

Odyssey House *news*

odysseyhouseinc.org

In this issue:

- pg. 2 Women Helping Women
- pg. 2 Energy Efficiency Award
- pg. 2 HIV Prevention Grant
- pg. 3 Refreshed Visual Identity
- pg. 3 Healthy Eating Program
- pgs. 4-5 A New Play Space
- pg. 6 Building Peer Support
- pg. 6 New Board Member
- pg. 7 Staff Member Honored

A New Play Space for Children

More than 250 volunteers, staff and clients built a new playground in one day.

(See pages 4 & 5)



Help for People in Early Recovery

A new peer mentoring network provides innovative community-based support.

(See page 6)

Recovery Day Award

Odyssey House clinician honored by New York State. (See page 7)



Celebrating Recovery in New York

Every September, National Alcohol and Drug Addiction Recovery Month raises awareness about addiction, shares stories of recovery, and assists those who are still struggling. This year, Odyssey House combined our efforts with treatment programs and recovery organizations across New York to hold a statewide event: the 3rd Annual New York Recovery Rally featuring the 5th Annual *Run for Your Life* 5K Fun Run.

Nearly 3,000 people came out to Icahn Stadium for this unprecedented recovery celebration on Saturday, September 25th. Joining Odyssey House in leading out the rally were: the New York State Office of Alcoholism and Substance Abuse Services (OASAS), Friends of Recovery New York (FOR NY), New York Association of Alcoholism & Substance Abuse Providers

(ASAP), and the National Council on Alcoholism & Drug Dependence (NCADD).

OASAS Commissioner Karen Carpenter-Palumbo, said, "It's a great day to be here in NY. This is all about thousands and thousands of people telling other New Yorkers that recovery is real and we can make it happen today and every day, one day at a time."

Odyssey House President Dr. Peter Provet said of the rally, "It's not about an agency; it's about a field across NY, recognizing the importance and power of recovery."

The *Run for Your Life* 5K, which also featured children's races, the Knicks Groove Truck and other family-friendly activities, kicked off the festivities. Immediately following the

Continued on page 7



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Women helping Women



Volunteers from WGIRLS came out to Harlem to help build a playground for children at Odyssey House.

The New York chapter of the WGIRLS, an organization of professional women who donate their time, energy, and talents to assist disadvantaged women and children, recently held a benefit for adolescent girls in treatment at Odyssey House. More than 600 young professionals attended the WGIRLS First Fall Fling & 4th Annual

Bachelor and Bachelorette Auction at the Highline Ballroom on September 23rd, which raised \$36,000.

The WGIRLS commitment to Odyssey House didn't end there. Three weeks later they joined more than 250 Odyssey House staff, clients and volunteers to build a playground at the Manor Family Center (see pages 4-5 for details). "The WGIRLS are excited to contribute to such an amazing cause for both women in treatment and their children," said Amy Heller, founder and president.

Founded in 2007, WGIRLS is a national organization with more than 200 volunteers and chapters across the country. Chapters host fundraising events throughout the year to support local organizations that share their mission. The WGIRLS has supported more than 20 organizations since its founding through volunteerism and donations of goods, services and grants. ●

Broadway Grant Bolsters HIV Services for Women

Broadway Cares/Equity Fights AIDS (BC/EFA) has awarded Odyssey House a \$5,000 grant to support the development and implementation of a peer-to-peer HIV prevention program that will serve pregnant women and women with children enrolled in long-term residential substance abuse treatment.

Currently, our HIV prevention services are focused on testing for HIV, stemming the tide of new infections through basic education, and ensuring that appropriate services for HIV-positive clients are secured. The BC/EFA funding will enable Odyssey House to upgrade and enhance our HIV prevention efforts by developing female peer-to-peer HIV prevention programs at our MABON and Manor Family Centers of Excellence.

The objectives of the program are to: improve our clients' knowledge of HIV/AIDS and HIV prevention through discussion groups and role playing; increased HIV testing; and integrating HIV prevention into each client's treatment plan and overall recovery from substance abuse.

BC/EFA is the theater industry's leading fundraising and grant-making organization. Since its founding in 1988, it has raised more than \$175 million for critically needed services for people with AIDS, HIV, or HIV-related illnesses. BC/EFA awards annual grants to more than 400 AIDS and family service organizations nationwide. ●

Energy Efficiency Award



This winter, the Odyssey House Harbor, transitional housing program on E. 121st Street, will be warmer *and* cost a lot less to heat thanks to a \$60,000 energy efficiency improvement award from New York State Homes and Community Renewal's Weatherization Assistance Program (WAP).

The energy efficiency improvements, including a new boiler, pipe insulation, low energy lights, new front windows, and weatherproofing of all doors and air conditioning units, is estimated to save \$7,000 a year in operating costs by reducing energy consumption.

Odyssey House was one of 20 organizations recognized for its commitment to save energy and protect the environment through weatherizing its supportive housing residences by the Association for Energy Affordability at the recent Supportive Housing Network of New York's Annual Awards Gala.

Using energy efficiently and being a responsible steward of our urban environment are important goals at Odyssey House. Wherever possible we use green products, recycle our trash, and teach residents to reduce their 'carbon footprints' by turning off unnecessary lights, conserving water, and reusing disposable bags and containers.

Next on the list for weatherization improvements are the 333-bed Manor Family Center on E.121st Street in East Harlem and the 16-bed Lafayette Avenue adolescent girls program in the South Bronx. ●

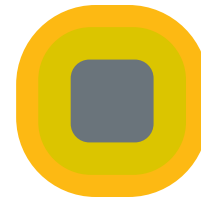
Vibrant new logo refreshes our visual identity

Odyssey House has a new look. The updated logo and the new tagline, “Where recovery lives,” capture the evolution of the institution from a single-service treatment provider to a social services organization that includes mental health, medical, dental, educational and vocational, and housing services in its portfolio.

The new logo was developed pro bono by Siegel+Gale, an international branding agency based in New York, which helped us explore new ways to communicate our unique offerings in a fresh and engaging manner. Led by Justin Peters, global executive creative director, the design team developed a compelling new logo that comes in five brilliant colors. Each color reflects the essential vibrancy of the people we serve and the diversity of our programming and treatment populations, with a tagline that more clearly reflects our recovery mission.

The image begins with a neutral gray tone in the center, representing the bedrock of the organization and the foundation on which recovery is built. The mark then pulses outward, shifting into a more saturated color with a touch of gray tone, telling a story of progress and of a determination to achieve a balanced and healthy life. Achieving a near circular final stage, the logo finally reaches its full energy, suggesting the bright promise of recovery for individuals who are ready to return to society with focus and purpose, and illuminating “where recovery lives.”

Visit our YouTube channel at youtube.com/odysseyhouseny to watch a short video on the logo’s development. ●



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Aetna Funds Healthy Eating Curriculum for Parents in Family Centers

Aetna is continuing its support of Odyssey House health and wellness programs with the development of a new initiative called Creating Healthy Eating Families (CHEF). This new program will provide hands-on nutrition and cooking classes for mothers living with their children in the Odyssey House Family Centers. The \$25,000 grant will allow us to focus on improving the basic nutrition and eating habits of mothers and children, including crafting individual obesity prevention plans to establish goals in the areas of food selection, eating behaviors and frequency of exercise.

Odyssey House treats women identified as being the most at-risk for obesity and developing obesity-related health problems. The majority of women in our programs are 20-34 years old (the age range that has the fastest growing rate of obesity), mostly ill-educated, and come from impoverished

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families and communities. In addition, minimal healthy food options in lower socioeconomic neighborhoods, poverty, excessive postpartum weight retention, and recovery from substance use disorders all contribute to increased risk of obesity. The CHEF program will promote behaviors to improve diet and exercise.

Odyssey House President Dr. Peter Provet said he was grateful to Aetna for its ongoing commitment to supporting health

and wellness services for individuals and families with substance use disorders.

“This is the third grant awarded to us by Aetna, and the second to incorporate diet and exercise among our treatment population. With obesity among the top public health concerns facing today’s children, programs such as ours, where families live with us for several months, offer a unique opportunity to educate parents on the importance of choosing healthy foods for their families.”

Aetna promotes wellness, health and access to high-quality care for everyone, while supporting the communities it serves through grants and awards that focus on improving health and the health care system in the areas of obesity, racial and ethnic health care equity, and integrated health care. ●

Run, Jump and Play!

A New Play Space for Children

On a beautiful Saturday in October, more than 250 people, including Odyssey House staff and clients, volunteers from KaBOOM!, Kraft Foods, New York Academy of Medicine, and local universities and community organizations, joined together to build a new playground at the Manor Family Center of Excellence. The project was organized by KaBOOM!, a national non-profit organization that builds donated play spaces for children in underserved communities.



New York's First Lady Michelle Paige Paterson kicked off the build with some inspiring words about the importance of play. "This new playground is going to have a positive impact on the cognitive, physical, social and emotional development of our youth. It is going to inspire them to run, jump and play. It will also teach them healthy habits that will sustain them throughout their adult lives."

A safe and protected space

The Odyssey House Manor Family Center is home to more than 100 women and children. It has its own daycare center, an integrated Head Start program, and a nursery for infants. Many of the children (all under the age of five) who live at the Center have previously stayed with their mothers in NYC family shelters; some are being reunited in treatment with their mothers for the first time; and for others, whose mothers were pregnant when they were admitted, this is the only home they've known. For children whose lives have been disrupted at an early age, the playground gives them a safe and protected place where they can bond with their parents, socialize with other children, and enjoy physical activity.

Whittaker Wright, program director of the Manor Family Center, said the day was particularly special for the clients who participated in the build. He said, "to see the happiness on the faces of the children and their parents made the work we did special. The residents can now look outside every day and say they were a part of building something extraordinary for the children of Odyssey House."

Though the playground itself is for the children, the build included a number of side projects to make the backyard an enjoyable recreation space for the adult residents, including picnic tables, outdoor chessboard and ping pong tables, and a new barbecue. The site also has a bright new mural, depicting some of the most beloved characters in children's literature.

This is the second time Odyssey House has worked with KaBOOM! In June 2009, we built a playground for the children of our Family Re-Entry Program in the Bronx. ●



New York First Lady Michelle Paige Paterson applauds Odyssey House volunteers.



Volunteers mixed more than 13,000 pounds of cement to secure the playground.



All hands on deck to paint 70ft mural featuring storybook characters.



Playground equipment installed in one day.

Building on Treatment: New Mentoring Network to Help People in Early Recovery

Odyssey House has been awarded a three-year, \$1.2 million grant by the federal Substance Abuse and Mental Health Services Administration (SAMHSA) to fund enhanced services for individuals and families in recovery from alcohol and substance use disorders. The new program, called the Odyssey House Recovery Oriented Care System (OHROCS), will deliver recovery support services using the evidence-based Therapeutic Community peer mentoring model that includes coaching, personal recovery plans, peer-to-peer support groups and incentives.

The goal of the OHROCS program is to support people in the early stages of recovery. Volunteer mentors will work closely with individuals to achieve the recovery goals defined in the mentees' recovery plan. Peer support practices that engage clients in the recovery process as they transition to independent, sober living are proven to reduce drug use during and after treatment and improve social connectedness, quality of life, and self-image.

“A peer support system that builds on techniques individuals learn in treatment offers an exciting opportunity to extend the reach

of recovery services to where people live and work,” said Dr. Peter Provet, president of Odyssey House.

“With this new program, people new to recovery will have access to a network of experienced peers who have successfully

“A peer support system that builds on techniques individuals learn in treatment offers an exciting opportunity to extend the reach of recovery services to where people live and work.”

— Dr. Peter Provet, president of Odyssey House

navigated the transition from treatment to independent, sober living. While this service is not new to Odyssey House – our alumni group has long offered valuable support to people leaving treatment – the additional resources afforded by this grant, such as a paid stipend, will help us recruit and keep individuals who have a lot to offer.”

The OHROCS program will serve 330 individuals in early recovery and will be based at our Outpatient Services in the Bronx. Initially, mentors will be recruited from our 150 member Alumni Association and eventually from the South Bronx recovery community at large. Mentoring will be delivered by individuals who have established personal recovery with a minimum of six consecutive months of community-based abstinence at the time of enrollment. They will be drug screened, interviewed and selected based on their motivation levels and demonstrated depth of community-based recovery.

Mentors will be trained by the Recovery Coach Academy, a unit of the Connecticut Community of Addiction Recovery (Hartford Recovery Community Center). Training will cover the roles and functions of a recovery coach, and the guiding principles of recovery. Mentors will learn about relationship-building, how to discuss medication-assisted recovery and co-occurring disorders, the stages of change, ethical issues, and wellness planning. ●

Fetsch Joins Odyssey Boards

Odyssey House and Odyssey Foundation are pleased to add another member to their Boards of Trustees: Janice Fetsch.

Ms. Fetsch has extensive experience in the legal, compliance and financial services fields and is looking forward to using her diverse management skills to support people in recovery.

A licensed attorney, Ms. Fetsch's experience over the years has included being a litigation partner in a major Colorado law firm, the worldwide head of litigation for Bank of America, head of a trust business unit, the general counsel and head of compliance for Smith Barney, and the head of

compliance for Global Wealth Management at Citigroup.

As well as bringing a wealth of legal experience to her role as board member, Ms. Fetsch brings a commitment to helping underprivileged individuals in her community. “It is so important to build strong, healthy communities. That is what Odyssey House does every day and I am excited to be a part of it,” she said.

Ms. Fetsch lives in New York City with her husband, Kent Goodwin, managing director at Government of Singapore Investment Corporation. ●

Support Odyssey House



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“Friends of Odyssey House”
online at odysseyhouseinc.org
or contact us at:

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Celebrating Recovery in New York Continued from page 1

run was the “Recovery Celebration Walk” along the scenic Harlem River, where thousands walked side by side, to show their support for men and women in treatment for substance use disorders. The walk led into the Recovery Rally area for a jam-packed lineup of inspirational speakers, entertainment, and activities, hosted by WABC-TV Sports Anchor and Reporter Scott Clark and veteran broadcast journalist Laurie Dhue. ●



Young race day winners.



3,000 people from across New York State came to Icahn Stadium to “walk for recovery!”



WABC-TV Sports Reporter Scott Clark with volunteers.



Left to right: OASAS Commissioner Karen Carpenter-Palumbo, Odyssey House award winner Jeremy King, Odyssey House President Dr. Peter Provet, and OASAS Executive Deputy Commissioner Kathleen Caggiano-Siino.

Top Trainee Award for Odyssey House Clinician

An Odyssey House employee was recently recognized at New York’s annual addiction professionals’ awards. Jeremy King, clinical information system coordinator, was named Credentialed Alcoholism and Substance Abuse Counselor Trainee (CASAC-T) of the Year. The award is given by the Office of Alcoholism and Substance Abuse Services (OASAS) to an individual whose work reflects the highest level of professionalism and dedication, and “offers the hope of recovery to the 2.5 million New Yorkers suffering from drug, alcohol or gambling addiction.”

OASAS Commissioner Karen Carpenter-Palumbo praised Mr. King for his contributions to quality improvement projects and tobacco-free initiatives, and for becoming a role model and mentor to clients training for the NYC marathon in the *Run for Your Life* program.

Accepting the award, Mr. King said, “I would like to thank Commissioner Carpenter-Palumbo for the recognition today as well as the leadership of Odyssey House for their innovative spirit and progressive mindset. Most importantly, though, I want to thank the Odyssey House clients for providing me with the inspiration for my continued success. It is your collective determination, strength, and commitment to the recovery process that makes my work meaningful and enjoyable.”

Mr. King joined Odyssey House three years ago and since then has worked in a variety of roles, including Tobacco Dependence Counselor, Health Coordinator, Housing Coordinator and Clinical Information Systems Coordinator, his current position. Though he studied economics at Fordham University, Mr. King chose counseling as a career because of “a strong belief that the highest form of human activity is helping other people.” ●



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On the Horizon



*Odyssey House
Theatre Project
returns for a third
year in 2011*



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
- Provide high quality, holistic treatment impacting all major life spheres:
Psychological, physical, social, family, educational and spiritual
- Support personal rehabilitation, renewal and family restoration

Throughout our 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.



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