

# Odyssey House

Where recovery lives

## 2012 Annual Report

# 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.



*Mary Callahan, director of Odyssey House Outpatient Services, high-fives clients on their successful transition to a healthy recovery in the community.*



*Older adults in treatment at the Odyssey House ElderCare Program benefit from regular group activities to support each other's recovery goals.*

# Commitment to a cause

Helping people with substance use disorders and mental health challenges rebuild their lives requires a special kind of commitment. It's a commitment that demands resiliency, gives hope, rewards effort, and embraces challenges. It's the kind of commitment that puts people first and expects the best from everyone.

By setting a standard of commitment, Odyssey House has created a culture of achievement and expertise that stimulates personal growth and encourages resourcefulness.

Treatment is changing, and so too is Odyssey House. The old thinking of 'once an addict, always an addict' no longer applies. With appropriate treatment and ongoing care in the community, people diagnosed with substance use disorders and mental health challenges learn to manage their diseases and go on to live healthier and more fulfilling lives.

But the stigma associated with addiction and mental illness lives on. At its most destructive, stigma, and the lack of understanding that fuels it, undermine the efforts and success of people who are coping with diseases that destroy their lives.

At Odyssey House we are committed to fighting stigma, to promoting sustainable recovery, and to not giving up on people who are working to change their lives. This is our cause. Thank you for your support.







## Treatment and recovery in a changing environment

For more than 45 years Odyssey House has helped thousands of men and women recover from the life threatening diseases of addiction and mental illness. Research studies now present addiction and mental health problems as lifelong challenges, akin to diabetes and other chronic medical conditions. At Odyssey House we provide a starting place for change and the tools individuals need to build a healthier life - tools based on a solid foundation of therapeutic techniques proven to foster a healthy recovery.

Helping individuals meet their recovery goals across a wide range of populations with significant psychological, social, and economic deficits is a challenge. As a social services organization we are proud of our legacy of working with the most vulnerable and marginalized communities in New York City and bringing resources to disenfranchised individuals and families.

Our experience managing tight budgets and stretching resources is also helping us as we plan for changes in the way treatment will be delivered and funded under the Affordable Care Act. Our goals are to meet these demands with minimal disruption to clinical programs as we adapt services to the policies of managed care, invest in electronic health records, and streamline financial management systems for increased cost efficiencies.

### Keeping our eyes on the prize

But while the details of how this new law will impact treatment organizations are yet to be clarified, we are determined not to lose sight of our mission to provide quality, comprehensive services that extend our reach from residential centers and out into the community with outpatient and housing services. Our treatment centers, outreach, outpatient services, and supportive housing programs are developed with the needs of the community first and foremost. It is the strength of these connections, woven into the very fabric of our mission, that sustains our clients as they embark on new lives.

Working with our government partners at the New York State Office of Mental Health (OMH) we are completing construction of two new supportive housing programs in the Bronx that will provide homes for 121 formerly homeless men and women coping with mental health challenges. Along with capital investments in housing, we are also working with the New York State Office of Alcoholism and Substance Abuse Services (OASAS) to renovate one of our oldest treatment centers, the Mabon Family Center on Ward's Island. Once the renovation is complete in 2014, the Mabon will be the new home of our ElderCare and parent and child services. We are also at the forefront of criminal justice reform and run, in partnership with New York State's Division of Parole, Division of Criminal Justice Services, Department of Correctional Services, and OASAS, an innovative residential treatment program designed to reduce the risk of re-incarceration.

Maintaining high treatment standards built on evidence-based models and decades of clinical experience, developing community-based supportive housing, renovating treatment centers, investing in technology, and promoting the cause of recovery are ongoing goals at Odyssey House. It's an effort that depends on many generous supporters including: members of Odyssey House and Odyssey Foundation Boards of Trustees; public partners at Federal, State and City agencies; philanthropic corporate and foundation partners, and, of course, our accomplished and dedicated clinical and administrative staff. We thank you all for supporting our work and believing in change.



**Richard C. O'Connor**

Chairman  
Odyssey House

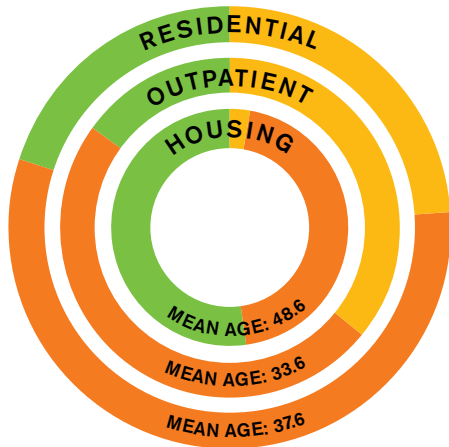


**Peter Provet, Ph.D.**

President and Chief Executive Officer  
Odyssey House and Odyssey Foundation

## Characteristics of Odyssey House Clients at Admission

Age Groups



Residential Outpatient Supportive Housing

18 - 24	24%	36%	3%
25 - 49	56%	49%	45%
50+	20%	15%	52%

Race/Ethnicity



Residential Outpatient Supportive Housing

Black/African-American	61%	47%	56%
Hispanic	30%	49%	23%
White	9%	4%	3%
Other	0%	0%	18%

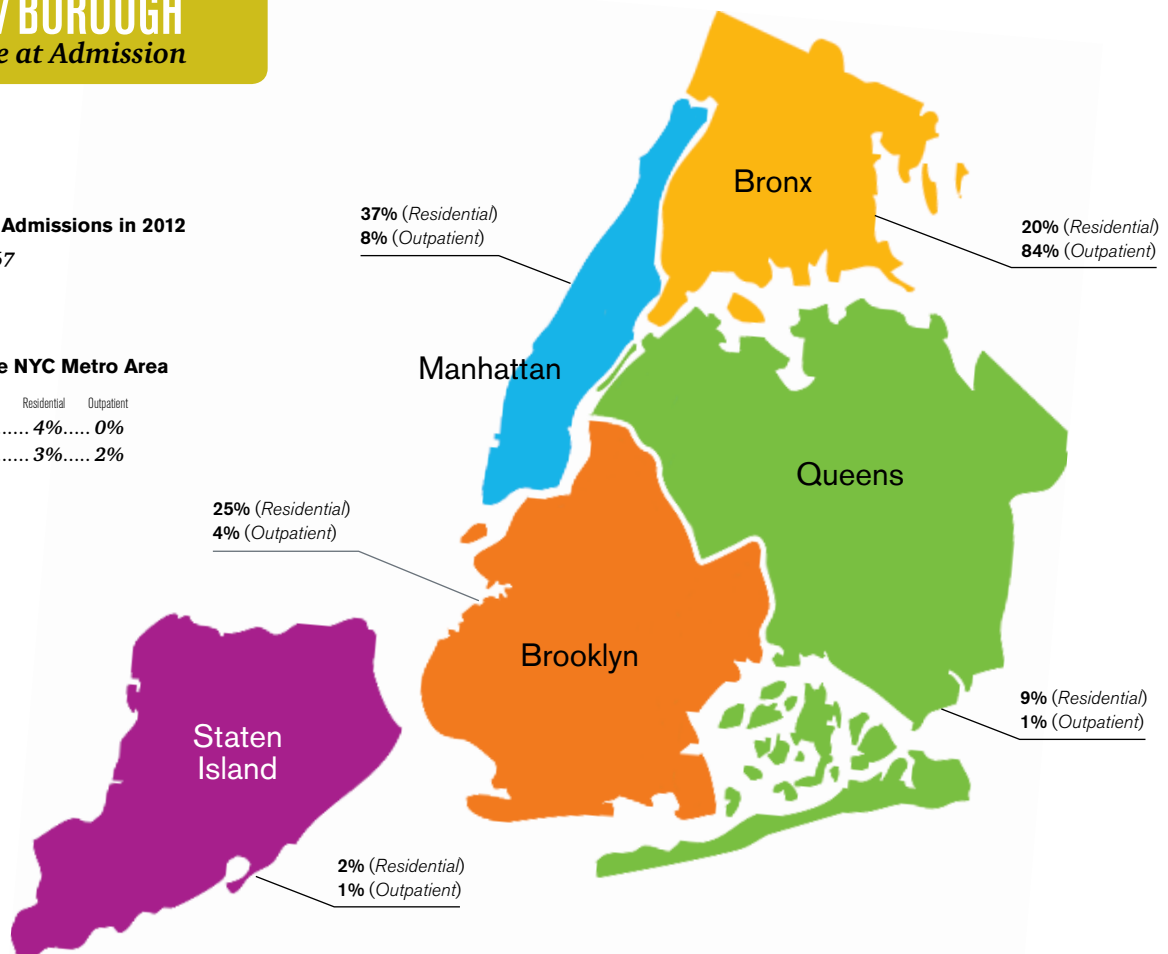
### COUNTY / BOROUGH of Residence at Admission

#### Total Number of Admissions in 2012

Residential 1,167  
Outpatient 333

#### Counties Outside NYC Metro Area

Residential Outpatient  
Nassau/Suffolk..... 4%..... 0%  
Upstate/Other..... 3%..... 2%



# ADMISSION by Program

3%

Housing

14%

Outpatient

33%

Parole

50%

Residential

## Snapshot of Residential Clients (n) 1,167

Yes

No

Mental Health Condition at Admission (self-reported)

29%

71%

Pregnant at Admission

10%

90%

Parent

59%

41%

### Gender of Residential Clients



Male 72%

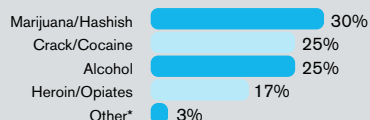
Female 28%



### Number of Substances of Abuse at Admission

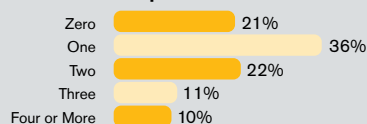


### Primary Drug at Admission

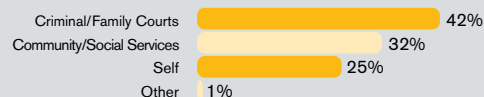


\* Indicates substances such as PCP, Ecstasy, etc.

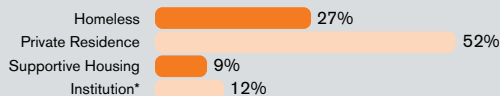
### Number of Prior Tx Episodes



### Referral Source

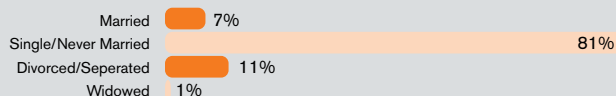


### Living Arrangements

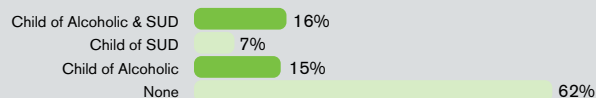


\* Indicates Hospital or Jail

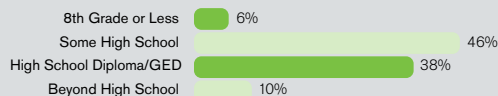
### Marital Status



### Family History



### Education



### Children's Data

Gender

Boys..... 47%

Girls ..... 53%

Age Groups



44%

Newborn to 1 year



27%

1 to 3 years



29%

3 years and up

## Snapshot of Outpatient Clients (n) 333

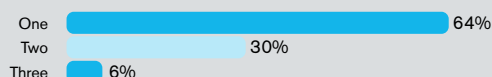
**Yes** **No**

Mental Health Condition at Admission (self-reported)	27%	73%
Pregnant at Admission	2%	98%
Parent	65%	35%

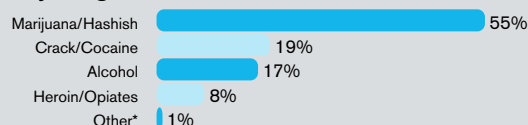
### Gender Outpatient Clients



### Number of Substances of Abuse at Admission

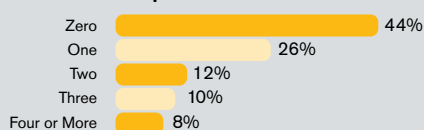


### Primary Drug at Admission

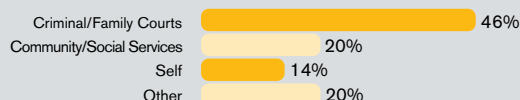


\* Indicates substances such as PCP, Ecstasy, etc.

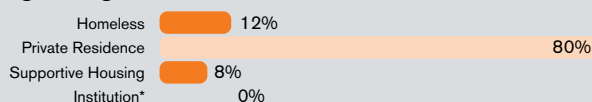
### Number of Prior Tx Episodes



### Referral Source

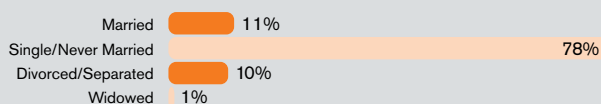


### Living Arrangements

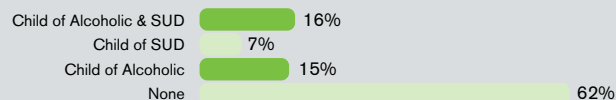


\* Indicates Hospital or Jail

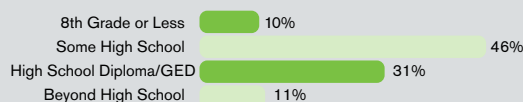
### Marital Status



### Family History



### Education



## In recovery: leading by example



### Louise P. Odyssey House Peer Recovery Network

When Louise P. completed residential and outpatient treatment at Odyssey House she felt she had rediscovered herself. “My negative thoughts and feelings became positive ones ... I discovered things about myself that I didn’t know or just couldn’t see.” One of the things she found out about herself was an ability to connect with and support others in recovery.

Her understanding of the struggles people face as they embark on new lives made her an ideal candidate for a program at Odyssey House that enlists and trains volunteers to act as recovery coaches, or mentors, for people completing treatment. Louise was one of the first people to enroll in recovery coach training with the Odyssey House Recovery Oriented Care System (OHROCS), a program that, since it started in 2011, has trained 100 mentors and enrolled 300

mentees. This represents one of several programs funded by the Substance Abuse and Mental Health Services Administration (SAMHSA).

For her, the experience of helping others manage their lives without using drugs and/or alcohol was a “personal transformation” that developed into a leadership role when her peers elected her president of the OHROCS Council. Today, as a leader in the growing recovery movement, Louise is instrumental in expanding the reach of community-based organizations during the crucial early days of recovery.

“By putting their trust in me, the mentees in OHROCS helped me believe in myself and taught me there is nothing like the warm feeling you get from doing the right thing for yourself and others. After all I’ve been through, that is a new feeling.”



## In recovery: *changing their lives*



### **Gary S.** *Odyssey House Leadership Center for transitional age men (18-24)*

When Gary enrolled in the transitional age youth residential program he was 21 years of age, he was also an IV heroin user. “In four years I went from smoking marijuana and hanging out with my high school friends in suburban New Jersey to a full-blown heroin and crack cocaine addiction. I didn’t look for drugs because I was in pain, abused at home, or suffering from depression, I did it to fit in with my peers. I didn’t know it at the time, but wanting to be accepted just led to more and more drugs and some bad situations.”

In treatment Gary started to get his life under control. “I learned to ask for help and then really listen to the feedback I got. It took a while but today I understand myself better, what my triggers are, what I have to do to stay focused on my goals. When I start to drift into negative stuff it helps that I have people around me who call attention to it.”

The sports and fitness services the Leadership Center offers are another way the program is helping Gary achieve his goals. He joined the Center’s soccer league, basketball team, and the “Run for Your Life” running group, an agency-wide initiative that offers training and entry into races throughout the city, including the NYC Marathon.

“I thought I was putting my life on hold when I came into treatment but the truth is I’ve created a new one.”



### **Illia S.** *Odyssey House Family Center of Excellence*

Illia was just 12 years of age when she ran away from home. The victim of child sexual abuse Illia raised herself as best she could and avoided all contact with her family. But life on the streets quickly became a nightmare of alcohol and drug addiction and by the time she was 17 Illia was addicted to crack cocaine. Scared that she would die of an overdose she sought help and enrolled in a treatment program. She completed the program and was drug-free for five years until she relapsed. She also was pregnant with her first child. Three more children followed and Illia soon found herself battling addiction and struggling to raise a young family.

Although she was able to keep her children healthy and away from drugs she knew she needed help. That moment came when, at age 30, she was pregnant with her fifth child. Desperate to keep her family together and protect the health of her baby, Illia was referred to the Odyssey House Family Center when she was six months pregnant. Her baby girl was born drug-free and healthy.

Today, Illia is preparing to leave treatment and be reunited with her children. While her early years in an abusive home have left scars, Illia has worked on repairing the damage with the help of her peers and counselors and working through several evidence-based initiatives at Odyssey House that, along with substance use disorder treatment, address the trauma, parenting issues, educational deficits, and health and wellness concerns.



### **Harold J.** *Odyssey House ElderCare Program*

“I’ve been drinking for more than 30 years. I lost a lot of important things in my life because of alcohol. It’s a slow process but I’m starting to get some of them back.” Harold, 59, is in treatment at the Odyssey House ElderCare Program, a unique residential and outpatient service for men and women over 50 years of age who are struggling with substance use disorders. Harold enrolled in the program because it offered him something few other programs could provide: the chance to work on his addiction with people of a similar age. “I was an isolated alcoholic. Drinking cost me my wife and my job as a church deacon. I don’t know what I would have done without my peers. We’ve all suffered and are anxious about the future but we work through our fears together and that makes all the difference. In treatment I’ve learned my life is not over and that it is possible to move on to a better place.”

# Recovery in the Community

At Odyssey House, recovery is more than just sobriety. Recovery includes engaging in your community, preparing yourself for a fulfilling career, taking responsibility for your health, and expressing yourself creatively.

Many of the activities we sponsor celebrate the ways in which people overcome drug abuse and develop healthy new lives; take control of debilitating mental health challenges; and contribute to their communities. Our signature event, the *Run for Your Life* 5K now in its eighth year, promotes the benefits of exercise as a component of treatment and demonstrates that recovery in all its forms is possible.

Along with physical fitness and eating a healthy diet, clients in treatment are also encouraged to express themselves through art and writing, and enjoy readings, performances, and museum visits. Works of art by members of the Odyssey House Art Project are selected for display in exhibitions at our own Haven Art Gallery and loaned to recovery-focused art shows around the state.

**These are some of the events we were proud to share with our supporters in 2012.**



Odyssey House Recovery Oriented Care System (OHROCS) president, Louise P., received the "Woman of the Year" award at this year's Women's History Month reception, an annual event aimed at boosting self-esteem and encouraging female bonding.

Below, George Rosenfeld (right) congratulates Richard O'Connor on his election to Chairman of the Odyssey House Board of Trustees. Mr. Rosenfeld remains as Chairman of Odyssey Foundation.

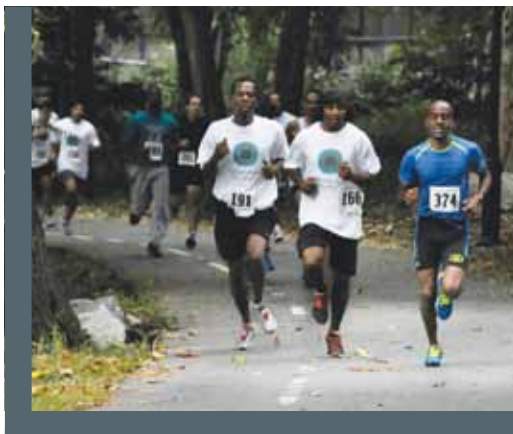
Giving back to the community is an integral part of recovery at Odyssey House. Clients from our Leadership Center for transition age youth (above) helped serve Thanksgiving meal for people displaced by Hurricane Sandy. Right, residents celebrate achieving a significant milestone in their recovery: earning their GED.







OASAS Commissioner Arlene Gonzalez-Sanchez (left photo, center) and Odyssey House President Peter Provot presented the "Social Worker of the Year" award to Caillin McGreevy. Board member Jeanne LaCour (middle photo) joined in the day's festivities.



Since its founding OHROCS 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. Last year, OHROCS representatives traveled around New York State to promote that message, participating in such events as the annual Recovery Rally in Albany.



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 for substance use and mental health disorders at the 7th Annual *Run for Your Life* 5K Run & Recovery Walk.



Above, Howard Belk (left) and David Sreer, Co-CEOs of Siegel+Gale, an international strategic branding company based in New York City, examine works from the 10th Anniversary of the Odyssey House Art Project. Odyssey House Board Member Justin Peters, Global Executive Creative Director at Siegel+Gale, hosted the show at the company's Chelsea headquarters.

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 Patricia Patent  
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 Marc Weil  
 Laurence Werfel  
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 Linda Willet  
 Jim & Randy Williams  
 Mark Wolff  
 Danielle Wroblewski  
 Jeffrey Wu  
 Peter Wunsch  
 Sanford & Rella Wurmfeld  
 Ning Yao  
 Richard & Margaret Zeldes  
 Sohail Ziauddin  
 Kenneth Zinghini  
 Sam Zises



# Odyssey House, Inc. (New York) And Subsidiaries

## Consolidated Balance Sheet

June 30

### ASSETS

#### Current Assets:

	2012	2011
Cash and cash equivalents	7,354,954	6,448,021
Client services receivable	4,366,629	3,831,979
Grants and contracts receivable	1,095,480	824,372
Due from affiliate	83,934	7,801
Prepaid expenses and other current assets	646,050	501,477
Surety Bond Fund	516,501	516,501
Cash held on behalf of welfare clients	198,495	121,183

**Total Current Assets** **14,262,043** **12,251,334**

Interest in Net Assets of Odyssey Foundation of New York, Inc.	169,209	210,780
Property, Plant and Equipment, net	37,537,812	35,355,519
Investments held for deferred compensation plan	432,495	386,309

**Total Assets** **52,401,559** **48,203,942**

### LIABILITIES AND NET ASSETS

#### Current Liabilities:

Accounts payable and accrued expenses	2,900,020	1,772,423
Accrued compensation	569,577	525,343
Funds held on behalf of welfare clients	197,038	121,183
Current maturities of mortgages payable	1,524,736	1,308,149
Advances from OASAS	832,661	832,661
Refundable advances	7,899,398	5,549,206
Due to third parties	1,158,147	1,408,147
Deferred Revenue, current portion	209,178	209,178

**Total Current Liabilities** **15,290,755** **11,726,290**

#### Long-term Liabilities:

Mortgages payable, less current portion	15,998,687	13,742,091
Deferred revenue, less current portion	10,751,968	12,675,837
Due to contractor	331,085	236,111
Deferred compensation	432,495	386,309

**Total Long-term Liabilities** **27,514,235** **27,040,348**

**Total Liabilities** **42,804,990** **38,766,638**

Noncontrolling Interest in Consolidated Subsidiaries	2,398,892	3,107,487
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#### Net Assets:

Unrestricted	7,028,468	6,119,037
Temporarily restricted	169,209	210,780

**Total Net Assets** **7,197,677** **6,329,817**

**Total Liabilities and Net Assets** **52,401,559** **48,203,942**

Currency amounts represented in U.S. dollars.

## Consolidated Statement of Operations and Changes in Net Assets

Year Ended June 30

### REVENUE

	2012	2011
Client services	10,144,513	9,865,486
Grants and contract services	18,409,541	17,859,839
Contributions	121,063	234,309
Other	256,782	445,245

**Total Revenue** **28,931,899** **28,404,879**

### EXPENSES

Program Services	25,296,055	24,692,652
Management and general	3,435,008	3,299,871

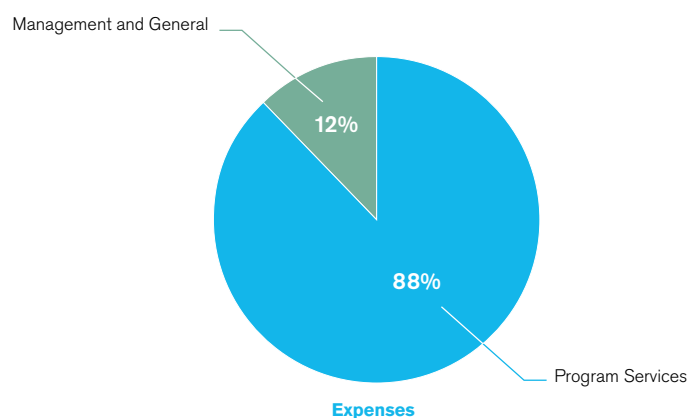
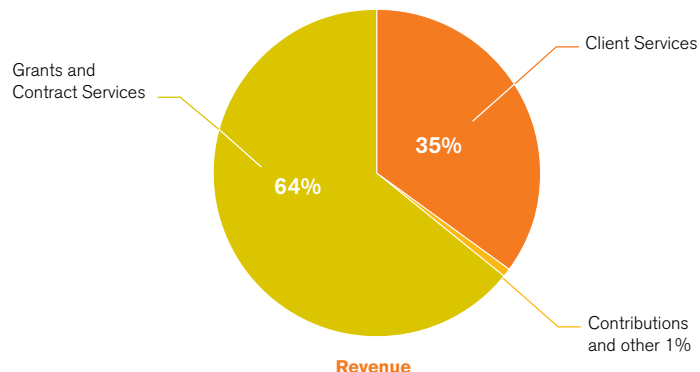
**Total Expenses** **28,731,063** **27,992,523**

Increase in unrestricted net assets	200,836	412,356
Change in interest in Odyssey Foundation of New York, Inc.	(41,571)	41,864

Increase in net assets before noncontrolling interest	159,265	454,220
Capital Contributions	-	347,232
Noncontrolling interest in Consolidated Subsidiaries	708,595	311,011

Net increase in net assets	867,860	1,112,463
Net assets at beginning of year	6,329,817	5,217,354

**Net assets at end of year** **7,197,677** **6,329,817**



## ***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

Edgecombe Residential Treatment Facility  
611 Edgecombe Avenue  
New York, NY 10032  
212-923-2575

### ***Family Centers 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  
917-492-2582

## ***Mental Health Services***

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

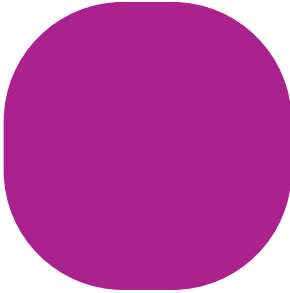
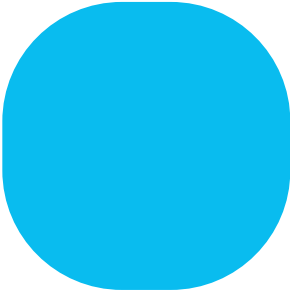
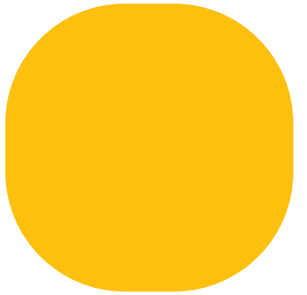
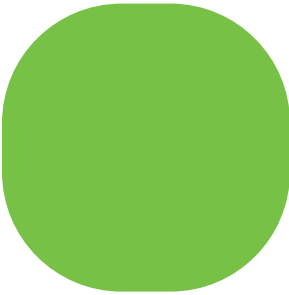
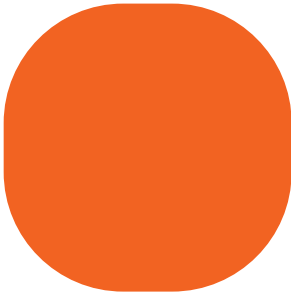
Odyssey House Park Avenue  
113 East 123rd Street  
New York, NY 10035  
646-794-6240

## ***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 121st Street  
New York, NY 10035  
212-987-5133



**CORPORATE OFFICE**  
120 Wall Street, 17th Floor  
New York, NY 10005  
212-361-1600

**ODYSSEY FOUNDATION**  
120 Wall Street, 17th Floor  
New York, NY 10005  
212-361-1612

**ODYSSEY HOUSE ADMISSIONS**  
219 East 121st Street  
New York, NY 10035  
212-987-5100