

## In this issue:

Odyssey House Receives Grants to Expand and Improve Services..... 1-2

Enhancing Treatment and Strengthening Communities ..... 2

Empowering Women and Families in Recovery ..... 3

Marathon Team Achieves Fundraising Goals ..... 4-5

Runners Brave the Elements to Celebrate Recovery ..... 6

Artistic Talents Shine at Arts Festival ..... 7

International Overdose Awareness Day 2023 ..... 7



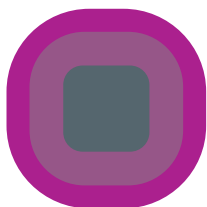
## Celebrating women in recovery

(See page 3)



## Run for Your Life 2023

(See page 6)



Odyssey House

Where recovery gets real

## Expanded Services Meet the Needs of Women with Children

A significant development for Odyssey House is that the organization has successfully secured grants from federal and state funders, paving the way for expanding critical services. The grants highlight Odyssey House's dedication to addressing complex challenges faced by individuals and families dealing with substance abuse and related issues.

### Advancing maternal well-being

Odyssey House is set to make a substantial impact on the lives of pregnant and postpartum women through a five-year funding commitment from the Substance Abuse and Mental Health Services Administration (SAMHSA), a federal agency. This grant empowers Odyssey House to develop a specialized program tailored to the unique needs of pregnant and postpartum women in residential substance abuse treatment. The program aims to strengthen social and family functioning by incorporating evidence-based

practices fostering healthy recoveries for mothers and their children.

This award is the third multi-year grant from SAMHSA. This investment speaks to the strength and effectiveness of our comprehensive family treatment services.

### Breaking down barriers to treatment

Odyssey House is also the recipient of a grant from the New York State Office of Addiction Services and Supports (OASAS) to encourage pregnant women and mothers with a substance use disorder to enroll in residential treatment.

This state-level support enables Odyssey House to hire two dedicated staff members to be located at the NYC Administration for Children's Services' office in the Bronx. Their primary responsibility is to conduct on-site screening, assessment, and referrals for pregnant and postpartum women, directly addressing concerns about potential

separation from their children due to substance use disorders.

"Helping mothers and mothers-to-be embark on a healthy recovery journey is our priority," said Dr. Peter Provet, president of Odyssey House. "These grants signify financial support and a vote of confidence in our mission to provide comprehensive, high-quality care."

As the organization embarks on these initiatives, we anticipate their impact

to resonate within the community, addressing critical gaps in support for individuals and families grappling with addiction-related challenges.

Stay tuned for updates on how these federal and state grants will shape the future of Odyssey House as the organization continues its mission to make a lasting and positive difference in the lives of those it serves. ●

## Enhancing Treatment and Strengthening Communities



Odyssey House's adoption of the 820 model—marking a change in the licensure and funding of residential treatment—builds on inclusive, holistic, and individualized care. By focusing on community integration and comprehensive support, it aims to reduce the stigma surrounding addiction and pave the way for long-lasting recovery.

Earlier this year, we transitioned services at the Odyssey House George Rosenfeld Center for Recovery (GRCR) to the 820 model, signifying a shift in our approach to addiction treatment that will allow us to provide even more effective care for individuals seeking recovery.

The Residential Redesign initiative by the NYS Office of Addiction Services and Supports (OASAS) introduces new regulations and funding mechanisms to integrate care in residential treatment settings. The Part 820 mental health laws incorporate addiction medicine, psychiatry, and health services while increasing staffing for licensed nurses, social workers, and mental health counselors.

"This redesign empowers us to sustain and elevate the high-quality treatment we have consistently delivered over the

years, addressing the needs of individuals grappling with substance use disorders," said John Tavalacci, Chief Operating Officer.

### Key features of Odyssey House's 820 model

The 820 model allows providers more flexibility in operation and was designed to integrate stabilization, rehabilitation, and reintegration more seamlessly.

Odyssey House clients will be provided with a host of services, such as detox support, medication-assisted treatment, therapy, and re-entry assistance, while easily transitioning between services.

- **Individualized Treatment Plans:** Recognizing the unique nature of each individual's recovery journey, the 820 model tailors treatment plans to address specific needs, goals, and challenges.
- **Comprehensive Support Services:** Beyond addiction treatment, Odyssey House's 820 model offers primary health care, mental health counseling, vocational training, housing assistance, and social services to address various aspects of a client's life.
- **Community Engagement:** Odyssey House promotes community involvement and peer support, creating a sense of belonging and empowerment among clients.
- **Reintegration Support:** This phase allows clients to initiate their outpatient treatment and recovery supports while still residing in a safe residential environment, optimizing the individual's prospects for sustained recovery. ●

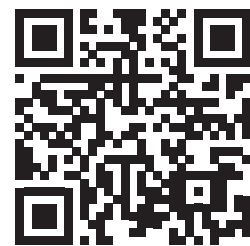


## MAKE RECOVERY REAL FOR A FELLOW NEW YORKER

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](https://odysseyhousenyc.org/donate)



# Empowering Women and Families in Recovery



**Honorees Wendy Mellk, Senator Fernandez, and Alma Candelas (holding flowers) with mothers in recovery at Odyssey House.**

New York State Senator Nathalia Fernandez was honored with the Leadership Award for her efforts as the Chair of the Alcoholism and Substance Use Disorders Committee at our annual Mother's Day Celebration. Senator Fernandez understands the challenges that women face in recovery. She works to make it easier for women to get the treatment they need and raise awareness about the issue of women and addiction.

The event honors women in leadership whose dedication to recovery has been instrumental in strengthening families throughout NYC. The event raised nearly \$90,000. These vital resources will be directed toward empowering women and families on their recovery journey, transforming lives, and bringing hope to countless individuals.

## *Rebuilding lives and strengthening bonds*

Odyssey House President Dr. Peter Provet highlighted Odyssey House's commitment to keeping mothers and babies together. "By working closely with medical professionals and social service agencies, pregnant women receive comprehensive support throughout their journey, emphasizing early bonding and providing essential treatment services, treating both the baby and the mother with the utmost respect."

The attendees also heard from two mothers in treatment who participated in our Mother's Day social media campaign\*: Alexis and Imani.

Alexis is in Odyssey House with her four-year-old daughter. "This program has started to slowly chisel away at the wall I built around myself that kept me isolated from the world I belong in. I have learned coping skills here that not only benefit me but are benefitting my daughter. Odyssey House has given me the strength to be the mother this little girl has always deserved and needed."

Imani is a mother of three who is in treatment with her one-year-old daughter. "Coming to Odyssey House, I decided to end the cycle of addiction I was trapped in for nine years, which seemed like a lifetime. I'm healing from past trauma and allowing myself to recover. Now I'm the mother I want to be. Nothing is more important to me than my kids and my recovery."

## *Honoring women leaders*

Additional honorees were Alma R. Candelas and Wendy Mellk.

Ms. Candelas received the Public Service Award. She served as Director of the Division of HIV, STD, and Hepatitis C Prevention at the NYS Department of Health AIDS Institute. Her responsibilities included overseeing the Bureau of

Community-Based Services, the Bureau of Special Populations, and the Bureau of HIV/STD Field Services. In addition, Ms. Candelas directly supervised the NYS HIV Prevention Planning Unit, the Opioid Overdose Prevention Program, and the NYS Condom Program.

The Community Service Award was given to Wendy J. Mellk, Principal in the New York office of Jackson Lewis P.C. Since joining Jackson Lewis in October 1996, Ms. Mellk has concentrated her practice in employment litigation, corporate internal investigations, and counseling employers on a full range of workplace issues, including wage and hour compliance. ●

*\*Visit [youtube.com/odysseyhouseny](https://youtube.com/odysseyhouseny) to watch Alexis and Imani in our Mother's Day campaign, "There's No Such Thing as Other People's Children."*



**NYS Senator Fernandez and Odyssey House President Dr. Peter Provet.**



**Guests from event sponsor Urban Architectural Initiatives.**



**Odyssey House COO John Tavalacci (center) with guests from event sponsor RSM.**

# STRIDING WITH PURPOSE:

## *Team Odyssey Makes Marathon Magic*



**Team Odyssey hosts an annual pre-race pasta luncheon on the Saturday before the NYC Marathon.**

Over the past decade, Odyssey House's "Run for Your Life" program has trained more than 600 individuals for the grueling New York City Marathon. The skills needed to complete a marathon – organization, focus, persistence, and resilience—bear a remarkable resemblance to those required for a successful recovery journey.

This year, under the guidance of seasoned marathoners John Tavalacci, Chief Operating Officer, and Andre Mathews, Director of Recreational Services, 50 clients, alumni, staff, and friends undertook the physical and psychological challenge of conquering one of the world's most demanding road

racers. Their triumphant performance yet again demonstrated that they possess the fortitude to conquer the streets of New York, both in marathon running and in their personal recovery journeys.

This year marked our third year as an official TCS New York City Marathon charity partner. Our charity runners came from as far away as Hong Kong to join our team and fundraise for Odyssey Foundation. With their help, Team Odyssey raised more than \$70,000 to benefit the men, women, and families in our care.



**New York Road Runners (NYRR) CEO Rob Simmelkjaer met up with Coach Andre Matthews and the Run for Your Life team for a training run this summer. We are grateful to the NYRR for getting behind our marathon team this year!**

## MEET OUR CHARITY RUNNERS

### Magalie Bolomboy



I'm an avid runner. I started running in high school, it's one of my passions! Over the years it has been a dream to run in the NYC Marathon. As a resident of NYC for over a decade, I've witnessed the city ebb and flow battling persistent substance abuse and homelessness.

It is indeed an honor and privilege to not only run in the NYC marathon but to do so for Odyssey House, an organization that is on the front line of making our city and its residents stronger and safer!

### Ryan and Brendan McCaffrey



We are excited to be running the NYC Marathon with Odyssey House this year! Finishing a marathon has been a goal for the both of us, and we feel incredibly honored to be running for an organization that helps those struggling with substance use disorders.

Together, we are running in memory of our cousin Mike, who lost his battle with addiction in 2020. Mike was our older brother figure who stressed the importance of athletics and constantly pushed us to be the best versions of ourselves in all aspects of our lives. With the support of our friends and family, we are ready to make Mike proud.

### Jeanine McGovern



This is my second year running the NYC Marathon with Team Odyssey. I joined their team last year in memory of my brother Ed who passed away in 2018 after struggling with addiction for several years. While I never got to see what life would look like for him on the other side of his battle, it is super inspiring to run alongside those that have.

I am honored to be a part of this team, to celebrate those that are in recovery, and to advocate for those who are still struggling. I want as many people as possible to know about all the lives Odyssey House has already changed and to continue spreading the word about their work so that everyone who is looking for support can get the help they want and deserve.

### Caroline Slick



Running has been such a wonderful new addition to my life. About a year ago, I found myself wanting a goal, structure, and a healthy outlet. I've discovered such wonderful benefits, mentally and physically, from immersing myself into the routine and welcoming community of New York City runners. Pushing myself to race in this year's NYC Marathon is an absolute dream.

I am honored to race with Team Odyssey for my first ever 26.2! As a mental health advocate and supporter to loved ones impacted by drug and alcohol abuse, I am deeply grateful for organizations like Odyssey House. Thank you for all your great work.

### Robert Kerr



My dad's side of the family is from New York, and I've aspired to run this race since I saw him cross the finish line when I was a kid. I can't imagine running this race in this city for a more appropriate cause.

Alcoholism has run through my extended family; both those that lost their battle to addiction, and those that are on a path of sobriety, have benefited greatly from organizations like Odyssey House. I'm so proud to dedicate this run and the associated fundraiser to an institution that provides critical therapy and care to New Yorkers who are struggling with addiction.

### Amber Bruckner



This is my first marathon! I'm running with Odyssey House in memory of my cousin, Michael. We tragically lost Michael in July 2022 to his battle with addiction. The last time I saw him, he was determined to make positive changes towards a healthier lifestyle. He told me he was eating healthier, working out more, and that he even started running.

I signed up for the NYC Marathon to raise funds and awareness for an organization that helps people battling substance use disorders as a way to honor my cousin. It has been very meaningful to team up with Odyssey House and give back to a cause that means so much to me and my family. It was the most incredible experience of my life. It was truly magical, and I enjoyed every single second!

# Supporters Brave the Elements to Celebrate Recovery

Despite the gusts and rain of Hurricane Ophelia, spirits remained high at our 18th Annual Run for Your Life event on September 23. Odyssey House employees and their families, program staff and clients from other NYC-based treatment agencies, friends and family of people in recovery, and our corporate partners braved the rain to celebrate National Recovery Month.

WPIX-TV news reporter James Ford emceed the event, which, along with the 5K fun run and recovery walk, included carnival games, arts and crafts activities, a health fair, and a silent auction. Most of the activities took place in the concourse beneath the stadium bleachers, shielding many participants from the rain. Nevertheless, the walk and run unfolded in the open, where Odyssey House's President and CEO, Dr. Peter Provet, noted that the participants demonstrated their resilience in the face of the elements.

---

*“All of our friends here, our colleagues, people in recovery – they’ve seen tougher times. A little bit of rain, that does not stop us,” said Dr. Provet.*

---

NYC Mayor Eric Adams said, “When we address the root causes of addiction, we open up new pathways to hope, opportunity, and prosperity. Odyssey House hosts its 18th Annual Run for Your Life today at Icahn Stadium, which encourages holistic health and wellness in addition to family and community involvement. On this occasion, I am pleased to applaud this organization for its commitment to effective, equitable, and evidence-based treatment.”

A big thank you to our sponsors, who helped make this special day possible, including Precision Pharmacy, Damian Family Care Center, RSM, ABA Builders, Cooling Guard, Art-Tech Construction, Gallagher, LabCorp, and Urban Architectural Initiatives. And thank you to our treatment partners – Phoenix House, Outreach Project, Promesa, VIP Community Services, Exponents, and Educational Alliance – for joining us to promote our shared mission of guiding troubled New Yorkers to a healthy recovery. ●



The rain didn't dampen the spirits of our participants walking for recovery.



Our 2023 Run for Your Life winners.



Titanium sponsor Precision Pharmacy never misses an event – rain or shine.



*Celebrating National Recovery Month*

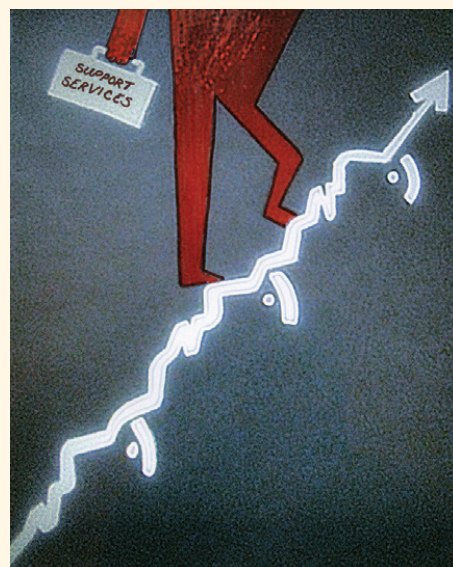
# Artistic Talents Shine at Arts Festival

Three members of the Odyssey House Art Project received well-deserved recognition at the 18th Annual Recovery Fine Arts Festival. Nelson B. (Leadership Center) earned first place in the photography category for his piece, “Pathways of Support,” while Leopoldo R. (ElderCare) secured first place in the mixed media category for his artwork “Rise.” Recent Leadership graduate Justin M. won first prize in poetry for “Maximize.”

The festival serves as a platform to celebrate the artistic accomplishments of individuals in their recovery journey from addiction. 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 September, coinciding with National Recovery Month. ●



“Pathways of Support” by Nelson B.



“Rise” by Leopoldo R.

## Maximize

Today is a new day  
at times I felt worthless  
came to Odyssey, I heard  
It works if you work it

No free lunch, I had to get it  
put it into play  
make a new way  
Can't keep it unless you give it away

So, I chose a better path  
a path to success  
To be aware is to be alive  
so I had to put it to the test

Trust in my environment  
had to let my guard down  
No time for lies  
Because what goes around comes back around

Got it out the hood, It did me no good  
I rather understand then to be understood  
and honest is the key  
had to get my mind free

Responsible love and concern  
that's how I'm trying to be  
Because I can see me and my sobriety  
out there living lavish

Personal growth before vested status,  
I got to have it  
Act as if, become as if, my only wish  
this isn't a fairytale I will stay true to this

So just remember self love it will stick with you  
forever  
Because what we can't do alone,  
we can do together,  
through support services and multiple pathways.

“Maximize” by Justin M.

## Raising Awareness and Taking Action: International Overdose Awareness Day 2023

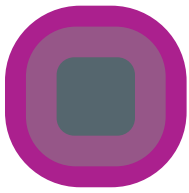


Outreach staff in the Bronx and East Harlem trained 50 community members on how to reverse an overdose using naloxone.

Every August 31, Odyssey House offers free naloxone training in observance of International Overdose Awareness Day. This year, we had two locations—one in the Bronx at the Recovery Center and one in East Harlem on 121st Street—that collectively taught 50 community members how to reverse an opioid overdose.

International Overdose Awareness Day (IOAD) is the world's largest annual campaign to end overdose. The campaign raises awareness for one of the world's worst public health crises and focuses on evidence-based overdose prevention strategies while acknowledging the profound grief felt by families and friends whose loved ones have died or suffered permanent injury from a drug overdose. IOAD spreads the message about the tragedy of drug overdose death and that drug overdose is preventable.

If you're interested in learning how to use naloxone to reverse an overdose and save a life, please contact us at [info@odysseyhousenyc.org](mailto:info@odysseyhousenyc.org). ●



120 Wall Street  
New York, NY 10005

odysseyhousenyc.org  
212-361-1600

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. Residential, outpatient, and housing services available immediately.

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

[odysseyhousenyc.org/news](http://odysseyhousenyc.org/news)



Help us spread the word  
[facebook.com/OdysseyHouse](https://facebook.com/OdysseyHouse)



Follow us at  
[@OdysseyHouseNY](https://twitter.com/OdysseyHouseNY)

## 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.