



**ODYSSEY
HOUSE**



*A Calm in
the Sea of
Addiction'*

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Kym & her son Luke

A little ray of sunshine

Kym has had what many people would consider a hard life – at the young age of nine she was taken from her parents due to their addiction to alcohol and subsequently spent most of her childhood in a variety of foster homes.

Happiness eluded Kym as she went from one home to the next, trying to find her true self and some meaning in her life. After leaving school, she entered into a series of dysfunctional relationships and became a mother herself.

Entering the same cycle of addiction as her parents, Kym found herself putting alcohol and drug use before her role as mother.

"I had to hit rock bottom and lose my children. It was then that I realised I desperately wanted to stop the cycle of alcohol abuse that had plagued my own upbringing."

When Kym entered the Odyssey House program she

was six months pregnant with her son, Luke.

"Before I came to Odyssey, I had nearly given up on living – here I was pregnant again and still with the same alcohol problem. I knew I had to do something – my children had seen enough as it was.

"Odyssey House has enabled me to learn to interact with people and more importantly, has taught me what I need to be a loving, caring and responsible parent.

"I love my children and now have the determination to stay drug-free for their sake, as well as mine. My main goal is to be reunited with my other children and be a better mother to them and Luke.

"There is hope in my life – if I can do this, imagine how many others Odyssey House could help. Odyssey House is the best thing that has ever happened in my life."

The end of the financial year is

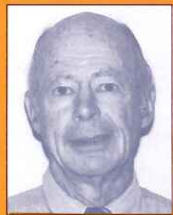
near – so please help Odyssey House to save more lives and offer hope to others in need. Your donation, no matter how small, can make a difference. Just look at how Odyssey House has changed Kym's life.

Debbie's Poem

*Here I am in Odyssey, trying to
find my way
And my thoughts, my prayers
are with you every single day.
I tried this once before and
believe me I'm on guard
And without you guys supporting
me I'd trip and fall so hard.
I don't know what my future
holds but I know I'll see this
through.
The time is right and now I must
This much I know is true.*

*I don't know what went wrong
so many years ago
I was angry and I couldn't let my
hurt or feelings show.
I know it may sound stupid but I
just don't know the truth
But I know that I will find it if I
look within myself.*

A message from the Chairman



Allan Rogers

Fundraising is part and parcel of all charities – without fundraising, Odyssey House could

not continue with its excellent work in drug, gambling and alcohol rehabilitation.

The financial needs of Odyssey House are two-fold – to augment the daily costs of running the facility and rehabilitation programs and to raise money for the capital expenditure for the refurbishment of the main building at Campbelltown.

The Odyssey House ball was held recently, with over 400 people enjoying great food and music. A highlight of the evening was the performance by the Odyssey House choir. The event raised \$120,000 towards the operating expenditure of Odyssey House.

Sincere thanks is extended from everyone involved in the Odyssey House program to the individuals and organisations that contributed to such a successful evening.

Gratitude is also extended to Odyssey House Board member, Maurice Green for enlisting the support of members of the Australian Hotel Association. Members have pledged to make a donation of \$20,000 towards the Odyssey House refurbishment program.

We look forward to a long association with the members of the Australian Hotel Association and sincerely thank them for their outstanding contribution to Odyssey House.

With a little help from OUR FRIENDS

The Coca-Cola Amatil *A Water Odyssey* event was held recently and thanks to the wonderful support of some of Australia's leading businesses,

\$120,000 was raised for Odyssey House.

Over 400 supporters of Odyssey House attended the evening and

dined on delights from the ocean and discovered hidden treasure in seashells.

Former swimming Olympian and media personality, Lisa Forrest did a wonderful job as Master of Ceremonies and one of the highlights of the evening for all guests was the performance of the Odyssey House choir singing *Here Comes the Sun* and *Living La Vida Loca*.

Stuart, a graduate of the Odyssey House program, inspired guests with the story of his journey to become drug-free.

Sincere gratitude is extended to the following organisations and people for their astounding generosity and support. Your assistance has made a difference to the lives of many people.



Master of Ceremonies, Lisa Forrest with Odyssey House graduate, Stuart.

Coca-Cola Amatil Pty Ltd	Darren Beadman	International Management Group	Nelson Park Kiosk	Sony Computer Entertainment
2DAY FM	David Aspdon	James Kemsley	Nine Network	Speedo
393 Medical Centre	David Jones	Joh Bailey	Nokia	Star City
ANA Hotel	Davidoff – Coolwater Fragrances	Just Cuts	Optus Television	Steve Waugh
Allan Rogers, Chairman, Odyssey House McGrath Foundation	Dean Turner	Ken Done	Oxford University Press	Stuart Diver
Allen & Unwin	Design Landscapes	Kevin Jacobsen Productions	P&O Cruises	Summit
Andreasens Green Wholesale Nurseries	Dick Smith Electronics	Le Meridien Piccadilly	Pacific Publications	Sunbeam
Audrey Page & Associates	Dive 2000 Australia	LinFox	Pacific Sailing School - Cruising Yacht Club of Australia	Sydney Aquarium
Australian Catholic University	Doltone House	Lone Star Steakhouse & Salon	Paisonic	Sydney Kings
Australian High Commission	Douwé Egberts	Lorraine Merritt – Voice, Communication & Presentation Training	Pan Macmillan Australia	Sydney Seafood School
Australian Grand Prix Corporation	Doyle's Restaurant	Lydia Jordane	Panasonic	Sydney Water
Australia Post	Dymocks	Macarthur District Rabbiths	Panasonic Imax Theatre	Tandy
Bayswater Brasserie	Energy Australia	South Sydney Support Group	Penrith White Water	Taronga Zoo
Bills Restaurant	Elite Sports Properties	Manly Surf School	Peter Brock	The Heat Group – Caboodle's Cosmetics
Bondi Junction Float & Massage Centre	Festival Mushroom Records	Mardi Stewart Public Relations	Philips	Thredbo Alpine Village
BridgeClimb	Flavour of India	Matilda Cruises	Polaroid	Tiger Lily
British Tourist Authority	Floride	Mattel	Positive Response Marketing	Time Life
Bruce McAvaney	Gillian Adams Day Spa	McCann-Erickson	Pro Hart	TLC Dry Cleaners
Bryce Courtenay	Global Brands Division, Trimex	McGraw Hill Book Company	Quay Restaurant	Tooheys
Canturi Jewellers	Glorious Gardens	Michael Chetham Photography	Quicksilver Productions	Tommy
Catherine Freeman Enterprises	Greg Norman	Mike & Jack	Radio 2UE	Tom Vogel
Channel Nine	Guinness	Moose Toys	Readers Digest	Tom Carroll and Quiksilver
Cleopatra, Blue Mountains	Hallmark	Mr Frame	Revlon	Tucker Seabrook
Clock Hotel	Hanimex	Mt Stromlo Observatory	R.M Williams	Twinings
Cook+Phillip Park	Hasbro	My House	Roadshow Home Entertainment	Universal Press
Colgate Palmolive	Hasbro Interactive	NSW Cricket	Roses Only	Video Ezy
Coty Fragrances & Cosmetics	Haven Licensing	NSW Police	Ruth Cracknell	Waterford Wedgwood
Corporate Communications & Counsel	HMAS Watson, Royal Australian Navy	National Gallery of Australia	Ruth Oldfield	Water Rats
Crowne Plaza, Coogee Beach	Hogan Printing	National Rugby League	Sea World	Wiggles
Cricketers Brett Lee & Shane Lee	Hyatt Hotel Canberra	National Science & Technology Centre	Sea World Nara Resort	Wonderland Sydney
Cypress Lakes Resort	Ideal Networks	Netanya Noosa	Sebel Melbourne	Woolworths
	Ing Homewares	NewsSource	Seven Network	Yor Gorjos
	Impulse Airlines	News Custom Publishing	Sky Channel	Yoram Gross Productions
	Inter-Continental		Slim Dusty	
			Sony Music	

Odyssey House receives H-E-L-P from NRMA



Eric Dodd, formerly of NRMA hands over \$50,000 to James Pitts. The money will go towards the Odyssey House refurbishment program.

NRMA Insurance Limited and NRMA Member Services recently announced they would continue to help Odyssey House in its mission to break the cycle of crime and drug addiction in the community.

Former NRMA Insurance Limited Chief Executive Officer, Eric Dodd, said NRMA was delighted to support such a worthwhile community organisation.

"NRMA has continued its four year association with Odyssey House by recently presenting \$50,000.

"The Odyssey House program helps drug-affected people to realise their worth and become productive members of the community.

"NRMA recognises that drugs are a serious problem in the wider community.

"We are proud to be extending our help to an organisation as worthy as Odyssey House," Mr Dodd said.

A message from the Chief Executive Officer

Time passes so rapidly; we are already five months into 2001! We have been extremely busy pursuing the goals we established at the beginning of the year.



James A. Pitts

Various fundraising activities have been underway. The Corporate Care Appeal, a series of luncheons for the corporate community, have raised \$150,000 to date. This money will be used to refurbish our main facility, located at Eagle Vale. We have also recently received generous support from Toohey's Pty Ltd with a donation of \$60,000, a donation of \$50,000 from the NRMA and money from the Andrew Thyne Reid Trust.

Our feature fundraising event for the first half of this year was the Odyssey House black tie ball *A Water Odyssey*, held at Doltone House on 11 May. It was a great success (see story opposite) thanks to the continued support of Coca-Cola Amatil.

We need to raise a great deal of money each year to keep pace with the growing needs of the population for whom we provide. These young men and women, some with dependent children, have shown tremendous courage through their commitment to change the course of their lives by undergoing rehabilitation. Reciprocally, we as an organisation are committed to ensure we offer the best services possible to support them in their endeavour. To do so requires both human and monetary resources in order to maintain "best practice".

We have not only been devoted to the arduous task of raising much-needed funds - we also strive to replicate activities engaged by the general public, such as the "family vacation". We were recently able to send the majority of the staff and residents away for a well-deserved respite at the Central Coast in March of this year. Everyone had a great time. As if that wasn't enough, the father of one of our graduates made his family's lodge, located at Perisher Smiggins in the Snowy Mountains, available for use by the young adults (aged 18-24) in the program. Almost too much fun to have in one year!

A philosophy behind the programs at Odyssey House is that each individual earns what he or she gets. In this way, whatever is achieved has value, worth, and merit to the individual. We are proud of the standing we have achieved within the community. It ensures individuals and corporations have the confidence that their support of Odyssey will be directed towards the purpose for which they gave. We are lucky to have such staunch supporters. The harder we work, the luckier we get!

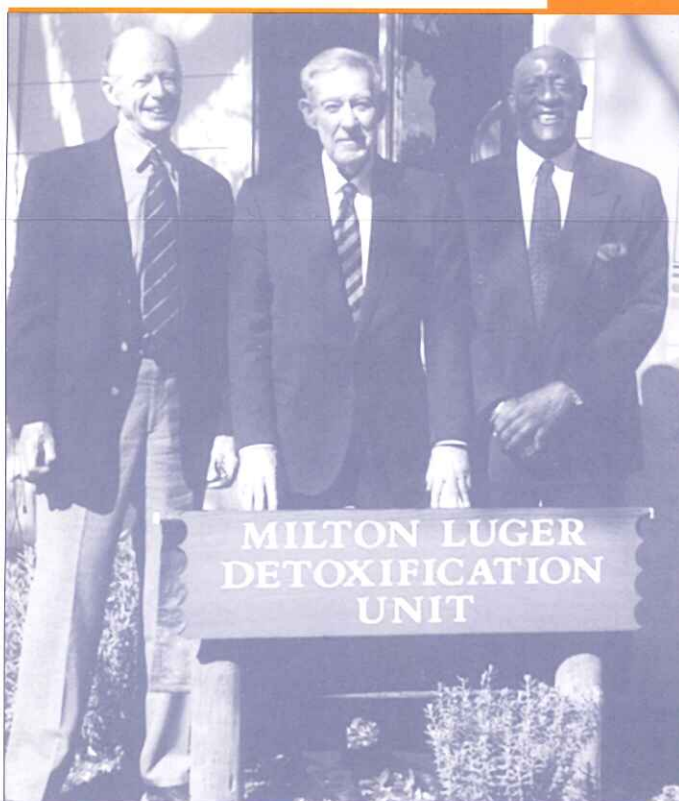
Milton is honoured

Milton Luger is a man who has dedicated his life to helping others in need, especially troubled youth. So it was only fitting that Odyssey House recently honored Milton for his lifetime of commitment to the Odyssey program by officially naming the new state of the art Detoxification Unit in his name.

The official naming ceremony was attended by Milton's family and friends and current staff and residents involved in the program.

Milton started his career as the founding General Manager of the Sydney Odyssey House in 1977 after leaving America for "something different".

"The detoxification unit was a dream for Milton. We are so happy that dream has been realised and we can honor him in this way," said James Pitts.



Allan Rogers, Milton Luger and James Pitts at the Detoxification Unit dedication ceremony.

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.



Lending hand buoys Judith

by AMANDA TESLER

JUDITH Williams, of Broadway, was recently acknowledged for her five-year commitment as an Odyssey House volunteer.

Judith was an account manager before she retired and began researching a family tree. She decided she still had time to help others.

She works at Odyssey House one to two days a week, helping in the finance office.

"After I spend the day working at Odyssey House I go home with a sense of satisfaction," she said.

"It is mentally stimulating and it is fantastic to have adult conversations at home and getting into a house and getting into a house."

Judith has urged other people who have spare time to volunteer. She said, "Retired people should definitely give volunteering a chance."

"It is better than sitting at home and getting into a house."

"If you can get out and do something, even if it's on a small scale, it's still worthwhile to you and the people you are helping."

Judith received a gift voucher from The Gardens Centre to recognize the hours of hard work she has given to the local charity.

For further details on volunteering at Odyssey House, call 9820 9999.

Time to help others... volunteer Judith Williams has been with Odyssey House for four years

The Chronicle - 3rd April 2001

Journey from drugs to degrees and distinctions

One man's journey to conquer literacy and drug addiction has led him to find books, Odyssey House and high distinctions. KIM O'CONNOR reports

NOT many heroin-addicted prison inmates tackle their problems the way Quentin has: through study, hard work and now, a tertiary education.

The 39-year-old agreed in an interview last week that some people described him as "unusual".

To that understatement, one could add: courageous, determined and focused.

From the look in his eyes, you can tell this Odyssey House rehabilitation resident has seen it all. He left school at 15 ("I wasn't happy, I was no real social butter-By") and was halfway into his saldemaker's apprenticeship before he got stuck into drugs.

Marijuana smoking was followed by heroin at 19 and this addiction led him into thefts, arrests, jail sentences and more of the same self-destructive cycle.

The turning point came with a five-year sentence to Cessnock jail in the Hunter Valley. Bored

wifless, he was told by a male nurse he should get involved in something "constructive" to keep his mind occupied.

Little did he know the advice was to unlock an incredible intellect and lead to stunning academic results.

At this point, you should know that when 15-year-old Quentin left school, he was barely literate. So his attempt at study required remarkable discipline to conquer a basic literacy and numeracy course through the Distance Education Scheme.

This was completed in 1991 and followed by an adult tertiary preparation course. In 1993, Quentin took his first steps on the intellectual ride of a lifetime: a Bachelor of Arts degree in social sciences.

Now, for those of us who found study hard in a comfortable home, with tutors and lecturers on hand and libraries to visit, think of what Quentin battled!

A prison cell with prison routine, the odd study "hero" who would torment him by knocking off his books, and the pitfalls of long-distance education with no-one providing the necessary encouragement to keep going.

"I'm lucky — I liked reading. My enrolment at Deakin University was in 1993 and now I'm in



Quentin, replacing heroin addiction and jail with high distinctions.

ing that last year he was in the top 15 per cent of students enrolled in the course.

"Credit where credit is due, the jail was generally supportive of what I was doing. It took me about 18 months to build up the credibility before they sent me to Bathurst jail where I could study at Charles Sturt University one day a week.

"Looking back to my first essay, I didn't even know how to paraphrase. But one screw was just finishing his essay and he shared his knowledge with me, which was a great help. Some of my lecturers have also been really good — ringing the bell to push them about my needs."

Whatever his study methods, he has had results most would envy: the odd credit, a few distinctions and the rest, high distinctions.

Quentin recently discovered that he had been offered a place in the Deakin University Gold Keys Honours Society.

"I don't know if they'll accept me. I looked at the form where you had to tick all the things you were a member of, like political parties and organisations. I didn't have anything to tick, but I wrote in Prisoners Action Group. Don't know how they'll take that," he said with a very chuckle.

Ask this neatly groomed man where he would be if it wasn't for the study and his nine-month involvement with Odyssey House, and he replies, "I don't want to be melodramatic, but there's a pretty good chance that without study and Odyssey House I'd be dead."

keeps my head busy. I tend to think my way through life a bit too much.

"I can tell you this: from where I sit now it would be very difficult to go back to where I was. I do not want to go back and use (heroin) any more. I like socialising now — we went water skiing — I like working on the computer. My mother and sister are right with what I've done."

Craig Wright, the Odyssey House manager of community services, said Quentin had done well because he had the ability and potential. "He has been working through the system to keep you out of jail, which is very difficult."

"He pushes himself in a lot of areas and is a good achiever. But doing a university degree is not going to keep him clean — he has life to work out what will stop him using drugs now. It's all attitude about life and being engaged in life."

Quentin says he wants to finish his studies and get a job, but intends to stay pretty close to his support system and the program at Odyssey House.

Odyssey House is one of Australia's most successful drug and alcohol treatment services. Since 1977 by legislation, the state-owned Sydney-based service has helped thousands of addicts and alcoholics. It has been successful in helping thousands of addicts and alcoholics. Odyssey House can be contacted on 9820 9999. Visit site at www.odysseyhouse.org.au

'Hero' to addicts

THE Alcohol and Other Drugs Council of Australia announced James Pitts as one of five Australia Day Medal recipients for his work at Odyssey House.

James' work with the Odyssey Corporate Care Appeal was particularly commended.

The council said Mr Pitts had made a long-term contribution to the community. Council president Ian Webster said: "These people are unsung heroes."

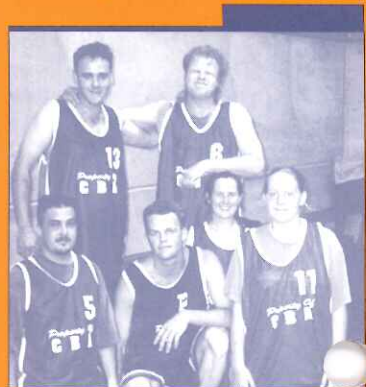
The Chronicle
30th January 2001

Shoot for the Stars

Fifteen of the residents at Odyssey House have formed a basketball team and play in weekly competition.

Pearl, a resident in the program and a member of the team, is thoroughly enjoying being involved in the team.

Pearl says the Odyssey House basketball team is a formidable force to be reckoned with. "We have improved our game throughout the season because of our ability to work well as a team. Our game score keeps improving and I think it's because we have lots of fun but are also competitive."



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 ☐ Diners Club

Card number: _____ / _____ / _____ / _____

Name on card: _____

Signature: _____

Address: _____

Telephone: _____

Expiry Date: _____

Title: (Dr/ Mr/ Mrs/ Ms/ Miss): _____

Email: _____

Facsimile: _____

DONATIONS OVER \$2.00 ARE TAX DEDUCTIBLE.

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

Telephone: (02) 9820 9999 Facsimile: (02) 9820 1796

Please return this coupon and your donation to:

The Odyssey House McGrath Foundation, PO Box 459 Campbelltown NSW 2560

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'