



**ODYSSEY
HOUSE**



*A Calm in
the Sea of
Addiction'*

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Dreams can come true

Kerry is a 27-year-old resident at Odyssey House and lives at the main treatment facility with her son, Jeye, an active and happy three year old. The family arrived at Odyssey House just after Jeye's first birthday, when Kerry realised she could no longer cope with a heroin addiction and raising a child.

"I grew up in Newcastle, where my family moved around quite a bit. My parents separated when I was young and I left school as soon as I could."

Kerry worked in various casual jobs and then enrolled in TAFE.

"I didn't finish my course. My self-esteem was very low."

Kerry left home to get a place of her own and it was around this time that she met her first boyfriend and they started taking drugs together.

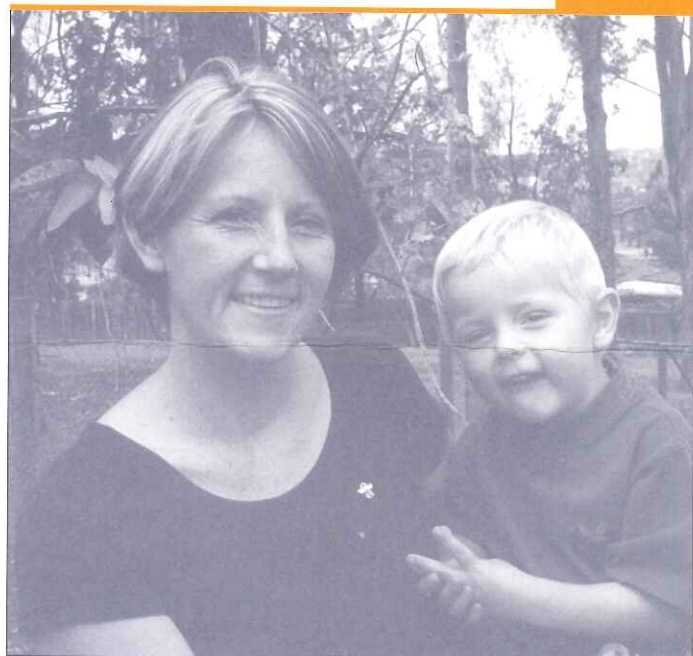
"I started taking pills, marijuana, speed and then heroin. My relationship with my boyfriend ended and it was whilst I was in rehabilitation that I met Jeye's father. We were only together six months when I discovered I was pregnant. We moved in together and I was able to stop using heroin throughout the pregnancy."

However, when Jeye was born, Kerry resented the responsibility of being a parent. She went back to using drugs soon after her son's birth and became severely depressed.

When Jeye was 8 weeks old Kerry overdosed and had to stop breastfeeding. She was unable to stop using drugs and continued her downward spiral until Jeye was 14 months old, when she and Jeye's dad enrolled in the Parents and Children's drug rehabilitation program at Odyssey House.

"Even though Jeye's dad left the program, I am proud of the fact that I stayed and have completed my own personal odyssey. My and Jeye's happiness and drug-free existence is my number one priority," says Kerry.

Kerry and Jeye now live in a happy family home and Jeye attends pre-school three days a week, whilst Kerry is doing casual secretarial work.



Kerry and Jeye lived at the Parents and Children's Cottages at Odyssey House

"The impact Odyssey House has made to Jeye's life is incredible. When we first arrived, he was very shy and cried all the time. Now his heart is open and he is talkative and has lots of fun with the other children," says Kerry.

"I now am able to take my child to the movies and go to lunch and do other normal everyday activities that we weren't able to do when I was addicted to

heroin as I never had any money in my purse; it all went on drugs.

"My journey has been hard, but in the end it has been worthwhile. I have gained so much. I have my life back and I can never let myself go back to that previous lifestyle. Odyssey House not only saved my life but also ensured my son has a good start in life, with a loving, dedicated parent."

Winds of Change

*If you've had enough bullshit, and you need to know what's true
There's a ship that's leaving port today, with a place on board for you
If you've had enough of booze and drugs, and different kinds of strife
Climb aboard and get to work, for a whole new way of life*

*It's a voyage of discovery, with things you've never seen
A place that you can call your own, where no-one else has been
It won't be all smooth sailing, as you set off for your cruise
But you know the hell you've lived before, so what have you to loose?*

*The ship she's like almighty God, it pays to keep in touch
'Cause whether or not it's clear to you, she loves you very much
She'll whisper to you late at night, with creaks and bangs and knocks
But don't be fooled when all is well, for ahead there could lay rocks*

*So keep a sharp eye on the bow, the starboard and the port
Use your knowledge, skill and strength, and all that you've been taught
If you see a storm approaching, don't turn and try to flee
Stay on course and ride it out, to assure your destiny*

*The howling winds and the pouring rain, that you think will never cease
Will suddenly subside again, and you feel an inner peace
The weather's unpredictable, and can change at any time
So enjoy the calm seas while they last, though keep those words in mind*

*So face the wind, trim your sails, and head into the storm
It soon will pass, and you'll know your safe, where the waters calm and warm
Trust your ship, trust yourself, your rigging and your mast
Then when you see the land in sight, you'll know your home at last*

Written by Rusty

A message from the Chairman



Allan Rogers

Recently, there has been public discussion on the role advertising plays in attracting support for charities.

It has been reported that some charities are using shame themes within their advertising campaigns to try and get their message across about their need for funding and for more regular donors.

Staff at Odyssey House can relate to the frustration of trying to raise much needed funds whilst competing for donations with over 11,000 other Australian charities!

As a result, you will notice the donation form on the back of this newsletter has been changed so that supporters of Odyssey House can now make regular monthly donations, automatically debited from their credit card.

Please fill in the details and feel good when you read your credit card statement every month, knowing you are helping thousands of people change their lives for the better!

We have introduced this donation option in the hope of attracting more regular support from our existing generous supporters.

In our 25th year, the time has come for you to be counted! We are re-building our home and your generosity is needed and greatly appreciated.

The fantastic work that is taking place at Odyssey House would really hit home if our supporters were able to allocate a few hours out of their busy schedules to directly visit the main facility at Campbelltown. Try and take the time to visit and be inspired by the way so many people have been able to turn their lives around thanks to the programs at Odyssey House.

Allan Rogers

Chairman

Seeds of hope



Angela Buckley from State Forests of NSW with Odyssey House resident, Stuart.

State Forests of NSW recently donated over 200 native plant seedlings to be used in the gardens of the outdoor learning centre at the Odyssey House main treatment facility.

The seedlings have been planted to help provide a more peaceful, blossoming environment conducive to the resident's recovery and learning.

"Our heartfelt thanks is extended

to State Forests of NSW for making this donation. It will ensure a better future environment for the residents undergoing rehabilitation. The external physical environment has a huge impact on the successful recovery of our residents. The influence the planted seedlings will have on future generations will be significant," said James Pitts.

State Forests of NSW spokesperson, Angela Buckley

said trees are currently being planted across the state.

"Currently, more than 250,000 hectares of planted forests have been established for timber production, land rehabilitation and as carbon sinks."

"We hope this donation to Odyssey House will help provide a more serene and relaxing environment for people seeking help with their addictions," said Ms Buckley.

Diary Dates

The Odyssey House Silver Jubilee Ball will be held on Friday 21 June 2002 at the Regent Hotel, Sydney. Ticket cost is \$250 per person, including GST.

Why not organise a company table of ten and help Odyssey House raise money towards its refurbishment appeal. All money raised on the night will directly benefit residents enrolled in the rehabilitation programs.

Donations over \$2 are tax deductible.

To secure your tickets to this event, call Julia, Marketing Officer at Odyssey House on (02) 9820 9999.

Odyssey Recognition

- A big thank-you to TAB Limited, for sponsoring a Special Counsellor position at Odyssey House for a three-year period. The total sponsorship is valued at \$118,000.

- Over the past few months Odyssey House has received assistance from the following people and organisations:

I Buckman
Thomas Degnan
Andrew Harrison
W Lowenthal
Hon Peter S M Philips
Allan Rogers
Max Tegel
Mary Toogood
Australian Youth & Health Foundation
Corinthian Industries
Ernst & Young
Gresham Partners
Macarthur Professional Nursing Service
Mallesons Stephen Jaques
Permanent Trustee Foundation
Sellers Holding Pty Ltd
United Way

Odyssey Recognition

Ain't no mountain HIGH ENOUGH

In April 2002, a team of seven men will attempt to be the first Australians to successfully reach the summit of Manaslu, the eighth highest mountain in the world, whilst at the same time raise much needed funds for Odyssey House.

Manaslu is located in west central Nepal and, with a summit of 8,163 metres above sea level, it will be a challenging and rewarding goal for the team to successfully climb to its summit.

Mount Manaslu is located in central Nepal and with an 8,163-metre peak it will be a challenging and rewarding goal

for the team to successfully reach its summit.

"We are looking forward to the personal challenge that the mountain climb presents, but we are also wanting to use the expedition as a way of helping others less fortunate, overcome their own day-to-day struggles," said team leader Greg Mortimer.

Other team members are Geoff Robb, Brian "Henri" Laursen, Ralph Pliner, George Lloyd, Mike Cook and Andrew Peacock.

If you would like to help the

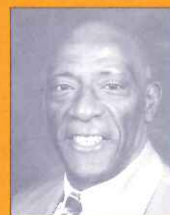
team raise \$20,000 for Odyssey House, send your donation marked Mount Manaslu Expedition, c/- Odyssey House, PO Box 459, Campbelltown, NSW, 2560.

With your donation, you will not only demonstrate your support of the team's own impending difficult journey, but that of many thousands of people that Odyssey House helps each year.

Help the team members of the 2002 Australian Manaslu Expedition undertake this long and difficult journey with your support.

A message from the
Chief Executive Officer

We are looking forward to an exciting and prosperous year in 2002.



The year marks 25 years of service provided by the dedicated Board of Directors and our committed staff to the tens of thousands of young men, women, and their dependant children who have suffered the adverse consequences of alcohol and other drug misuse and problem gambling behavior.

We have a number of activities planned to commemorate our silver jubilee year. Each of our 'Friends of Odyssey' will host an event of their choosing, throughout the year. On 21st June, we will hold our Silver Jubilee Ball at the Regent Hotel.

In conjunction with Pat Farmer, ultra marathon runner and recently elected Federal member for Macarthur, we will hold a "Drugs Forum" for parents, their children, and other members of the community. In addition, we will have our open house and anniversary celebrations on 27th October.

We hope all of our supporters are able to join with us in participating in some of these activities and help celebrate the lives Odyssey House have positively changed over the last quarter of a century.

The renovation of the main facility at Eagle Vale will start to take place within the next few months. Total costs are \$1.8million and we need to raise \$1.2million before construction can begin. We look forward to your continued support and thank you in anticipation.

James A. Pitts, M.A.
General Manager

A Road to RECOVERY

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

A personal crisis at the age of 30 left Odyssey House resident Pearl unable to cope with life without the use of drugs. After a long-term relationship collapse, the university-educated Pearl began an eight-year battle to overcome her addiction to heroin.

During this time, she was working at a legal library in Sydney and always thought her drug use was under control. In fact it was only after Pearl had a son at the age of 34 that she knew heroin had taken control.

"I loved being a mother but I wasn't able to cope emotionally. When I felt bad about myself, I would isolate from people. I felt as if I was never good enough – as a person or as a mother."

Pearl says she needed to come to Odyssey House to re-connect with people and with life in general.

"I took life and my son for granted and had a real victim mentality. I thought the world owed me something and I didn't know where to find help to overcome these feelings."

"After being a part of the Odyssey House family for almost two years, I now have a good sense of who I am. I'm more open to people in general and I'm able to see through my negative thinking and turn it around."

Pearl is enjoying her new drug-free life and sees her son during school holidays and is hopeful of spending more time with him. She is also currently working as a volunteer at the Campbelltown Art Gallery and has a flair for

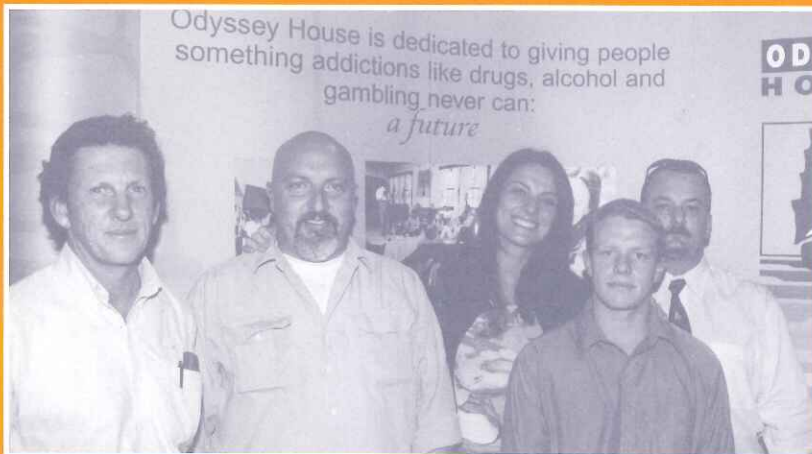
costume design.

"I've got a car and a place to live, so things are looking good. I'm currently looking for paid employment, which is my next goal."

"It feels great to be doing things that are worthwhile. I have benefited enormously from my time at Odyssey House. I am deeply committed to my future after a grueling, enlightened and challenging journey," said Pearl.



Odyssey House resident Pearl is set to begin her new life.



**Gretel Killeen of
Big Brother
fame recently
met Odyssey
House residents
at the Fairfield
Drug Exhibition.**

A Dog of Distinction

An Odyssey House resident of the four legged variety recently made national headlines by winning the Australian Principal Dogs with Distinction competition.

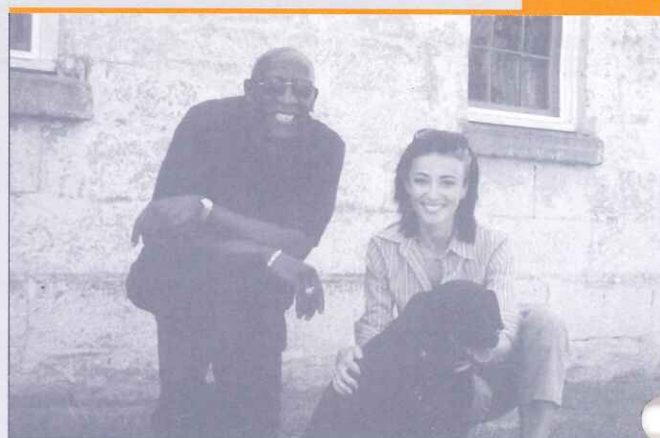
Jed, a black Labrador was "adopted" by the staff and residents at the Odyssey House Assessment and Referral Centre after he was abandoned over five years ago.

Jed won the competition against a tough field, due to his willingness to help the residents with their recovery by constantly offering

unconditional love and support.

As a reward for his efforts, Jed not only met celebrity veterinarian, Dr Katrina Warren, he also received an ultimate pampered pet pack, valued at over \$4,000. Jed's goodies pack included a year's supply of Pedigree Principal dog food, a personalised veterinary consultation with Dr Katrina Warren, grooming and bedding essentials and a fleece jacket.

Well done, Jed!



James Pitts and Dr Katrina Warren congratulate Jed the dog.

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: _____ / _____ / _____ / _____

Expiry Date: _____

Name on card: _____

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

Signature: _____

Email: _____

Address: _____

Telephone: _____ Facsimile: _____

☐ I would like to pledge \$ _____ per month to be deducted from my Credit Card until revoked in writing by me or Odyssey House.

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

