









changes that last a lifetime

# Mission

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
  - o 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 its activities Odyssey
House undertakes to act as a
responsible employer and member of
the community, and to manage the
assets of the organization in a
professional manner.



# changes that start at odyssey house are changes that Last a Lifetime

Treatment services at Odyssey House are about helping people change. For pregnant women seeking treatment for substance abuse, change starts with a healthy, drug-free baby. For parents in treatment with their young children, change starts with peace of mind, knowing their children are safe. For teens struggling to resist drugs and peer pressure, change starts with expert guidance. And for older adults who feel alone in their addiction, change starts with peer support and acceptance.





# changing lives one day at a time

Odyssey House's mission is to help people seeking to overcome addiction make fundamental changes in their lives – changes that are essential for achieving a sustained recovery from substance abuse, mental illness and homelessness.

Change is not an easy process. It requires commitment, persistence, and a sense of hope. And for men and women who are struggling to overcome addiction, it also requires resources. At Odyssey House we provide an array of services that support change. Programs such as the Family Center of Excellence where parents and children live together in residential treatment; the ElderCare Program, an innovative treatment model for seniors; and the Teen Leadership Center for adolescents whose emotional and academic development has been interrupted by drugs.

Odyssey House offers resources to New Yorkers with substance abuse problems. We are committed to providing social services at their very best – open to all who want to change their lives. But providing comprehensive services that span substance abuse counseling, medical care, housing support, and job placement would be impossible without the essential support of our partners in government and the private sector. It is because of their faith in us that we are able to offer more than "one-size-fits-all" treatment services.

As an innovator of special programs for special populations, Odyssey House is proud to announce that in 2006 we are:

 opening Odyssey House Lafayette Avenue, a residential treatment program for teen girls. This new 16bed facility in the South Bronx will offer enhanced

substance abuse treatment, educational, vocational, and medical services, and group and family therapy for young women under the age of 21.

- renovating our oldest treatment center, a100year-old brownstone that is currently home to our Teen Leadership Center. With the opening of the teen girls program, this facility will focus on treating boys and young men.
- launching an on-site dental clinic at the Odyssey House Manor facility that will offer general and pediatric dentistry.

As we develop new goals in the year ahead, we look forward to providing new services and continuing to enhance existing programs. Each year, nearly 2000 men, women, and children benefit from Odyssey House services. That's a lot of lives changed for the better.

On behalf of the Boards of Trustees of Odyssey House and Odyssey Foundation, we thank you for supporting us.

George Rosenfeld

Gerge Rosenfeld

Chairman

Odyssey House and Odyssey Foundation Boards of Trustees

Poter Pront

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













# changes that Last a Lifetime

In treatment, residents are advised to take their recovery "one day at a time." By focusing on the present residents learn to value each day without drugs as one more day when they - not drugs - are in con-trol. Because drug addiction saps people of their ability to function in society - from holding down a job to taking care of their children -Odyssey House focuses on empowering people to make changes that will help them become self-reliant and independent.

The treatment regimen is based on the enhanced therapeutic community (ETC) model where residents are expected to participate in daily activities that support the running of the facility while they internalize behaviors and attitudes that promote abstinence.

PEOPLE TREATED

FAMILIES REUNITED

INCREASE IN ADMISSIONS

FROM 2004/2005

The ETC is the treatment of choice for chronic substance abusers because it:

- · is cost-effective (for residential care approximately \$18,000 per bed, per year for an adult)
- offers longer lengths of stay, proven to reduce risk of relapse
- provides medical, vocational, educational, and housing services
- rehabilitates the whole person and engages family members.

Very few social service agencies provide this level of comprehensive care. The strength and flexibility of the Odyssey House ETC and its diversity of programming make it possible for people to change, and for those changes to last a lifetime.









PARENTS REGAINED CUSTODY OF CHILDREN

237

FAMILIES IN TREATMENT

















# family center of excellence where change Begins

Helping parents change their lives so they can support themselves and their families is the number one goal of the Odyssey House Family Center of Excellence. When a parent abuses drugs the suffering can quickly spread throughout the family. In situations where children are involved the most effective intervention is one that provides services for the whole family. The Odyssey House Family Center of Excellence offers such a package of services.

In specially equipped treatment centers in New York City parents live with their young children in residential settings that include onsite daycare and preschool facilities, primary medical clinics, family suites, and group meeting rooms. Skilled substance abuse counselors, family therapists, and childcare specialists work together to provide comprehensive services focused on treatment, family support, and early childhood intervention.

By offering these services in-house Odyssey House is able to provide an intensive level of care that includes parents and children in the treatment process. Women (who make up the majority of the parents in the Family Center), stay in treatment longer knowing that their children are safe, and their children thrive on the special attention paid to their developmental, educational, and health needs.

Workshops offered by The Family Center include: basic childcare; discipline techniques; healthy eating; myths about parenting; child development; anger management; domestic violence; and a mother's support group.













# never too late to change

It's an alarming new trend. Their numbers are growing and treatment experts across the country are concerned that agencies are not equipped to meet the needs of older Americans

with substance abuse problems.

At Odyssey House, substance abuse counselors trained in geriatric addiction services are making a dent in this problem with a residential and outpatient program that has garnered national attention.

According to the Substance Abuse and Mental Health Services Administration, a division of the Department of Health and Human Services, 1.7 million Americans over

50 were abusing drugs in 2001, a number they predict will nearly triple to 4.4 million by 2020. While closer to home, the New York State Office of Alcoholism and Substance Abuse Services (OASAS), is working with Odyssey House on developing treatment plans for the growing number of older New Yorkers with substance abuse problems, a number that is expected to increase by 15 percent to 630,000 people by 2015.

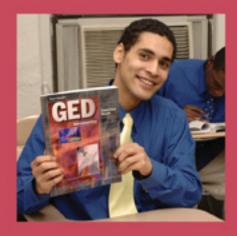
80%

60 MEDIAN AGE For older substance abusers, embracing changes that last a life-time is an urgent goal. Propelled by deteriorating health, fear of violent crime, and loneliness they come into treatment yearning to live the rest of their lives with dignity, to not be a burden to others, and with hopes of being reunited with family members.

The Odyssey House ElderCare program is founded on the beliefs that it's never too late to change, learning is a lifelong process, and suc-

cessful treatment is a shared experience.

This innovative service is made possible thanks to support from The Rosenback Foundation, The Fan Fox and Leslie R. Samuels Foundation, and OASAS.













# Building LifeLong skills

ADULTS WORKING FULL-TIME

CLASSROOM HOURS

2005 was a banner year for services that eaulo residents with educational and workplace skills. More residents enrolled in job training programs and

increased numbers found full-time work.

The majority of adults who enter treatment at Odyssey House are long-term drug abusers. Some started using drugs when they were in their teens, dropped out of school and never went back. Others were able to finish school, find a job, and start a family before their drug usage turned into a full-blown, lifethreatening addiction.

FOR TEENS At Odyssey House, we provide services that get people back on their feet, no matter how hopeless or helpless they feel when they walk through our doors. A team of vocational counselors and adult education teachers works closely with counselors to help residents rejoin the workplace with competitive job skills that support a sustained recovery. For some residents, that means taking a

refresher course to polish nealected job skills; while others need extensive remedial educational classes to help them earn a General Education Certificate

(GED) - the first step to finding a fulltime job with benefits and security.

### success at school

As teens progress through treatment and begin to control impulsive behavior they are guided towards developing a solid plan for their future that includes academic achievement and job skills. At the 60-bed Leadership Center, special education teachers licensed by the New York City Board of Education provide a curriculum that prepares

students to earn a GED or qualify for a high school diploma from their local public school.

Teens also participate in a varied physical education program that includes basketball and softball, running, weight training, aerobics, and yoga.



# when change is healthy

Providing quality health services is a top priority at Odyssey House. It goes hand-in-hand with helping people make changes in their lives that actively

support a healthy and productive recovery.

The healthcare system consists of three primary care clinics. Each clinic provides individualized patient care managed by a team of doctors and nurses who oversee residents' medical needs throughout their stay in treatment.

Onsite clinics provide a continuity of care, reduce the high cost of emergency room visits, and limit the time residents spend outside the treat-

residents spend outside the treatment community seeking medical attention. Comprehensive medical services include: physical and mental status exams of all new residents, ongoing medication management; regular health education seminars; specialized services such as podiatry, gynecology, and infectious disease treatment; HIV pre- and post-test counseling; and pediatric care.

The clinics also provide specialized services such as infectious disease control and asthma management for children and adults.

55,436

**ON-SITE MEDICAL VISITS** 

1,634

WELL-BABY AND WELL-CHILD CHECK-UPS While the majority of children in Odyssey House's care are healthy youngsters, the medical team routinely tackles serious health issues among the adult population that are often linked to drug abuse. These range from monitoring medications for hypertension, high blood pressure and diabetes to managing the healthcare of men and women with HIV/AIDS and tuberculosis.

health services with the opening of an onsite general dentistry clinic. Good dental care and oral hygiene have been shown to improve overall health, yet another way Odyssey House is helping residents take control of their lives.



# meeting changing needs

mark of Odvssev House treatment. The agency leads the field in treatment services for women with chil-

dren, is noted for its educational and vocational programs for adults and teens, and was the first to create a senior citizen program.

Odyssey House is also recognized for providing intensive services for one of the most challenging treatment populations - homeless men and women with serious mental health and substance abuse problems. Few agencies have the resources to tackle both problems and this high-need population suffers acutely as a result, sometimes languishing in group homes, psychiatric institutions, or jails.

The 60 men and women in treatment at the Odyssey House Harbor facility benefit from an interdisciplinary approach that combines substance abuse and mental health treatment, funded by the NYS Office of Mental Health. The treatment regimen is based on the TC model of group therapy, work assignments,

Providing programs for special populations is the hall—and cooperative living skills, with the addition of psychiatric and supportive services.

RESIDENTS FOUND NEW HOMES

HOMELESS MEN TREATED

Another enhanced service based at The Harbor is the Odyssey House Art Project, a series of creative art workshops that engage isolated individuals in the treatment process. In 2005, their work was exhibited at the Odyssey House Haven Gallery in East Harlem and at a Sotheby's benefit art auction.

### **HELP WITH HOUSING**

One of the most challenging hurdles recovering substance abusers face is finding appropriate housing.

many, returning home is simply not an option. In 2005, Odyssey House received a \$2 million federal grant to help homeless individuals and families who complete treatment find affordable housing. This Substance Abuse and Mental Health Services Administration award is Odyssey House's first federal grant.













Participants at NewStart, the first auction of contemporary art to benefit Odyssey House, held at Sotheby's, June 2006; and one of the handmade masks created by members of the Odyssey House Art Project, also exhibited at the auction

# supporting odyssey house

Through their generous support of initiatives that bring people closer to Odyssey House, board members are the driving force behind the agency's development of new programs and services. In 2005, Odyssey House hosted its first benefit art auction. The event held at Sotheby's in New York City, raised \$125,000 and attracted artists and art collectors whose compassionate support of substance abuse and mental health treatment services helped promote the sale among art buyers.

The Daniel and Florence Guggenheim Foundation awarded Odyssey House a \$60,000 grant to develop a court outreach program that identifies women with children within the criminal justice system who may be facing incarceration, but would benefit more from a residential treatment program.

The "Friends of Odyssey House" individual membership campaign continued to build its support base and the Odyssey House/NYC Marathon campaign expanded its sponsorship base by adding team members from Sotheby's and Deutsche Bank. In the pavements for 26 grueling miles and raised money for Odyssey House programs.

In addition to contributions from board members, officers, and staff, we are pleased to thank the following supporters of the Odyssey Foundation:

### GIFTS OF MORE THAN \$100,000

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### GIFTS OF \$10,001 - \$50,000

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# financial data

CON	SOLID	ATED B	ALANC	E SHEET

JUNE 30	2005	2004		
ASSETS				
CURRENT ASSETS:				
Cash and cash equivalents	\$ 6,071,565	\$ 5,359,212		
Client services receivable	4,899,465	4,307,469		
Grants and contracts receivable	1,698,237	1,783,242		
Due from affiliate	104,036	29,027		
Prepaid expenses and				
other current assets	235,764			
Surety Bond Fund	516,501	516,501		
Cash held on behalf of				
welfare clients	155,309	28,555		
TOTAL CURRENT ASSETS	13,680,877	12,248,696		
Interest in Net Assets of				
Odyssey Foundation of NY, Inc.	209,937	174,986		
Property, Plant and				
Equipment, net	18,365,709	17,385,474		
TOTAL ASSETS	32,256,523	\$ 29,809,156		
LIABILITIES AND NET ASSETS				
CURRENT LIABILITIES:				
Accounts payable and				
accrued expenses	\$ 2,628,585	\$ 1,989,573		
Accrued compensation	938,507	904,612		
Funds held on behalf of				
welfare clients	155,309	28,555		
Current maturities of mortgages				
payable	702,023	664,177		
Refundable advances	5,034,315	4.175,887		
Due to third parties	3,414,394	3,269,394		
Deferred revenue, current portion	n 202,469	202,469		
TOTAL CURRENT LIABILITIES	13,075,602	11,234,667		
LONG-TERM LIABILITIES:				
Mortgages payable,				
less current portion	9,925,253	10,627,277		
Deferred revenue,				
net of current portion	6,893,521	5,707,988		
TOTAL LONG-TERM LIABILITIES	16,818,774	16,335,265		
TOTAL LIABILITIES	29,894,376	27,569,932		
NET ASSETS:				
Unrestricted	2,152,210	2.064,238		
Temporarily restricted	209,937	174,986		
TOTAL NET ASSETS	2,362,147	2,239,224		
TOTAL LIABILITIES & NET ASSETS	\$ 32,256,523	\$ 29,809,156		

### CONSOLIDATED STATEMENT OF OPERATIONS AND **CHANGES IN NET ASSETS**

YEAR ENDED JUNE 30	2005	2004
REVENUE		
Client services	\$ 10.263.734	\$ 10.253,355
Grants and contract services	11,338,585	10,491,711
Contributions	129,717	177,360
Other	244,966	253,242
TOTAL REVENUE	21,977,002	21,175,668
EXPENSES		
Program services	18,985,378	17,988,277
Management and general	2.903.652	2,886,248
TOTAL EXPENSES	21,889,030	20,874,525
Increase in unrestricted net asset Change in interest in Odyssey	s 87,972	301,143
Foundation of NY, inc.	34,951	(79,637)
Increase in net assets	122,923	221,506
Net assets at beginning of year	2,239,224	2,017,718
NET ASSETS AT END OF YEAR	\$ 2,362,147	\$ 2,239,224

Revenue for the fiscal year 2005 reflects an increase of 4 per-cent as compared to fiscal year 2004. Improved budget utilization, new grants and increased client services facilitated this growth in revenue.

### REVENUE



# programs and facilities

### **CORPORATE OFFICE**

95 PINE STREET, 17TH FLOOR NEW YORK, NY 10005 (212) 361-1600

### www.odysseyhouseinc.org

### **ODYSSEY FOUNDATION**

95 PINE STREET, 17TH FLOOR NEW YORK, NY 10005 (212) 361-1609

### **ODYSSEY HOUSE ADMISSIONS**

219 EAST 121ST STREET NEW YORK, NY 10035 (212) 987-5100

### 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 FACILITY 219 EAST 121ST STREET NEW YORK, NY 10035 (212) 987-5120

ODYSSEY HOUSE ENGAGEMENT UNIT BLDG, #13 WARDS ISLAND, NY 10035 (212) 426-6695

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

ODYSSEY HOUSE MABON BLDG. #13 WARDS ISLAND, NY 10035 (212) 426-6695

### **FAMILY RE-ENTRY**

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

ODYSSEY HOUSE CAMP LAGUARDIA 1 LAGUARDIA ROAD CHESTER, NY 10918 (845) 469-6214

### HOUSING

SHELTER PLUS CARE 1328 CUNTON AVENUE SUITE 1A BRONX, NY 10456 (718) 378-8995

### MENTAL HEALTH SERVICES

ODYSSEY HOUSE HARBOR 246 EAST 121ST STREET NEW YORK, NY 10035 (212) 987-5151

### **OUTPATIENT SERVICES**

ODYSSEY HOUSE OUTPATIENT SERVICES 953 SOUTHERN BLVD. BRONX, NY 10459 (718) 860-2994



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