



Once you choose hope, **anything is possible.**

— Christopher Reeve



ANNUAL IMPACT REPORT FOR FY 2019 & FY 2020

Vision

Accessible quality behavioral health services for our communities.

Mission

Odyssey seeks to improve the well-being of individuals and families by providing comprehensive behavioral health services.

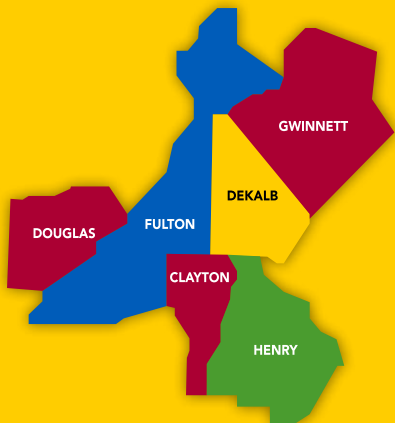
Values

Odyssey is guided by the values of respect, diversity, integrity, and care.



Atlanta Preschoolers Included in Odyssey School-Based Counseling Program

Among the many schools that partner with Odyssey to provide behavioral health services, one school stands out for its unique student body. Premier Academy is a Center of Excellence daycare center for young children six months through five years old. Its goal is to ensure that all children who enroll are developmentally on-track and prepared for success in kindergarten. The school partners with Odyssey to provide counseling services to their struggling three to five-year-old students. Odyssey counselors, along with teachers and administrators, work directly with each child to ensure positive academic, social, and developmental outcomes are achieved. Our counselors provide parent training and teacher observation in the classrooms. They also participate in parent/teacher home conferences.



Dear Friends,

Since Odyssey Family Counseling Center's founding in 1972, our philosophy and mission have been simple: improve the lives, and often save the lives, of low-income and underserved individuals and families who suffer from mental health and substance abuse challenges. We are a unique and long-standing non-profit community counseling center located in the heart of South Atlanta. This is where we have made our lives, where we grow, and where we strive to offer a healing space within the Atlanta community. Most importantly, we welcome all who walk through our doors empowering people living with mental illness the tools and support they need to develop their own path to living with independence and dignity. Growing over the years into one of South Atlanta's most respected social-service agencies, our clients serve as equal participants in the process of recovery. We aim to enable our clients to manage their mental health and build meaningful lives connected to the things and people they love. In 2019 and 2020, we expanded our services portfolio, grew our community-based outreach, and continued to develop the special programs that help our clients define and pursue personal goals.

In the wake of COVID-19 and the guidelines outlined by CDC with school closures, businesses and restaurants being shuttered, people losing their jobs, markets tumbling, social distancing, and not to mention the anxiety of possibly getting sick, Odyssey continues to prepare currently and for its aftermath.

Odyssey's staff has continued to work tirelessly to address the needs of our clients: children, adults, and families. While certain things have been put on hold, we acknowledge that life continues.

We also recognize that there will be a "second wave" of huge need. Officials and professionals in all fields have been discussing it... the mental health wave crisis expected to result from isolation and the new normal. Everyone's mental health will be affected. The potential for increased suicides, incidents of domestic violence, substance abuse and child abuse during the pandemic is high. Anxiety, depression, stress, and substance dependency will be on the rise and worse for some than others. We will need more well-trained mental health professionals in addition to prepared leaders to guide us through.

Odyssey is remaining steadfast through the public health crisis and will continue through the second wave – the mental health crisis. We have already seen an uptick in the number of new clients calling needing assistance.

We need your support – financial and prayers – more than ever. Please consider helping bolster Odyssey's efforts serving the community, providing quality and accessible mental health services and to prepare the next generation of community leaders!

Thank you for supporting our work,



Esther

Esther Hammond
Board Co-Chair



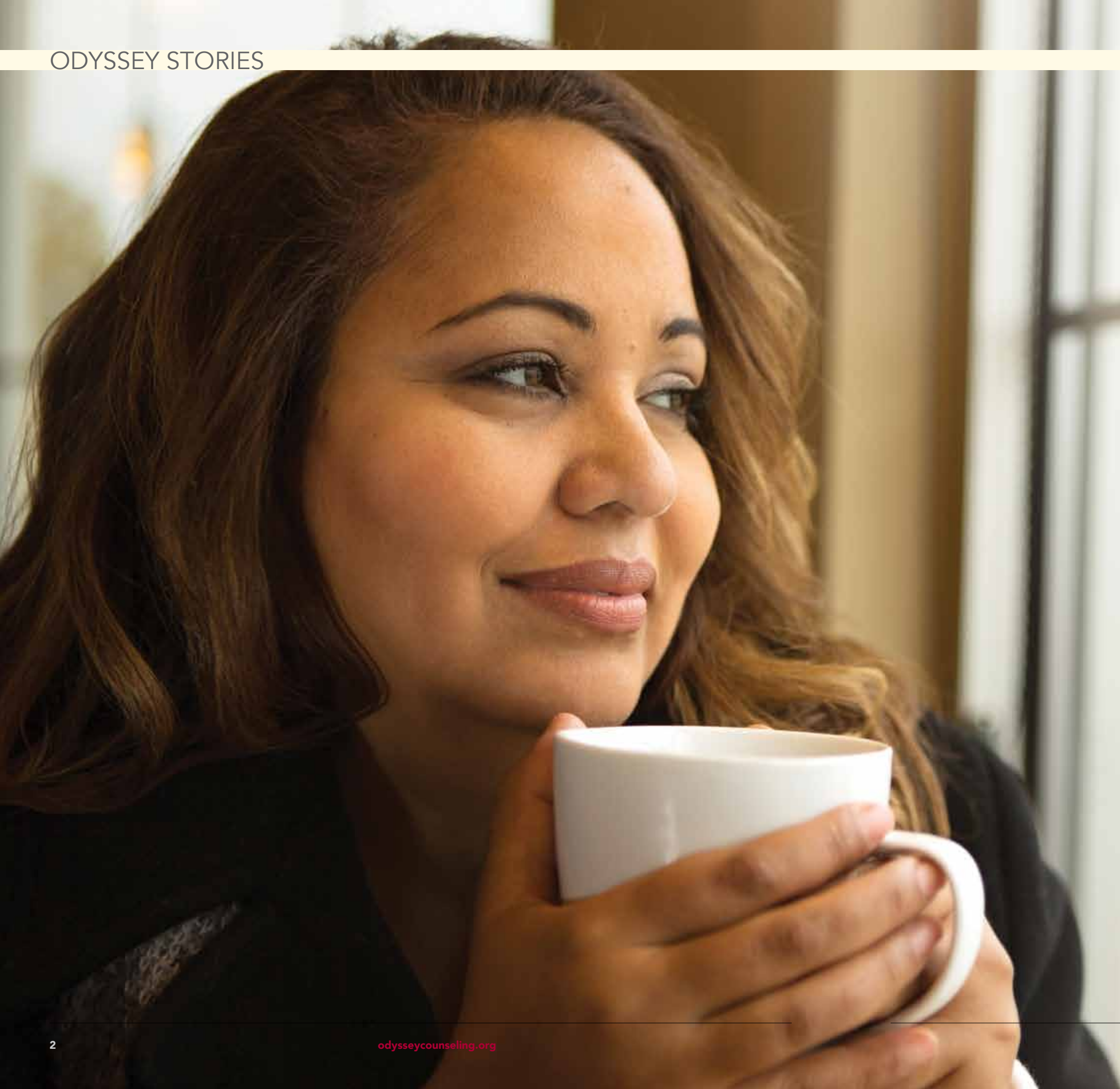
Carole

Carole Kirschner
Board Co-Chair



Charles

Charles C. Releford, Jr.
Executive Director



May L. is a 44-year-old African American female,

who is self-employed, and is the single mother of three sons. She is also a grandmother to one grandson. May initiated therapy services with Odyssey to address her symptoms of anxiety and depression stemming from unresolved issues of extensive trauma relating to her birth family beginning in childhood. She also experienced the brutal murder of her 21-year-old daughter approximately four years ago. May reported participating in therapy after her daughter's death but was unable to fully engage due to her immense grief and could not afford to continue counseling due to lack of insurance.

However, since beginning services at Odyssey, which are supported by foundation and donor funding, May reports that she has finally been able to begin a healthy grieving process. She has expressed her gratitude for the progress she and her therapist have made and is feeling hopeful for the future, for herself and her children and grandson. May continues in therapy at the time of this report.

Names have been changed to protect privacy and confidentiality.



Debbie T. is a 10 year-old Latina female

and a fifth-grade student attending a Fulton County elementary school served by Odyssey's School-Based Mental Health Program (SBMH). The school social worker recommended that Debbie meet with our counselors. Debbie explained to the counselor that she had been sexually assaulted by a neighbor. She did not want to express her feelings or communicate with others, and was isolating herself from everyone including from classmates at school. She and her family did not have health insurance which prevented her from receiving mental health care.

Through grant funding supporting the SBMH specifically for students who are uninsured and under insured, Debbie was able to receive counseling at school. As a result, she is able to express her thoughts and feelings regarding the sexual assault and day to day issues. Debbie is now able to make friends at school and communicate more easily with her family and teachers. Debbie needs more time to recover from the trauma of the sexual assault and will continue seeing an Odyssey counselor when she returns to school in August.

Names have been changed to protect privacy and confidentiality.



S.W. has been receiving services since Fall 2019.

They entered services due to their experience in an abusive romantic relationship. S.W. struggled with severe anxiety and negative self-image related to the partner's abuse. Our client has been out of relationship for a year and is currently in a new, positive relationship. S.W. has reached many of their treatment goals, including a significant decrease in worrying, overthinking, and self-doubt. S. W. is moving toward transitioning out of counseling services due to their progress on the goals that were established and overall positive state of mind and wellbeing.

Names have been changed to protect privacy and confidentiality.





At Odyssey, we have
a place to **'plug in'**
and feel **'normal.'**

— Odyssey Parent



Odyssey has been
a **refuge** in my times
of dry and weary land.

— Former Client

Odyssey Partners with the Atlanta Harm Reduction Coalition

To best provide prevention and treatment services, the Atlanta Harm Reduction Coalition, Inc (AHRC) and Odyssey Family Counseling Center (OFCC) entered a collaborative partnership in November 2018. The purpose of this effort is to implement comprehensive Substance Abuse and HIV prevention programs to reduce morbidity, mortality, and related health disparities, among African American Men who have sex with Men (MSM) ages 18-29 at high risk for acquiring HIV specifically with emphasis on reducing Substance Abuse, new HIV infection, increasing access to Substance Abuse and HIV medical care, and promoting health Equity.

The goals of the project are to prevent Substance Abuse and HIV/AIDS among at-risk African American MSM (18-29), and to ensure that African American MSM (18-29) living with HIV/AIDS or Viral Hepatitis receive needed services. Toward these ends, the six main objectives of the partnership include:

1. Increase risk assessment and development of an individualized risk-reduction plan that will assist in the decision process of getting tested for HIV, as well as preparation for delivery and interpretation of test results to at least 500 young African American MSM (18-29) including those who are homeless within the Atlanta area.
2. Increase knowledge and prevention skills in at-risk young African American MSM (18- 29) by providing evidence-based HIV and Substance Abuse interventions to at least 100 unduplicated at-risk young African American MSM per annum.

3. Increase awareness of HIV infection and Substance Abuse through strategic media campaigns to reach at least 2500 unduplicated at-risk African American MSM (18-29) per annum. This will utilize comprehensive peer driven social media and advertisement strategies.

4. Increase HIV and Substance Abuse education and safety skills by conducting educational outreach and condom distribution to at least 1000 unduplicated at-risk African American MSM per annum.

5. Increase access of HIV/AIDS treatment, HCV treatment, and SA treatment for 150 (2% HIV, 10% SA, 3% VH) unduplicated at-risk young African American MSM (18-29) identified through testing, outreach.

6. Increase Substance Abuse treatment by providing medication assistance and counseling to at least 15 SA African American MSM (18-29). Our target population is African MSM (18-29) who have traditionally been the most disconnected from services and the hardest to reach, including those who are impoverished, homeless, and substance using.

By fully integrating our services, our program will reach and assist populations that have fallen through the cracks of traditional fragmented service delivery systems, thereby increasing system capacity to effectively prevent SA and HIV/AIDS, and provide better access to care. This collaboration has led to additional partnerships and referrals with several agencies Thrive SS.

I was initially attracted to join the Board because of Odyssey's reputation of being **"one of the best kept secrets"** in the **Metro Atlanta area** among mental health professionals because of the excellent work they were doing with their clients. Now, some 6 years later, and as a Past Board Chair, I have witnessed Odyssey's **continued growth** in the provision of needed services and **expanded impact** in the local and surrounding community. A secret no more.

— Alysia Foster, member of the board



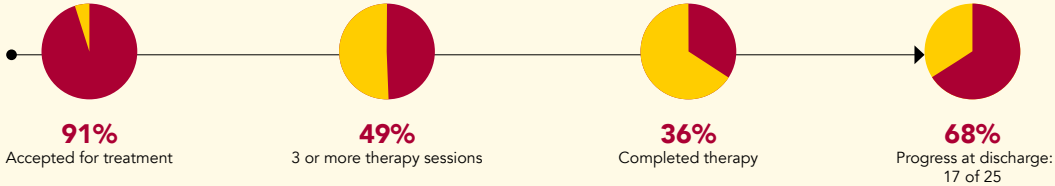
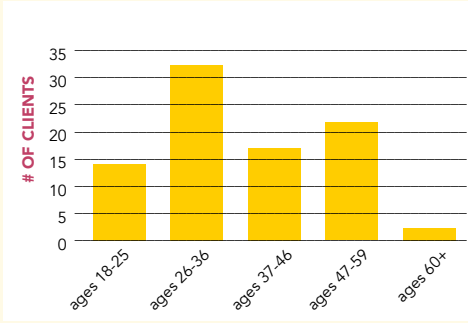
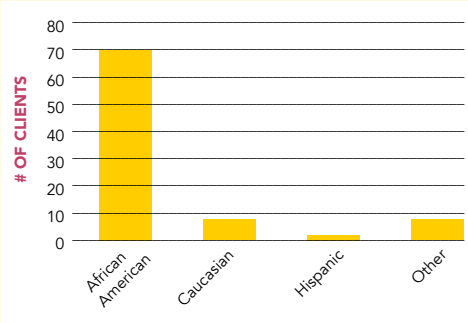
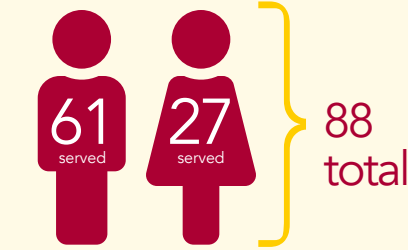
Pam (Odyssey Clinician)
spoke truth into
my life **when I**
needed it.

— An Odyssey Client

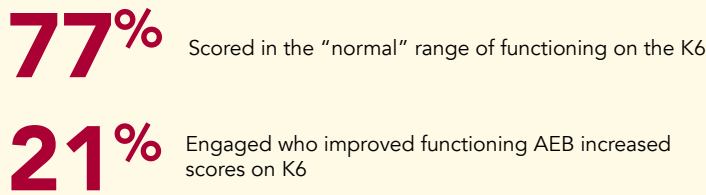
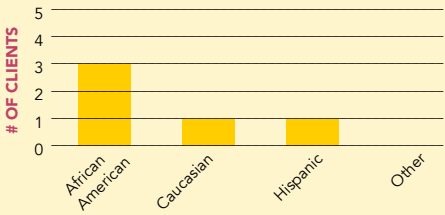
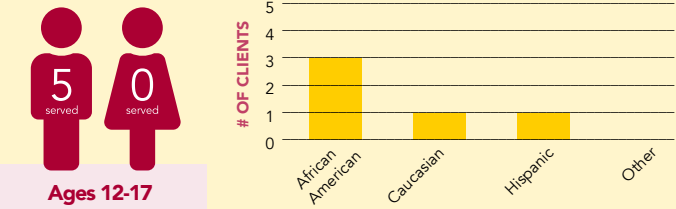


IMPACT FY 2019

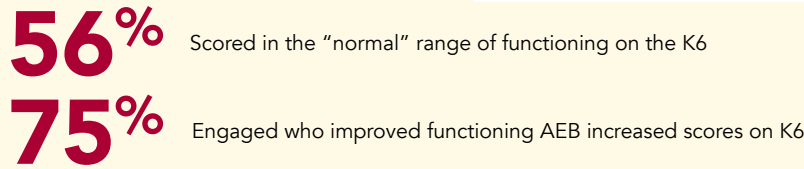
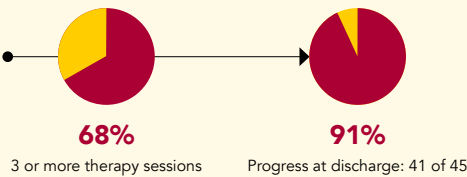
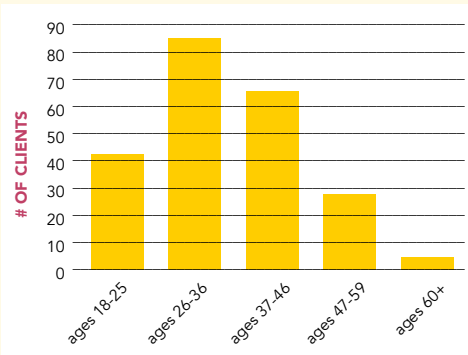
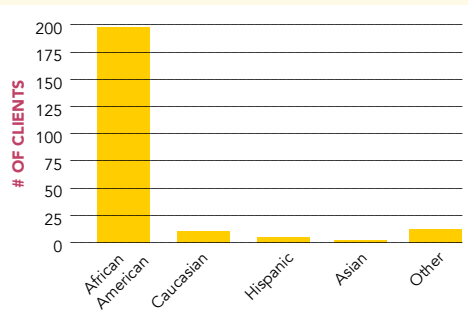
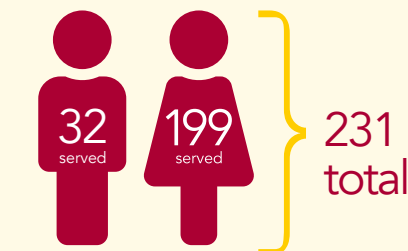
SUBSTANCE ABUSE PROGRAM:
ADULTS



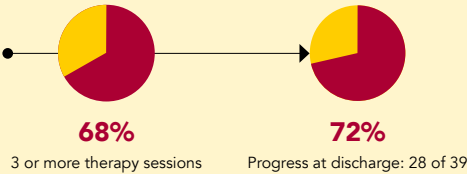
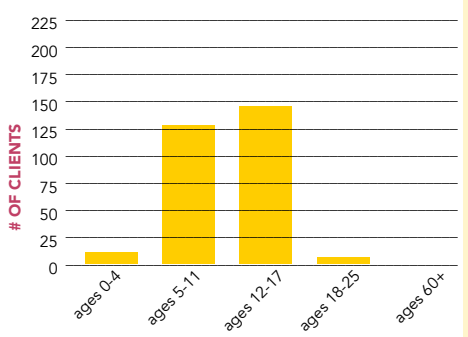
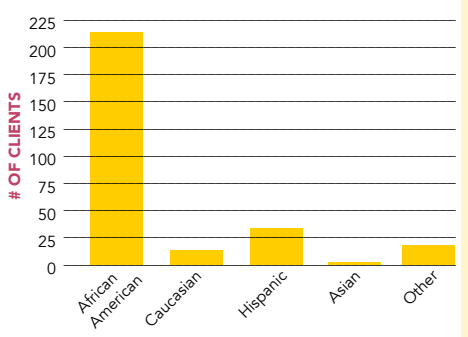
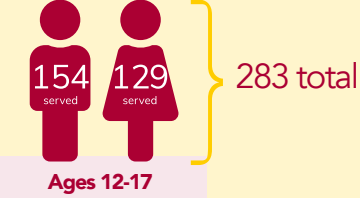
ADOLESCENTS



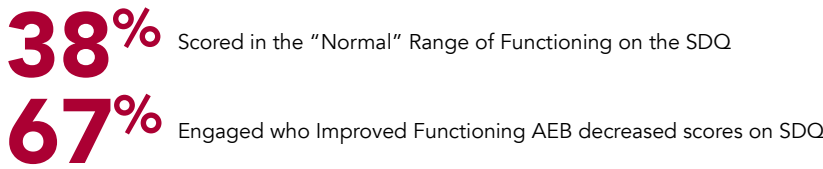
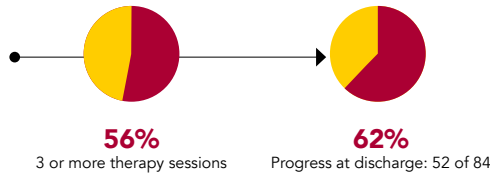
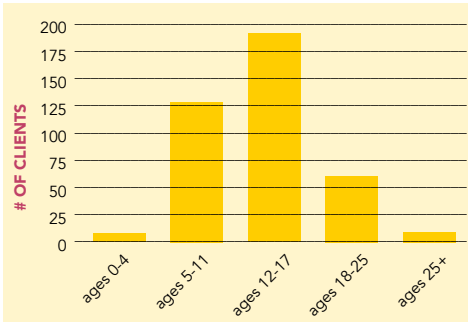
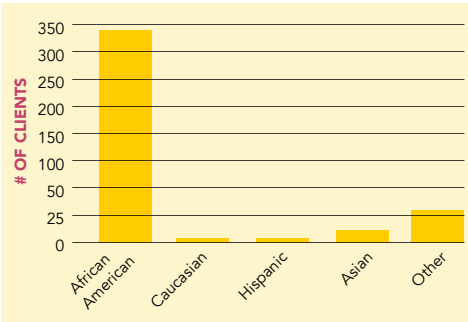
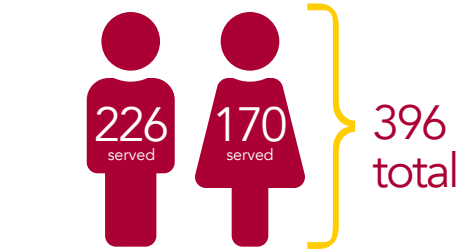
MENTAL HEALTH PROGRAM
(ODYSSEY LOCATION): ADULTS



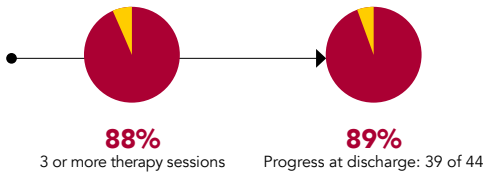
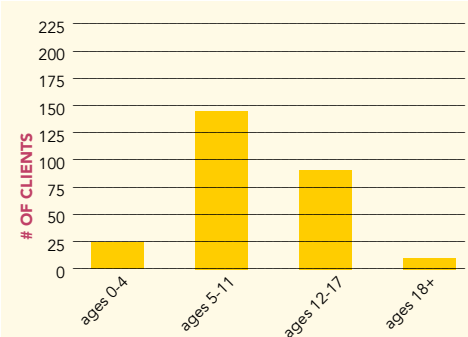
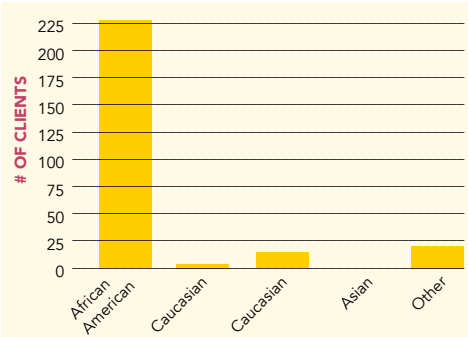
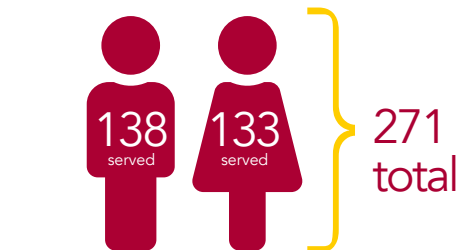
CHILD & ADOLESCENTS



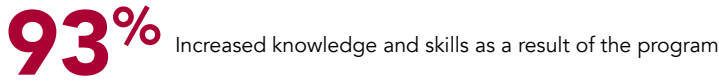
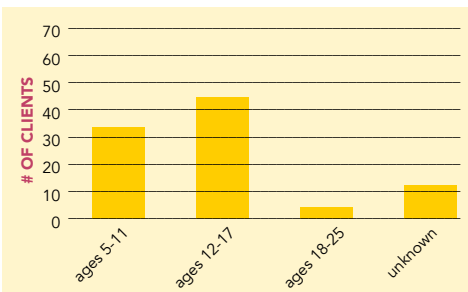
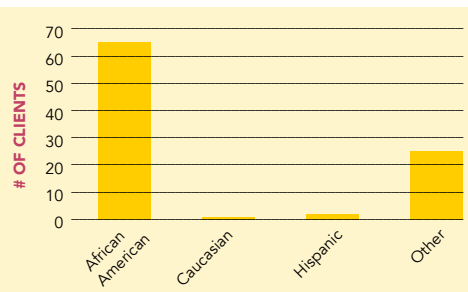
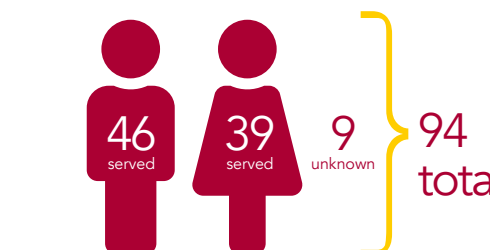
CHILD, ADOLESCENT, EMERGING ADULT, AND FAMILY MENTAL HEALTH PROGRAM (OAK HILL LOCATION):



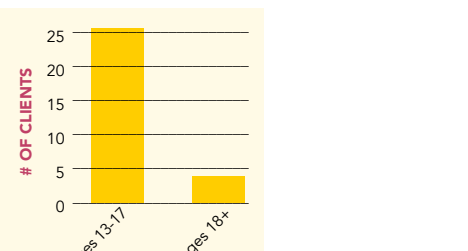
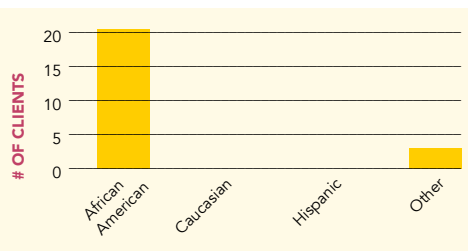
SCHOOL BASED MENTAL HEALTH PROGRAM (INCLUDING APEX):



PREVENTION &
EDUCATION PROGRAM:

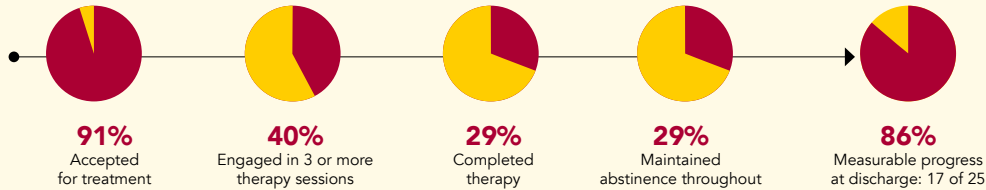
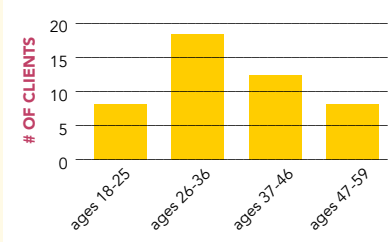
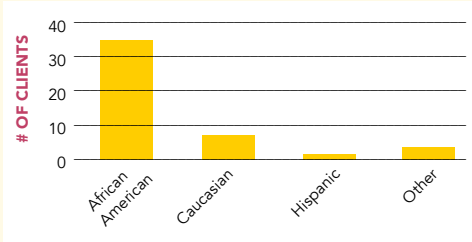
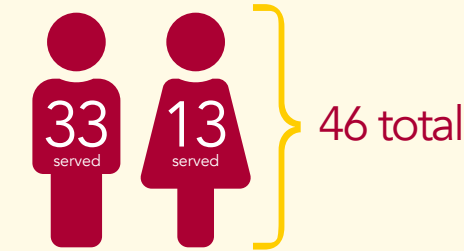


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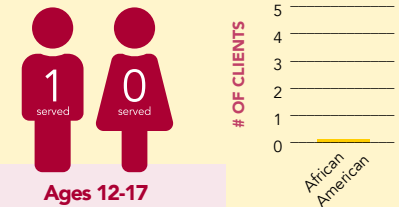


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SUBSTANCE ABUSE PROGRAM: ADULTS



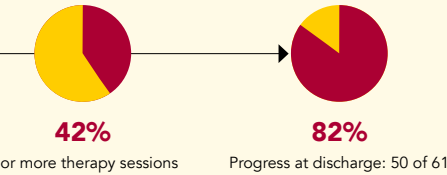
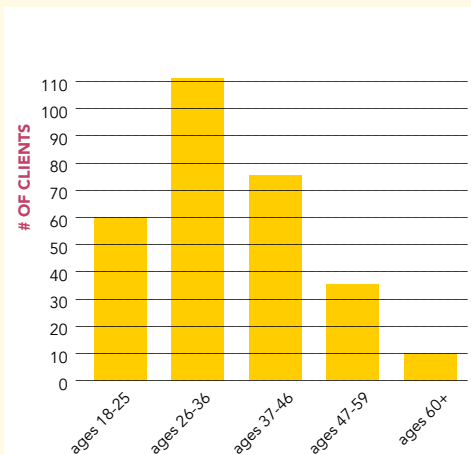
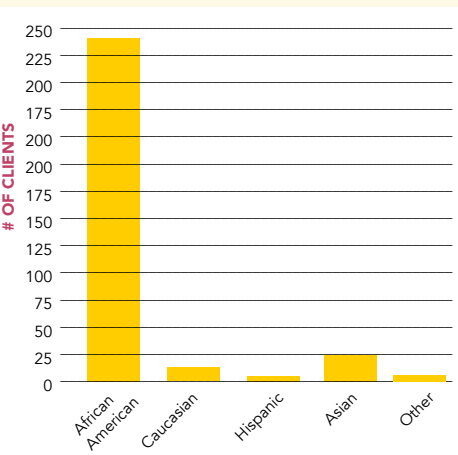
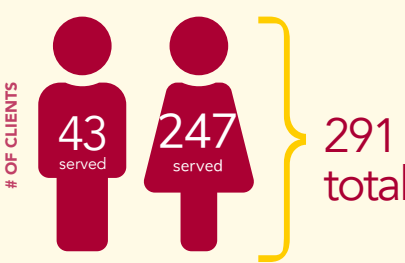
ADOLESCENTS



75% Scored in the "normal" range of functioning on the K6

33% Engaged who improved functioning AEB increased scores on K6

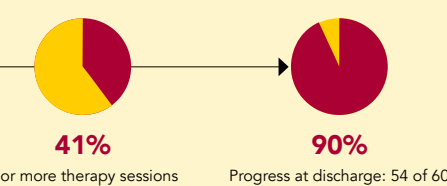
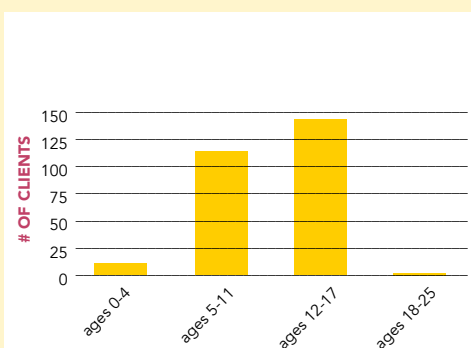
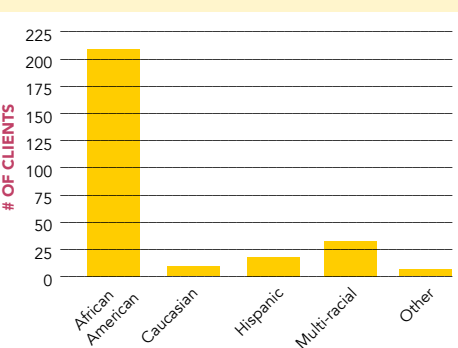
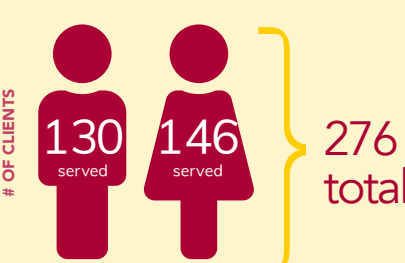
MENTAL HEALTH PROGRAM (ODYSSEY LOCATION): ADULTS



59% Scored in the "normal" range of functioning on the K6

75% Engaged who improved functioning AEB increased scores on K6

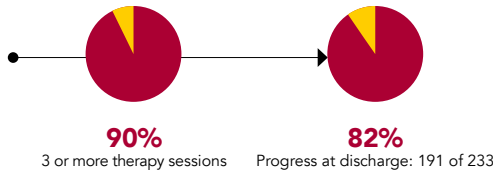
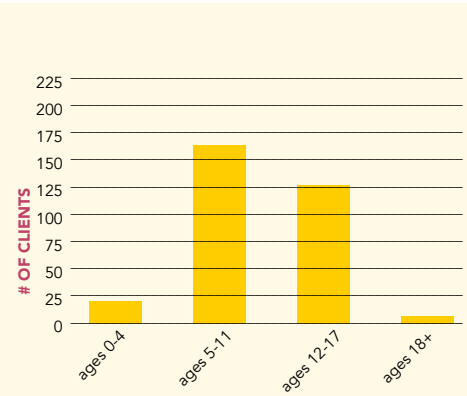
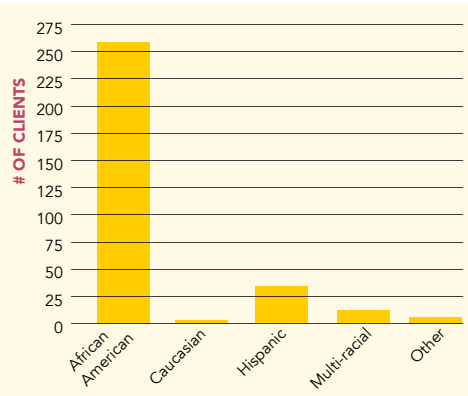
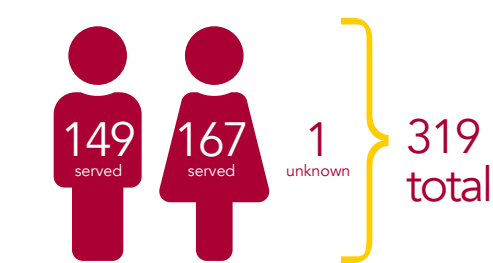
CHILD & ADOLESCENT



31% Scored in the "normal" range of functioning on the SDQ

67% Engaged who improved functioning AEB increased scores on SDQ

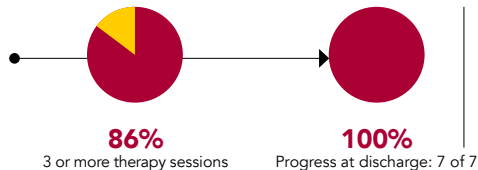
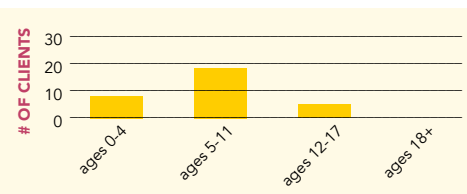
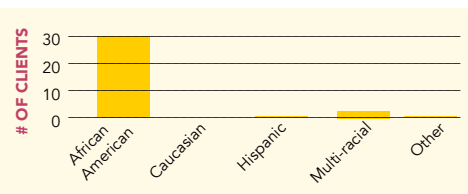
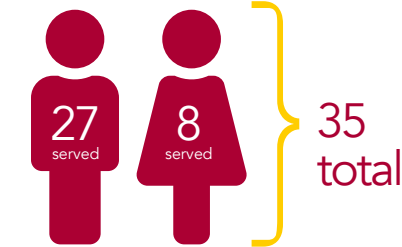
SCHOOL BASED MENTAL HEALTH PROGRAM (INCLUDING APEX):



60% Engaged who improved functioning AEB decreased TD scores on SDQ

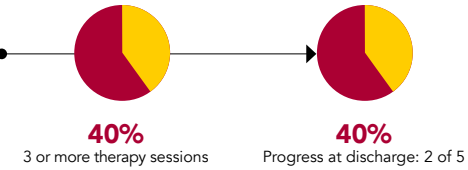
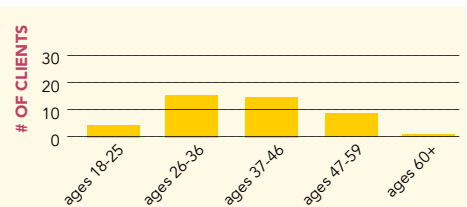
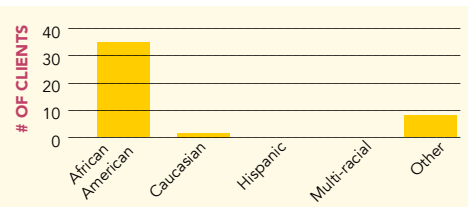
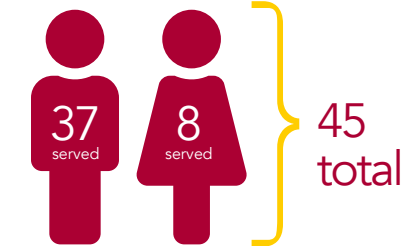
40% Engaged who scored in the "normal" range of functioning on the SDQ

BLACK HEALTH EMPOWERMENT INITIATIVE PROGRAM:

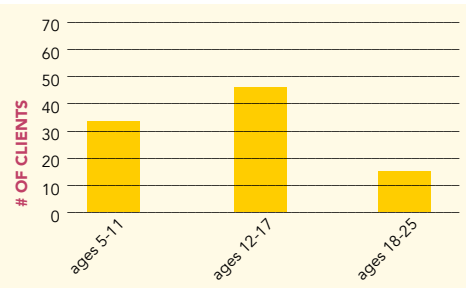
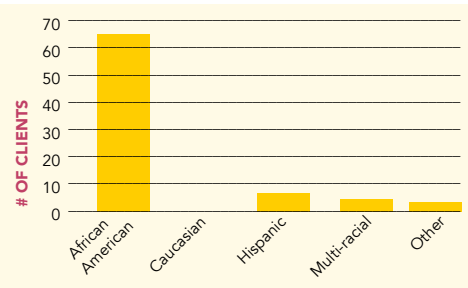
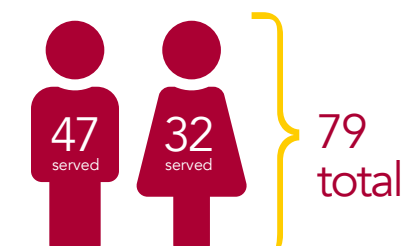


50% Engaged who improved functioning AEB decreased TD scores on K6
50% Engaged who scored in the "normal" range of functioning on the K6

FEDERAL PROBATION PROGRAM:



PREVENTION & EDUCATION PROGRAM:



HIGHLIGHT: CENTER FOR BLACK WOMEN’S WELLNESS PARTNERSHIP

Odyssey Family Counseling Center provides mental health services to the Center for Black Women’s Wellness for participants in their Wellness and Safety Net clinics. The Center is located in the Mechanicsville neighborhood in southwest Atlanta. Services provided by Odyssey include weekly individual counseling sessions and monthly psycho-education groups that focus on behavioral health and wellness-related topics. Both clinics provide low-cost preventive and women’s healthcare services in addition to chronic disease management. Women are given mental health screenings during clinic visits and referrals are made to Odyssey based on results. Some concerns and challenges that most clients face are experiences with childhood/adult trauma, depression, anxiety, mood disorders, intimate partner abuse, and chronic physical health issues that impact mental health. In addition to medical and behavioral health services, CBWW also provides medication management which results in full integrated healthcare services for clients in need. Odyssey and CBWW began this partnership in March 2017 and since that time has provided therapy services to 58 women. Participants are 97% African American women who are uninsured with a median income under \$27,000. In FY 2019, Odyssey provided services for approximately 20 women, in FY 2020, approximately 24 women we served.



Pam Braxton, a Licensed Clinical Social Worker, is the lead therapist who provides therapeutic services to clients and is also the marketing coordinator for OFCC. She received her Master’s Degree in Social Work from Kennesaw State University. As a therapist, Pam has a broad scope of therapeutic experience including working with children, adults, adolescents, families, couples and groups. She provides a safe, supportive, and non-judgmental environment where clients can explore their concerns and use their strengths to formulate strategies to achieve their goals and objectives.



My therapist is very involved with my treatment and sensitive to my problems. She’s great and I love that I can come to the center to get medical attention and counseling in the same place. It is very convenient. I have made a conscious decision to change my negative thoughts and I think more about my future. The old me is coming back where I was happy, and my life was fulfilled. I like coming to counseling talking to someone who doesn’t judge me or make me feel bad about myself and really wants to help me. I still think I have a long way to go but I’m on my way.

— An Odyssey Client



Center for Black Women’s Wellness (CBWW) would like to highlight Odyssey Family Counseling Center for the excellent service they provide to CBWW and our clients. Throughout the partnership that began in 2017, Pam Braxton has been providing one-on-one counseling and guided group sessions. The clients Mrs. Braxton serves have nothing but praise for her. Aside from the quality service Mrs. Braxton provides, she has a strong connection with clients and is always willing to go above and beyond for them — whether assisting in medication access, housing, or providing educational materials. Additionally, the support she provides motivates her clients to go the extra mile in their sessions. CBWW staff and the Odyssey counseling team also meet quarterly, to celebrate successes and address any challenges that may arise. CBWW is very grateful to Odyssey Family Counseling Center for their partnership and commitment to the community.

— April Reed, MPA
Wellness Program Center for Black Women’s Health



The concept of integrative care is exceptionally important, and through the partnership with CBWW we are able to provide that. As a therapist, it helps to make my job go smoother to be able to staff cases and communicate with the medical staff and psychiatrists to ensure good quality care is given. I can see improvements in clients when they are prescribed psychotropic medication and their medical needs are met. It’s important for them to be able to explore and process their feelings, see how their medical challenges impact their mental health, and identify skills and techniques to manage and improve their symptoms.

— An Odyssey Counselor



Community Partners

Odyssey works closely with a wide variety of organizations to deliver quality mental health and substance abuse treatment and prevention and education services in the community. We partner with other Atlanta area nonprofits to provide counseling to special client population groups; with colleges and universities to offer clinical internships and training for therapists; and with the State of Georgia to provide services to those in need. Our community partners include:

Atlanta Regional Collaborative for Health Improvement

Atlanta Harm Reduction Coalition

Atlanta Women’s Foundation

Center for Black Women’s Wellness (CBWW)

Clark Atlanta University

DBHDD – Georgia Department of Behavioral Health and Developmental Disabilities

Department of Community Health Families First

Fulton County Federal Probation

Fulton County Misdemeanor Mental Health Court Program

Fulton County School System

Fulton-DeKalb Hospital Authority

Georgia State University

Imagine Hope

Kennesaw State University

Morehouse School of Medicine

Premier Academy

Sheltering Arms

Thrive SS

United Way of Greater Atlanta

University of Georgia



Federal Client Program

Odyssey began seeing clients under the Federal Client Program (FCP) in November 2019. Under FCP we service those clients that are currently being supervised by a Federal Probation Officer after being released from prison. These clients either had a previous mental health diagnosis prior to their sentencing and incarceration or they have demonstrated a need for mental health services during the pre-trial process. Additionally, all clients have been ordered by a Federal Judge to receive a mental health evaluation and treatment. Clients may have also received mental health services and medication management while incarcerated and OFCC is serving as their wrap around provider. Odyssey provides individual counseling, dual diagnosis and medication management services for our FCP clients.

Odyssey has been a great assistance to the persons under supervision that we oversee and helps to assist in the re-entry of our probationers to the community.

— Christy Thomas, Treatment Services Specialist
United States Probation Officer

Finances*

FY 2019 OPERATIONS REVENUE

Donations & Foundations.....	\$ 260,386
United Way	\$ 57,139
Client Fees.....	\$ 721,155
Federal & State Government.	\$ 1,339,949
Miscellaneous.....	\$ 7,449

TOTAL REVENUE.....\$ 2,386,078

OPERATIONS EXPENSES

Program	\$ 2,254,238
Fundraising.....	\$ 107,372
Administration	\$ 216,601

TOTAL EXPENSES\$ 2,578,211

FY 2020 OPERATIONS REVENUE

Donations & Foundations.....	\$ 401,373
United Way	\$ 41,609
Client Fees.....	\$ 748,323
Federal & State Government.	\$ 568,893
Miscellaneous.....	\$ 2,806

TOTAL REVENUE.....\$ 1,763,004

OPERATIONS EXPENSES

Program	\$ 1,630,228
Fundraising.....	\$ 93,691
Administration	\$ 149,903

TOTAL EXPENSES\$ 1,873,825

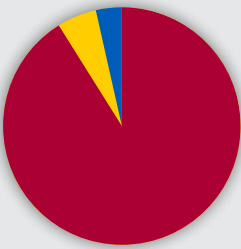
FY'19-'20 PROGRAM EXPENSES

■ Child & Adolescent Counseling Services.....	60
■ Adult Substance Abuse Program	10
■ Prevention & Education Services.....	5
■ Adult Mental Health Counseling Services.....	25



FY'19-'20 OPERATING COSTS

■ Client Services.....	87
■ Administration	8
■ Fundraising.....	5



*Finances are reported as "End of the Year" 3rd party audit available upon request.

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☀	Atlanta Women's Foundation
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■	Community Foundation of Greater Georgia United Way COVID Response
☀	Delta Community Credit Union Foundation
☀	Fulton Dekalb Hospital Authority (FDHA) Community Health Partnership
☀	Frances Wood Wilson Foundation
■	Fulton County CSP Sheltering Arms
☀	Fulton County Schools RFQ
☀	Georgia Health Foundation
☀	Health 1 st Foundation
■	Homes of Light
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☀	J.B. Fuqua Foundation
☀	Jesse Parker Williams Foundation
☀	John and Mary Franklin Foundation
☀	Kaiser Permanente of Georgia
☀	KPMG
■	Lynwood Park United Church of God
☀	Marcus Foundation
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☀	Piedmont Healthcare
■	Scott Hudgens Family Foundation
☀	United Way of Greater Atlanta

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■	Mr. and Mrs. Joe Watkins
■	Dr. JoAnna & Mr. James White
☀	Mr. and Mrs. Justin Wyatt

Gifts in Honor or Memory

■	Mr. and Mrs. John Brown, <i>In honor of Carole Kirschner</i>
■	Ms. Jackie Cathey, <i>Thanks for supporting our students and families!</i>
■	Dr. Mary Chamberland and Dr. Harold Jaffe, <i>In honor of Scott D. Holmberg</i>
■	Ms. Katherine Compain, <i>In honor of Beth Kargel</i>
☀	Mr. and Mrs. Tony Couto <i>In honor of Sidney Kirschner's birthday</i> <i>In honor of Sid Kirschner's 85th Birthday</i>
■	Mr. and Mrs. Frank Foster, <i>Donated on behalf of Cheryll Davis in support of Covid-19's impact on Odyssey's staff and clients</i>
■	Mr. and Mrs. Frank Foster, <i>Donated on behalf of Janet Gordon in support of Covid-19's impact on Odyssey's staff and clients</i>
■	Mr. and Mrs. Mark Greenberg, <i>Donation made in Sidney and Carole Kirschners name in celebration of Hanukah</i>
■	Mr. and Mrs. Mark Greenberg, <i>In honor of Carole Kirschner's birthday</i>
■	Ms. Robin Hensley, <i>In honor of Carole Kirschner's birthday</i>
■	Dr. and Mrs. Scott Holmberg, <i>Warm regards to my friends on the Odyssey Board</i>
■	Mr. and Mrs. George Jennison, <i>In honor of Jennifer Jennison who serves on the Board of Directors of Odyssey</i>
■	Ms. Jessie Jennison, <i>Jennifer Jennison speaks so highly of your work! Thank you for all you do!</i>
■	Mr. and Mrs. Ron Jones, <i>In honor of Carole Kirschner</i>
■	Ms. Beth Kargel, <i>Gift in honor of Les Klemperer</i>
■	Mr. and Mrs. Ron Kirschner, <i>In honor of Carole Kirschner</i>
☀	Mr. and Mrs. Sid Kirschner <i>In memory of Ken White and Laura Lawrence</i> <i>In honor of Diane and David Levy's anniversary</i> <i>The anniversary of Arlene and Morty Tauber</i> <i>In honor of Arlene Tauber's birthday, In honor of Diane Levy's birthday</i> <i>In memory of John Teichert, Jr.</i> <i>In honor of the Arlene Tauber's birthday</i> <i>In honor of Diane Levy's birthday</i>
■	Mr. and Mrs. Leslie Klemperer, <i>In honor of Carole Kirschner</i>
■	Ms. Mary Leight and Mr. Bart Engram, <i>In honor of Carole Kirschner</i>
■	Ms. Emily Lewis-LaMonica, <i>Inspired by Mrs. Jennifer Jennison, who is a great champion of this organization!</i>
■	Mr. Charles M. Marsh, <i>In memory of Blake Marsh</i>
■	Mr. and Mrs. Lester Miller, <i>In honor of Carole Kirschner</i>
■	Eva Nieto and Belle Ray, <i>In honor of Carole Kirschner's birthday</i>
■	Mr. and Mrs. David Price, <i>In honor of Carole Kirschner</i>
■	Ms. Betty Sloop, <i>In honor of Ross Sloop "Thank you for the good work that you do!"</i>
■	Mr. and Mrs. Justin Wyatt, <i>In honor of Carole Kirschner and Esther Hammond's leadership</i>



Photo credit: Jeff Roffman

A special thanks to Rosemary and John Brown for their generosity this year. Since moving to Atlanta from Kalamazoo, Michigan, the Browns have been major supporters of Odyssey. Their generosity has had a huge effect on Odyssey's efforts to serve students through our School Based Mental Health (SBMH) Program. Their generous gift supported the implementation of Telemental Health provision during the COVID-19 pandemic; as a result, we have been able to continue serving all the students in the SBMH program.

John is chairman emeritus and former CEO of the Stryker Corp., one of the world's leading medical technology companies. Born into a farming family in Tennessee and graduating as a chemical engineer from Auburn University, John has been quoted as saying "Education is the path to success. I've succeeded because I got a good education."

Rosemary graduated from Auburn as well, with a degree in Chemistry. Her career as a mathematics teacher for almost 30 years helped drive her dedication to supporting educational causes. Following retirement, they established the John and Rosemary Brown Family Foundation, focusing primarily on funding scholastic causes. They moved to Atlanta to spend more time with their daughters and grandchildren.



**Odyssey Family Counseling Center,
located in College Park, GA**



Odyssey Family Counseling Center

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