

In this issue:

- Pg. 2 Racing for Recovery
- Pg. 2 Construction Update
- Pg. 3 Enhancing Services
- Pg. 3 Hurricane Sandy Relief
- Pg. 4-5 Art Project Anniversary
- Pg. 6 Change of Leadership
- Pg. 6 George Rosenfeld Looks Back
- Pg. 7 New Board Chairman Elected
- Pg. 7 Jeanne LaCour Joins Boards

Residents Volunteer for Sandy Relief

Leadership Center brings Thanksgiving to the Rockaways. (see page 3)

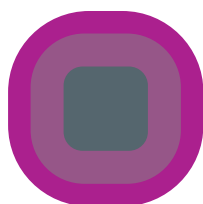
A Decade of Creative Discovery

Celebrating ten years of the Odyssey House Art Project. (see pages 4-5)



Change of Leadership

Richard O'Connor elected chairman of Odyssey House Board of Trustees. (see pages 6-7)



Odyssey House
Where recovery lives



Promoting Recovery in the Community

Since its founding two years ago, Odyssey House Recovery Oriented Care System (OH ROCS), our peer mentoring program for individuals who are transitioning from treatment programs, has been a powerful voice in the recovery community, promoting the message that treatment is effective and people can – and do – recover from substance use disorders.

Every year in September, Odyssey House celebrates National Recovery Month with our *Run for Your Life* 5K Run and Recovery Walk in New York City. This year, with the help of OH ROCS, we took the message beyond our backyard all the way to Detroit for the national recovery rally.

Early in the month, representatives from Odyssey House joined other New York-based treatment centers, including Samaritan Village, Basics and Help PSI, on the “Journey to Recovery,” a bus ride to the rally to support the national development of a recovery

movement. Michael P., president of the OH ROCS council, said the trip was a very powerful experience. Reflecting on the scope of the rally, which was broadcast online with live streams in London, Ireland and Philadelphia, he said, “The rally showed me how people in recovery are getting a second chance in our society and how the recovery movement is being noticed around the world.”

Life Changing Experience

Louise P. described the national rally as a life changing experience. “Meeting people in Detroit who are in recovery gave me insight into the common struggle of addiction we have all overcome,” she said. “It gave me a place to come together with thousands of people and join in this cause to remove the stigma of addiction.” Louise was also part of a delegation of 45 OH ROCS mentors and mentees who attended a recovery rally in Albany, NY in late September.

Continued on next page



Two runners show off their medals after finishing the 5K.

Racing For Recovery

More than 1,000 people came out to Randall's Island on September 29, 2012 to show their support for men and women in recovery at the Odyssey House 7th Annual *Run for Your Life* 5K Run & Recovery Walk. WPIX-TV reporter Jay Dow emceed the event, which also featured a performance by the MABON Voices, children's races

and activities, and the presentation of the Social Worker of the Year Award to Cailin McGreevy, clinical supervisor at Odyssey House.

New York State Office of Alcoholism and Substance Abuse Services (OASAS) Commissioner Arlene Gonzalez-Sanchez attended the event and took a moment to

address the hundreds of attendees who are in recovery: "I want to applaud the fact that you've faced your addiction and that you've conquered your addiction."

NYC Mayor Michael Bloomberg, though unable to attend, sent a message of support: "We are grateful for the efforts of Odyssey House, which supports New Yorkers struggling with mental illness, substance abuse, and medical issues. By offering mental health care, vocational training, educational programs, residential services, and more, this organization enables some of our most vulnerable residents to become independent members of their community. Today's observance of National Recovery Month is a terrific opportunity to recognize Odyssey House for its important work and ongoing commitment to supporting New Yorkers in need throughout the five boroughs and beyond."

Participants included clients from other NYC-based treatment agencies, friends and family of people in recovery, as well as representatives from OASAS and our corporate partners, including ChemRx, Urban Architectural Initiatives and Central Business Solutions.

Go to our Flickr page (www.flickr.com/odysseyhouse) to see more photos from *Run for Your Life*. ●

Housing Update

Odyssey House looks ahead to the New Year with the opening of two new apartment buildings for men and women living with mental health challenges.

Construction is well underway on both sites located in the South Bronx. The first building, currently planned for completion in early summer, is located on Soundview Avenue. This building will offer permanent housing with supportive services for 56 single adults. The second, a larger, 65-studio apartment building located on Tinton Avenue, is slated to come online later in the summer. Both projects are funded by New York State Office of Mental Health and are part of the state's long-term initiative to provide community-based housing services for people living with mental illness.



The Soundview Avenue building, set to open in summer 2013, will feature environmentally sustainable and energy efficient designs.

Odyssey House developed and operates several housing programs including standalone supportive housing buildings, community residences, and scattered-site

supervised apartments for individuals and families with mental health challenges, in recovery from substance abuse, and/or living with HIV/AIDS. ●

Family and Housing Services Get a Boost

Addressing Family Needs

Building on its more than 45 years of treating individuals and families coping with substance use disorders, Odyssey House recently implemented two new evidence-based programs to enhance our Family Center services: the Trauma, Recovery and Empowerment Model and the Nurturing Parent Program.

The Trauma, Recovery and Empowerment Model (TREM) is a fully scripted, group-based intervention designed to facilitate trauma recovery among women with histories of sexual and physical abuse. The gender-specific group emphasizes the development of coping skills and social support. It addresses both short-term and long-term consequences of abuse, especially posttraumatic stress disorder, depression, and substance abuse. TREM consists of 29 sessions conducted once-weekly over the course of treatment.

The Nurturing Parent Program (NPP) provides parents with effective behavior management tools and encourages the development of healthy parent-child

relationships, so that families may face their unique challenges together. Built on the principles of relational development, curriculum activities are designed to help participants learn how to nurture themselves as individuals and in turn build loving families. This is accomplished through an array of participant-directed exercises and group discussion. NPP consists of 17 basic topic areas with three additional areas focused on men and fathers.

Though in the early stages of implementation, both TREM and NPP have been well-received by residents. Cailin McGreevy, a social worker who facilitates the programs, said TREM has allowed many participants to talk about their trauma for the first time. Several participants have asked if they can continue to attend sessions after the cycle ends. “The women are very engaged,” Ms. McGreevy said. “They take notes and come to the group with prepared questions. I’m very impressed.”

Healing Through Housing

The New York State Office of Alcoholism & Substance Abuse Services (OASAS) has selected Odyssey House to receive \$375,000

in annual funding to provide 15 two-bedroom units of permanent supportive housing.

The apartments will provide supportive housing to homeless families completing residential drug treatment, connect them with aftercare treatment for substance abuse and other essential supportive services, and help them work toward independent living.

“Transitioning from residential treatment to independent living can be very difficult for our clients. This grant will enable them to secure safe, affordable housing without jeopardizing their recovery,” said Dr. Peter Provet, president of Odyssey House.

Through the use of the OASAS “Two-Phase Approach” to program development, the apartments will initially be located in individual sites throughout Manhattan. The second phase will be to develop and build a single congregate site where all the apartments can be located.

OASAS awarded Odyssey House a similar grant in January, increasing our housing capabilities for homeless families by 35 units this year. ●

Leadership Center Residents Bring Thanksgiving to the Rockaways



Giving thanks by giving back: Residents found serving the community to be a gratifying and moving experience.

On Thanksgiving, 13 young men from the Odyssey House Leadership Center joined the American Red Cross to bring some holiday cheer to Rockaway families who were devastated by Hurricane Sandy.

Led by program director Brendan Kavanaugh, the young men set up tables and chairs, cleared debris, and unloaded foodstuffs to put on a Thanksgiving meal for displaced families.

The project gave the residents the opportunity to be of service to others and learn coping mechanisms for negative feelings or stress. Mr. Kavanaugh said, “Giving back to the community helped them deal with being separated from their loved ones during the holidays. After seeing the devastation in Far Rockaway, residents had newfound gratitude for their current life circumstances.”

The feedback from the residents was overwhelmingly positive and many have expressed interest in volunteering again. Gerrell M., echoing the response of many residents, said, “Helping people out always makes me feel good. I’m glad that I can make a big difference by doing something small.” Steven S. was impressed by the number of volunteers who showed up to help, noting that it made the work easier and more enjoyable. ●

Celebrating Ten Years of Discovery Through Art



Ten years ago, the Odyssey House Art Project was established to provide a creative outlet for men and women coping with substance abuse, mental illness, and homelessness. In that time, the Art Project has put on six exhibitions, exploring archetypal themes such as childhood, self-identity and spiritual wholeness.



Jack C. (right), a member of the Odyssey House Art Project, shows two of his paintings to Danny Simmons, vice chairman of the Rush Philanthropic Arts Foundation.



Justin Peters of Siegel+Gale (red shirt) with "Cavemen," a piece created by ElderCare clients.



Howard Belk (left) and David Srere, co-CEOs of Siegel+Gale, examine pieces from our 2005 "UnMasked" exhibition.

To commemorate this anniversary, Odyssey House took a collection of artworks on the road to the Chelsea headquarters of Siegel+Gale, the global strategic branding firm. More than 100 paintings, photographs, and masks representing a decade of art made by clients in treatment were displayed at a reception hosted by Siegel+Gale.

Dr. Peter Provet, president of Odyssey House, said: "The creation of art plays a critical role in the rejuvenation of the human spirit and provides a way of reaching sensitive issues embedded in the human psyche. We encourage unschooled artists in treatment to identify archetypal themes such as childhood, self-identity, and spiritual wholeness."

Most of the artworks chosen for the anniversary collection have only been seen by visitors to Odyssey House's gallery in East Harlem. But that changed when Justin Peters, Global Executive Creative Director for Siegel+Gale, joined the board of Odyssey House and saw the quality of the work clients produced.

"This exhibition reveals the stories of a community of resilient individuals in recovery, and brings to light a body of work with power enough to engage and inspire us all," said Mr. Peters. "Given Siegel+Gale's focus on helping organizations and individuals reach their true potential, we're truly honored to host this celebration of creativity and join in marking the ten-year anniversary of this program."

Since joining the board in 2011, Mr. Peters has been a champion of the art program and is helping to promote the value of creative expression in recovery programs.

Odyssey House has an active and vibrant arts program. Jerald Frampton, expressive arts director, explains that creating art helps clients find new ways to access feelings and a new medium to express these feelings. Many clients, who were socially and culturally isolated by their addiction and mental illness, are encouraged to become engaged in the creative process. For all in treatment at Odyssey House, developing positive socialization skills and discovering untapped creativity are integral to their continued growth and commitment to recovery. ●

Change of Leadership at the Odyssey House Board

Board Leaders Plan for the Future, Garnering Support for Enhanced Treatment and Diverse Services

Nonprofit board members play an essential role in helping to promote the mission of the organization, guide strategic planning, and raise support for new and existing services. Odyssey House is fortunate to have exemplary board members who volunteer their time and expertise to help us ensure men, women, and children in need of substance abuse, mental health, and housing services continue to receive high quality care.

Earlier this year the leadership of Odyssey House Board of Trustees changed hands with the retirement of George Rosenfeld as chairman, and appointment of Rick O'Connor to that role.

In the following articles both Chairmen look forward to the challenges and opportunities ahead for the organization as

Mr. O'Connor takes over the reins of leadership for Odyssey House and Mr. Rosenfeld continues in the role of Chairman of Odyssey Foundation.

Commenting on the board leadership changes, Dr. Peter Provet, president and CEO, said: "I couldn't have wished for better partners during this transition time in the funding of drug treatment and related services. To have two such committed individuals closely involved with our mission is a huge win for Odyssey House. We are delighted George agreed to continue as Chair of Odyssey Foundation and provide his guidance in the critical arena of raising private support for client services."

at Icahn Stadium on Randall's Island in late September. Here, events are held for all ages, including sprints for youngsters (all finishers receive a medal) and races where clients, board members, friends of Odyssey House, and participants from other agencies with programs similar to ours all join in the fun and friendly competition. The race is in keeping with our belief that physical activity helps clients regain a healthy way of living. Several of our buildings feature well-equipped gyms, and long-distance running has become a regular part of many clients' regimen. Last year 39 out of 40 Odyssey House entrants completed the New York City Marathon.

George Rosenfeld Looks Back and Forward

In the 15 years since I first joined the Board of Trustees, Odyssey House has met many challenges and embraced many changes. In 1999 Dr. Peter Provet assumed leadership as Odyssey House's president and CEO. Under his strong leadership new programs were initiated and older ones improved and given new direction. The Board created and passed a strategic plan that has become the template for the growth of the program.

more recently, policies designed to deal with obesity and nicotine abatement.

The ElderCare program is particularly dear to my heart. In the 1990s I was invited to become a trustee of a small foundation whose mandate is giving to geriatric causes. When I joined the Odyssey House board I recognized that there was a need for a formal therapy program for elders. The

During my years on the Board, Odyssey House has been busy building housing designed to accommodate some of the population suffering from long-term mental illness. Under our supervision residents now can live in their own apartments in lieu of rooms in state psychiatric hospitals. We have built two such projects in Manhattan, and three more are being (or will be) constructed in the Bronx.

Since the beginning of my association with Odyssey House, I have had a dream about the MABON, our facility on Randall's Island. There we occupy one-half of a century-old building while the other half, "The Annex," has not been in service for more than 30 years. My dream was that we would rehabilitate the whole structure. A year ago that dream came true when New York State Office of Alcoholism and Substance Abuse Services became a partner in the rehabilitation effort.

I have seen people enter Odyssey House struggling against tremendous odds and after treatment, graduate with new skills and a new perspective on life.

What has most impressed me about Odyssey House is its strong dedication to its mission. We engage with clients who have suffered the degrading effects of substance abuse along with other conditions such as the stresses of incarceration, long-term mental health issues, physical illness, complex psychological challenges, and dissociative family relations. Odyssey House's mission is to rebuild lives and to bring people struggling with the darkness of addiction to a brighter place where change and hope are held out as a possibility.

Odyssey House has specialized in innovation. Its carefully tailored recovery programs address individual needs, rather than providing one treatment to fit all. We are particularly proud of the programs we have developed for mothers with children and for elder care. Enhancements to the general program include initiatives such as a holistic approach to diet and exercise, dental care for our entire population, and,

small foundation donated seed money; New York State endorsed the endeavor and now funds it entirely. We believe Odyssey House's ElderCare program, which offers long-term residential care for elders suffering from substance abuse, is the only one of its kind in the country.

It is these successes that inspire both clients and staff with the possibilities of redemption. It is rewarding to see how visitors — many of whom have little understanding of the pain and human destruction that afflict substance abusers — come away from a tour of Odyssey House with an appreciation for the dedication of the clinical and administrative staff. They are also moved by the courage of the clients they meet who are working so hard to meet the challenges of addiction, poverty, and homelessness.

Every year Odyssey House holds several fundraising activities. Our annual 5-kilometer race (run or walk) takes place

With construction slated to begin in 2013, our plans are taking shape to create a modern treatment center for women with children, older adults, and adolescent females. Not only will these residents share a brand new facility, they will be living close to lawns, gardens, and the East River flowing by. These pleasant surroundings should enhance therapeutic treatment and foster a sense of community. We hope to raise funds from private sources for enhancements (such as paintings, books and music) to make this fresh environment welcoming.

It has been a rewarding experience being a part of Odyssey House's remarkable continuing journey. I look forward to serving on the Board of Trustees in the years ahead. ●

New Chairman Sees Growth in Flexible Treatment and Housing Models

Odyssey House is pleased to announce the election of Richard O'Connor to chairman of the Odyssey House Board of Trustees. Mr. O'Connor, vice president of marketing at CVS Caremark, has served on the Board of Trustees as vice chairman from 2010 and has held positions on the strategic planning and finance committees since joining the board in 2002.

Mr. O'Connor said he sees his role as one of championing the holistic approach to recovery and rehabilitation pioneered at Odyssey House for people with substance use disorders and mental illness.

“Over the ten years I have been closely involved with Odyssey House I have seen the agency grow into a multi-faceted social services organization that offers a continuum of care for some of the most vulnerable members of our society. Many of the individuals who turn to Odyssey House for help with substance abuse and mental health problems have been homeless, suffer from physical and mental trauma, and have educational deficits that severely limit their job prospects and ability to take care of themselves and their family.

“I am excited to be a part of this mission and look forward to continuing the organization’s role as a leader in the field of recovery for a broad population of teens, families, senior citizens, and people with medical and mental health problems. I am also honored to be following in the footsteps of George Rosenfeld who retired as chairman following ten years of innovative leadership.”

Peter Provet, Ph.D., president and chief executive officer of Odyssey House, said, “Rick has been an invaluable member of our board for ten years. We are delighted with his election to Chairman of Odyssey House. He brings an extensive background in health care, wellness, and the treatment of intellectual and learning disabilities to our recovery-based organization, both as a skilled communicator and a strategic business thinker.”

To Mr. O'Connor, Odyssey House’s focus on caring for neglected populations with a business model that channels support directly to clients is a persuasive argument for future investment and growth. “Only 12 percent of our total budget is spent on administrative overhead making us one of the most efficient organizations in the field



George Rosenfeld (right) congratulates Richard O'Connor on his election to Chairman of the Odyssey House Board of Trustees.

of addiction and recovery. That management discipline, together with our expanded portfolio of supportive housing and flexible treatment models, positions us for funding changes driven by the Affordable Care Act.

“Given a chance,” he added, “many people with mental health challenges and addiction have so much potential. A little bit of help goes a long way toward improving their lives, educating others, and helping society. And I find providing that help very rewarding.” ●

Boards of Trustees Welcome a New Member



Odyssey House and Odyssey Foundation are pleased to announce the appointment of Jeanne LaCour, a principal at strategic communications

firm RLM Finsbury, to their Boards of Trustees. Ms. LaCour brings extensive experience in the communications industry, where she has advised corporations and nonprofit organizations for more than a decade.

“I am thrilled to serve on the Boards of Trustees and contribute to the important

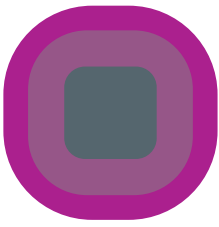
work of this organization,” said Ms. LaCour. “Odyssey House provides innovative social services that make a significant impact on the lives of individuals and families in New York coping with substance abuse, mental illness and homelessness, and I look forward to doing what I can to advance and grow the impact of this valuable organization.”

Ms. LaCour specializes in crisis communications, reputation management and employee communications. A member of RLM Finsbury since 2002, she has helped clients manage complex communications issues, including corporate restructurings, executive transitions, litigation issues and bankruptcies. Her experience includes developing change management programs, brand positioning strategies, corporate social

responsibility initiatives, and thought leadership programs for clients in a broad range of industries, including health care, financial services, transportation and media.

Previously, Ms. LaCour was a financial news journalist at CNBC and Fox News Channel (FNC) where she developed business news programming. At FNC, she also provided on-air reporting for special business programming.

Ms. LaCour earned a B.A. in economics from Dartmouth College and an M.B.A in finance from Columbia Business School, where she was awarded the distinguished Bristol-Myers Squibb fellowship. ●



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On the Horizon

Home
The 7th exhibition
by members of the Odyssey
House Art Project will
open in Spring 2013.



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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.