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Artwork on display at the gallery launch party for Release. See pgs 4-5 for more.

Run for Your Life 2014

Our 9th annual recovery month celebration.

(see page 6)



New Board Members

Kim Hardy is one of four new members to join the Odyssey House and Odyssey Foundation Boards of Trustees.

(see page 7)



New Mentoring Grants Expand Peer Recovery Services

Since our first peer mentoring program, the Odyssey House Recovery Oriented Care System (OH ROCS), launched in 2011, support for community-based services for people transitioning out of treatment to independent living has grown significantly. At a time when the risk of relapse is highest, these services provide access to a network of peer mentors who have made that transition successfully and have been trained to support individuals in early recovery. Now, with two grants, we will be able to expand our mentoring services to two new populations: older adults and parolees in recovery.

Supporting senior citizens

Odyssey House has received a \$445,000 grant from the New York State Department of Health to implement a peer mentoring track for older adults (Serving Older Adults Recovery System, or SOARS), based out of the Outpatient Services program in the Bronx. SOARS will allow Odyssey House to provide case management services and improve access to community-based recovery resources for up to 90 ElderCare clients over 14-16 months.

There are growing demands for substance use disorder (SUD) treatment for older adults. Emergency Department (ED) admissions for illicit drugs and alcohol have been steadily increasing for the last several years among this population. From 2004 to 2010, the number of ED visits for drug use and misuse has grown 187% for adults ages 55-64 and 104% for those ages 65 and older. These data, coupled with national surveys that show older adults suffer the most from depression, isolation, and chronic medical conditions, point to the need for a program that addresses SUD recovery in the context of overall physical and mental health.

The SOARS program will deliver a continuum of support services for older adults utilizing both intensive case management and peer-based recovery coaching. Odyssey House Case Managers will work one-on-one with clients as they transition out of residential treatment, connecting them to community-based services to help them remain out of institutional care. In addition, clients will be paired with a volunteer Recovery Coach,



Odyssey House

Where recovery lives

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Louise P., the president of the OH ROCS Council, explains to *News 12 Bronx* how SOARS will help ease the transition to a sober lifestyle for seniors in early recovery. Visit odysseyhouse.blogspot.com to watch the interview.

who will serve as a peer mentor to assist in identifying and engaging in community-based recovery support services.

Dr. Peter Provet, president of Odyssey House, said, “We’re pleased to be able to build on the success of our OH ROCS program and extend our peer-based recovery services to older adults where they need them most – in their own community.”

Targeting parolee recidivism

The U.S. Department of Justice (DOJ) has awarded Odyssey House a two-year, \$300,000 grant to implement a pre- and post-release mentoring and recovery program for parolees at the Edgecombe Correctional Facility (ECF) in Northern Manhattan. The program builds on the successful peer-mentoring model Odyssey House provides as part of its outpatient services and the intensive 45-day in-prison

treatment program it operates at ECF for technical violators of parole.

The new mentoring program will provide services for up to 200 parolees and create a bridge from prison to community living during the critical re-entry period when many inmates are at risk of relapse.

Since the ECF program was established in 2008 through a joint effort with New York State Office of Alcoholism and Substance Abuse Services (OASAS), New York State Department of Corrections (DOCS), New York State Division of Parole, and Odyssey House, more than 3,660 inmates have participated in a holistic program designed to reduce recidivism and dependence on alcohol and/or drugs. An estimated 80 percent of state prison inmates have histories of drug or alcohol abuse, and approximately two-thirds of offenders in

re-entry are re-arrested within three years of release, with 52 percent returning to prison for a technical violation or a new crime.

As part of the Edgecombe Peer Mentoring Program (EPMP), Odyssey House counseling advocates, who are Credentialed Alcoholism and Substance Abuse Counselors, will work on-site at the prison to provide group recovery services. These groups will enhance existing treatment services to assist inmates in creating a crucial support network that will be in place as they leave prison. This approach will provide a seamless continuum of service for parolees by linking them to a network of peer mentors who will serve as their recovery coaches as they adjust to sober lifestyles in their communities. The post-release component will be provided by volunteer recovery coaches consisting of individuals who have completed treatment and are in sustained recovery. All peer mentors will have received training in evidence-based programs including: Recovery Coaching; Thinking for Change; and Motivational Enhancement Therapy.

Dr. Provet said he was excited to be partnering with the Department of Justice and NYS agencies in this innovative program. “We know we can break the cycle of addiction and incarceration when treatment, law enforcement, and criminal justice agencies work together to provide real alternatives that help people with substance use disorders find a new way of living that supports recovery, offers work and life skills, and protects against relapse and recidivism.” ●

New York Addresses the Heroin Epidemic



Heroin and opioid abuse have become an alarming problem in communities across New York State and the nation. In 2013, there were nearly 90,000 admissions for heroin and prescription opioid abuse treatment in New York State alone, an increase from 64,000 in 2004. Nationally, nearly half a million people were reportedly abusing heroin or suffering from heroin dependence in 2012.

To combat this epidemic, Governor Andrew Cuomo signed into law a legislative package that included insurance reforms; new models of care to divert people into community-based treatment and to support people after

they have completed treatment; expansion of opioid overdose training; and increased availability to naloxone, a medication that reverses an opioid overdose.

The overdose training program has already seen results – in fewer than six months, 1,400 police officers from 54 counties have attended the State’s training, and emergency responders have used naloxone to save the lives of 38 New Yorkers who had overdosed. Odyssey House has also been training staff members on how to use the kits: our outpatient clinic in the Bronx has trained 18 staff members and has 80 kits on-site.

The legislative package was accompanied by Combat Heroin, a campaign designed to inform and educate New Yorkers about the risks of heroin and prescription opioid use, the signs of addiction, and the resources

available to help. Developed by the Office of Alcoholism and Substance Abuse Services (OASAS), the NYS Department of Health, and the NYS Office of General Services Media Services Center, this multifaceted media campaign includes a new website that is easy to navigate and is targeted toward parents, adults, and young people who are seeking help and information concerning heroin and opioid abuse and misuse.

Launching the campaign, Governor Cuomo said, “Heroin and opioid addiction has impacted families in every corner of our state and stolen the lives of too many New Yorkers but today we’re taking another step forward in the fight against this serious epidemic.”

Visit combatheroin.ny.gov to learn more about heroin addiction and how to get help. ●

New Computer Lab will Enhance Vocational Services for Women

With the help of a \$10,000 grant from the Edward & Ellen Roche Relief Foundation, our Family Center in East Harlem will get a new, on-site computer lab where vulnerable women can achieve their vocational and interpersonal goals in a safe environment conducive to personal growth and transformation.

For women engaged in residential treatment, the provision of vocational counseling starts with the assessment of such factors as educational background, job qualifications, and time management skills, while exploring new directions with the potential to strengthen long-term financial stability.

Through engagement with a dedicated vocational counselor, deficiencies identified in the work assessment will be turned into areas of strength and accomplishment, leading to a broader sense of personal empowerment as well as potential job placement. Benefits will also include the

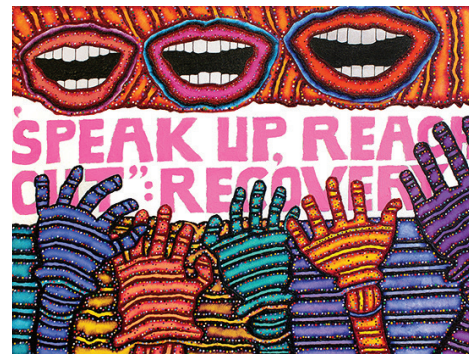
cultivation of leadership skills as evidenced by the capacity to support and informally coach their peers in treatment.

Convenient access to computers will allow for the development of essential skills, from basic computer literacy to job research, while expanding self-perception and inspiring acceptance from a trusted authority.

“Once our clients have their hands near a computer, a real change takes place,” says Cailin McGreevy, LMSW, Assistant Program Director at the Family Center. “Just the thought of joining the workforce serves as a real motivator and instantly builds self-esteem.”

Individualized instruction will be provided by vocational counselors on topics such as: basic word processing; composing email cover and follow-up letters; preparing resumes; Internet access and research; and accessing online job search sites.

Counselors will also direct participants to resources outlining interview techniques and practices, and appropriate workplace attire and behavior. ●



“Speak Up, Reach Out” by Jack C., the winning painting in the 2014 New York State Recovery Fine Arts Festival, was exhibited at the Association of Alcoholism and Substance Abuse Providers (ASAP) 15th Annual Conference. The festival showcases the achievements of those in recovery through artistic expression and celebrates the healing benefits of recovery for individuals, families and communities. This is Jack’s second award and the third overall for members of the Odyssey House Art Project.

Odyssey House Professionals Honored by New York State



Each year, OASAS Commissioner Arlene González-Sánchez recognizes individuals who have displayed an extraordinary commitment to the field of addiction in three areas: prevention, treatment and recovery. President and CEO Dr. Peter Provet won the 2014 Commissioner’s Service Award for Treatment. Dr. Provet was nominated for his “outstanding commitment to helping the whole person achieve a sustained, healthy recovery” and dedication to serving underprivileged men, women, and children.

For the fifth consecutive year, the Office of Alcoholism and Substance Abuse Services (OASAS) honored Odyssey House employees as part of New York’s Annual Addictions Professionals’ Awards. This year, three of our staff members – Justin Mitchell, Annise Weaver and Tracy Moore – were named Addictions Professionals of the Year.

Justin Mitchell, Vice President, Director of Adult Residential Programs, was named Licensed Mental Health Counselor of the Year. Mr. Mitchell is responsible for the oversight of residential treatment services, assisting his clients with their recovery while serving as an advocate for each individual’s dignity and personal integrity.

The Certified Rehabilitation Counselor of the Year was awarded to Annise Weaver, Senior Director of Admissions & Residential Support Services, for her work in her previous role as the Director of Vocational & Educational Services. Under Ms. Weaver’s leadership, 284 clients obtained employment, 243 were enrolled in vocational skills trainings, and 66 clients obtained a GED in 2012-14.

Tracy Moore, a Substance Abuse Counselor at Outpatient Services in the Bronx, was named CASAC Trainee of the Year for his unwavering commitment to providing high quality, holistic treatment services to the individuals he serves through both group and individual counseling.

These awards, in observance of National Recovery Month, acknowledge addictions professionals across New York State who provide exceptional services ranging from chemical dependence prevention, treatment and recovery, to problem gambling services for persons and communities in need. Odyssey House employees have received a total of nine awards since the program began. ●



Our award-winning team: Justin Mitchell, Annise Weaver, and Tracy Moore were honored by OASAS Commissioner Arlene Gonzalez-Sanchez at the ASAP Annual Conference.



“Recovery isn’t just a notion; it’s work, dedication and a commitment to change. I found it all within the magic of a paintbrush.”

– Danny Simmons, Artist

Release: An Odyssey of Art and Recovery

For more than a decade, the Odyssey House Art Project (OHAP), comprised of people with substance use and mental health disorders, has been helping its members find new ways to access feelings and a new medium in which to express them. Since its inception, the OHAP has produced a vast body of incredible work and put on seven exhibitions.

To celebrate this creative process and bring the work to a wider audience, we have published *Release: An Odyssey of Art and Recovery*, a provocative book with more than 90 artworks created by members of the OHAP. Curated by Justin Peters, Vice Chairman of the Odyssey House Board of Trustees, with the help of President and CEO Dr. Peter Provet and others, *Release* was created as a narrative experience, representing the journey from birth to rebirth as a person copes and creates through mental illness and substance use disorders.

The men and women represented in this book are largely untrained. Most have never visited a museum or gallery, and almost all struggle to communicate. Their brave creations are instinctive, even spontaneous, responses to having space and permission to explore. When given a choice, most choose to create. This is a look at our shared human experience, with the depth of raw, unfiltered expression. ●

Please visit odysseyhouseart.org to view an excerpt from the book and make a donation to receive a copy of your own (minimum donation \$110; \$50 tax-deductible). Your contribution will help us purchase art supplies, provide educational materials, and introduce men and women in recovery to the wealth of culture offered in museums and art galleries throughout New York City.



As a token of thanks, Odysseus House Board Chairman Richard O'Connor presented Justin Peters with a copy of *Release* signed by everyone who worked on the project.

“I’m honored to share this exceptional series of artwork from the Odysseus House Art Project with the world and hope it inspires in others what it has in me—the ability to reserve judgment, the courage to reject stigma and the curiosity to explore what unites us all—the uncertainty of life’s journey and our resilience in finding beauty and purpose along the way.”

Justin Peters

Vice Chairman of Odysseus House Board of Trustees



The hard-working creative team behind *Release*. From left, Chris Cantley, Jennifer Eggers, Jerald Frampton, Justin Peters, Chad Porter, Isobelle Surface, and Mike Begley.

“...what always prevails is the triumph of creation. In our gallery shows, the artists wear buttons that say: “I’m the artist.” They stand with pride by their work, interacting with guests with a newfound ease that would never have happened if art hadn’t opened them up to begin with.”

Jerald Frampton

Director of the Odysseus House Art Project



Gregory Weston, president of the Weston United Board of Directors (left), and OASAS Commissioner Arlene Gonzalez-Sanchez (right) were among the many leaders in the treatment community to join Dr. Peter Provet (center) at a reception celebrating the launch of *Release*.

“Odysseus House Art Project participants learn that there is purposeful discipline in creating art—that symbolism, color, design, materials, and style are all choices which the artist makes. This, in and of itself, is a powerful therapeutic vehicle. As their imaginations soar, so too does the desire to create and express themselves.”

Peter Provet, Ph.D.

President and CEO of Odysseus House

Celebrating Recovery Month: 9th Annual Run for Your Life

Our annual Recovery Month celebration, the *Run for Your Life* 5K Run & Recovery Walk, marked its ninth year on September 20, 2014. More than 1,000 people came out to Icahn Stadium to show their support for men and women in treatment for substance use and mental health disorders. WPIX reporter Jay Dow emceed the event, which featured fitness competitions, zumba lessons, and children's races and activities. Wellness and recovery areas were added to this year's program, which provided nutritionist consultations and education on our OH ROCS peer mentoring program.

NYC Mayor Bill de Blasio, though unable to attend, sent a message of support: "My most important responsibilities as Mayor are to protect the health and safety of New Yorkers and provide people across the five boroughs with access to the resources they need to live good and fulfilling lives. For nearly five decades, Odyssey House has done just that, helping those struggling with substance abuse and people living with HIV/AIDS and mental illness to improve their lives... I am proud to join with all those gathered here at Icahn Stadium in applauding Odyssey House for its commitment to helping those in need, and together, we look forward to even more New Yorkers benefiting from its important work."

Participants included clients from other NYC-based treatment agencies, friends and family of people in recovery, as well as representatives from the Office of Alcoholism and Substance Abuse Services (OASAS) and our corporate partners. If you were unable to make it, visit odysseyhouse.blogspot.com to watch a short news clip by Jay Dow, and visit our Flickr page to see more photos.

Award-winning event

Last year's *Run for Your Life* was selected by the Substance Abuse and Mental Health Services Administration (SAMHSA) as the winning event for the 2013 National Recovery Month Community Event Awards under the rally and walk/run category. During the 2014 National Recovery Month Event Award ceremony, Executive Vice President and Chief Operating Officer John Tavolacci accepted the award on behalf of Odyssey House. SAMHSA began the award program in 2010 to recognize organizations that use innovative, collaborative approaches to inspire people within their communities to seek treatment for substance use and mental health disorders during Recovery Month and throughout the year. ●



More than 200 runners came out to Icahn Stadium on a beautiful September morning to show their support for men and women in recovery.



Fun activities like Zumba lessons and yoga demonstrations kept the participants active throughout the day.



Odyssey House Board Chairman Richard O'Connor (back row, left) and Chief Operating Officer John Tavolacci (back row, right) congratulated the 2014 *Run for Your Life* 5K winners.

Odyssey House and Odyssey Foundation have added four new members to our Boards of Trustees: Kimberly Hardy, Konstantin Richter, George Suttles, and Edward Watson. Board members are an invaluable source of support for the men, women, and children who rely on our programs to save their lives. We are pleased to welcome new members from a wide range of professional backgrounds, including legal, government, new technology, and finance, who share our deep commitment to helping vulnerable New Yorkers.



Kimberly D. Hardy is a Managing Director at Thacher Associates, Inc., where she specializes in developing and reviewing compliance programs for public and private entities.

Prior to joining Thacher in 2014, Ms. Hardy served as Special Counsel for Regulatory Compliance and Deputy Commissioner at the New York City Department of Housing Preservation and Development (HPD), the nation's largest municipal housing agency.

Ms. Hardy has extensive experience with public-private partnerships, having directed the development of thousands of affordable housing units and commercial projects in her roles at HPD and as Special Counsel to the New York Empowerment Zone Corporation. Kim served as Deputy Commissioner at the New York City Commission on Human Rights, where she managed investigations of discrimination and harassment charges. She began her career as an associate at an international law firm where she practiced insurance and/or municipal finance law from the firm's London, Newark and New York offices. Ms. Hardy graduated *magna cum laude* from North Carolina Central University and earned her J.D. from Yale Law School. ●



Konstantin Richter is a partner at Santiago Advisory, a financial and strategy consulting boutique. He is an expert in advising technology companies in remnant asset monetization, in

unearthing new means to conceptualize life-time-value and unit costs, and in the creation of marketplaces.

Prior to building his advisory business, Mr. Richter was Global Director for Software and Services at NOKIA, where he negotiated global software framework deals to combat its latent device proliferation. He began his career at PriceWaterhouseCoopers, where he honed his analytical skills as a strategic change consultant. He joined Deutsche Telekom AG in the late nineties, first as assistant director to the executive board office, then as a manager within T-Mobile's International data business.

Mr. Richter graduated from European Business School, with terms in Germany, France and the UK. He is fluent in 4 languages. ●



George Suttles is a Senior Philanthropic Relationship Manager in the Philanthropic Solutions division of U.S. Trust, where he manages private family foundations and charitable

trusts and makes grants in the areas of education, health care, medical research and social services. He advises clients in grant-making mission and strategy, governance, and nonprofit best practices.

Prior to joining U.S. Trust in 2013, Mr. Suttles was a program manager at the WellPoint Foundation and a Program Officer at the New York State Health Foundation, a statewide private foundation working to improve the health of all New Yorkers. He earned his B.A. in African American Studies from Wesleyan University, his M.P.A. at the Baruch School of Public Affairs (CUNY) through the National Urban Fellows Program, and his M.A. in Philanthropic Studies from the Indiana University Lilly Family School of Philanthropy. ●



With 30 years of experience, **Edward Watson**, Capco Partner and Adjunct Professor at NYU, is a seasoned financial services executive who has held numerous executive level positions in the United States

and Europe. He has managed multiple disciplines and held positions including CFO, Treasurer, Head of Operations, Technology and General Services at companies like Fannie Mae, Citigroup, Republic NY Securities, and BNY Mellon. In 2012 Mr. Watson was named as one of Computerworld's Premier 100 IT Leaders and recently received the 2013 Hofstra University Alumni Achievement Award.

Mr. Watson is a strong believer in financial and operational transparency and is a practitioner of "outcome-based management" where an outcome's success is predefined through a robust set of success and decision support metrics to ensure the delivery of an expected and high quality result. Additionally, throughout his career, he has built strong teams with an intense focus on talent management, development and diversity. A native and a longtime resident of Long Island, New York, Mr. Watson holds an M.B.A. from Hofstra University and a B.S. in accounting from St. John's University. ●

Make a Difference Donate to Odyssey House

Thanks to supporters like you, we have been helping people achieve a healthy and sustained recovery for more than 45 years. When you donate to our programs, you are helping us pursue our mission of providing the best possible treatment for individuals and families struggling with substance use and mental health disorders. Donate online at odysseyhouseinc.org and help the families and individuals in our programs rebuild their lives as drug-free, productive citizens.



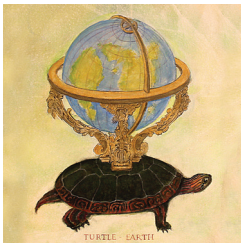
Odyssey House

Where recovery lives

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On the Horizon



The Odyssey House Art Project is preparing for its next exhibition on spirit animals.

Visit our blog for more news and updates from Odyssey House!

odysseyhouse.blogspot.com



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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.