

Odyssey House is a behavioral healthcare nonprofit dedicated to helping people struggling with addiction, 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.

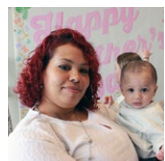
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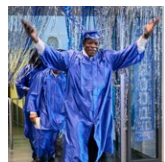


Running Together, Recovering Together

From our 20th anniversary 5K to the NYC Marathon, Team Odyssey proves that recovery thrives on community and determination



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Celebrating mothers and the power of recovery.



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Commemorating new beginnings at Odyssey House.

20 Years of Running for Recovery

For twenty years, Odyssey House’s Run for Your Life program has brought together people in recovery, their families, and the broader community to celebrate health, achievement, and the power of perseverance. What began as a single 5K on Randall’s Island has grown into a year-round movement that changes lives — both on and off the course.

This September, we marked the 20th anniversary of the Run for Your Life 5K, a milestone that drew hundreds of participants to Randall’s Island Park for a day filled with energy, encouragement, and connection. Clients, alumni, staff, and friends ran side by side with supporters from across New York City’s recovery and treatment community.

John Tavolacci, EVP, COO, and Executive Director of Odyssey Foundation, said, “Run for Your Life has turned into more than just a

5K — it’s a community party with a great vibe. It brings people together.” Participants agreed, with one saying, “I’ve run in many races, but I’ve never felt more at home than I did today. This community lifts you up every step of the way.”

The event has become a cornerstone of our mission to promote wellness and recovery through physical fitness, building camaraderie and pride among everyone who takes part.

Team Odyssey Takes on the Marathon

That spirit of accomplishment was on full display again this fall as Team Odyssey took on the 2025 TCS New York City Marathon. Under the guidance of Director of Recreational Services Andre Matthews, 52 clients, alumni, staff, and charity runners conquered one of the world’s most challenging road races. Each runner carried a personal story of resilience —



Odyssey House

Where recovery gets real

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Celebrating Mothers and the Power of Recovery



From left: Mother's Day Celebration 2025 honoree Dr. Kate Rothko, Chair, Odyssey Foundation Board of Trustees; Shayniah and Chantelle (moms in treatment); honoree Moira Tashjian, Executive Deputy Commissioner, and Dr. Ann Sullivan, Commissioner, NYS Office of Mental Health; with Jessica and Yeimy (moms in treatment).

On a beautiful spring day, Odyssey House gathered friends and supporters for our annual Mother's Day Celebration, emceed by PIX11's Monica Morales. The event raised essential funds to help women and families on their recovery journeys and honored two extraordinary women whose leadership continues to strengthen families across New York City.

Moira Tashjian, Executive Deputy Commissioner at the NYS Office of Mental Health, received the Public Service Award for her compassionate leadership and decades of service improving mental health care for vulnerable New Yorkers.

Dr. Kate Rothko, Chair of the Odyssey Foundation Board of Trustees, received the Leadership Award for her unwavering dedication to healing and advocacy. "Recovery is not just about overcoming substance use," Dr. Rothko shared. "It's about restoring hope, dignity, and the bonds that connect us as families and communities."

The celebration also shined a spotlight on the incredible mothers in our programs — women rebuilding their lives and families through courage and perseverance. Shayniah, Jessica, and Chantelle each shared powerful stories of recovery, motherhood, and self-discovery.

Shayniah reunited with her baby daughter soon after entering treatment. "The other mothers became my family," she said. "Odyssey House gave me the tools to be the mother my daughter needs."

Jessica, a mother of five, described Odyssey House as "the final stop in a downward spiral," where she learned patience, empathy, and self-forgiveness. "Each problem I faced, my counselors faced with me," she said. "The small steps are building blocks to my long-term goals."

Chantelle found purpose after the birth of her son, Miracle. "I discovered the joy of recovery," she said. "Now I'm painting, running, and having fun — sober."

We are deeply grateful to the Elizabeth and Baret O. Benjamin Foundation for its continued support in honor of the late George Rosenfeld, whose visionary leadership as Odyssey House and Odyssey Foundation Board Chairman shaped our services for women and children.

Dr. Peter Provet Named One of Crain's Notable Leaders in Philanthropy



We are pleased to share that Odyssey House President & CEO Dr. Peter Provet has been named one of Crain's New York Business 2025 Notable Leaders in Philanthropy. Dr. Provet was selected for his work to expand access to care, developing innovative programs such as residential treatment for pregnant women and mothers with children.

This prestigious recognition honors individuals who have demonstrated exceptional commitment to improving lives through charitable leadership and community impact.

Under Dr. Provet's guidance, Odyssey House has expanded access to comprehensive treatment and housing services for thousands of New Yorkers struggling with substance use and mental health challenges. Dr. Provet is dedicated to tackling systemic inequities and fostering solutions in addiction treatment, mental health care, and homelessness services.

For more than 25 years, Dr. Provet has championed a person-centered, compassionate approach to recovery, ensuring that vulnerable individuals and families receive the care and dignity they deserve.

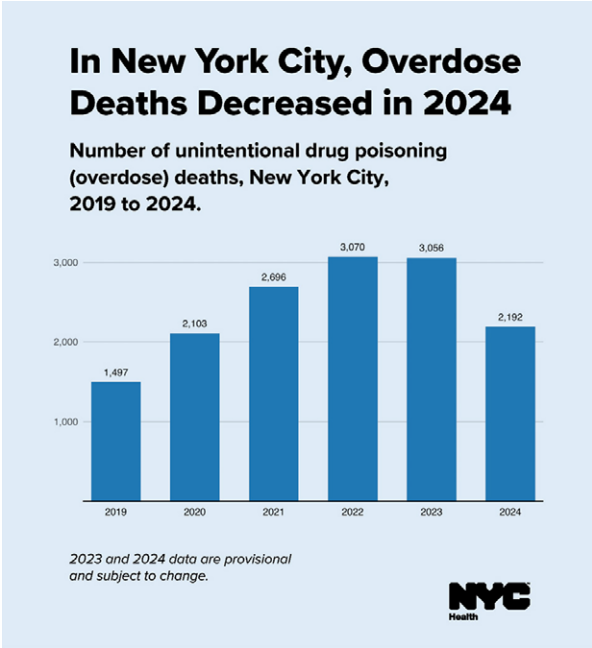
Please join us in congratulating Dr. Provet on this well-earned recognition!

Overdose Deaths Decline Across NYC, Signaling Progress in Recovery Efforts

New York City saw a 28 percent drop in overdose deaths in 2024 — the first major decline in nearly a decade, according to new data from the Department of Health and Mental Hygiene (DOHMH). Deaths decreased across all boroughs and demographic groups. Officials credit years of investment in prevention, treatment, and recovery services, supported by opioid settlement funds expected to total more than \$550 million by 2041.

“This progress is encouraging, but lasting change depends on getting more New Yorkers into effective, accessible treatment,” said Dr. Peter Provet, President & CEO. “At Odyssey House, we’re committed to expanding the care and support people need to reclaim their lives.”

City agencies and community organizations continue expanding access to treatment and recovery supports, including same-day medication for opioid use disorder and outreach programs connecting people directly to care. Thousands of New Yorkers have also been trained to use Narcan — the lifesaving medication that reverses opioid overdoses — through citywide initiatives and local trainings.



Neighbors Helping Neighbors: Overdose Awareness in Action



Overdose reversal training is essential, as timely intervention can be lifesaving and any individual may be in the position to respond.

Every year on August 31, Odyssey House joins organizations around the world in recognizing International Overdose Awareness Day (IOAD) — the largest global campaign to end overdose and honor those lost to this preventable tragedy.

This year, staff at the Odyssey House Recovery Center in the Bronx provided free naloxone training to 35 community members, equipping them with the knowledge and confidence to save lives.

“Every person who learns how to use naloxone becomes part of the solution,” said Mary Callahan, Senior Manager and Director of Admissions, Outpatient & Recovery Support Services. “We see firsthand how education and quick action can mean the difference between life and death. Training our community gives people the power to respond when it matters most.”

Overdose remains one of the most urgent public health challenges of our time. By offering ongoing education and access to naloxone, Odyssey House helps individuals, families, and communities take meaningful steps toward prevention and recovery.

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.

One Community, One Mission, Thousands of Miles

a testament to how far they've come and how much they've overcome.

For many in recovery, running provides structure, focus, and a tangible sense of progress. The discipline it takes to train for a race mirrors the daily commitment required to stay sober and rebuild one's life.

This year also marked Odyssey House's fifth year as an official TCS New York City Marathon Charity Partner. Charity runners from across the country joined the team to fundraise for the Odyssey Foundation, collectively raising more than \$80,000 to support our residential and outpatient treatment programs, supportive housing, and family services.

“Addiction is a disease, not only physically, but it also kills your spirit, and accomplishment is a great remedy.”

— John Tavalacci

Recovery in Motion

The success of both events — the anniversary 5K and the TCS NYC Marathon — underscores the deep connection between wellness and recovery. Running offers not just physical benefits but emotional ones: confidence, community, and a renewed sense of purpose. As participants crossed each finish line, they did so not only as athletes but as examples of what's possible when determination meets hope.

Twenty years in, Run for Your Life continues to inspire and unite. It's more than a race — it's a movement that reminds us all that recovery, like running, happens one step at a time.



John Tavalacci congratulates the top three women's finishers.



Participants at this year's Run for Your Life event embody the resilience and community spirit that drive our recovery mission.



A mother in our Women and Children's Program shares a moment with her young son, highlighting the family-centered support at Odyssey House.



Special commemorative medals were presented in honor of the event's 20th anniversary.

Meet Members of our NYC Marathon Team

Max Eisenstat

Odyssey House graduate and Recovery Coach



For Max, Run for Your Life is about more than fitness — it's about belonging. "Run for Your Life is a support network that encourages you and champions you no matter where you're at. When one person succeeds, we all succeed, and that's how we support each other.

"As an intern and now, a recovery coach, knowing that people can look to me for guidance really built up my self-esteem and my self-worth. I didn't really have that before I came to Odyssey House. I thought so low of myself from my addictions. But with my recovery, I've gained back those things that make me who I am, that make me special."

Sandra Mendez

Odyssey House client



Sandra was introduced to the Run For Your Life program by Mary Callahan, Senior Manager, Director of Admissions, Outpatient & Recovery Support Services. "Ever since I started running, I've learned how to turn my pain into fuel, helping me push through challenges and heal emotionally.

"I ran the marathon as part of Team Odyssey to celebrate my progress and remind myself how far I've come. Running has become an important part of my recovery; it clears my mind, strengthens my body, and helps me push through challenges one mile at a time. Each step reminds me that I am capable of change, discipline, and resilience."

Dr. Uju Berry

Odyssey House Board Member



Dr. Berry joined Team Odyssey for her first marathon in memory of her father, who passed away last year. "He was someone who pushed himself physically and mentally every day, but what inspired me most was how deeply he cared for others. He always found ways to support people in need, and this run is my way of carrying that legacy forward."

Dr. Berry is a child and adolescent psychiatrist at NYU Langone's Child Study Center, where she provides trauma-informed, evidence-based care for young people and families. She also serves as Medical Director at NYC Health + Hospitals, leading mental health initiatives that reach survivors of domestic violence and other vulnerable communities.

Jason Wanderscheid

Odyssey House Charity Runner



Jason traveled from Texas to join Team Odyssey for his ninth marathon. For him, running became a way to reclaim his health and his life after his father's death. "My father's passing at 55 was a wake-up call. It took time to face it, but two years later, at 270 pounds, I ran my first mile — one step that's since led to losing over 100 pounds.

"I ran for Odyssey House because recovery, resilience, and second chances matter. Running has taught me that progress is built one step at a time, and that same mindset fuels the work Odyssey House does every day. I'm proud to use my miles to support people rebuilding their lives and finding hope again."



Team Odyssey came together for the annual pre-marathon pasta luncheon, a tradition that builds camaraderie ahead of race day.



Charity runner Amber Bruckner returned for her second year with Team Odyssey, continuing her commitment to supporting our mission.

Celebrating New Beginnings at Odyssey House



We're proud to celebrate our graduates and their commitment to recovery. Through dedicated work on their individualized treatment plans, they've built a strong foundation for lasting change. As they move forward, Odyssey House remains a steadfast partner — providing ongoing support and resources every step of the way.



Odyssey House recently celebrated the achievements of men and women completing their recovery programs, marking a powerful milestone in their journeys toward stability, independence, and self-discovery. Families, staff, and peers gathered to honor the graduates' hard work, perseverance, and the hope that fuels lasting recovery.

Speakers from across Odyssey House's programs shared inspiring reflections on their paths. Lawanda Williams, a graduate of the Women and Children's Program, spoke about finding strength through connection and self-worth. "I knew I had to change. It was scary at first, but then a calm feeling came over me after just a few days of being at Odyssey House. I felt that finally someone hears me, someone understands me, and I'm not alone. I've learned a lot from being here. But the most important lesson was, do this for yourself first."

From the ElderCare Program, Warren Danner reminded fellow graduates that recovery is a lifelong process of growth.

"Recovery is not just about leaving something behind. It's about building something new. It's about discovering who we truly are when we remove the barriers that once held us back," he said. "Today is not the end of your journey. It is a powerful new beginning."

Addressing the graduates, Jeremy King, VP, Chief Program Officer, offered words of encouragement: "As you move forward, remember this — you are not alone. You have a network of people who believe in you. You have the strength within you to face whatever comes next, and you have already overcome so much. Never forget that. Today, we celebrate your victory, we stand with you in your journey, and we look forward to the incredible future you are creating."

The ceremony celebrated more than completion — it celebrated transformation. Each graduate's story reflects Odyssey House's mission to provide the tools, support, and community needed to build a life of purpose, hope, and progress.

Empowering Residents With Tools for Better Nutrition



As part of Eat Well NY's eight-week nutrition initiative, tenants from our housing programs made weekly visits to the local farmers market to support healthy eating.

Residents at Odyssey House's Haven and Park Avenue supportive housing programs recently completed the Eat Well NY initiative, a hands-on nutrition education program made possible through a 2025 Mini-Grant from the New York State Office of Mental Health.

Led by Wellness Coordinator and Registered Dietitian Tara Mardigan, participants learned how to prepare nutritious meals, budget for healthy ingredients, and make the most of local farmers markets. The program also provided new kitchen tools and pantry staples, giving residents the resources to continue cooking healthy meals at home.

"Food is such a powerful part of recovery," said Ms. Mardigan. "When residents learn to cook for themselves and share meals together, it builds confidence, community, and a sense of pride in taking care of their health."

Through Eat Well NY, residents strengthened their skills and deepened their connection to the East Harlem community — proving that small steps toward healthier eating can make a big impact on wellness and independence.

Odyssey House Artists Shine at Recovery Arts Festival



Michael V. (left) and Jose Y. (right) and members of the Odyssey House Art Program proudly showcase their creations.

Three Odyssey House Art Program members were honored at the 22nd Annual Recovery Fine Arts Festival. Michael V. won first place in photography for “Addiction Through the Eyes,” while Ciara J. earned third place in painting for “The Color of Recovery,” and Jose Y. took third in mixed media for “Two Paths, One Vision: Shared Horizon.” All are receiving treatment at the George Rosenfeld Center for Recovery.

“Art gives our clients a powerful voice in their recovery,” said Chad Porter, Director of Expressive Arts. “These awards celebrate their creativity, resilience, and hope for the future.”

The festival, part of the 10th Annual New York State Recovery Conference organized by Friends of Recovery — New York, celebrates the creativity, resilience, and recovery of artists in recovery from substance use disorders. This year’s theme, “Renewing our Commitment to an Inclusive Recovery World,” highlights the power of art to inspire hope and community across the state.

Art with Purpose:

Share Hope Through Client-Created Cards



Support recovery and celebrate creativity with a boxed set of cards featuring original artwork by Odyssey House clients. Each design reflects a story of hope and transformation, making your messages even more meaningful.

Available with a minimum donation of \$100, all proceeds help fund treatment programs for men, women, and children on their journey to lasting recovery.

Share hope, send a card, and make an impact. Get your set today at odysseyhousenyc.org/artwithpurpose.

Make Recovery Real for a Fellow New Yorker

Thanks to supporters like you, Odyssey House has been helping people build lasting recovery for more than 50 years.

Your donation helps us provide high-quality treatment for men, women, and children struggling with addiction, empowering them to reclaim their lives and achieve their goals of health, stability, and hope.



Your gift empowers lasting recovery. Make an impact now.



Donate online at odysseyhousenyc.org/donate



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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



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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.