

annual report 2007



EMBRACING TOTAL WELLNESS



mission statement

it is the mission of odyssey house:

- > To provide comprehensive and innovative services to the broadest range of the metro New York 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 to manage the assets of the organization in a professional manner.



embracing total wellness

At any one time, Odyssey House is home to more than 800 men, women, and children. Some are coping with the effects of mental illness, addiction, and homelessness. Others are young mothers who enter treatment with their children, seeking a drug-free life for themselves and a brighter future for their families. Older men and women come into treatment to break a lifetime habit of addiction, while teens are attempting to get back on track and succeed in school and at careers. For all of these individuals, Odyssey House provides a chance to recover from addiction and, along with that, to experience the psychological and physical well-being that comes with total wellness.

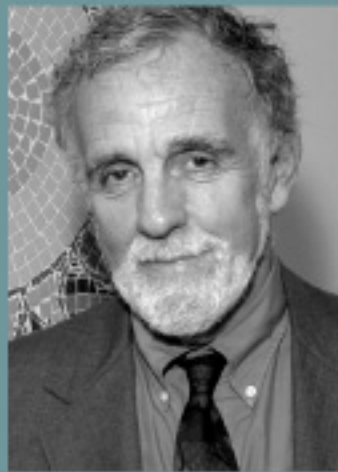
treating the whole person

This is what we know about substance abuse – it negatively impacts the whole person and it negatively impacts our whole society. We also know that people with substance abuse problems often have neglected their families, jobs, education, and health. In this annual report we describe some of the innovative services at Odyssey House that encourage people in treatment to gain control over their whole lives and achieve a lasting and healthy recovery.

Holistic treatment is fundamental to our mission. We are charged by our board members, private supporters and government funders to: “Provide high quality, holistic treatment impacting all major life spheres: psychological, physical, social, family, educational, and spiritual.” This approach to treating the whole person is sometimes referred to as the biopsychosocial model of disease management, the basic tenets of which underscore the interconnectedness of mind, body, and environment and how each plays a role in determining the efficacy of an individual’s response to overcoming illness.

For more than 40 years, Odyssey House has been committed to serving New York’s most vulnerable populations of substance abusers with specialized programs for at-risk youth, homeless families, mentally ill adults, and senior citizens. Our clinical model is enhanced with onsite medical and dental care, educational and vocational programs, housing and family reunification services, physical fitness classes, individualized nutrition and diet management, and access to creative arts workshops. This year saw the opening of several new initiatives offering program participants greater access to specialized care and more choices to lead healthier lives in treatment and when they rejoin their communities. We:

- Created the city’s first publicly funded all-girls residential center. This new program offers intensive counseling, education, and family therapy services for young women in a family-like environment that encourages peer support, individual responsibility, and pro-social values. The 20-bed center also has a fully equipped physical fitness room, yoga facilities, and an outdoor hand-ball court;
- Opened an onsite dental clinic at the Manor Family Center offering general dentistry services to all Odyssey House residential and outpatient clients as well as patients referred by local community-based organizations;



- Broke ground on a new 50-apartment supportive housing building for men and women recovering from mental illness; staged our fourth art exhibit of paintings and sculptures. This year’s exhibition focused on childhood memories and was called “Recollections;”
- And held our 2nd “Run for Your Life” 5K race at Icahn Stadium in New York City.

We are fortunate to have supportive partners who work alongside us to offer program participants a comprehensive holistic treatment experience that sets them on their way to a sustained and healthy recovery. In New York State we thank our partners at the Office of Alcoholism and Substance Abuse Services, Office of Mental Health, and Department of Health. In New York City we thank the Department of Housing Preservation & Development, Board of Education, HIV/AIDS Services Administration, and Department of Health and Mental Hygiene. And in Washington, DC, we thank the Substance Abuse and Mental Health Services Administration.

We also thank our corporate sponsors, including ChemRx and Philadelphia Life Insurance Companies; our private partners, including the Rosenback, the Fan Fox & Leslie R. Samuels, and the Elizabeth & Baretts O. Benjamin Charitable Foundations; the many ‘Friends of Odyssey House;’ and Odyssey House and Foundation board members for their valuable guidance, generous support, and ongoing commitment to our mission.

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Odyssey House and Odyssey Foundation



total wellness is . . .

Total wellness begins with the innovative services and approaches that Odyssey House has been pioneering for more than 40 years, addressing the needs of teens, seniors, the mentally ill, and others. Total wellness is also taking responsibility for your health; learning to care for diabetes, hypertension, and other chronic illnesses; eating right and appreciating the merits of a well-balanced diet; exercising to relieve stress and simply to feel better; feeling free to express yourself creatively. Total wellness is learning to be a better parent, taking responsibility for your actions, equipping yourself for a fulfilling career, improving your sense of self-esteem. In all these many facets, Odyssey House embraces total wellness as key to a full recovery from substance abuse.



> *"I need to take care of myself to take care of my babies," says Naomi, 23. The courts referred Naomi to Odyssey House Family Center for Excellence after she was arrested for theft. A heavy drinker since she was 16, Naomi now sees that alcohol was going to destroy her life. These days she spends as much time as she can with her daughters, Leeaysba, 4, and Clare, 3, who are thriving in the Odyssey House day care program. Her long-term goals are to land a good job and find an apartment where she can start a new life with her family. Every day she reminds herself how terrible alcohol was for her—"and that's all I need to keep me motivated to be fit and healthy," she says.*

< James, 70, has done jail time, kicked a heroin habit, and survived prostate cancer and triple bypass surgery. "Well, I guess it's time to settle down a bit," he chuckles. When he leaves the Odyssey House ElderCare program, he plans to move to Columbus, Georgia, and help his daughter with the day care center she runs. None of this would be possible without Odyssey House, he says. "I'd still be out there hustling or in jail. No one else would have taken a 70-year-old man and helped him turn his life around like this."

sound bodies for a drug-free life

Men and women 55 years of age and older who are admitted to drug treatment programs are four times more likely than their peers to have Hepatitis C, according to one survey. Statistics like this are just part of a larger story. Hypertension, diabetes, sexually transmitted diseases, tuberculosis, and depression are among other common ailments afflicting residents of all ages who enter Odyssey House. Often these illnesses have been undiagnosed and gone untreated for years. Recognizing that good overall health is essential to a full recovery, Odyssey House provides the highest-quality, onsite health services. Upon entering treatment, all Odyssey House residents undergo a thorough medical exam in one of the program's three clinics. Staff physicians and nurses draw up a medical plan for the individualized care of each resident. Many residents begin much-needed treatment regimens to address such chronic illnesses as hypertension, diabetes, and tuberculosis. Children entering the program with their mothers are given inoculations and pediatric care, and pregnant women receive the highest-quality prenatal treatment.

The Odyssey House medical team also provides medication management, gynecology, podiatry, testing and counseling for infectious diseases, and other ongoing care that is often neglected among drug-abusing populations. Clinicians present seminars on managing diabetes and asthma, sexual health, nutrition, parenting and other issues that affect residents' ongoing well-being and that of their children. A smoking-cessation program combines counseling and nicotine replacement therapy – reinforced by Odyssey House's smoke-free environments. For many residents, who have routinely sought medical attention only at emergency rooms, the positive experience with Odyssey House clinics is their first exposure to ongoing, quality medical care. In this way, Odyssey House introduces residents to the value of making medical care a priority for a healthy, drug-free life.

> 50% OF PEOPLE ADMITTED TO TREATMENT SUFFER FROM CHRONIC MEDICAL CONDITIONS



2,543 dental
visits in clinic's
first year

better teeth, better health

Fewer than half of Americans under the age of 20 see a dentist regularly, according to the U.S. Department of Health and Human Services. The numbers are dramatically lower for many of the teens and adults who seek treatment at Odyssey House. To address an overwhelming need to provide dental care for clients, Odyssey House operates a full-service onsite dental clinic. Here, many residents are able to undergo dental procedures to repair the effects of a lifetime of neglect and get off to a fresh start with routine checkups.

Proper dental hygiene has been linked to better physical health, and also to better nutrition and improved self esteem. By providing dental care, Odyssey House helps residents take one more step toward total wellness.

> ON-SITE HEALTH CLINICS CONDUCTED:

- 1,686 well-baby and well-child check-ups
- 47,187 on-site medical visits
- 2,543 dental visits in clinic's first year



< *"I'd been addicted to heroin for 15 years and had lost everything," says Doris, 55. She was in Metropolitan Hospital, going through withdrawal, when a minister told her about the Odyssey House ElderCare program. "When I came here it was a real awakening for me to see that other people my age and even older were struggling the same way I was," she says. She plans to get a GED, a job working with computers, and an apartment where she can start over. She's enjoyed walking as part of the Odyssey House fitness program, and exercise will remain a part of her life, too. Those may be big challenges, but Doris says that seeing how proud her three children are of her for finally taking control of her life makes her feel like she can do anything now.*



< Jorge's life got sidetracked when he began smoking pot at age 13. By the time he was in his late teens he was selling crack, and he was eventually arrested and spent time in jail. Then came Odyssey House, and "all of a sudden I was doing all sorts of things I never thought I would be doing," says Jorge, who's 21. These include running a marathon, losing 40 pounds, entering a vocational training program in plumbing, and spending his free time in the library. Jorge says his best memories of the marathon are of hearing the crowds cheer him on. Considering the serious effort he's putting into building a life for himself when he leaves Odyssey House, you get the sense he's not just talking about the race.

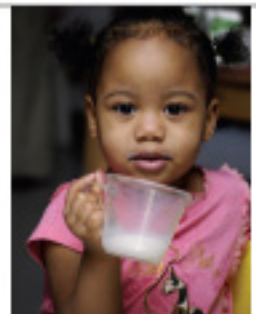
eating well

While diabetes afflicts 17 percent of all Americans, drug-abusing patients have higher rates of diabetes complications, and substance abuse is a significant factor for treatment noncompliance. It is well known that a healthy diet is key to preventing and managing diabetes, as well as hypertension, obesity, and other serious conditions, and also contributes to good general health. However, many Odyssey House residents have developed the poor eating habits that often accompany drug and alcohol abuse.

Promoting a well-balanced diet and sound nutrition as part of total wellness is a top priority at Odyssey House. Chicken, fish, fruits, vegetables, and other choices that are low in calories, fat, cholesterol, and salt are on the menus in residence dining rooms. Well-stocked – and extremely popular – salad bars are in place for lunches and dinners. Residents are regularly assessed for their nutritional needs and special diets are served as necessary. Not only do Odyssey House residents eat well while in treatment, but workshops that stress the importance of a sound diet help prepare them for a lifetime of better nutrition.

In 2007, Odyssey House food services department:

- served 228 healthy children and 2500 healthy adult meals every day, seven days a week;
- offered 12,500 daily servings of fresh fruit and vegetables; and
- provided salad bars in every dining room.





Members of Odyssey House Art Project created 500 paintings, sculptures, and masks

express yourself!

Creating art, it's been proven, provides a way to access and express feelings, and helps relieve a sense of isolation. Residents at all Odyssey House facilities are encouraged to express themselves through art and writing, and also enjoy readings, film screenings, and museum visits. The ongoing Odyssey House Arts Project engages residents in painting, sculpture, and other forms of expression and has been especially effective with individuals who struggle with mental illness and substance abuse and reside in Odyssey House Harbor supportive housing. Every fall, works by these residents and other in treatment at Odyssey House, are showcased in the Haven Art Gallery, occupying a handsome, light-filled space in an Odyssey House facility on East 121st Street in Manhattan.

- > Members of Odyssey House Art Project created 500 paintings, sculptures, and masks
- > Outpatient clinic logged 7,847 visits a year
- > Housing support helped 179 formerly homeless adults and families find new homes
- > Teens in treatment received 2,520 classroom instruction hours per week





105 runners have completed a Marathon (26.2 miles) for Odyssey House since 2001

achieving a better high

Research shows that exercise not only improves cardiovascular function and has other physical benefits but can also elevate mood, alleviate stress, and even improve brain function. The bottom line is, exercise makes us feel better, both mentally and physically, and that is why physical fitness is such a big part of the Odyssey House experience. Facilities are equipped with exercise equipment and weights, and residents are encouraged to enjoy yoga, pilates, basketball and other team sports as well. Especially popular is "Run for Your Life", a program that brings residents of all ages together several times a week in New York's Central Park to walk or run. Many clients also choose to participate in marathons and other races. Among these is the "Run for Your Life" 5K Fun Run-2 Mile Walk that Odyssey House sponsors every September in honor of National Recovery Month. These activities provide residents with a chance to develop relationships with one another, improve their self-esteem, gain control over their bodies, and get a change of pace from the strenuous, day-to-day routine of recovery. Most important of all, they introduce residents to yet another component of a richer, more satisfying substance abuse-free life.

- > 105 runners have completed a Marathon (26.2 miles) for Odyssey House since 2001
- > 2,751 Marathon miles in support of recovery
- > Fastest time: 3 hrs, 57 mins
- > Average time: 5 hrs, 30 mins



media coverage

The New York Times

NOVEMBER 2, 2005

ROOKIE MARATHONERS TRADE ADDICTIONS

"As they're training for the marathon, they're training for the world beyond Odyssey House... The lessons of long-distance running, from proper pacing to goal setting to delayed gratification, are the same lessons the residents are learning in recovery."

— Sarah Lorge Butler, *reporter, The New York Times*

SCHOLASTIC ACTION

FEBRUARY 20, 2006

GOING THE DISTANCE

"[My mom] is really proud of what I have accomplished since I stopped using drugs and getting in trouble — running the marathon, studying for the GED, and making plans for my future."

— Elijah, *teen in treatment at Odyssey House Leadership Center and member of NYC Marathon team*

The New York Times

OCTOBER 12, 2006

BODIES IN MOTION

"We're turning people who were heroin addicts, cocaine addicts, and crack addicts into marathon runners. I really believe it's a model for other treatment centers... Whether it is a 5K or a marathon, the closure of accomplishment is powerful."

— Dr. Peter Provet, *president, Odyssey House*



SEPTEMBER 23, 2007

ODYSSEY HOUSE RUN FOR YOUR LIFE 5K RACE

"Once people are in recovery the issue is getting it to stick. We motivate people positively, engaging them in healthy things like running, in art, and in a whole process of self-reflection."

— Dr. Peter Provet, *president, Odyssey House*

REALsports
with Bryant Gumbel

NOVEMBER 21, 2006

DRUG RUNNERS

"[Fitness training] is just one part of Odyssey House. They have all kinds of programs, job training, continuing education, services for mothers with kids. But these people [in the running program] think differently of themselves. They get to be a part of something they can take pride in. They have their self-esteem back."

— Mary Carrillo, *correspondent, HBO Real Sports*

NYNP New York Nonprofit Press

OCTOBER 2007

RUN FOR YOUR LIFE: A HOLISTIC APPROACH TO TREATMENT

"What makes this event so special is for the few hours we're together the focus is on helping people repair a spirit broken by a life of hopelessness and failure."

— John Tavalacci, *Chief Operating Officer, Odyssey House*

amNew York

NOVEMBER 2, 2005

LESSONS FOR THE LONG RUN

"For people in treatment, the marathon has come to symbolize future success. 'It puts my mind on what I need to do when I get out of treatment.'"

— Robert, 35, *Odyssey House Adult Program*



< *When Lorraine, 17, and Samantha, 16, talk about their life at Odyssey House Lafayette Program for teenage girls, they make it seem like one big family. They talk about pizza nights and movies, the big mirrors in the bathrooms that make it easy for everyone to get ready at the same time in the morning, and most of all, about all the support they get from director Connie Pacheco and the 15 other teenagers in treatment with them. “It’s hard being in treatment, but we all pull together, so it is like being part of a family” says Lorraine. She wants to be a social worker and help teenagers the same way Odyssey House has helped her. Samantha, who has been an Odyssey House “student of the month” and plans on going to college soon, says the biggest lesson she’s learned is that actions – like doing drugs – have consequences. And also, that sometimes, thanks to places like Odyssey House, you have another chance to get it right.*

building brighter futures

The following services provide a chance for a full recovery and a new, substance-free life to hundreds of teens, men, and women every year. In all these programs, Odyssey House embraces total wellness by enhancing therapeutic communities with medical and dental services, educational and vocational guidance, day care, and cultural and recreational opportunities.

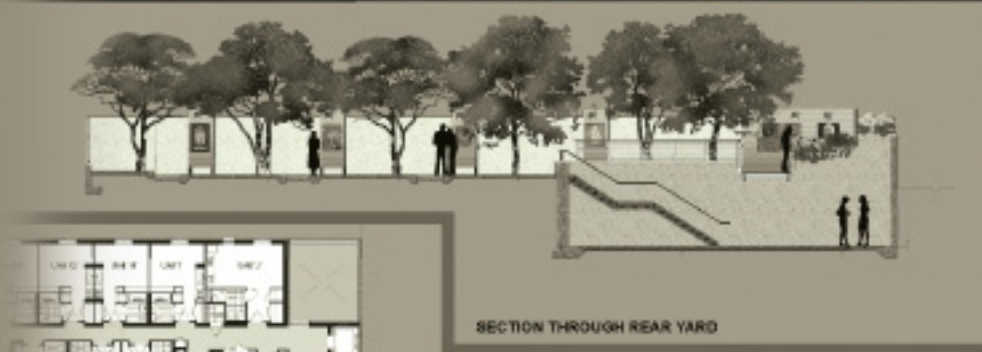
Odyssey House Family Centers provide parents and children the opportunity to live together while the parent is in treatment. While the parent experiences Odyssey House’s 12 to 24 month therapeutic-community-based treatment, children take part in a wealth of enriching opportunities at Odyssey House Family Day Care Centers.

Odyssey House Adult Programs have been helping men and women regain their lives for more than 40 years and are based on Odyssey House’s pioneering work with the therapeutic community. In residential settings, clients and treatment staff work together in highly structured, peer-driven communities that incorporate group therapy, counseling services, and shared activities and responsibilities.

Odyssey House Lafayette Avenue provides treatment for young women coping with substance abuse and emotional/behavioral problems. The peer driven, girls-only environment relieves much of the stress that can be endemic to co-education facilities. Odyssey House Leadership Center for Adolescents and Young Adults is another teen-oriented facility and focuses on treatment for young men with drug/alcohol abuse and related issues. Young adults in treatment at Odyssey House attend high-school classes that prepare them for diplomas or the GED, take part in recreation and cultural outings, and benefit from the family-like structure of their therapeutic communities.

Founded on the belief that it is never too late to change, Odyssey House ElderCare focuses on the special needs of substance/alcohol abusers 55 and older. Comprehensive residential and community-based outpatient programs provide an environment where these men and women can share experiences and address issues within age-appropriate peer groups.

50-apartment supportive housing building under construction at E123rd Street in New York City



Odyssey House Harbor provides housing and support to individuals who are coping with homelessness, mental illness, and drug/alcohol abuse and prepares them to reintegrate into the community as independent members of society.

Addressing the complex challenges of re-entering the community, the Family Center of Excellence Re-Entry Program and Shelter Plus Care programs provide transitional housing for residents completing Odyssey House programs. Families who have lived together at Odyssey House and parents who have completed treatment and are re-uniting with their families can live independently while benefiting from family therapy and ongoing counseling in life-skills management.

For people who have completed residential treatment, or do not require intensive residential services, Odyssey House offers specialized community-based treatment at the Bronx Outpatient Services for adults, teens, and families.

> Odyssey House educational/vocational services:

- helped 86% of those eligible to work find employment
- increased number of GEDs obtained by 25%
- and contributed to 66% successful treatment completion rate.



leadership

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H = *house*
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Valerie Lyons	Angelica Otero	David Silver	Christopher Wilkins
John Mahder	Rodman W. Paul	Heidi Silverberg	Reggie Williams
Yvette Maiello	Edward Pertcheck	Randy Slifka	Randi Williams
Lawrence Males	Daniel Perunko	Ren Smith	Pat Wittenstein
Ira Marion	Frederick Peters	Courtney Smith	Floyd & Paula Wittlin
Peter & Patricia Martin	Dominick Petrosino	Jeffrey Smith	Sanford & Rella Wurmfeld
Alexis Martin	Yolanda Plaza	Michael Steven Smith	Ronald J. Yoo
Christopher Mason	Michael N. Pollet	Ira Smolev	
Ed & Carrie May	Mark Price	Sher Sparano	
Helen Mazzio	Lawrence Prosky	Armory Spizziri	
Richard McCune	John Provet	Bill Stahl	
Beatriz McDougal	Kristina M. Quilkin	Keith Starlin	
Andrew J. McKelvey	Danrajh and Senita Rambrich	Gary & Sissy Stein	
Andrew McLaren	John Randall	Marcy M. Stein	
Patricia McLaud	Elliot Reichman	Louise Steinfirt	
Doreen & John McLaughlin	Diane Reinbolt	Stephen Stoyanov	
David & Anne McQueen	Arthur Reiter	Meredith & Joseph Strauss	
Eugene Mercy, Jr.	Ava Reynolds	Christopher Strickland	
Gene & Marie Michaud	David Rich	Adam Stulberger	
Grant Miller	Brian Rigney	Brian Sullivan	
Glenn D. Miller	John Ripley	Katie Tanaka	
Rodney Miller	Michelle & Jose Rivera	Frank Anthony Tata, Jr.	
Michelle Misiti	Sandra Roche	Jose L. Tavarez	
Carole Mitchell	Joanne C. Rodgers	Frank Tavalacci	
Gloria & Jan Mitchell	David Rosa	Martha Taylor	
Robert J. Mitchell, MD		Ross Taylor	

consolidated balance sheet

june 30

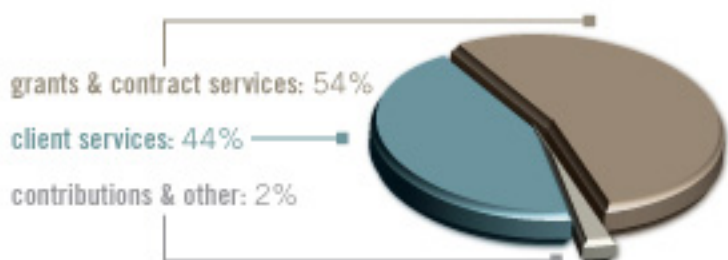
	2007	2006
ASSETS		
current assets:		
Cash and cash equivalents	\$4,702,191	\$5,561,823
Client services receivable	3,600,017	3,105,910
Grants and contracts receivable	1,668,200	1,544,846
Due from affiliate	89,670	44,651
Prepaid expenses and other current assets	331,156	288,283
Surety Bond Fund	516,501	516,501
Cash held on behalf of welfare clients	88,837	193,924
total current assets	10,996,572	11,355,938
Interest in net assets of Odyssey Foundation of New York, Inc.	151,672	113,052
Property, plant and equipment, net	19,291,432	19,294,019
TOTAL ASSETS	\$30,439,676	\$30,763,009
LIABILITIES AND NET ASSETS		
current liabilities:		
Accounts payable and accrued expenses	\$2,075,976	\$2,051,724
Accrued compensation	1,073,920	1,421,267
Funds held on behalf of welfare clients	88,837	193,924
Current maturities of mortgages payable	789,367	740,407
Refundable advances	4,288,770	4,273,918
Due to third parties	2,414,766	2,231,130
Deferred revenue, current portion	209,178	209,178
total current liabilities	10,940,814	11,121,548
long-term liabilities:		
Mortgages payable, less current portion	8,395,480	9,184,847
Deferred revenue, net of current portion	8,042,881	8,009,966
total long-term liabilities	16,438,361	17,194,813
TOTAL LIABILITIES	27,379,175	28,316,361
net assets:		
Unrestricted	2,908,829	2,333,596
Temporarily restricted	151,672	113,052
TOTAL NET ASSETS	3,060,501	2,446,648
TOTAL LIABILITIES AND ASSETS	\$30,439,676	\$30,763,009

consolidated statement of operations

and changes in net assets

year ended june 30

	2007	2006
REVENUE		
Client services	\$11,109,391	\$10,537,596
Grants and contract services	13,788,077	12,584,301
Contributions	102,467	234,915
Other	301,216	286,190
TOTAL REVENUE	25,301,151	23,643,002
EXPENSES		
Program services	21,694,773	20,500,979
Management and general	3,031,145	2,960,637
TOTAL EXPENSES	24,725,918	23,461,616
Increase in unrestricted net assets	575,233	181,386
Change in interest in Odyssey Foundation of New York, Inc.	38,620	(96,885)
Increase in net assets	613,853	84,501
Net assets at beginning of year	2,446,648	2,362,147
NET ASSETS AT END OF YEAR	\$3,060,501	\$2,446,648



Revenue for the fiscal year 2007 reflects an increase of 7% as compared to fiscal year 2006 due to new grants which include housing, increased budget for existing operations and higher client services revenue. Optimum utilization of funds was achieved by identifying the specific needs of each program.

CORPORATE OFFICE

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New York, NY 10005
212-361-1600
www.odysseyhouseinc.org

ODYSSEY FOUNDATION

95 Pine Street, 17th Floor
New York, NY 10005
212-361-1612

ODYSSEY HOUSE ADMISSIONS

219 East 121st Street
New York, NY 10035
212-987-5100

treatment centers

adolescent treatment

ODYSSEY HOUSE TEEN LEADERSHIP CENTER

309-311 6th 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 121st Street
New York, NY 10035
212-987-5120

ODYSSEY HOUSE ENGAGEMENT UNIT

Bldg #13
Ward's Island, NY 10035
212-426-6677

ODYSSEY HOUSE ELDERCARE PROGRAM

219 East 121st Street
New York, NY 10035
212-987-5120

family center of excellence

ODYSSEY HOUSE MANOR FAMILY CENTER

219 East 121st Street
New York, NY 10035
212-987-5120

ODYSSEY HOUSE MABON

Bldg #13
Ward's Island, NY 10035
212-426-6677

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 121st Street
New York, NY 10035
917-492-2582

housing

ODYSSEY HOUSE SHELTER PLUS CARE

1328 Clinton Avenue, Suite 1A
Bronx, NY 10456
718-378-8995

mental health services

ODYSSEY HOUSE HARBOR

246 East 121st Street
New York, NY 10035
212-987-5151

outpatient services

ODYSSEY HOUSE OUTPATIENT SERVICES

953 Southern Blvd
Bronx, NY 10459
718-860-2994

medical and dental services

ODYSSEY HOUSE HEALTHCARE CLINICS

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