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Mother's Day Awards Breakfast honorees and speakers with Odyssey House President Dr. Peter Provet. From left, Patricia Zuber-Wilson, NYS Office of Alcoholism & Substance Abuse Services; NYC Councilmember Diana Ayala; Jody Silva Falk, ChemRx/PharMerica; and Liz Gonzalez, Telemundo TV. See centerspread for more.

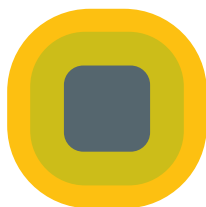
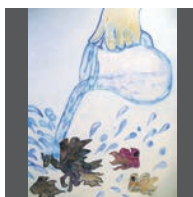
Bronx Recovery Center Ribbon-Cutting

(See page 2)



"Consumed" Art Exhibition Opens

(See page 6)



Odyssey House

Where recovery gets real

Older People in Recovery Face Housing Crisis

Foundation Grant Addresses Urgent Needs of Elderly New Yorkers

For older adults who have completed treatment, the lack of affordable housing is a major barrier to their ability to lead independent lives and maintain a healthy recovery.

In New York, Odyssey House is one of the only substance abuse treatment organizations to offer services specifically tailored to the needs of older people. Counselors trained in geriatric substance abuse treatment provide services that address underlying behavioral issues in an intensive program that helps older adults develop relapse prevention strategies, reunite with families, and build a supportive peer network. But key in helping them move on to independent, healthy lives in the community is affordable housing.

Almost half of the ElderCare population (adults age 55 and older) at Odyssey House were homeless when they entered treatment, stay in residential care for an average of 100 days longer than younger clients, and 25 percent fail to find independent housing, forcing them to cycle back to institutional living in community residences.

"One of the fastest growing health problems in the US."

This is where the Board of Directors of the Fan Fox & Leslie R. Samuels Foundation plays an essential role. Through their grant support, Odyssey House will be able to hire a housing specialist to help approximately 150 residents who progress through our ElderCare program find housing.

New Bronx Recovery Center Celebrates Opening



From left, Odyssey House COO John Tavolacci, Odyssey House President Peter Provet, Odyssey House recovery coach Jesse Westbrook, NYS Lt. Gov. Kathleen Hochul, OASAS Commissioner Arlene González-Sánchez, NYS Assemblyman Victor Pichardo, Odyssey House Director of Outpatient Services Mary Callahan, and Community Board 5 Chairman Dr. Bola Omotosho cut the ribbon at the newly opened Bronx Recovery Center.

New York State officials and local community leaders joined Odyssey House to officially open our new Recovery Center (RC) in the Bronx with a ribbon cutting ceremony. The RC offers free services and support for people and their affected families in recovery from substance use disorders. The first of its kind in the Bronx, the RC is supported by a \$1.75 million award from the New York State Office of Alcoholism and Substance Abuse Services (OASAS).

Lieutenant Governor Kathy Hochul, Co-Chair of the Governor's Task Force to Combat Heroin and Opioid Addiction, OASAS Commissioner Arlene González-Sánchez, and Assemblyman Victor Pichardo attended the opening and showed their support for the center and commitment to recovery in their speeches.

"The new Odyssey House Recovery Center in the Bronx will be an invaluable resource to individuals and families as

they start down the road to recovery, helping them connect with the services they need and providing peer support. With this opening, we now have a recovery center in every borough of New York," said Lieutenant Governor Hochul.

The Odyssey House Recovery Center provides a wide range of support including recovery enhancement, recovery skill building, computer education, employment readiness programs, and wellness classes. Additionally, the network of support includes gender-specific and LGBTQ support groups as well as recovery peers and volunteers who help those in recovery access services and other resources within the community.

The Odyssey House Recovery Center also offers community outreach programs. One of their ongoing initiatives is opioid overdose reversal training, which is offered during community events and on-site at the center. "This new recovery center is vital to breaking the cycle of addiction and helping Bronx residents in need," Governor Cuomo said in a press release. "We have taken bold action to confront the opioid epidemic in this state, and with this recovery center we are one step closer to a stronger and healthier New York for all."

The Odyssey House Recovery Center is located inside the Davidson Community Center in the Bronx, at 2038 Davidson Avenue. It is open Monday through Friday from 8:00 a.m. until 7:00 p.m., with weekend hours for individual sessions and support meetings. ●

Making a Difference, One Person at a Time



One of our recovery coaches, Jesse W., addressed the audience at the ribbon cutting to talk about his experience working with the community. Here is an excerpt of his speech.

I've been a volunteer recovery coach at Odyssey House since May 2017, and I've got to tell you – this place is not only changing and transforming lives, it's more importantly saving lives.

We have an open door approach that allows clients to walk in without having an appointment and without feeling pressured. I love that we're giving this community a safe outlet for people who might be struggling to come and start setting a foundation for a new chapter in their lives. Even if they don't come today, they know we're here and they'll come when they're ready.

I feel proud to be a part of something so positive and powerful. It's such an overwhelming feeling to give back everything that was so freely given to me. I feel safe, I feel consistent, I feel empowered – I feel like a person in recovery making a difference one person at a time. ●

(Continued from page 1)

By supporting this effort, the Samuels Foundation is ensuring service to more seniors in need by helping Odyssey House transition clients out of intensive residential care and freeing up beds for seniors on our waiting list. This grant also aligns with the mission and objectives of the Foundation's Healthy Aging Program to improve the overall quality of life of New York City's older adult population.

Demographic crisis

While the shortage of affordable housing impacts all low-income New Yorkers, the need of this population to find secure housing is urgent and becoming more acute as the number of older substance abusers in recovery increases. It is estimated that the number of older adults nationally who will need treatment for substance abuse will increase from 2.8 million in 2002-2006 to 5.7 million by 2020.

In addition to their increase in numbers, the changing demographic and substance use pattern of older adults indicates that a wide array of psychological, social, and physiological challenges will continue to expand, including demands for appropriate housing. ●

George Rosenfeld Center for Recovery Wins Architecture Award



The American Institute of Architects New York State (AIANYS) honored Odyssey House's newly renovated and restored George Rosenfeld Center for Recovery, designed by THINK! Architecture + Design, with the Excelsior Award of Honor in Public Architecture in the "Renovation/Addition" category.

AIANYS, in partnership with the New York State contracting agencies, created the Excelsior Awards to provide a model of excellence for state-funded building design, landscape architecture, and public art, including professional practice and advocacy.

The renovation project reclaimed and enhanced the original historic structure, built in 1915

as a hospital for psychiatric patients, to create a modern family treatment center for women and children, adults 55 years of age and older, and transitional-age youth.

Officially opened in spring 2017, the 231-bed center includes shared lounges on residential floors; group rooms; private offices for counseling staff; large dining room and kitchen facilities; and multi-purpose rooms for educational and vocational programs. Health and wellness facilities include a multi-use gym and movement studio, and a pharmacy, nurses' station, and primary care medical and dental clinic. ●

MAKE RECOVERY REAL FOR EVERY 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

We are grateful for your support of our efforts and the encouragement that it brings to clients and staff alike.

Inaugural Mother's Day Awards Breakfast Celebrates Champions of Recovery

This spring Odyssey House held its first-ever Mother's Day Awards Breakfast to recognize our business and community partners whose commitment to recovery strengthens families throughout NYC. Hosted by Telemundo 47 Consumer/Investigative Reporter Liz Gonzalez, the event raised nearly \$100,000 for women and families in recovery.

Odyssey House President Dr. Peter Provet addressed the attendees, underlining the urgency of our mission. "We help mothers learn how to break the cycle of substance abuse and create nurturing homes for their children. The George Rosenfeld Center for Recovery provides a bright, safe and supportive environment to overcome substance abuse and learn new life skills—from managing emotional stress to developing better parenting and vocational skills."

"Now more than ever, our programs are urgently needed as American families grapple with an opioid abuse epidemic that last year claimed the lives of 66,000 people and is projected to surpass that number this year." – Dr. Provet

Arlene González-Sánchez, Commissioner, NYS Office of Alcoholism & Substance Abuse Services, was honored with the Leadership Award for her accomplishments overseeing one of the nation's premier addiction services systems, with more than 1,600 programs that serve more than 100,000 New Yorkers daily.

NYC Councilmember Diana Ayala received the Public Service Award. Ms. Ayala uses her position as councilmember and chair of the Committee on Mental Health, Disability and Addiction to advocate for her constituents and address issues such as housing, homelessness, and mental health.

Jody Silva Falk, AVP, ChemRx/Pharmerica received the Community Service Award. Ms. Falk and ChemRx have been generously supporting the people in recovery at Odyssey House for more than a decade.

Producer & TV Host Jackie Contreras was given the Advocacy Award. Together with NYS OASAS and Commissioner González-Sánchez, she produced "Nueva Esperanza Nueva Vida con OASAS," a program to inform the Latino community about the problem of addiction and the services available through New York State for those facing challenges with addiction. ●



Jody Silva Falk, recipient of the Community Service Award, celebrated with her family.



Odyssey House Chief Operating Officer John Tavalacci with representatives from the Domain Companies, one of our Champion sponsors.



Adi Rosenfeld, second from left, brought several of her friends to the event. Ms. Rosenfeld was introduced to Odyssey House by her father-in-law George Rosenfeld, chair of the Odyssey Foundation Board of Trustees.

In Their Own Words...

At the Mother's Day Awards Breakfast, two residents from our family center spoke about their experiences in treatment. Norell, 38, is in treatment with her 5-month-old son Jordan and Casey, 23, is pregnant with her first child.



“We’re here because I needed to get my life back on track.”

— Norell

I started drinking when I was 15 years old, and using marijuana when I was 17. My friends were doing it and it seemed like fun. But eventually, it became a coping mechanism for my depression and anxiety. It wasn't long before I had damaged my relationships with people, including my parents, because of my drug use. But I continued on anyway.

After losing my job, I moved to Texas. I got married and had a daughter, who is now 2. I stopped using marijuana, though I continued drinking. After I had my daughter, I went to treatment in San Antonio and for a while, I did well—until I separated from my husband. Pregnant with my son, I moved back to New York, in need of my family's support.

Struggling with the shelter system and my anxiety, I relapsed—after years of not using marijuana. Soon after I had Jordan I had marijuana in my system. I felt terrible. I realized that after being so good for so long, I had risked hurting him and separating us for a single moment of weakness.

Now, with my daughter living with my father in Long Island, I am here working on my recovery. I love this process. I feel clean, like a new person. I thought I needed drugs but I don't. I'm so happy I got help, and I'm so happy I'm here. I would encourage anyone who needs help, and gets the opportunity to come here, to take advantage of it.

I'll soon complete treatment and my children and I will move on to the next chapter of our lives. Thanks to what I learned at Odyssey House, I'm confident that our future is a bright one.



“It wasn't long ago that my life was a mess.”

— Casey

I had a tough childhood. My parents were struggling with alcoholism and moved around a lot. I experienced a lot of trauma. I tried therapy but I wasn't ready for it and I started using pills to deal with my life. That didn't work out. When I was 17 I started using heroin.

Once I tried heroin, I couldn't stop. It numbed the pain and trauma, but I was living a nightmare.

After four years, I was done. One of my best friends died of an overdose. But I was so dependent on heroin I couldn't find a way to stop using. I didn't even know how to get help. I tried to end my life by overdosing. After my fourth attempt, I thought if I was still alive despite trying so hard not to be, maybe I had a purpose. Maybe there's a reason why I'm still here.

My first day at Odyssey House I found out the reason, I was one month pregnant. I was scared at first, but now I'm looking forward to being a mom. I was lucky to find a program for pregnant women. In addition to learning coping skills and relapse prevention, I'm learning how to be a good mom—through parenting classes and interacting with the other mothers and children.

Before I came into treatment, I was studying to be a medical assistant, but heroin got in the way. Now my life is more settled, I'm back studying and plan to take the medical assistant exam before I leave treatment. My goal is to be an RN. I want to help people and take good care of myself, and my baby.

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.

Artists Explore the Health Harms of Sugary Drinks

The Odyssey House Art Project took on a special project this spring: visually depicting the harms caused by sugary drinks and the benefits of drinking water. The project culminated in an exhibition, “Consumed,” now on display at the Haven Art Gallery.

The project was supported by a grant from the NYC Department of Health and Mental Hygiene (DOHMH) as part of their efforts to energize and empower communities around the topic of sugary drinks through a variety of local mobilization projects. DOHMH recognizes the value and potential for community stakeholders to raise awareness about the health risks of sugary drinks, as well as environmental factors, like marketing, that promote sweetened beverages.

Sugary drink consumption is directly and indirectly linked to many ill effects, such as cavities, weight gain, and diabetes. People often don’t realize how easy it is to consume high amounts of calories by drinking sodas, juices, and sports drinks. These beverages are also heavily marketed to youth and communities of color, including East and Central Harlem, which have some of the highest rates of sugary drink consumption in NYC. ●

“Consumed” is open to the public at the Haven Art Gallery, located at 239 E. 121st Street, New York, NY 10035. Please call (917) 492-2582 to schedule a viewing. The mural can be seen on E. 121st Street between 2nd and 3rd Avenues at any time.



A rendering of the mural on East 121st Street.



Artist Jamie E. with his painting, “Sugar Monkey.”



“The Sweetest Corner: 110th Street and Lex” by Jamie E. and Tara M.



As part of the grant, Odyssey House Wellness Coordinator/Nutritionist (bottom right corner) reached out to community groups like Harlem Run. Tara Mardigan, with the help of residents from the Manor and Haven programs, set up a hydration station for Harlem Run’s weekly Monday night run. Nearly 100 runners – including our own Run for Your Life team – stopped by the station to try flavored water drinks and view the mural.

New Members Boost Our Boards of Trustees

Odyssey House and Odyssey Foundation have added two new members to our Boards of Trustees: Kate Rothko and Lisa Glass. 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 diverse professional backgrounds who share our deep commitment to helping vulnerable New Yorkers.



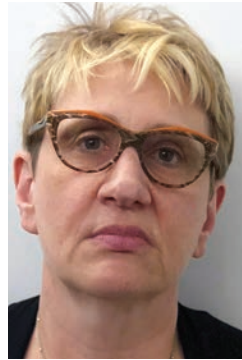
Kate Rothko is a retired physician and the daughter of the abstract painter Mark Rothko. Born and raised in New York City, she earned her medical degree from Johns Hopkins University School of Medicine.

Until 2008, Dr. Rothko practiced Clinical Pathology and Transfusion Medicine and taught medical school in the Baltimore-Washington area.

As the administrator of her father's estate, Dr. Rothko was involved in reconstituting the Mark Rothko Foundation, which donated the bulk of his artworks to museums, allowing public access to some of the most important paintings of the 20th Century. She has planned several major retrospective exhibitions at the Guggen-

heim Museum, the Tate Gallery and the National Gallery of Art, as well as many other smaller shows.

Dr. Rothko and her husband Ilya Prizel are avid supporters of the Odyssey House Art Project.



Lisa Glass resides in Manhattan with her husband Andrew and manages family-owned real estate in Brooklyn. A member of the New York Bar, Ms. Glass has worked in several large law firms

and has more than a decade of experience as an attorney in the Securities Investments section of the Law Department of MetLife.

Ms. Glass graduated Phi Beta Kappa and magna cum laude from Georgetown University. She received her law degree from Georgetown University Law Center, where she graduated cum laude and was Lead Articles Editor of *The Tax Lawyer*.

As well as bringing a wealth of legal experience to her role as board member, Ms. Glass brings a strong commitment to giving back to her community. ●

Governor Cuomo Appoints Senior Manager to Advisory Council



Odyssey House Vice President, Director of Clinical Support Services Jeff Savoy has been appointed to the Advisory Council for the NYS Justice Center for the Protection of

People with Special Needs (Justice Center). Mr. Savoy was confirmed by the New York Senate and will join a 24-member council of service providers, people who have or are currently receiving services, their family members, and advocates, for a three-year term.

The Justice Center was created to establish the strongest standards and practices in the nation for protecting people with special needs. It serves both as a law enforcement agency and as an advocate for people with special needs. The Advisory Council provides guidance to the Justice Center in the development of policies, programs and regulations.

"I am honored to serve as a member of the Advisory Council and look forward to contributing to the important work undertaken by the Justice Center to protect the most vulnerable New Yorkers."

At Odyssey House, Mr. Savoy is responsible for system-wide quality management, grants and evaluation, staff training and development as well as oversight of clinic-based substance use disorder treatment. He is a licensed clinical social worker and Certified Alcoholism and Substance Abuse Counselor (CASAC) with more than 25 years of leadership experience. ●

SAVE THE DATE! RUN FOR YOUR LIFE 2018

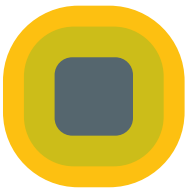
Saturday, September 15, 9AM



Last year, 66,000 Americans died from opioid overdoses (3,000 New Yorkers alone). This must stop. Join us on September 15th and pledge your support to end this crisis.

Register & donate at:
odysseyhousenyc.org

Celebrate Recovery Month! • Run for Your Life 2018
5K Run/Recovery Walk • Icahn Stadium @ Randall's Island



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New York, NY 10005

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212-361-1600

Odyssey House

Where recovery gets real



It is the mission of Odyssey House:

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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.