328 Clinton Avenue, Suite 1A  
Bronx, NY 10456  
(718) 378-8995

## Homeless Services

Odyssey House Haven  
239 East 121<sup>st</sup> Street  
New York, NY 10035  
(917) 492-2582

## Housing

Odyssey House Shelter Plus Care  
1328 Clinton Avenue, Suite 1A  
Bronx, NY 10456  
(917) 492-2582

## Mental Health Services

Odyssey House Harbor  
246 East 121<sup>st</sup> Street  
New York, NY 10035  
(212) 987-5151

Odyssey House Park Avenue  
113 East 123<sup>rd</sup> Street  
New York, NY 10035  
(646) 794-6240

Odyssey House Soundview Avenue  
715 Soundview Avenue  
Bronx, NY 10473  
(646) 378-5967

Odyssey House Tinton Avenue  
880 Tinton Avenue  
Bronx, NY 10456  
(646) 744-2451

## Outpatient Services

Odyssey House Outpatient Services  
953 Southern Blvd  
Bronx, NY 10459  
(718) 860-2994

## Medical & Dental Services

Odyssey House Health Care Clinics  
219 East 121<sup>st</sup> Street  
New York, NY 10035  
(212) 987-5133

**CORPORATE OFFICE**

120 Wall Street, 17<sup>th</sup> Floor  
New York, NY 10005  
212-361-1600

**ODYSSEY FOUNDATION**

120 Wall Street, 17<sup>th</sup> Floor  
New York, NY 10005  
212-361-1612

**ODYSSEY HOUSE ADMISSIONS**

219 East 121<sup>st</sup> Street  
New York, NY 10035  
212-987-5100