

Odyssey House *news*

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In this issue:

- Pg. 2 GED Graduates Take it to the Next Level
- Pg. 3 National Recovery Month
- Pg. 3 CASAC of the Year
- Pg. 4-5 Partners in Recovery
- Pg. 6 Treatment & Recovery in a Changing Environment
- Pg. 7 Digital Age Advances for Improved Patient Care
- Pg. 7 New York Community Trust



National Recovery Month

Recovery Month celebrates the pathways to wellness. (see page 3)



Admissions Professional Recognized by NYS

Milton Slaughter honored as CASAC of the Year. (see page 3)



The Evolution of Treatment

How we're meeting the needs of our clients. (see page 6)



Odyssey House
Where recovery lives

Doing Well by Doing Good

One of the fundamental treatment concepts at Odyssey House is “You can do it, but you can’t do it alone.” It reminds us that we are stronger together and that we all need partners to support, challenge, and guide us.

The men, women, and children in recovery at Odyssey House have benefited from the support of many corporate partners. We are fortunate to receive generous contributions of time and money from companies like Siegel+Gale, T-Mobile, ChemRx and others that strengthen our community through volunteer activities and fundraising events.

A Day of Service

This summer, approximately 50 Siegel+Gale (the NYC-based international branding firm) employees joined Odyssey House to paint a mural and brighten the walls of the Manor Family Center in East Harlem, bringing a touch of whimsy to the children’s classrooms and creating an inspiring outdoor space for the residents.

When considering how they could contribute, Howard Belk, co-CEO of Siegel+Gale, said,

“One of the tools that Odyssey House uses to help clients overcome their challenges is art. So we went to art because we’d seen the power of it already.”

“This kind of corporate relationship validates the work we do,” said Odyssey House President Dr. Peter Provet. “It gives our staff and clients a belief that they are not alone, that others care for the struggle they’ve gone through and the commitment they’re making by being in treatment.”

Running for Recovery

Our *Run for Your Life* program has long been a mainstay of the fitness programs at Odyssey House, training more than 250 clients, staff and volunteers to run the New York City marathon over the last decade. Each year, to support the program and celebrate recovery, we host the “Run for Your Life 5K Run & Recovery Walk.” Our corporate partners are critical to this event, helping us raise funds to cover the costs of running shoes, entry fees and more. See center spread for highlights from this year’s 8th annual event. ●

Continued on pages 4-5

New Program Enhances Adolescent Treatment in the Bronx



incorporated into our existing BUY-In program, which was awarded a three-year, \$1.3 million contract by the NYS Office of Alcoholism & Substance Abuse Services (OASAS) earlier this year.

According to SAMHSA's 2012 National Survey on Drug Use and Health, one in ten youths aged 12 to 17 uses illicit drugs, with 7% experiencing substance dependence or abuse. Despite the prevalence of adolescent drug use, it is estimated that fewer than 10% of the nation's 1.7 million youths who needed treatment for substance abuse received it at an appropriate facility, pointing to the lack of effective outreach and engagement strategies that target adolescents.

"The unique needs of young people are often overlooked by mainstream treatment providers," said OASAS Commissioner Arlene González-Sánchez. "We need to improve access to treatment for adolescents and the quality of that treatment by

Odyssey House Outpatient Services introduced a new evidence-based program for adolescent boys (12-17 years) with substance use disorders. Called the Seven Challenges, the program has been

expanding the use of nationally recognized evidence-based programs."

The Seven Challenges program is designed to motivate a decision and commitment to change – and to support success in implementing the desired changes. The program helps young adults address their drug problems as well as their co-occurring life skill deficits, situational conflicts, and psychological problems.

Seven Challenges is intended to avoid power struggles between the client and counselor, instead focusing on encouraging honesty. Richard Barr, director of training and support for Seven Challenges, said, "It is an empowering model – designed to help adolescents make thoughtful decisions: internally motivated and committed. We want clients to take charge of their own lives."

Robert Anderson, director of adolescent, outpatient and admissions services for Odyssey House, said, "We are very excited about this opportunity to implement yet another evidence-based practice of the quality that Seven Challenges exhibits. We look forward to providing great services to the youth we serve." ●

GED Graduates Take it to the Next Level



The Class of 2013 proudly show off their certificates at the 13th Annual GED Graduation Ceremony.

Passing the General Educational Development (GED) test enables Odyssey House residents of any age to reach a higher platform of educational achievement and gain numerous

personal, financial and social benefits. Earlier in the summer, Odyssey House held a graduation ceremony for 44 residents who earned their GEDs to celebrate their success.

John Tivolacci, chief operating officer of Odyssey House, had some inspiring words for the graduates. "Congratulations on your achievement. Now it's time to take it to the next level." Reminding them that earning their GED diplomas was just a stepping stone, Mr. Tivolacci encouraged the graduates to keep aiming higher and to never give up.

Jacqueline D., the guest speaker from the ElderCare program, said "This diploma emits a beacon of all the things that we can achieve. This is one of the many accomplishments that we have achieved here at Odyssey House. We must for the rest of our lives think big."

Odyssey House's Vocational Rehabilitation Services, in partnership with the New York City Department of Education and Project Restart, provides on-site educational services available to all residential clients and administers the GED exam five times a year. ●

Recovery Month Celebrates the Many Pathways to Wellness

friends, and community members can support individuals throughout the entire recovery process.

Living with a mental and/or substance use disorder can be challenging, but there is hope. Seeking treatment and recovery support is the first step in a rewarding, inspiring recovery process. SAMHSA defines recovery from mental and/or substance use disorders as “a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”

The Recovery Month observance aligns with Odyssey House’s mission to provide comprehensive and innovative services to New Yorkers struggling with substance use and/or mental health disorders and to provide them with high quality, holistic treatment. Our annual *Run for Your Life* 5K Run & Recovery Walk, this year held on September 28th, is the premier NYC recovery month event, attracting individuals in treatment, their families and friends, supporters of recovery services and all the major NYC treatment programs. In addition, the Odyssey House Recovery Oriented Care Service (ROCS) program is very active in these celebrations, hosting special events for our clients and their families and attending the national recovery rally in Rhode Island and the New York State rally in Albany. ●



The winners of the 8th Annual Run for Your Life 5K

A mental health problem or substance use disorder can affect anyone. To increase awareness and understanding of these disorders, the Substance Abuse and Mental Health Services Administration (SAMHSA) sponsors National Recovery Month every September. This celebration promotes the message that prevention works, treatment is effective, and people do recover.

The 2013 Recovery Month theme, “**Join the Voices for Recovery: Together on Pathways to Wellness,**” represents the many ways that people can prevent behavioral health issues, seek treatment, and sustain recovery as part of a commitment to living a mentally, physically, and emotionally healthy life. The theme highlights that people are not alone on this journey; family,

Admissions Professional Honored by New York State



The New York State Office of Alcoholism and Substance Abuse Services has named Milton Slaughter, coordinator of residential admissions, CASAC (Credentialed Alcoholism and Substance Abuse Counselor) of the Year.

In the admissions department, Mr. Slaughter conducts intake interviews, new patient orientations and comprehensive psychosocial assessments. He often engages in intensive case management activities, gathering information from and following up with a range of collateral service providers both during and after intake, and assures that patients’ needs are addressed through well-coordinated, multi-disciplinary interventions.

Mr. Slaughter first entered Odyssey House as a client in 1992. He took full advantage of

his time at the Leadership Center, earning his GED and participating in vocational training programs. Two years after completing treatment, Mr. Slaughter returned as an employee, working his way up from a food service worker at the Harbor and counselor at the Leadership Center to progressively responsible positions in the Admissions department. In 2005, he earned his CASAC.

Each September in observance of National Recovery Month, OASAS acknowledges 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. This marks the fourth consecutive, and sixth overall, Addictions Professional Award given to an Odyssey House employee. ●

PARTNERS in Recovery



Promoting fitness in recovery



Fitness is an integral part of the treatment experience at Odyssey House. Our annual *Run for Your Life* event is a way for us to promote the benefits of exercise in recovery to our supporters. Joining our longtime sponsors ChemRx (center) and Urban Architectural Initiatives (right) this year was T-Mobile (left). CEO John Legere and a team of 100 employees and their families took part in the festivities.

Corporate support for *Run for Your Life* helps make this event such a success and allows us to develop and cultivate programs that enhance our clinical services. Thank you to all of our sponsors for supporting our clients and believing in recovery!

Making a difference through volunteerism



Above, Siegel+Gale staff visited Odyssey House to paint murals on an outdoor wall and the playrooms of the Manor Family Center. The murals were designed to be fun and light-hearted to lift the spirits of the residents. The Day of Service is the latest show of support from Siegel+Gale, who also designed our logo pro bono and hosted the 10th anniversary reception for the Odyssey House Art Project.

Right, a group of mothers and their children were among the first residents to see the finished murals, which features whimsical characters and a soothing color palette. Visit www.flickr.com/odysseyhouse to see all the photos from the Day of Service, including the completed mural.



Treatment & Recovery in a Changing Environment

Helping people with substance use disorders and mental health challenges rebuild their lives requires a special kind of commitment. It's a commitment that demands resiliency, gives hope, rewards effort, and embraces challenges. It's the kind of commitment that puts people first and expects the best from everyone.

will be delivered and funded under the Affordable Care Act. Our goals are to meet these demands with minimal disruption to clinical programs as we adapt services to the policies of managed care, invest in electronic health records, and streamline financial management systems for increased cost efficiencies.

Keeping our eyes on the prize

But while the details of how this new law will impact treatment organizations are yet to be clarified, we are determined not to lose sight of our mission to provide quality, comprehensive services that extend our reach from residential centers and out into the community with outpatient and housing services. Our treatment centers, outreach, outpatient services, and supportive housing programs are developed with the needs of the community first and foremost. It is the strength of these connections woven into the very fabric of our mission that sustains our clients as they embark on new lives. ●

“By setting a standard of commitment, Odyssey House has created a culture of achievement and expertise that stimulates personal growth and encourages resourcefulness.” — Peter Provet, Ph.D., President & CEO

Treatment is changing, and so too is Odyssey House. The old thinking of ‘once an addict, always an addict’ no longer applies. With appropriate treatment and ongoing care in the community, people diagnosed with substance use disorders and mental health challenges learn to manage their diseases and go on to live healthier and more fulfilling lives.

Helping to build healthier lives

For more than 45 years Odyssey House has helped thousands of men and women recover from the life threatening diseases of addiction and mental illness. Research studies now demonstrate that most addiction and mental health problems are lifelong challenges, akin to diabetes and other chronic medical conditions. At Odyssey House we provide a starting place for change and the tools individuals need to build a healthier life — tools based on a solid foundation of therapeutic techniques proven to foster a healthy recovery.

Helping individuals meet their recovery goals across a wide range of populations with significant psychological, social, and economic deficits is a challenge. As a social services organization we are proud of our legacy of working with the most vulnerable and marginalized communities in New York City and bringing resources to disenfranchised individuals and families.

Our experience managing tight budgets and stretching resources is fundamental as we plan for changes in the way treatment

In Recovery: Changing their lives



Gary S.

Odyssey House Leadership Center for transitional age men (18-24)

In treatment Gary started to get his life under control. “It took a while but today I understand myself better. I thought I was putting my life on hold when I came into treatment but the truth is I’ve created a new one.”



Illia S.

Odyssey House Family Center of Excellence

Desperate to keep her family together and protect the health of her baby, Illia was referred to treatment when she was six months pregnant. Her baby girl was born drug-free and healthy.



Louise P.

Odyssey House Peer Recovery Network

When Louise completed residential and outpatient treatment at Odyssey House she felt she had rediscovered herself. “My negative thoughts and feelings became positive ones ... I discovered things about myself that I didn’t know or just couldn’t see.” One of the things she found out about herself was an ability to connect and support with others in recovery.



Harold J.

Odyssey House ElderCare Program

“I’ve been drinking for more than 30 years. I lost a lot of important things in my life because of alcohol. It’s a slow process, but I’m starting to get some of them back.”

Read their stories at odysseyhouseinc.org

Digital Age Advances for Improved Patient Care



Electronic health record keeping is becoming a reality at Odyssey House thanks to a grant from New York State Department of Health (NYSDOH) that subsidizes the development and implementation of computerized systems for behavioral health care providers.

Odyssey House manages a range of services for clients that demand an increased investment in sophisticated computer systems for record keeping and monitoring of clinical outcomes. But the cost of developing and implementing an electronic information system that captures this essential health data can be prohibitive

for community-based organizations with budgets already stretched thin providing for day-to-day patient care.

In response to this need, New York State established the Health Care Efficiency and Affordability Law for New Yorkers Capital Grant Program to help providers invest in 21st century health information infrastructure that support the delivery of high quality care. Called the HEAL NY Program, this initiative is jointly administered by NYSDOH and the Dormitory Authority of the State of New York (DASNY).

The information technology component of the HEAL NY Program is a \$1 billion, multi-phased program that will allow hospitals, medical clinics and behavioral health providers to integrate patient care. The first phase focused on hospitals and medical clinics and is now being rolled out to provide

essential technical support to adopt and use health information technology and exchange for mental health / behavioral health providers serving New York State Medicaid Health Homes.

Odyssey House received funding earlier this year to adopt an electronic record keeping system specifically developed for behavioral health organizations at a greatly reduced cost (projected to be \$850,000 in savings over five years). We were recently awarded a second grant of \$250,000 to pay for implementation throughout our service system and to integrate patient care with other providers.

Dr. Gary Harmon, director of research and grants for Odyssey House, said the implementation of a fully integrated electronic system “will allow our clients to benefit from a seamless state-wide initiative to improve patient care and increase efficiency.” ●

Grant-funded Collaboration Expands Bronx Recovery Services

New York Community Trust (NYCT) has awarded Odyssey House \$100,000 to provide youth recovery and education services in the Bronx. Called The Bronx Youth Recovery Network (BYRN), this award is part of a \$200,000 pilot program proposed to NYCT by the New York State Office of Alcoholism and Substance Abuse Services (OASAS). Odyssey House will collaborate with Acacia Network/BASICS (a Bronx-based not-for-profit that was similarly awarded \$100,000), to provide recovery services to 80 transition-age youth (18-24 years old) in the early stages of outpatient substance abuse treatment.

BYRN services will be provided concurrently with treatment for six months of recovery services. Young adults in the BYRN will be reconnected to the community through a self-directed recovery plan facilitated by a peer Recovery Coach. In addition, Recovery Coaches will reach out to adolescent populations by going into high schools and conducting educational presentations about recovery supports in the community, serving 600 adolescents per year.

“This grant will allow us to give even more young men and women in early recovery access to a network of experienced peers who have successfully navigated the transition from treatment to independent, substance-free living,” said Dr. Peter Provet, president of Odyssey House.

This collaborative award is a first for Odyssey House, and indicative of a trend by private foundations and government funders to share resources among community-based providers with similar goals. This is also our first award from NYCT, one of the oldest and largest community foundations in the country. Founded in 1924 to distribute the income from charitable funds established by will to improve the quality of life in New York City, NYCT pioneered donor advised funds in 1931. In 2012, it made grants totaling \$136 million from assets of \$2.1 billion in more than 2,000 charitable funds. ●

SUPPORT
Odyssey House
this holiday season

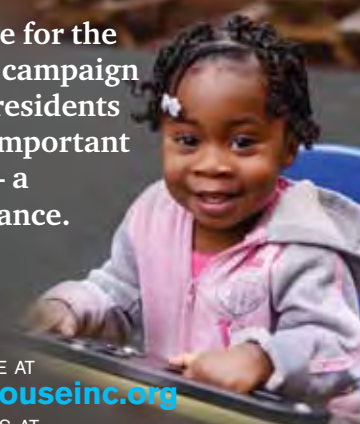
The “Home for the Holidays” campaign gives our residents the most important gift of all – a second chance.

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Odyssey Foundation

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Where recovery lives

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On the Horizon

“Home”, the 7th exhibition by the Odyssey House Art Project, opens in December 2013.



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.