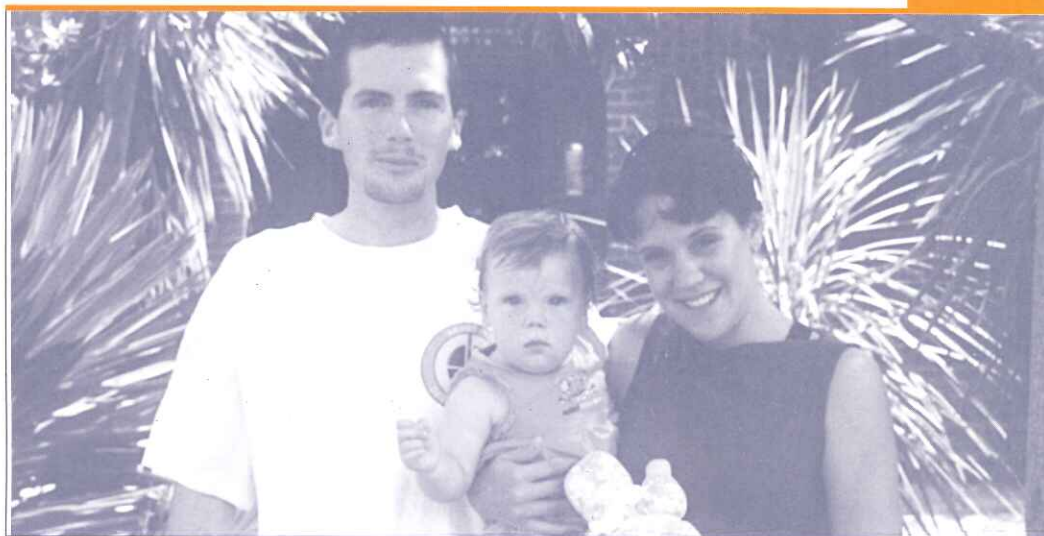




**ODYSSEY
HOUSE**



*'1 Calm in
the Sea of
Addiction'*



Troy, Gabby and their daughter Lucy. This family is sticking together and are determined to complete the Odyssey House rehabilitation program.

We are family

For Troy, his partner Gabby and their child, one-year old Lucy, 2001 is going to be a challenging year, but they would not change it for anything in the world. For although Troy and Gabby have been at Odyssey House for over eight months, they consider they are only now slowly coming to terms with the reasons behind their drug use and how drug-taking has affected their lives.

"Our beautiful daughter Lucy gave us a big reason to do something about our addiction. She is the main reason we sought help – we can't go back to our drug lifestyle now because there is way too much to lose," said Gabby.

Gabby started using marijuana when she was a teenager. Her family moved around a lot because of her father's work and before her 16th birthday she had lived in Indonesia, Pakistan and Australia.

It was when Gabby was seventeen and in Sydney that she was asked to leave school because of her marijuana use. After Gabby left school she started using heroin, moved to Canberra and met Troy.

Troy had started using drugs in his teens and had reached the stage where he was committing crimes to pay for his own heroin addiction.

The couple moved in together and their drug taking lifestyle continued. It was after Lucy was born and Troy had been sent to jail that they made a decision they had to do something about their chaotic lives for the sake of their daughter.

Odyssey House was the only rehabilitation program that Troy and Gabby could find that would allow them to stay together and with their daughter whilst they underwent treatment.

"We looked around and knew it was worth leaving Canberra to come to Odyssey House and get help," says Gabby.

The couple is now doing well and both have responsible positions within the Odyssey House system.

Lucy has taken her first steps at Odyssey House and recently celebrated her first birthday with the other children living at

the facility. It is only a matter of weeks before she gaggles her first words, something Troy and Gabby are looking forward to.

Troy says he can't compare the lifestyle he now leads to when he and Gabby were both taking drugs. "It has got me in touch with my morals and ethics. My family comes first now," said Troy.

Will you help Odyssey House so we can continue to care for families that need help? Your donation will enable families like Troy, Gabby and Lucy to stay together and live a drug-free life.

Free

*I searched, I searched but I could
not find me
But one day I came to Odyssey
It was a place of love and caring,
of which I had need
No more to be haunted.*

*Now I am free as the seagulls
and the sea
Because I have learnt how life
should be
I don't control the waves
But I know how to sail my ship.*

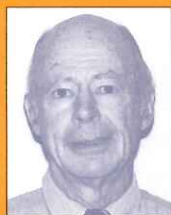
Pierre

PO Box 459
Canberra NSW 2560

Phone: (02) 9211 2400
Fax: (02) 9211 2368

www.odysseyhouse.org.au

A message from the Chairman



Allan Rogers

On Australia Day this year, the Alcohol and other Drugs Council of Australia announced that James Pitts, Chief Executive

Officer of Odyssey House had been awarded their prestigious Australia Day Medal for his long-term contribution to the community in his work at Odyssey House.

Professor Ian Webster, President of the Alcohol and other Drugs Council of Australia commented that James was an unsung hero, who should be congratulated for his efforts in reducing the harm caused by alcohol and other drugs in our community.

On behalf of the Odyssey House McGrath Foundation Board, I would like to congratulate James on receiving this award and his commitment to Odyssey House.

The New Year brings many and varied goals for Odyssey House, all of which are agreed between the Chief Executive Officer and the Odyssey House McGrath Foundation Board.

The business goals of the year include expense budget control and maintaining the number of residents involved in the program. Our human resource goals include encouraging Odyssey House staff by offering them appropriate training opportunities.

We will also aim to reach our \$2 million fundraising target to refurbish the Odyssey House residence at Campbelltown and to raise the profile of Odyssey House and increase awareness of the programs offered.

Most importantly, the main goal of the Board for 2001 is to continue to financially support the programs at Odyssey House, to enable more people with alcohol, drug and gambling problems to seek help regarding their problem behaviors.

The Board is looking forward to meeting these challenges throughout the year and further enhancing the role of Odyssey House in 2001. We will keep you posted on our progress throughout the year.

The Journey of a Nation



The residents looked fantastic as they marched in the Federation Parade.

The importance of Odyssey House in its fight to help combat the problems surrounding drug, alcohol and gambling addiction in the community over the last twenty years was celebrated as Odyssey House residents participated in the Journey of a Nation Federation Parade.

Residents considered it an honor for Odyssey House to be part of the extraordinary celebration.

"It was a celebration of hope and the ability of the human spirit to combat adversity,"

said one of the residents who marched.

James Pitts, Chief Executive Officer of Odyssey House considered taking part was appropriate in recognising how far society had come in identifying and helping people with drug, alcohol and gambling addictions.

"Australia should be proud of its many achievements in the drug and alcohol rehabilitation field. Just as Australia has achieved so much over the last century, so has the Odyssey House program," said James.

Although drug, alcohol and gambling problems have increased over Australia's history, the ability of our community to understand and help the people and families who have been through the torture of having a loved one with an addiction has also improved.

Diary Dates

2001 Coca-Cola Amatil Fundraising Dinner

Coca-Cola Amatil have made a commitment to help Odyssey House raise a minimum of \$150,000 this year, with the 2001 Odyssey House Ball, *A Water Odyssey*.

The black-tie event will be held on Friday 11 May 2001 at 7.00pm on the water's edge at Doltone House, Wharf 12, Darling Island Road, Pyrmont.

Swimming Olympian and media personality Lisa Forrest is confirmed as Master of Ceremonies.

Tickets are \$220 per person and all money raised will go towards the Odyssey House refurbishment appeal. Tables of ten are available.

To make your booking, please call (02) 9211 2400.

RSVP by Thursday 26 April 2001.

Odyssey Recognition

This column acknowledges some of the fantastic support Odyssey House receives from the community.

- A very special thank-you to the Fred Archer Charitable Trust for their continued support. Odyssey House recently received a \$10,000 donation from the Trust.

- Recent donations from Corinthian Industries Pty Ltd, Sellers Holdings Pty Ltd and the Elanora Country Club have all made a difference in helping residents at Odyssey House.

- United Way continues to be a committed supporter of Odyssey House. Your generosity is greatly appreciated.

Training For Life

The eleven residents who are part of the Odyssey House Flames touch football team regard their involvement in sport as a positive contributing factor to the success of their rehabilitation.

The Flames team recently made it to the grand final play-offs in a local sixteen-team competition.

Jeff, a resident of Odyssey House and an active football player, considers his involvement in the team makes him positive about himself.

"It is the interaction you get with the whole of society. It makes you feel normal again and gets you into a routine. When I used drugs I stopped



playing sport altogether, so to go back to it is a fantastic feeling."

James Pitts believes the competition is therapeutic to the residents involved.

"Playing sport encourages the residents to learn about team work. They are also learning about conflict resolution and most importantly, it is helping the residents to build confidence and self-esteem."

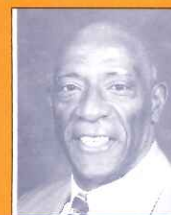
James said it also helps the residents learn responsibility.

"Sport is about more than just playing with a ball. In playing a team sport, the residents are learning responsibility. They have fellow team members relying on them to attend practice, play fair and try their best."

"It is good training for life in general," said James.

A message from the Chief Executive Officer

2001 promises to be a challenging and rewarding year. Our challenges are always many, some we expect and are geared for, others require the collective wisdom and problem solving of all involved in the Odyssey House program.



James A. Pitts

This year we have to meet new reporting guidelines for both state and federal funding bodies to continue to receive government support. As a result, each person seeking admission (as well as those actually admitted) to the residential services offered by Odyssey House will contribute to the data collected in order to demonstrate the utilisation of services.

The year will also see Odyssey House undergo an approved accreditation process with an accreditation review conducted by consulting firm, Quality Management Services.

The fundraising campaign to raise money to refurbish the 62-year-old main Odyssey House facility started in earnest in February. We need to raise \$2 million to outfit the building to a standard that will meet the needs of our current population.

The 1938 building was originally designed for the Christian Brothers and their philosophies of isolation, contemplation and seclusion. These ideals are not suited to enhancing a feeling of community, peer interaction and continued personal growth of each individual - ideals commensurate with the programs at Odyssey House.

The needs of Odyssey House have continued to grow over the years. Challenges to be faced this year include allocating our minimal space to our expanding services and programs and housing the overflow of parents with children who are currently on the Odyssey House waiting list.

We will also need to raise additional money for a proposed new driveway entrance and the pavement of the existing car park at Odyssey House.

A major conviction at Odyssey House is to place trust in the therapeutic community concept of having high expectations. As such, we know that with the ongoing support of those of you in the wider community, our challenges are diminished and made more attainable. It is with this belief in our fellow men and women, that we are able to meet the challenges faced by Odyssey House with courage, commitment and confidence.

We look forward to our 2001 odyssey with optimism and a spirit of adventure.

A Road to RECOVERY

To demonstrate the real work of Odyssey House, this column features an Odyssey House resident's story.

Marianne was recently proposed to graduate from the Odyssey House drug rehabilitation program and is now looking after her two children and works part time as a receptionist in Parramatta. She has also nearly completed her Alcohol and other Drug Studies diploma at TAFE and will use her qualifications to work in the field of drug and alcohol rehabilitation to help others with addictions.

"I think people find it easier to relate to someone that has been through a similar experience. I can relate to people who have problems with drugs as I have been through it myself."

When Marianne was 15 years old she started using drugs to "fit in" with a group of school friends.

"My drug use started occasionally and became a real problem when I reached 21. It was then I started to use heroin and it became an addiction."

"I always needed something to help me feel the confidence that I lacked. Some people can walk

into a room and just start talking to complete strangers, but I was never able to do that."

Marianne first came to Odyssey House in July 1999 after her drug use had affected her ability to cope with life in general.

Her work and ability to be a mother were interrupted by her drug-using lifestyle.

"When I first came to Odyssey House I wanted to be here, but also wanted to run at the same time. It was a big step for me."

It was during the second stage of the Odyssey House program that Marianne felt she started to make positive steps towards her rehabilitation.

"I started to cope with my feelings. Odyssey House was safe and I was always encouraged and supported, for which I am eternally grateful."

Now reunited with her two children, Marianne is enjoying motherhood and has the goal of owning her own house in the future.

Marianne considers that who she is today is a 100 percent transformation from the woman she was, when she first entered Odyssey House.

"I have the deepest faith in the Odyssey House program. I have seen that people can change - and I am living proof of that!"



Marianne's Ready to Shine

Marianne is looking forward to helping others.

In The Press

Odyssey House regularly receives public recognition and support from the media in its commitment to helping people with drug, alcohol and gambling problems overcome their addictions. Here is a sample of news features that have appeared on Odyssey House over the last few months.



Fresh start... Mark enjoys a quiet moment with his wife Stephanie and their daughter Amy at Odyssey House last week

Mark back from the brink

by MELISSA PAGE
A 37-year-old man called Mark has turned his life around after struggling from 15 years of addiction. He is now a successful property developer.
Mark is the son of a well-known Sydney businessman and a successful daughter. But his life was not always what it seems. He was an Odyssey House client from October 1991 until March after a long battle with drugs.
"I had to make a decision," Mark said.
"I had one day, about 1991, and I said to myself, 'I'm not going to continue doing it'."



Rabbitohs say thanks

Helping hand... Rabbitohs supporters Lindo Atton (from left), Violet Crook, Montgomery present the jersey to James Pitts (centre)

MEMBERS of the Macarthur district Rabbitohs South Sydney Support Group made a special visit to Odyssey House earlier this month.
Group members handed over an autographed South Sydney jersey and other memorabilia.
The items will be auctioned at a fundraising ball for Odyssey House in May next year.
"We want to say thank you for all the support the Rabbitohs South Sydney Support Group has had for so many people in the Macarthur area," Rabbitohs group director Violet Crook said.
Odyssey House chief executive officer James Pitts was thrilled to have the group's support.
"The money raised... will help Odyssey House continue its vital and life saving work," he said.

The Chronicle
12th December 2000

The Chronicle
26th December 2000

\$50 win started nightmare



Recovering... Thomas Randle

Thomas Randle, 39, former supermarket worker, is now being treated for his addiction at Odyssey House Campbelltown.
"I first played a poker machine at a work Christmas party and won \$50. That was a lot of money back then and I thought it was exciting.
"I got to the stage where I was playing with my entire wage which was \$500 a week. When my first married wife broke up in 1989 I hit rock bottom. It got to the point where I had to go to various charities and beg for money."
"Through counselling I was off gambling for 20 years and life couldn't have been better.
"But I was in a club one day and had a 20c piece win and thought that can't do any damage. But with that 20c I won \$100 and I was again on a downward spiral.
"I am just sorry that I have wasted two thirds of my life trying to chase that elusive dream of striking it rich."
"There is a wonderful life out there and I can't wait to be able to enjoy that again with out getting caught up with poker machines and gambling."

The Daily Telegraph
20th November 2000

Pokie plague claims victims



YES! I would like to help Odyssey House assist young Australians to live a drug free life.

Please find enclosed my donation of: (please circle) **\$50.00** **\$100.00** **\$500.00** or \$ _____

Enclosed is my cheque / money order made payable to the Odyssey House McGrath Foundation or charge my credit card.

☐ Bankcard

☐ Visa

☐ Mastercard

☐ Amex

Card number: _____ / _____ / _____ Expiry Date: _____

Name on card: _____ Title: (Dr/ Mr/ Mrs/ Ms/ Miss): _____

Signature: _____ Email: _____

Address: _____

Telephone: _____ Facsimile: _____

DONATIONS OVER \$2.00 ARE TAX DEDUCTIBLE.

For more information on Odyssey House, visit www.odysseyhouse.org.au

Telephone: (02) 9211 2400 ~ Facsimile: (02) 9211 2368

Please return this coupon and your donation to:

The Odyssey House McGrath Foundation, Box K1115 Haymarket Post Office NSW 1240

Special thanks to Maurice Green, Board Member, Odyssey House McGrath Foundation
for donating funds to cover the cost of this newsletter.



'A Calm in the Sea of Addiction'