

Odyssey House is a behavioral healthcare nonprofit dedicated to helping people struggling with substance use disorders, mental illness, and homelessness get back on their feet. We offer a wide range of programs, including residential and outpatient substance use treatment, supportive housing, primary medical care, educational services (e.g., GED), employment training, and mental health services.

IN THIS ISSUE

CDC Report.....	02
Black History Month Profile.....	03
Women's Day Celebration.....	03
5BOROS: Art of Recovery	04-05
New Board Member.....	06
Breaking the Stigma: Buprenorphine.....	06
Run With Odyssey House.....	07



The Odyssey House Art Program opened its latest exhibition, "5BOROS: The Art of Recovery," inspired by New York City. See centerspread for more.

A Comprehensive Path to Recovery: Coordinated, Person-Centered Care for a Brighter Future

At Odyssey House, recovery is a comprehensive journey that goes beyond addressing substance use alone. We focus on healing the whole person by supporting physical health, mental wellness, and stable housing. We also address family relationships, education, and job skills to help individuals build a balanced, empowered life and lasting stability.

Recognizing that recovery is a multifaceted journey, Odyssey House has spent nearly 60 years developing a spectrum of services designed to meet individuals where they are. From street outreach and residential stabilization to outpatient services and peer-supported recovery networks, our programs guide clients through every stage of their healing process.

Programs and Services at Odyssey House

- **Residential Treatment:** A structured long-term program offering 24-hour care, medication for addiction treatment (MAT), individual and group therapy, relapse prevention strategies, expressive arts therapy, fitness activities, and vocational

training. Residents focus on recovery in a distraction-free environment while building the skills needed for long-term success.

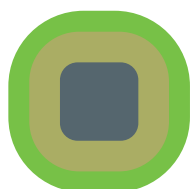
- **Outpatient Services:** Flexible day and evening sessions tailored to individual needs. Programs include counseling, trauma recovery, relapse prevention education, bilingual support, and specialized services for families and adolescents. Outpatient care also serves as a step-down option for those transitioning from residential treatment.
- **Recovery Center:** A community-based space in the Bronx offering peer-led support groups, wellness education, job training, recreational activities, conflict resolution groups, seasonal sober events, and more. Clients can develop individualized wellness plans while connecting with peers for shared support.
- **Supportive Housing:** Odyssey House helps provide safe, supportive housing options to meet the needs of formerly homeless families and individuals, including many with special needs or disabilities. Depending on need, we



Page 6
Odyssey House welcomes a new board member.



Page 7
Save the date for our 20th annual Run for Your Life event:
9/27/25



Odyssey House

Continued from page 1

offer counseling, referrals, and resident advocacy designed to support the Odyssey House dedication to continuity of care and aftercare services.

- **Mental Health Services:** Behavioral health services address co-occurring conditions such as anxiety or depression alongside addiction. Treatment plans may include psychiatric medications, MAT, counseling, and coordination of housing and employment services to improve overall well-being.

Odyssey House emphasizes active client engagement in their treatment processes, fostering self-reflection, resilience, and empowerment. Rather than seeking perfection, we encourage sustainable progress—ensuring that each transition is supported by consistent guidance and professional oversight.

Our personalized approach to care equips individuals with the skills, community support, and self-awareness needed to

reclaim their lives. Odyssey House remains committed to long-term recovery by helping clients build the foundation for lasting change—one step at a time.

For more information or to get involved in our programs, visit our website at odysseyhousenyc.org or call us at 866-888-7880 today.

“Our integrated approach is crucial to our clients’ success. Treating the whole person and empowering our clients can help them achieve lasting recovery and build brighter futures.”

**– Dr. Peter Provett, President & CEO
Odyssey House**

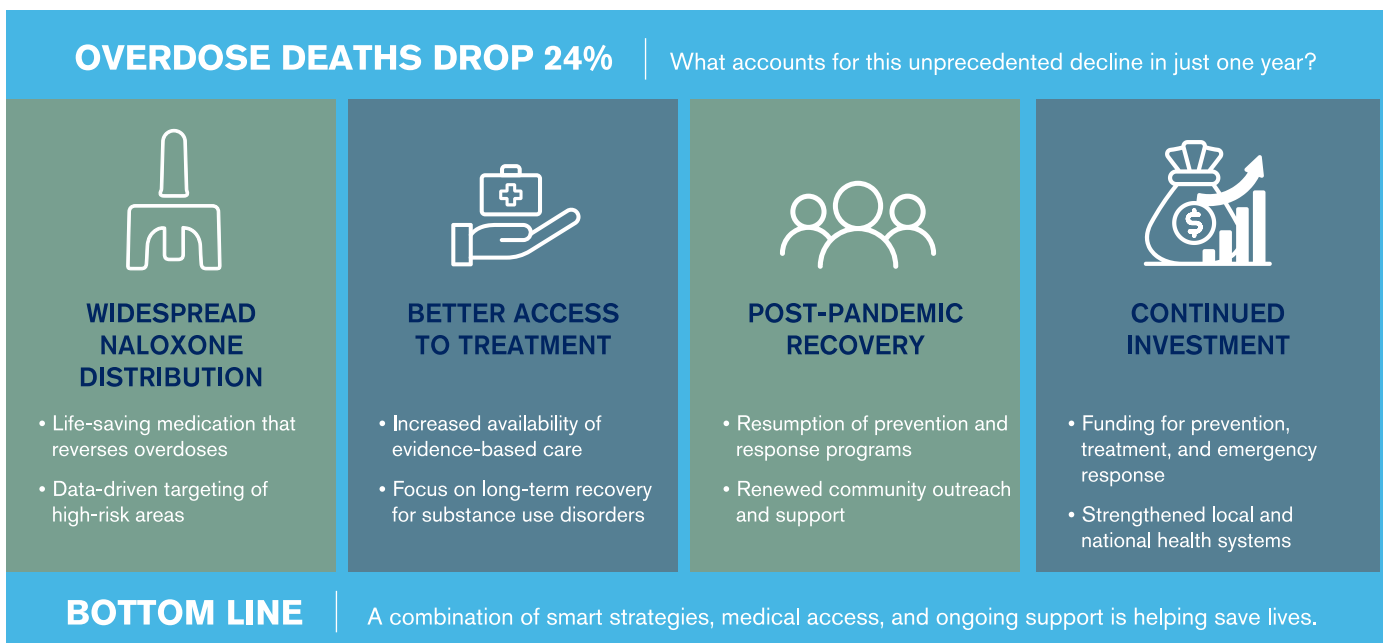
CDC Reports Encouraging Drop in U.S. Drug Overdose Deaths

There’s some hopeful news in the fight against substance use disorders—new data from the Centers for Disease Control and Prevention (CDC) shows a significant decline in drug overdose deaths across the U.S.

According to provisional numbers from the CDC’s National Vital Statistics System, drug overdose deaths dropped nearly 24% in the 12 months leading up to September 2024,

compared to the previous year. This marks one of the most significant declines in recent years, signaling progress in efforts to combat substance use and improve access to treatment.

While challenges remain, this downward trend is a promising sign that prevention, education, treatment, and support services are making an impact.



Odyssey House Hosts Women's Day Celebration 2025



Our Women's Day event celebrates the bonds of community and support that make Odyssey House a home.

On March 26, Odyssey House welcomed back its Women's Day Celebration, recognizing the resilience and achievements of the women in our housing programs. This was the first in-person Women's Day since COVID-19, reviving a tradition that Janice Slaughter, Vice President, Director of Mental Health & Housing Services, had led for 15 years before the pandemic.

Held at Odyssey House Harbor, the event honored tenants selected from various programs for their positive community spirit, commitment to recovery, financial

responsibility, and engagement with Odyssey House staff.

The program featured poetry, music, and an address from guest speaker Minister-Elect Regina Owes, as well as an art display and a Tai Chi demonstration.

"Coming together for Women's Day reminds us that there's strength in every woman, and even more when we stand together."

– Janice Slaughter

Black History Month Profile: Andre Matthews on Running and Recovery



Visit odysseyhousenyc.org/news to watch Andre's profile.

In a profile by PIX11 News, Andre Matthews, Director of Recreational Services at Odyssey House, shared his transformative journey

from homelessness and substance use disorder (SUD) to becoming a pivotal figure in addiction recovery. Andre emphasized the significant role long-distance running played in his rehabilitation, beginning with his first marathon in 2002 (and 28 subsequent marathons). His experience underscores the therapeutic benefits of physical activity in overcoming SUDs. Now, as a leader at Odyssey House, he inspires others by integrating fitness into recovery programs, demonstrating that with determination and support, individuals can reclaim their lives from addiction.

Odyssey House Congratulates New Graduates



We recently celebrated the graduation of individuals who completed substance use treatment—a significant milestone in their recovery journey. We marked this achievement with a ceremony honoring their perseverance, recognizing the progress they've made, and reinforcing the importance of support and community in sustained recovery.



Make recovery real for a fellow New Yorker.

Thanks to supporters like you, Odyssey House has been helping people achieve healthy and sustained recoveries for over 50 years.

By donating to our programs, you enable us to pursue our mission of providing top-quality treatment for men, women, and children struggling with addiction, empowering them to achieve their dreams of living healthy, productive lives.



Donate online at
odysseyhousenyc.org/donate

5BOROS: Art of Recovery

Our 2025 exhibition, 5BOROS: Art of Recovery, opened this spring, showcasing artwork created by members of the Odyssey House Art Program. Inspired by life in Manhattan, the Bronx, Queens, Brooklyn, and Staten Island, the pieces reflect the influence of the five boroughs on each artist's personal journey through recovery.

The exhibition encourages artists to explore the questions: What is your art of recovery? How does living in the five boroughs shape your experience? What inspires you about your community? Through various mediums, these works offer a glimpse into how art, recovery, and community are deeply connected.



"Recovery Boulevard" by Daniel N. "When I paint, I work for weeks, sometimes months at a time. The continued focus is relaxing. This is a painting of a NYC block with a treatment facility. This is a picture of what NYC looks like from my memory."



"Manhole Covers" by Nelson B., Nick B., and Anthony M. The Leadership Manhole Cover project was a way for clients to build new memories of places that previously held negative experiences. By creating artworks from these places, clients are able to build new narratives and visit their neighborhoods with sober perspectives, reinforcing the benefits of the recovery process. The pieces are true-to-size molds of actual manhole covers.



"The True Story of a Bronx Tale" by Kiven H. "This painting is based on a movie that ends in tragedy. I wanted to give it an alternative ending that ends in recovery. Art provides me a safe and constructive outlet to cope with challenging emotions. My art allows me to channel my struggles into something positive and helps build my resilience."



"Verrazano Bridge" by Jeanne H. "I have always been struck by the beauty of the Verrazano Bridge. It is the background of my childhood. Making art has become an important part of my recovery — fostering expression, new friendships, and appreciation for the world around me."

The exhibition also featured artwork from our collaboration with the Museum of Modern Art (MoMA). Odyssey House residents participated in studio workshops and museum tours led by MoMA's educators. Artists had the opportunity to engage in various art mediums such as printmaking, photography, and collage. The experience allowed them to express their stories and explore the myriad ways the creative process inspires recovery.



Lara Schweller, MoMA Associate Educator for Access Programs and Initiatives (center) with Odyssey House President Dr. Peter Provet (left) and Chad Porter, Director of Expressive Arts.



Award-winning, NYC-based artist Frank Leslie Hampton (left) and Odyssey House artist Kiven H. with one of Kiven's featured pieces.



Jason C.

Jason is a graduate of our Manor treatment program. An experienced artist, he lost his passion for creating while battling addiction. "Art gives me an outlet for emotions I can't express and sharpens my focus."



Chantelle G.

Chantelle is in treatment at the George Rosenfeld Center for Recovery with her infant son, Miracle. "I express myself through painting. Every time I look outside, I see the beautiful view of the Triborough Bridge. I look at it as 'the Future' after recovery. I love to paint what I see. There's no better feeling than seeing people light up when they see my art."



Nelson B.

Nelson is a graduate of the Leadership Center. He was an active member of the Odyssey House Art Program and has three pieces in the 5BOROS exhibition. "The art department benefited my recovery because it showed me that everything is a process."

Odyssey House Welcomes Dr. Uju Berry to Its Boards of Trustees



Odyssey House is pleased to announce the appointment of Dr. Uju Berry to its Boards of Trustees, bringing her extensive expertise in trauma-informed care, mental health equity, and child development to the organization's leadership.

Dr. Berry is a Clinical Associate Professor in the Department of Child and Adolescent Psychiatry at NYU and serves as the Medical Director for NYC Health + Hospitals' Domestic Violence Mental Health Initiatives. In this role, she oversees city-wide mental health programs that support thousands of individuals affected by domestic violence each year.

A dedicated advocate for vulnerable communities, Dr. Berry

leads National Institutes of Health (NIH) and Substance Abuse and Mental Health Services Administration (SAMHSA)-funded research on child development and domestic violence interventions. She also contributes her expertise to multiple professional councils, shaping policies and practices that advance trauma-informed care and mental health accessibility.

"We are thrilled to welcome Dr. Berry to our Board," said Dr. Peter Provet, Odyssey House President & CEO. "Her commitment to mental health equity and her expertise in trauma-informed care align with our mission. We look forward to the important contributions she will bring to our work."

Dr. Berry's appointment underscores Odyssey House's ongoing commitment to integrating mental health support into addiction recovery and housing services, ensuring everyone receives the comprehensive care they need to rebuild their lives.

Supportive Housing: Offering Hope and the Path to Recovery

The New York Times



Credit: Thea Traff / The New York Times

The New York Times recently published a detailed article about permanent supportive housing in New York City, focusing on the Lenniger Residences in the Bronx.

The article highlighted the successes of the Housing First model, which provides immediate housing without sobriety or treatment preconditions, while also acknowledging challenges such as ongoing substance use and concerns about community well-being.

Dr. Peter Provet responded with this letter, emphasizing the importance of balancing immediate housing stability with behavioral expectations and supportive services that foster long-term recovery and accountability.

Dear Editor:

Your article shows the transformative potential of supportive housing for individuals grappling with mental illness and substance use disorders. At Odyssey House, where we operate 450 supportive housing units in New York City, we see firsthand how this model offers stability and hope to those who have endured homelessness.

Supportive housing is undeniably effective, but it should raise an important question: Is a housing policy without behavioral expectations on tenants the best approach? Housing First prioritizes immediate stability by limiting preconditions such as sobriety or participation in treatment. While this approach has helped countless individuals find safety and stability, it can also create challenges for tenants and providers alike - especially when substance use or untreated mental health issues affect the broader community.

At Odyssey House, we believe that supportive housing must strike a balance. Pairing affordable housing

with services like mental health care, addiction treatment, and vocational support is essential. This includes fostering accountability and engagement in services that promote long-term recovery and community well-being.

Every day, we see how stable housing transforms lives, helping individuals reconnect with loved ones, pursue employment or education, and contribute to their communities. Expanding access to supportive housing is a moral imperative and a practical investment in public health and safety.

Dr. Peter Provet
President & CEO, Odyssey House

This letter was originally published in The New York Times on April 21, 2025.

To learn more about Odyssey House's supportive housing programs, visit odysseyhousenyc.org.

GET READY TO RUN FOR A CAUSE!

RUN FOR YOUR LIFE 5K: 9/27/25

TCS NYC MARATHON: 11/2/25

Save the date for our 20th Annual Run For Your Life!



Proud to celebrate the winners of the 2024 5K—your dedication, speed, and spirit made this race unforgettable!

Join us on Saturday, September 27, at Icahn Stadium on Randall's Island for a vibrant, family-friendly race that champions health, wellness, and recovery. This special event raises awareness about addiction, celebrates individuals on their recovery journey, and helps break the stigma surrounding substance use disorders.

As part of National Recovery Month, this run is more than just a race—it's a movement of resilience, hope, and community support. Whether you run, walk, or cheer from the sidelines, your participation makes a difference.

John Tavalacci, Odyssey House COO and Executive Director of Odyssey Foundation, established this event in 2006, and we have held it annually ever since. Stay tuned for details on registration, the race route, and fundraising opportunities. We can't wait to see you there!

Charity Runner Spotlights:



Piper Munro:

"I was drawn to Odyssey House because of their incredible efforts in supporting those battling addiction across the city. My dad has struggled with alcoholism throughout my whole life, and he has benefited greatly from organizations like Odyssey House."

Dan Licht:

"I was looking for a charity that would really uplift my community. Odyssey House seemed like a great fit to help address some of the issues that I see day-to-day in my neighborhood."

Noah Fauchon:

"I'm running for Odyssey House because my Mom was in recovery for most of my life. I'm honored to represent an organization helping New Yorkers defeat addiction, and I can't wait for the race!"

Need more distance than a 5K? Join Team Odyssey for 26.2 miles!



Members of Team Odyssey marked the completion of the 2024 NYC Marathon together at the finish line.

We are proud to announce that Odyssey House has once again been selected as an official charity partner of the 2025 TCS New York City Marathon! For the seventh consecutive year, we're seizing this incredible opportunity to expand our team and raise awareness for our mission.

Last year, charity runners from across the country joined Team Odyssey, raising more than \$100,000 to support the individuals and families in our care. This year, we want YOU to be part of our team!

Why Run with Odyssey House?

By joining Team Odyssey, you'll receive guaranteed entry into the 2025 TCS New York City Marathon while making a lasting impact. In exchange for raising \$3,000, we'll provide you with tools to make fundraising simple, including access to an easy-to-use online crowdfunding page to track your progress.

Your Entry Package Includes:

- ✓ An Odyssey House racing uniform
- ✓ An invitation to our exclusive pre-marathon team dinner
- ✓ Twice-weekly training sessions with Team Odyssey

If you're ready to take on the challenge and run with us on November 2, 2025, contact Carolyn Abrams at cabrams@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.



It is the mission of Odyssey House:

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

odysseyhousenyc.org/news



Help us spread the word:

facebook.com/OdysseyHouse



Follow us at:

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

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.