ADULT MENTAL HEALTH COUNSELING SERVICES
Behavioral Health Assessments (BHA’s) | Individual therapy | Family therapy
Group counseling | Marriage and couples counseling | Psychiatric services
Nursing services | Medication Management

CHILD & ADOLESCENT COUNSELING SERVICES
Behavioral Health Assessments (BHA’s) | Individual therapy, including Play therapy and Art therapy | School-Based Mental Health Program | Family therapy
Group Counseling | Parent education

SUBSTANCE ABUSE & ADDICTION SERVICES
Adult Substance Abuse Program (ASAP) | Odyssey to Recovery (OTR) for Teens

PREVENTION & EDUCATION SERVICES
Substance Abuse Prevention Education | General Mental Health Education
Parenting Education (for adults or teens) | Self-Esteem | Anger Management | Coping Skills
Dear Friends,

**We are proud to release the 2016 Annual Report for Odyssey Family Counseling Center.** Only a few years ago, as we faced the rough economy and the reality of government budget cuts for human services, many wondered if Odyssey would survive.

Using the words of a well-known writer, we are happy to report “That which does not kill us makes us stronger.”

Nearly 44 years ago, Odyssey was founded to provide services to individuals and families challenged by mental illness, including rampant substance abuse in South Atlanta communities. The year was 1973. Odyssey is now one of the oldest, continually operating nonprofits in Metro-Atlanta.

In 2016, we provided mental health treatment and behavioral health services to more than 1,000 individuals and family members. Over half of our clients, 52%, were young children and teens between three and 17 years old, and 75% of our adult clients were women. Our client base has transformed over the past few years, and Odyssey’s staff and programs have adjusted to meet the current needs of the Atlanta community.

During 2016, we partnered with a variety of organizations as well as community nonprofits to deliver mental health counseling and behavioral health services. Most impressively, our School-Based Mental Health Program expanded substantially, growing 300% compared to last year. Partnering with teachers and school social workers, Odyssey helped students and parents access the behavioral health services they needed to move forward in school, and at home.

The relationship with our clients is personal and we respect the privacy of all who seek our care and services. The names of Odyssey clients have been changed in this report, but their stories are true and they represent the impact we have on the lives of real people.

We are deeply appreciative of your support that has helped to make our work possible, and forever changed the lives of those we serve.

Sincerely,

Alysin Foster  
Chair of the Board of Directors  

Harry Kierbow  
Executive Director
VISION
Accessible, quality behavioral health services

MISSION
Odyssey empowers families and individuals to improve their lives by providing quality comprehensive mental health counseling and behavioral health services

VALUES
The core values of Odyssey Family Counseling Center form the foundation of our work, and how we conduct our nonprofit business and mission:

• We believe the client’s health and best interest are of utmost importance.
• We believe in a family-centered approach to accessible service.
• We treat people with respect and dignity.
• We are dedicated to providing the highest quality of “Best Practices.”
• Our service provision is strength-based and outcome-driven.
• We use resources wisely.
• We seek collaborations and partnerships that enhance service to the client.
• We respond to changing community needs.
• We contribute to the body of knowledge in our field.
WHO WE SERVED IN 2016

Odyssey serves people of all ages – from children as young as three years old to seniors over 65. We have a special focus on families, and incorporate family members in counseling whenever needed – spouses and partners, children, parents, siblings, and caregivers.

Our School-Based Mental Health Program is conducted on-site at preschools, elementary schools, middle and high schools. We also provide mental health counseling and behavioral health services to clients of other nonprofits, creating vital community partnerships focused on addressing and benefiting the people who need our help.

CLIENTS SERVED IN FY2016 .......... 1,016

AGE DISTRIBUTION

- Children & teens under 17 years old ............... 52%
- Under five years old ..................... 2%
- Five – 12 years old ....................... 27%
- 13 – 17 years old ......................... 23%
- Young Adults & Adults 18 & older ................... 48%
- 18 – 29 years old ......................... 15%
- 30 – 64 years old ......................... 32%
- 65+ ........................................... 1%

GENDER DISTRIBUTION ALL CLIENTS

- Female ......................................... 60%
- Male ............................................ 40%

Children and adolescents

- Female ......................................... 46%
- Male ............................................ 54%

Adults over 18

- Female ......................................... 75%
- Male ............................................ 25%

ETHNIC DISTRIBUTION

- African American .......................... 81%
- Caucasian .................................... 11%
- Multi-racial .................................. 3%
- Hispanic ....................................... 2%
- Other ............................................ 3%

SERVICES PROVIDED

- Individual Counseling ..................... 4,455
- Behavioral Health Assessments .. 549
- Family Counseling ......................... 374
- Service Plan Development .......... 429
SANDY K.

After years of substance abuse and several attempts to stay clean, Sandy faced the ultimate punishment: losing custody of her children, who she adored. She was referred to Odyssey’s Adult Substance Abuse Program (ASAP) for treatment, but was in denial. Sandy was adamant that she did not need help, and stated that her sole purpose for continuing to participate in ASAP was to regain custody of her kids. Over several weeks, she began to engage in individual and group counseling, shared her personal history, and addressed her challenges with substance abuse. Every day that she abstained from using drugs, she was ‘thinking clearer,’ and making better choices.

“I DIDN’T REALIZE THAT WHEN I WAS USING, I WASN’T REALLY PRESENT FOR MY KIDS.”

The counseling helped keep her accountable. She shared “I didn’t realize that when I was using, I wasn’t present for my kids. Now I have more energy, and I don’t want to miss out.”

Only two weeks shy of completing ASAP, Sandy relapsed. But she was accountable and took responsibility. She restarted the program, this time with a positive attitude, more engaged and determined to regain custody of her children.

This time, Sandy completed ASAP in four months and is now sober. She is employed, has achieved stable housing, and attends weekly 12-Step meetings. The greatest reward is being granted overnight visits with her children. She is a step closer to regaining custody and bringing her family together again.
Deandra has memories of a happy childhood, living with her mom and dad and her brother, and playing basketball. But her life changed when she was nine years old, the year she was first molested and raped by a family friend's son. He threatened to hit her if she didn't do what he wanted, and called her degrading names. The sexual and physical abuse continued for two full years until Deandra was 11. During the same time, when she was 10, her parents divorced.

Deandra became severely depressed and suffered from PTSD, picturing and reliving the sexual abuse. She began cutting herself, and had thoughts of suicide. She felt very guilty, believing what had happened was her fault. She could take it no longer and finally reported the abuse to her mother, who scheduled an appointment at Odyssey Family Counseling. When she first arrived at Odyssey she did not want to be there, and gave the counselor four sessions to change her mind.

After months of counseling Deandra is feeling better. She is less depressed, and her PTSD symptoms have decreased from daily to a few times each week. She is living with a large family that cares about her – her mom, brother, an aunt and two cousins, her grandmother and great grandmother. Now a teenager, Deandra identifies as bi-sexual and believes her sexual identity is a result of the trauma she experienced. But she still plays basketball, and recently wrote a rap song about her sexual trauma, and how counseling was vital to her recovery.
COMMUNITY PARTNERS
Atlanta Regional Collaborative for Health Improvement
Atlanta Harm Reduction Coalition
Behavioral Health Link
CARF – Commission on Accreditation of Rehabilitation Facilities International Center for Black Women’s Wellness
Clayton County School System
DBHDD – Georgia Department of Behavioral Health and Developmental Disabilities
Department of Community Health Families First
Fulton County School System
Georgia State University
Imagine Hope
Mercer University
Premier Academy
United Way of Metro Atlanta
University of Georgia

GEOGRAPHIC DISTRIBUTION
Fulton County.......................... 80%
South Fulton............................ 64%
City of Atlanta......................... 34%
North Fulton........................... 2%
Clayton County......................... 8%
DeKalb County........................ 4%
Henry, Gwinnett, Douglas .......... <2%
FINANCES AND OUTCOMES 2016

REVENUE FROM OPERATIONS
Donations & Foundations .......... $ 235,044
United Way ......................... $ 99,805
Client Fees ......................... $ 470,250
Federal & State Grants .......... $ 372,071
Rent Income ....................... $ 53,658
Miscellaneous Income .......... $ 504
Net Revenue ....................... $ 1,231,332

EXPENSES FROM OPERATIONS
Program Services ................. $ 974,031
Support
Fundraising ..................... $ 35,647
Administrative ................... $ 175,946
Total expenses .................... $ 1,185,624

PROGRAM EXPENSES
- Child & Adolescent Counseling Services: 35%
- Adult Mental Health Counseling Services: 41%
- Prevention & Education Services: 5%
- Substance Abuse & Addiction Services: 19%

OPERATING COSTS
- Client Services & Programs: 82%
- Administration: 15%
- Fund Raising: 3%
BOARD OF DIRECTORS
Alysin Foster, Chair
Suraj Amarnani
Esther Hammond
Tanneshia Ingram Kirby
Carole Kirschner
Ed Lovern
Donald Manning, MD
Leslie Manaugh
Tiffany McNary, PhD
Ross Sloop
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Kathy Brown-Bragg, LCSW
Child & Adolescent Services Coordinator
Cassandra Boothe, LMFT, CAMS-II
Adult Substance Abuse Coordinator
Melba Bryant, Intake Coordinator & Front Office Manager
Deborah White
Office & Billing Manager
Marie Leslie, Accounting Manager

GIFTS IN HONOR & MEMORY
Kevin Brown
• in honor of Carole Kirschner and the Kirschner Family
Laurel Buchmiller
• in honor of Leslie Manaugh
Nancy Chambers
• in honor of Leslie Manaugh
Ruthann Couto
• in honor of Carole Kirschner
Oscar Grablewsky
• in honor of Sid Kirschner
Robin Hensley
• in honor of Carole & Sid Kirschner
Mary & William Humphleett
• in honor of Ellen Bender
Elizabeth Sloop
• in honor of Kira & Ross Sloop
Brett Stafford
• in honor of Carole Kirschner
WE ARE GRATEFUL TO THE FOUNDATIONS, INDIVIDUALS, AND BUSINESSES THAT HELPED TO SUPPORT THE SERVICES OF ODYSSEY FAMILY COUNSELING IN 2016, AND WERE INSTRUMENTAL IN MAKING OUR MISSION POSSIBLE.

Dorothy Ashley
AT&T Foundation
Atlanta Foundation
Atlanta Women’s Foundation
Cheri & Gary Aviv
Bill Blalock
Mendal Bouknight & Debbie LePage
Mary Allen Lindsey Branan Foundation
Kevin Brown
Laurel P. Buchmiller
Nancy Chambers
Katherine S. Compain
Ruthann Couto
Andrew & Randi Drake
Alysin & Frank Foster
John & Mary Franklin Foundation
Oz & Karen Fretz
Matthew & Lisa Frooman
Georgia Health Foundation
Fulton DeKalb Hospital Authority
Kathy & William Ghirardini
Jamila & Ben Gibson, Jr.
Janet Gordon
Oscar Grablowsky
Joel Greenberg
Frank E. Hahn, III
Barbara & Robert Harkey

Robin M. Hensley
Shari Herzberg
Dr. Scott & Maureen Holmberg
Willam & Mary Humphlett
Gerald & Peggy Jabaley
Carol Jefko
Jewish Federation of Greater Atlanta, Inc.
Artie Jones, III
Sharren Kelley & Lynda Damiata
Harry Kierbow
Tanneshia & Collis Kirby
Carole & Sid Kirschner
Judith & Leslie Klemperer
Luciano L’Abate
Mary Leight & Bart Engram
Andrea & Mike Leven
Diane & David Levy
Conni Lombardo
Ginny & Ed Lovern
Dr. Donald & Agnes Manning
Jennifer Manning
Leslie Manning
Marcus Foundation
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Tiffany & Jim McNary
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Kathryn Joyce Mitchell

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Kathy & Art Regenold
Solang & Leonard Rehm
Rich Foundation
Isla Alice Ryan Foundation
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Peggy & John Shepard
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Kira & Ross Sloop
Elizabeth Sloop
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Robert Schulman
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John F. Wieland, Jr.
Frances Wood Wilson Foundation
Jesse Parker Williams Foundation
Sally & Michael Wright
United Health Group
United Way Combined Federal Campaign
Judy Zaban