



CHANGING LIVES, CHANGING TIMES

As Odyssey House celebrates 40 years of public serv- organizations. ice to New Yorkers with substance abuse and mental health problems, we reflect on the challenges earlier generations faced in rebuilding their lives, how much these men and women taught us about determination and hope, and what more we can do to lessen the deadly toll addiction continues to take on the lives of thousands of New Yorkers.

Our founding in 1967 took place during a period of so<mark>cial, political, an</mark>d global upheaval for Americans from all walks of life. Civil rights, women's rights, and gay rights created opportunities for millions of people to engage more fully in political, business, and community life. But along with these positive changes came negative ones, not the least of which was the growing number of substance abusers who threatened to overwhelm limited treatment resources.

pioneering self-help model, the therapeutic community (TC). This approach counters the despair of addiction with peer support and the guidance of positive role models.

Over these past 40 years addiction treatment has changed considerably. We have expanded our treatment to include services for women with children, teens, people with mental and physical illness, and senior citizens. We have also extended our holistic approach by establishing onsite primary medical clinics and a new full-service dental clinic.

To be sure, significant progress has been made in preventing, responding to, and alleviating the individual and societal costs of addiction, but so much more needs to be done.

The creation of drug courts helped steer thousands of addicts from prison into treatment. Advocacy efforts by substance abuse treatment and mental health organizations have raised awareness of disparities in funding, and national research institutes have become more receptive to community-based

At the same time significant challenges remain: discriminatory funding practices that pay less for addiction and mental health treatment than other chronic conditions; a legal system that criminalizes addiction; and insufficient academic research that analyzes the effectiveness of community-based applications.

These issues carry enormous consequences for how society responds to addiction and the fate of individuals caught in its grip. We are fortunate to have supportive partners who work alongside us to provide quality services that save lives and money.

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 Odussey House responded to this increase with a 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, foundation partners, and "Friends of Odussey House" for their support, and members of the boards of Odyssey House and Odyssey Foundation for their commitment to helping individuals and families achieve a healthy

We hope you will join us as we build on these accomplishments over the next years.

George Rosenfeld Chairman Odyssey House and Odyssey Foundation Boards of Trustees

Peter Provet, Ph.D. President and Chief Executive Officer Odyssey House and Odyssey Foundation

Adult program opens on East 18th Street Residential program for pregnant women and mothers with young children opens on Ward's Island Odyssey House Institute, Inc. opens facilities in Michigan, Utah, Louisiana, New Hampshire, and Maine Odyssey House opens in Australia and New Zealand

1967, Odyssey House opens in NYC with

experimental treatment program for adult heroin abusers Teen Leadership Center opens in the East Village

Organizational restructuring, Odyssey House programs outside New York made independent Odyssey Foundation formed as fund-raising body for Odyssey House, NY

Opening of Odyssey House Haven in East Harlem Federal grants provide housing assistance for graduates Odyssey House Haven Art Gallery opens Odyssey House Outpatient Services opens in the Bronx New funding supports smoking cessation Onsite dental clinic opens at Odyssey House Manor Family Center Odyssey House Lafayette Avenue opens in the Bronx offering residential treatment for teen girls

Opening of Odyssey House Manor Family Center and Odyssey House Harbor Onsite medical clinics open at Manor, MABON, and Teen Leadership Center Odyssey House offers Family Re-entry and Shelter Plus Care apartments to program graduates Odyssey House creates ElderCare residential program Odyssey House Camp LaGuardia opens, outpatient treatment for homeless men



In 1967, heroin use reaches epidemic proportions in New York and other U.S. cities, Odyssey House begins operating as a small resi-

The 1960s was a time of social upheaval. The antiwar component—the therapeutic community. In a 24/7 resimovement, civil rights, feminism, and gay rights all came to the fore in this turbulent decade. So did experon college campuses. Soldiers often used drugs for the free lives. first time during their tours of duty in Vietnam, and some became addicted to "hard" drugs, especially heroin. Many brought their addictions home with American cities.

in was taking a firm and devastating grip on the lives of many New Yorkers. At a time when methadone therheroin addiction, Odyssey House added an innovative clients.

dential setting, treatment staff and men and women in recovery formed a highly structured, peer-driven comimentation with drugs. Smoking marijuana was part of munity that helped substance abusers re-establish the the 1960s counterculture and a common feature of life emotional strength and acquire the skills to lead drug-

Since these beginnings in (1967), Odyssey House has been a leader in shaping the therapeutic community them, and heroin became readily available in as a highly effective method for treating substance abuse. In a range of innovative programs in everexpanding facilities, Odyssey House has enhanced Odyssey House opened its doors in 1967, when hero-community living to include medical services, cultural and recreational activities, educational and vocational guidance, housing assistance, day care, and other proapy was just about the only treatment available for grams to support the well-being of thousands of

Odyssey House becomes the first program i the country to treat this population

Teenagers are especially vulnerable to drug abuse, abuse; they also confront the behavioral problems and even casual experimentation can lead to addiction to powerful substances. In New York and other cities, youngsters are often exposed to illicit substances at an early age. Many adolescent users have been raised in a drug culture and come from homes shattered by drug abuse and the neglect and violence that years old in Odyssey House programs have reported using and selling drugs like crack cocaine and heroin. Marijuana, though, is the drug of choice for this age group, and studies show that teenagers are three times more likely than adults to become dependent on marijuana.

Odyssey House recognized the growing drug epidemic among teenagers as early as 1969 and in that year opened a 35-bed facility for this age group. Today, separate Teen Leadership Center facilities for boys and girls provide substance abuse treatment for close to 80 teenagers in residential settings. Not only do participants address their patterns of substance the-job training.

from which they have sought refuge in drugs and learn to live harmoniously as part of a community. Treating boys and girls separately has proved to be especially effective in addressing many of the behavioral and self-esteem issues with which many teens cope.

often accompany addiction. Addicts as young as 12 While residing at the Leadership Centers, teens follow a New York City high school curriculum and are taught on-site by Board of Education licensed teachers. For many participants, the center provides their first opportunity to develop the discipline and focus required to succeed academically. Encouraging studies from the National Institute on Drug Abuse show that drug-abusing teens who participate in programs like the Odyssey House Teen Leadership Center not only successfully break their dependence on drugs and alcohol, but also show a marked improvement in academic performance. Odyssey House counselors further enhance the future prospects of these youngsters by helping them prepare for ongoing education and on-





Depression and other mental disorders, low-self and seeking the treatment they need. Pregnant esteem, and a lack of education and skills often lead adults to drugs and undermine their efforts to care for younger reside together in parent/child units from 12 themselves and their children. As a result, youngsters to 24 months. in such families are often the innocent victims of drug abuse. With one or both parents lost to drugs, they are often virtually orphans, and a string of foster care homes once was the only option for providing them with care.

In 1973, Odyssey House began providing an innovative alternative to this pattern of drugs and despair, a program called MABON that allowed drug-addicted parents and their children to stay together while helping break the cycle of drug abuse and strengthening the family unit.

Odyssey House has been committed to building stronger families ever since. Today, more than 200 parents and their children live in Odyssey House Family Centers of Excellence. Mothers and fathers do not need to choose between caring for their children

women and parents of children 5 years of age and

The treatment facilities provide the first stable home environments many of the young residents have ever known. They take part in onsite, licensed daycare and preschool programs, have access to pediatric clinics and other medical care, and enjoy playgrounds and leisure activities. Their parents participate in Odyssey House substance abuse treatment programs that help them address the problems that have led them to drugs and prevented them from providing healthy homes for their children. Medical care and health education, parenting skills training, educational and vocational counseling, and job training are also part of the treatment regimen, ensuring that these parents will be able to care for themselves and their children in nurturing, drug-free environments.

To jump-start success in the real world, Odyssey are being reunited with their children after leaving its House helps families make the transition from the programs have the opportunity to live in furnished therapeutic community to independent living. Two apartments in one of several fully supervised transiinnovative programs—Shelter Plus Care and the Family Center of Excellence Re-Entry Program—help as many cation continues in these facilities, and counselors are as 45 families at a time make this big move to independence while still receiving many of the benefits of a therapeutic community. Families who have lived together at Odyssey House as well as parents who independent living.

tional facilities around the city. Substance abuse eduon hand to help residents master the basics of maintaining a healthy home, develop peer support networks, and in other ways set a firm foundation for

MEDICAL CARE FOR KIDS AND ADULTS

Families living in Odyssey House residential programs are often undiagnosed and untreated. Good health have access to a broad range of medical services. At well-equipped clinics, youngsters receive treatment for these clinics also conduct a variety of wellness proconditions that otherwise may well have been over- grams that focus on such topics as smoking cessation, looked. Onsite primary care physicians, pediatricians, diabetes and asthma management, and safe sexual and nurses provide vaccinations, treat asthma, and address other childhood health issues. Adults in all Odyssey House programs have access to the same Odyssey House residents also have access to an excellent medical attention. After a complete examination upon entering a program, residents can receive treatment for diabetes, hepatitis B and C, HIV, sexually transmitted diseases, tuberculosis, and depression and other mental health disorders—all ailments that commonly accompany substance abuse addiction but

practices are essential to an addict's full recovery, so

onsite dentistry clinic where they can get treatment for often-overlooked dental problems and develop good oral hygiene habits.





As the use of crack cocaine skyrocketed in New York their special needs through its MABON program. The that extended Odyssey House treatment to growing numbers of adult substance abusers and addicted parents with children.

Women are especially vulnerable to crack, and Odyssey House was in a unique position to address

and other cities in the 1980s and 90s, demand for demand for this innovative approach to family treat-Odyssey House treatment services grew. With its ment, in place since 1973, expanded greatly in the experience and expertise in treating substance 1980s as the number of women using crack and other abusers, Odyssey House was well equipped to meet illicit substances climbed into the hundreds of thouthe challenges of this new epidemic. Service expansands and as many as 10,000 babies were born to sions included a new, 333-bed facility in East Harlem substance-addicted mothers in New York City each year. Many of these infants suffered with health problems stemming from malnutrition, neglect, and a lack of prenatal care, and MABON was one of only a few programs in New York City equipped to provide the treatment and special attention they required.

MENTALLLNESS

Men and women suffering from mental illness are preparing themselves to take control of their lives and especially prone to substance abuse. The effects of addiction combined with the challenges of enronic mental conditions can be devastating, isolating these men When the time comes, Odyssey House helps these and women from family, making it almost impossible for them to lead productive lives in the community, and often rendering them homeless. At Odyssey House Harbor in East Harlem, specialists enhance treatment in a therapeutic residential community with intensive mental health services and coaching in life skills ranging from personal hygiene to financial management. Up to 60 residents, most referred from city and state psychiatric facilities, partake in supervised community living plus group therapy, work assignments, and vocational counseling and job training—all part of

re-enter the community.

men and women make the difficult transition into permanent housing. Residents in treatment attend a Wellness Self Management Techniques Workshop that teaches such real-life skills as budgeting, making rent payments on time, and grocery shopping. Once participants have successfully completed the workshop, a placement specialist helps them find affordable housing, accompanies them on interviews with landlords, and helps negotiate rental contracts. In this way, Odyssey House helps break the cycle of relapse and homelessness.

As baby boomers, many of whom experimented with At any one time, as many as 70 men and women take drugs in the 1960s and 1970s, head towards late middle age and their senior years, the number of older Americans with substance addictions is growing dramatically. The federal Substance Abuse and Mental Health Services Administration estimated 1.7 million Americans over the age of 50 are addicted and predict scription drugs and alcohol. Participants engage in this population will to grow to 4.4 million by 2020.

As the number of older people with addiction problems increase, so does the demand for treatment. Odyssey House's ElderCare program focuses on the special needs of this populations whose numbers are as a desire to lead a drug-free life. increasing by as much as 20 percent a year.

part in Odyssey House's ElderCare residential treatment program, and others attend a communitybased extension as outpatients. Residential and outpatient programs alike provide comprehensive services to help break their dependence on illicit and pregroup sessions, seminars, and other therapeutic activities, and are encouraged to involve family members in the treatment process. These men and women benefit from sharing their experiences with peers who have common backgrounds and experiences, as well

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HOUSING AND TREATING THE HOMELESS

ditions, both physical and mental.

Odyssey House offers a continuum of care that assists To help them overcome these barriers, Odyssey House housing, employment and legal assistance, begin continued in outpatient services.

Many men and women have been reduced to a life on Maintaining a healthy home is the number one priority the streets because untreated addictions have caused for residents starting out on their own after completion them to lose homes, families, and jobs. Homeless drug of an intensive treatment experience. But abusers typically present complex challenges: their the hurdles in finding affordable new homes in substance abuse can be compounded by medical con- a safe neighborhood can be overwhelming for many residents.

people in recovery as they transition back into the offers a range of housing services including: the community. Ongoing supportive services, such as Odyssey House Haven, a 63-unit apartment building in East Harlem that provides permanent, independent before a resident leaves residential treatment and are housing to formerly homeless men and women with mental and physical disabilities, supervised housing for families re-entering society, and housing assistance for formerly homeless persons enrolled in our



MOVING FORWARD TO TOTAL WELLNESS

Odyssey House continues to provide new approaches other fitness activities part of their recovery regimen. to help men and women break away from drug abuse and lead healthy, drug-free lives. Many of these programs address total wellness, recognizing that participants express themselves through painting, creative expression and psychological and physical well-being are key factors in a full recovery from substance abuse.

Addressing the fact that substance abuse is often House programs—fill the Odyssey House Haven Art accompanied by smoking, Odyssey House has launched a Case Management Smoking Cessation Program that offers individual and group counseling, therapeutic for Odyssey House residents, and having nicotine-replacement therapy, and education concerning their work exhibited in a public setting is a great the physical, psychological, and social aspects of tobacco.

Participants in all Odyssey House Programs have access to fitness equipment and are encouraged to make walking, running, yoga, weight training, and

Residents are also encouraged to take advantage of Odyssey House creative arts programs, in which sculpture, and other artistic endeavors; many of the works are exhibited in the annual Odyssey House Art Project. Changing exhibits of artworks—by both professional artists and participants in Odyssey Gallery. The gallery is a celebration of the treatment and recovery process: creating art is highly source of pride.



Through their generous support of initiatives that to join gyms and clubs that endorse sober living. At bring people closer to Odyssey House, board mem- Odyssey House, residents can participate in regular bers and other supporters are the driving force behind exercise programs ranging from running groups, yoga the agency's development of new programs and serv- and Pilates, to team sports. ices. They are also the heart and soul of an organization that is committed to helping people change their SPECIAL THANKS lives. They voluntarily give their time and resources to ensure every man, woman, and child who turns to us The Rosenback Foundation and The Fan Fox and Leslie for help is treated with respect and compassion.

In the last year, Odyssey House received wide-ranging support from private foundations, business and The Elizabeth and Barets O. Benjamin Charitable community leaders, and individuals. Their efforts Foundation for enhancing our services for women and enabled us to host our first 5K fundraiser benefiting treatment and recovery services. More than 1,000 people participated in the Odyssey House "Run for McGrawHill Publishers for their ongoing donations of Your Life" event held on September 23rd at the Icahn International Stadium, on Ward's Island in East Harlem. The run raised funds for our health and wellness services, including training and participation fees. The Daniel and Florence Guggenheim Foundation for for the Odyssey House NYC Marathon Team.

The link between physical fitness and a sustained recovery from substance abuse has, in the last few. The "Friends of Odyssey House" for their valuable indiyears, gained traction in the treatment field, vidual contributions to our grassroots efforts to build Treatment agencies across the country have start- community support. ed to include regular physical exercise in the treatment programs and encourage people in recovery

R. Samuels Foundation for their continuing support of treatment services for senior citizens.

educational materials for our high school and GED

outreach services to the criminal justice system for women with children.



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J. Kirschenfeld

Evan Kornrich, Esq.

FINANCIAL DATA						
	CONSOLIDATED BALANCE SHEET JUNE 30	2006	2005	CONSOLIDATED STATEMENT OF O AND CHANGES IN NET ASSETS	PERATIONS	
	ASSETS CURRENT ASSETS:			YEAR ENDED JUNE 30	2006 2005	
	Cash and cash equivalents	\$ 5,561,823	\$ 6,071,565	REVENUE		
	Client services receivable	4,432,129	4,899,465	Client services	\$ 10,537,596 \$ 10,263,734	
	Grants and contracts receivable	1,644,846	1,698,237	Grants and contract services	12,584,301 11,338,585	
	Due from affiliate	44,651	104,036	Contributions	234,915 129,717	
	Prepaid expenses and			Other	286,190 244,966	
	other current assets	288,283	235,764			
	Surety Bond Fund	516,501	516,501	TOTAL REVENUE	23,643,002 21,977,002	
	Cash held on behalf of welfare clients	s 193,924	155,309			
				EXPENSES		
	TOTAL CURRENT ASSETS	12,682,157	13,680,877	Program Services	20,500,979 18,985,378	
	Interest in Net Assets of			Management and general	2,960,637 2,903,652	
	Odyssey Foundation of New York, In		209,937			
	Property, Plant and Equipment, net	19,294,019	18,365,709	TOTAL EXPENSES	23,461,616 21,889,030	
	TOTAL ASSETS	\$ 32,089,228	\$ 32,256,523	Increase in unrestricted net assets Change in interest in Odyssey	181,386 87,972	
	LIABILITIES AND NET ASSETS			Foundation of New York, Inc.	- 96,885 34,951	
	CURRENT LIABILITIES:			lawana ia nahaasaha	0.4 FO1 100 007	
	Accounts payable and	¢ 0.0E1704	# O 4 O O F O F	Increase in net assets	84,501 122,923	
	accrued expenses Accrued compensation	1,421,267	\$ 2,628,585 938,507	Net assets at beginning of year	2,362,147 2,239,224	
	Funds held on behalf	1,421,207	930,307	Net assets at beginning or year	2,302,147 2,237,224	
	of welfare clients	193,924	155,309	NET ASSETS AT END OF YEAR	\$ 2,446,648 \$ 2,362,147	
	Current maturities of	173,724	70,509	NET ASSETS AT END OF TEAK	Ψ 2,440,040 Ψ 2,302,147	
	mortgages payable	740,407	702,023	Fiscal Year 2006 showed a 7% increa	ase in revenue as compared to	
	Refundable advances	4,273,918	5,034,315	Fiscal Year 2005 due to increase in b		F
	Due to third parties	3,557,349	3,414,394	existing programs, new grants and in		
	Deferred Revenue, current portion	209,178	202,469	and a grant of the second of the second of		
	· ·			Contributions		
	TOTAL CURRENT LIABILITIES	12,447,767	13,075,602	and other		
	LONG-TERM LIABILITIES:					
	Mortgages payable,					
	less current portion	9,184,847	9,925,253	Grants and		
	Deferred revenue,			Contract Services		
	net of current portion	8,009,966	6,893,521	53% Client Services		
	TOTAL LONG-TERM LIABILITIES	17,194,813	16,818,774	45%		
	TOTAL LIABILITIES	29,642,580	29,894,376		Management nd General 13%	
	NET ASSETS:				אכו	
	Unrestricted	2,333,596	2,152,210			
	Temporarily restricted	113,052			Program Services	
	TOTAL NET ASSETS	2,446,648	2,362,147		87%	
	TOTAL LIABILITIES & NET ASSETS	\$ 32,089,228	32,256,523			

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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

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FAMILY RE-ENTRY

ODYSSEY HOUSE FAMILY RE-ENTRY 1328 Clinton Avenue Suite 1A Bronx, NY 10456 (718) 378-8995

HOMELESS SERVICES

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HOUSING

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MENTAL HEALTH SERVICES

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