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Honoring Champions of Recovery

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Run for Your Life

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Clients Express their Deepest Wishes through Art

If you had one wish, what would it be? This is the question that our artists have tackled in the Odyssey House Art Project's 11th art exhibition.

The wish theme brought out a diversity of expression, from the heartfelt and emotional to the funny and outrageous. But the images also work on a deeper level, examining the innate human need to wish and hope for a more optimistic and advantageous future.

Creativity, Exposure, and Expression

The Odyssey House Art Project (OHAP) began with a simple premise in 2002: therapeutic healing happens simply in the process of creation. By reawakening the artist in adults who struggle with drug, alcohol and mental health issues, Odyssey House's expressive arts program also reawakens their spirits and lives. Every day in our studios, we see how art helps people to open up, which also opens doors to improved treatment and healing.

We believe that good art is not just random and spontaneous. OHAP participants learn that there is purposeful discipline in creating art—that symbolism, color, design, materials, 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.

Art helps fill the empty space in lives shattered by years of substance abuse. It replaces the negativity of drugs and alcohol with a positive activity that clients can continue to enjoy once they leave Odyssey House to enrich their lives. As one client said, "Art has a redemptive power. No matter how dark your past is, you can use it to create something beautiful."

For nearly two decades, our expressive arts program has been a therapeutic oasis for clients in treatment and tenants in supportive housing, enabling our program participants to find new ways to exercise their creativity and communicate their feelings.



Odyssey House

Where recovery gets real

Odyssey House President receives Community Service Award



The honorees and organizers at the receptions. From left, Debbie Pantin, David Minot, Dr. Peter Provet, Joyce Wale, Steve Coe, Daniel Etra and Eran Rosenthal.

This May, Odyssey House President & CEO Dr. Peter Provet was recognized for his leadership in the addiction field at the Mental Health News Education (MHNE) Leadership Awards Reception. Dr. Provet received the Community Service Award.

The MHNE Awards honor key leaders from the behavioral health and autism community and their commitment to making a difference in people's lives.

Dr. Mitchell Rosenthal, president of the Rosenthal Center and Dr. Provet's mentor

and friend, introduced him as a "gifted clinical psychologist...As he expanded the capacities of Odyssey House, he has altered and enhanced the troubled and disordered lives of countless men and women."

Accepting the award, Dr. Provet reflected on the toll the opioid epidemic has taken over the last several years and expressed optimism for treatment's success in improving lives.

"As a leader of one of the largest publicly-funded treatment agencies, we are on the front lines of this fight. It couldn't be more serious and there couldn't be more at stake when so many lives – upwards of 110 a day across the country – are being lost.

But despite the pain and loss, I am optimistic. I know treatment works because I see it every day in our residential and outpatient programs. I know recovery is a sustainable way of life, and I celebrate our clients' victories – big and small – because we, you and I in this room – are cheerleaders and the mouthpieces for the overlooked, cast aside, underestimated, unwanted." ●

Check out Dr. Provet on the Addiction Treatment & Recovery podcast!



Listen to Odyssey House President Dr. Peter Provet on the latest episode of the Addiction Treatment & Recovery podcast. Dr. Provet talks about the comprehensive treatment approach he steers at Odyssey House and his career treating people with substance misuse and mental illness.

Addiction Treatment & Recovery is a podcast from Dr. Mitch Rosenthal, founder and former president of Phoenix House. In each episode, Dr. Rosenthal speaks with leaders in the field about America's ongoing drug crisis to find out what we can and should be doing as parents, concerned citizens, policymakers, and health care professionals.

▶ Search for "**Addiction Treatment and Recovery**" in Apple Podcasts, Spotify, or your favorite podcast app.

Getting it right: Tamara's story

"I'm grateful people our age still get a chance to get it right. You know things the younger people don't know because you've been through it."

Visit odysseyhousenyc.org/news to watch ElderCare client Tamara talk about her opioid addiction and life in treatment at Odyssey House. This video was created by Emma Davis for City Limits to accompany an article about the rise of opioid use among elders and the challenge of finding age-appropriate treatment.



Second Annual Mother's Day Awards Breakfast Honors Champions of Recovery



From left, Sobeida Cruz, President Emerita and Founding Member, 100 Hispanic Women, Westchester Chapter; alumna Sheila Howell; Grace Choi, Director of Policy to the First Lady of NYC; John Tavalacci, Chief Operating Officer; Bridget Brennan, Special Narcotics Prosecutor for the City of New York; Dr. Peter Provet, President; and Dr. Kate Rothko Prizel, Board Member.

On Wednesday, May 8th, 2019, Odyssey House held its second annual Mother's Day Awards Breakfast to recognize our business and community partners whose commitment to recovery strengthens families throughout NYC. The event raised more than \$100,000 for women and families in recovery.

Odyssey House President Dr. Peter Provet addressed the attendees, underlining the urgency of our mission. "The young mothers and families in treatment at Odyssey House are especially vulnerable and in need of support, and understanding that need is why we are here today. You are all helping them rebuild their lives and create a strong foundation for their children. When they accomplish their goals, we accomplish ours."

The attendees then heard from two women at very different points in their recovery: an alumna with 21 years of sobriety, and a young mother in treatment with her child.

Chirlane McCray, First Lady of NYC, was honored with the Leadership Award for her accomplishments advocating for people with mental illness and the families who care for them. Nationally recognized as a powerful champion for mental health reform and dubbed one of TIME Magazine's 50 Most Influential People in Health Care for 2018, Ms. McCray created ThriveNYC, the most comprehensive mental health plan of any city or state in the nation.

Accepting on the First Lady's behalf was Grace Choi, her director of policy. Ms. Choi is herself a leader in the realm of women's issues. Previously, she was the Associate Director of Advocacy and Policy for Global Gender Equality at Save the Children and served in President Obama's Administration as Policy Advisor in the Global Women's Issues Office.

Bridget Brennan, Special Narcotics Prosecutor for the City of New York, received the Public Services Award. She leads an agency dedicated to the investigation and prosecution of narcotics in NYC – a role she has held for more than 20 years, and the only woman to hold this position. Under her direction, the office has developed innovative strategies to stem the flow of drugs into the city and target emerging problems. In addition, Special Narcotics runs programs that offer treatment instead of prison to hundreds of addicted defendants every year. Her record of service to public safety and care for the individuals who become addicted is a rare combination for a prosecutor –but it is an effective and essential one.

Our final honoree was Sobeida Cruz, who received the Community Service Award. Ms. Cruz is a woman who understands the role education plays in creating opportunities where all children can succeed and families feel they have a stake in the future. As a successful business leader and public servant, she is one of the Founders of the Charter School of Educational Excellence and a member of the Board. ●

Check out more pictures on our Facebook page!



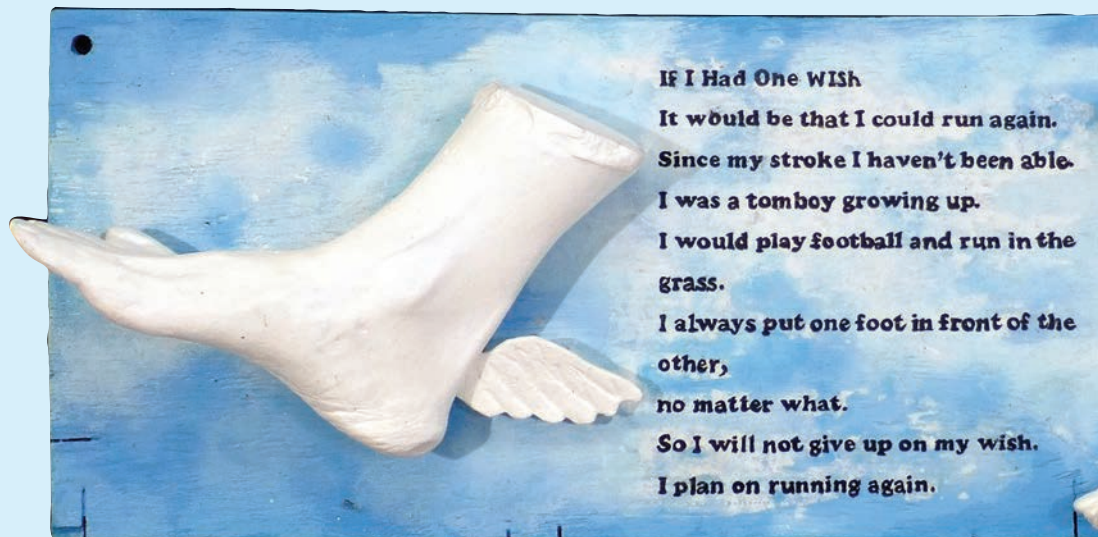
Save the date!
**3rd Annual
Mother's Day
Awards Breakfast
Friday, May 8, 2020**

CLIENTS EXPRESS

their Deepest Wishes through



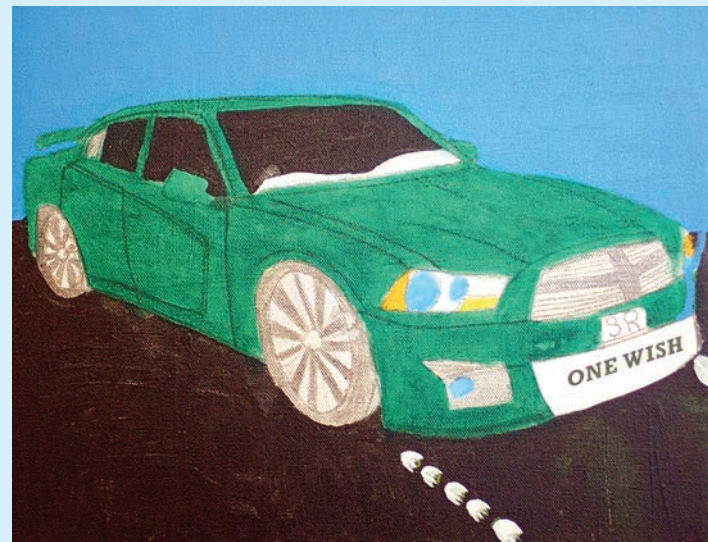
The cover art was created Susan W., a Tinton Avenue supportive housing tenant, for the 16th Annual Recovery Fine Arts Festival. The Recovery Fine Arts Festival is sponsored by the NYS Office of Addiction Services and Supports (OASAS) and Friends of Recovery New York (FOR-NY) each year during September in conjunction with National Recovery Month.



I Wish I Could Run by Kelly T.



Board member Kate Rothko Prizel (second from right) and Expressive Arts Director Jerald Frampton (right) with Michael Danoff and Jo Backer Laird at the opening reception.



Dodge Charger by Stony R.



Equality by Jacquylne P.



Lantern by GRCR Women's Group Collaboration



With disabilities that affect her ability to walk, Kelly's wish is to run again. For her art piece, Kelly (left) made a cast of her feet and added wings so she could fly. "Since my stroke, it has been harder to do things like before. But that doesn't mean I am going to stop. I plan on getting better. And I guarantee I will run again."



Odyssey House Controller Alexandra Arizaga poses with *Mr. Gold* by Raymond B.



A longtime member of the Odyssey House Art Project, Marshall is in a wheelchair due to cerebral palsy, and never learned how to swim. "As a child, I often saw others swimming, but because of my disability I couldn't join them. My deepest wish is to be able to swim."



End Depression by Denise M.

Run for Your Life 2019 – Another Big Success for Recovery



Participants in this year's event included Odyssey House Board Members, program staff, and clients along with clients from other NYC-based treatment agencies, friends and family of people in recovery, and our corporate partners.

A big thank you to our sponsors, who help make this special day possible. To name a few: ChemRx, East Coast Energy, The Richman Group, RSM, Urban Architectural Initiatives, T-Mobile, Gallagher, Champion Elevator, Ferrari Driving School, and Damian Family Care Center.

And thank you to our treatment partners – Phoenix House, Outreach Project, VIP Community Services, Educational Alliance, and Samaritan Daytop – for joining us to promote our shared mission of guiding troubled New Yorkers to a healthy recovery. ●

More than 1,500 people joined us at Icahn Stadium to show their support for families in treatment and people in recovery from substance use and mental health disorders. WPIX-TV news reporter James Ford emceed the event, which along with the 5K fun run and recovery walk, included fitness competitions, Zumba, children's races, field games, and arts and crafts activities.

NYS Assemblyman Robert Rodriguez attended the race along with Community Board 11 Chair Nilsa Orama, and several New York State and City officials recognized Odyssey House programs and sent messages of support.

NYC Mayor Bill de Blasio said, "Odyssey House has demonstrated tremendous leadership...by providing New Yorkers struggling with substance abuse disorders, HIV/AIDS, and mental illness with the medical, housing, and professional resources they need to start down the road to recovery. Today's event will further enable Odyssey House to support our residents in their efforts to become and remain healthy, and I commend all those gathered for helping this organization build a brighter, more equitable future for our city."



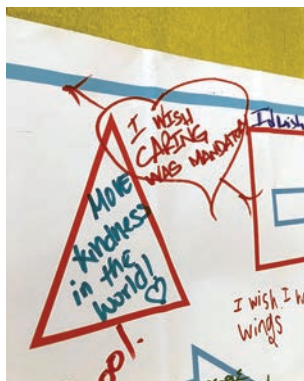
MAKE RECOVERY REAL FOR A FELLOW NEW YORKER

Thanks to supporters like you, Odyssey House has been helping people achieve a healthy and sustained recovery for more than 50 years.

When you donate to our programs, you are helping us pursue our mission of providing the best possible treatment for drug-troubled men, women, and children, and helping them pursue their dreams of living healthy and productive lives.

DONATE ONLINE AT:

odysseyhousenyc.org/donate



Last fall, Odyssey House was one of 75 organizations to participate in the third annual Party on Park street festival. From hip hop & street art at 125th Street to salsa at 116th Street, Party On Park closed the spaces under and along the Metro-North viaduct to cars and

opened it up to people for biking, strolling, dancing and more. Odyssey House sponsored a public art piece that tied into the theme of our art show (see center spread), prompting the festival goers to share their deepest wishes.

New York City Marathon Team Keeps Striding Forward

Congratulations to our 2019 TCS Marathon Team! Each of our 51 team members completed the grueling 26.2-mile course on November 3rd. These runners join the more than 500 clients, alumni, staff, and friends who have crossed the finish line over the past decade with Team Odyssey.

This year was even more special, with our first-ever selection as an official TCS New York City Marathon charity partner. Our charity runners came from as far away as Australia to join our team and fundraise for Odyssey Foundation. With their help, Team Odyssey raised more than \$50,000 to benefit the men, women, and families in our care.



The marathon team gathered to pick up uniforms and enjoy a pasta lunch together the day before the marathon.

OFFICIAL CHARITY PARTNER



Run the 2020 TCS New York City Marathon with Team Odyssey!

We are excited to announce that Odyssey House has been selected as an official charity partner of the 2020 TCS New York City Marathon for the second year in a row! We are thrilled to again have the opportunity to bolster our team and bring more attention to our mission: helping New Yorkers in need overcome drug and alcohol abuse, improve their physical and mental health, and defeat homelessness.

We'd like to offer you the chance to join the Odyssey House Run for Your Life team at the TCS New York City Marathon in November.

Running for Odyssey House not only provides you with guaranteed entry, it

also gives you the opportunity to change lives and give back to your community. For a guaranteed entry, you must commit to raising a minimum of \$3,000 for Odyssey House, which will directly support the men, women, and families in our programs. That might sound like a lot to raise, but we'll support your fundraising with access to an easy-to-build, online Crowdrise page that you can use to track your progress.

Your entry package includes an Odyssey House racing jersey, an invitation to our annual team dinner on the Friday night before the marathon, and twice-weekly training opportunities with Team Odyssey. If you are interested in running with us on November 1, 2020, please contact Carolyn Abrams at cabrams@odysseyhousenyc.org.

Federal Grant Expands Residential Treatment Services

The Substance Abuse and Mental Health Services Administration (SAMSHA) has awarded Odyssey House a three-year, \$1.1 million grant to expand residential treatment services for ex-offenders with substance use disorders (SUD).

The grant will allow us to provide residential SUD treatment, peer-based mentoring, and recovery support to ex-offenders using several evidence-based practices. The overall goal of the project is to facilitate the successful reentry and reintegration of adult offenders with an SUD and co-occurring mental illness back to the community and promote ongoing recovery.

Odyssey House President & CEO Dr. Peter Provet said, "We are pleased to be able to expand our treatment services to focus on an at-risk population who, without targeted intervention services, are in danger of returning to the criminal justice system as repeat offenders.

"Odyssey House" he continued, "has a track record of working with a wide range of vulnerable individuals to ensure they return to their communities as productive, drug-free citizens."

Program goals include: stabilizing participants in recovery from SUD; assisting participants to become fully functioning

parents, employees, and citizens; transitioning individuals out of residential SUD care back to the community; and strengthening partnerships and systems of care for the reentry population.

Program services will include outreach, screening, coordination with corrections, CBT-based groups, vocational rehabilitation, referrals to other services, including mental health, health care, education, housing, and family services, and appropriate discharge planning.



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Odyssey House

Where recovery gets real



GET REAL ABOUT RECOVERY

If you or someone you know is struggling with addiction, call us at **866-888-7880**.

We can help. Beds are available immediately.

It is the mission of Odyssey House:

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

odysseyhousenyc.org/news



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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.