



ODYSSEY
HOUSE



*A Calm in
the Sea of
Addiction'*

PO Box 459
Campbelltown NSW 2560

Phone: (02) 9820 9999
Fax: (02) 9820 1796

www.odysseyhouse.org.au

Newsletter

Merry Christmas from the 2002 Odyssey House Graduates



We made it! Residents who graduated from Odyssey House in 2002.

Special guest, Her Excellency Professor Marie Bashir AC, Governor of NSW, personally congratulated the thirteen men and four women that officially graduated from the program during the Odyssey House 25th silver anniversary celebrations held recently.

Our heartfelt congratulations are extended to Colin, Craig, Stephen, Ian, Neil, Wayne, Stan, Diane, John, Chris, Jon, Gosia, Wendy, Craig C, Shane, Robbie

& Darren. Well done on achieving your goal of graduating from the Odyssey House rehabilitation program.

The graduates of 2002 are one of the first groups who will directly benefit from the support of a fulltime dedicated After-Care staff member, Lesley Mosbey.

Lesley's job is to help Odyssey House residents who have completed the treatment stage of the residential program and are re-entering into the general community. Assistance is offered to residents to achieve employment, education and training goals and in seeking accommodation. Help is also extended with establishing support networks, interpersonal relationships, recreation, financial matters, responsible management of treatment issues and relapse prevention.

Please offer your financial support to Odyssey House this Christmas. Your assistance will enable us to help other young adults overcome their terrible battle with addiction and have something to smile about. Your generosity is greatly appreciated.



Her Excellency Professor Marie Bashir AC, Governor of NSW.

I Might Be Special

My true passions, desires, ideals, talents and charms are concealed beneath the flesh that most people see as me.

Only people able to look beyond my vague exterior, and into the limitless network of memories, thoughts and emotions that individualise me, can really say they know me.

Only a person, who compels these qualities to come out of me could ever see my elegance and appeal or possess all the love and trust my heart will ever have to offer and say they really knew me.

Michael

A Christmas message from the Chairman



Allan Rogers

Having been involved in the recent 25th silver anniversary celebrations during the Odyssey

House Open Day, I am proud to be associated with all the inspiring results that Odyssey House has achieved since its inception.

Meeting some of the graduates from the rehabilitation program, it demonstrated to me that no matter what difficulties life may throw at you, obstacles can be overcome with some hard work and determination.

This year has seen Odyssey House achieve unparalleled success in retaining clients in the residential programs. Additional program services, including the After-Care program were also established to support traditional residential services.

The After-Care program is a welcome addition, as it will ensure residents who now graduate from the Odyssey House program are given a solid and consistent support network after they leave the stability of the Odyssey House residential setting.

Christmas is a special time of year and on behalf of the Odyssey House McGrath Foundation Board, I would like to take the opportunity to thank the generous community of supporters and dedicated staff that has ensured another year of growth at Odyssey House.

I wish all our supporters and friends a Merry Christmas and a wish for good health in the New Year.

Allan Rogers
Chairman



Our celebrity chefs get ready to cook.

Real Men Cook

We may live without poetry, music and art, We may live without conscience and live without heart, We may live without friends and we may live without books, But civilized man cannot live without cooks.

Well-known Australian men including Michael Caton, Brad Fittler, Steve Price, Mikey Robins, John Symond, Gerry Harvey, David Koch, Kamahl, Jason Roberts and Peter Harvey all recently enjoyed a fun-filled afternoon of superior food and wine at Cruise Restaurant at the Overseas Passenger Terminal, whilst raising \$25,000 for Odyssey House.

The male "chefs" left their day jobs behind and put their culinary skills to the test as they helped cook up a storm in the kitchen to serve 100 guests a three-course gourmet meal.

Whilst the male celebrities tied up their apron strings and individually served each guest at their own table, bids were placed on food and cooking themed

items that money usually can't buy, including autographed chef hats from world-renowned leading chefs and celebrities.

A big thank-you to the major sponsors of the Real Men Cook for Odyssey event for all their support - Cruise Restaurant, Torbreck wines, Pol Roger champagne and Tooheys.



Brad Fittler, David Koch & James Pitts have a well earned rest.



Michael Caton & Steve Price cook up a storm.



Jason Roberts cooking to help raise money for Odyssey House.



Businessmen John Symond & Gerry Harvey hard at work in the kitchen.

One-Day-Forum

Over 100 leading Australian professionals in the alcohol and other drug field recently joined Odyssey House to participate in the One-Day-Forum. Among the expert speakers that discussed the development and future of Australian drug policy, were Dr Jennifer Gray from NSW Health and Professor Ian Webster from the Alcohol and Drug Council of Australia.

Tony Trimmingham, President of

the Family Drug Support group addressed on how families can achieve positive outcomes in relation to drug and alcohol issues.

Our thanks are extended to the other speakers who participated in the One-Day-Forum including:

Dr. Ingrid van Beek, Director, Kirketon Road Centre.

Professor Richard Mattick, Director National Drug & Alcohol Research Centre.

Mr. David Crosbie, General Manager, Odyssey House, Victoria.

Mr. John Challis, General Manager, Odyssey House, Auckland.

Mr. Larry Pierce, Executive Director, Network of Alcohol & other Drugs Agencies.

Linda Goldspink-Lord, Director, Macarthur Drug and Alcohol Youth Project.

A Road to RECOVERY

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

Josh is 25 years old and has recently completed the drug rehabilitation program at Odyssey House, after living at the facility for over a year.

"I started taking speed, acid and ecstasy at 14 years of age. My drug use started recreationally – I would go to rave parties on the weekends with friends and use drugs," says Josh.

Josh lived with his family in Neutral Bay until he was 18 and then moved out of home to Surry Hills. Having scored 94.5 in his HSC, Josh was accepted into a Bachelor of Arts, Visual Communication degree at the University of Sydney.

A year and a half into his degree, Josh left to pursue his love of graphic design.

"From this stage, I was using drugs on a daily basis. I was barely eating or sleeping but I still managed to study and work. I had convinced my parents that my drug use was under control."

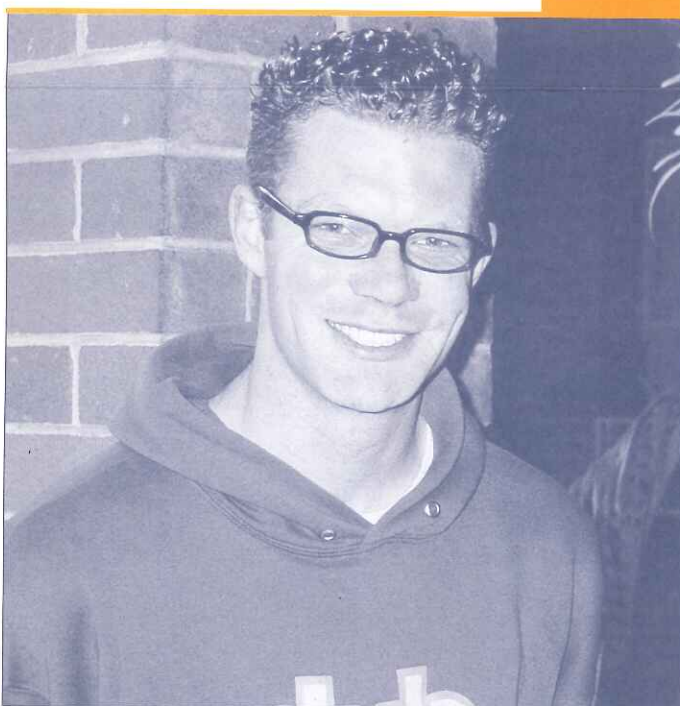
It was when Josh started using heroin at the age of 21 that his family became really concerned and knew things weren't good.

"Looking back it was a self-esteem issue. I had massive expectations of myself and also projected my high expectations on to others. Odyssey House has succeeded in helping me keep clean for the first time in over 10 years," says Josh.

Josh is now working as a recruitment consultant.

"For the first time in a long while, my parents are able to go to sleep at night knowing that I am safe. I have restored my relationship with them and my younger sister and feel that I am no longer the black sheep in the family."

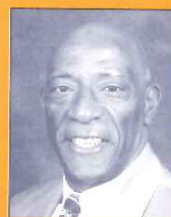
"I have a sense of optimism. I know life without drugs is now a possibility – I can make my life what I want it to be. Odyssey House has given me the tools to learn to live without drugs."



Success! Josh is looking forward to a happy and healthy future.

A Christmas message
from the Chief
Executive Officer

Odyssey House is on the verge of completing another year of service to the community. It's amazing how quickly the year has gone and how much we have accomplished during this time. The annual Odyssey House Open Day commemorates the anniversary of the founding of Odyssey House in 1977 and is reflective and symbolic of the aims and objectives of our program services.



James A. Pitts

This year's anniversary took on greater significance, as it was also the 25th year since the program began. We had the pleasure and honor of having Her Excellency, the Governor of NSW, Professor Marie Bashir as our guest speaker. Professor Bashir was glowing in her praise of Odyssey House and the tens of thousands of young men and women the program has helped over the years.

It was a special day for all involved with Odyssey House. Families were able to witness the tangible change in the attitudes and appearance of their loved ones. Stalls, which offered the fruits of labour of the residents, were on display and included items produced in the screen-printing and woodworking departments. These items were in great demand by the public in attendance and their interest further heightened the pride and self-esteem of the residents.

The greatest moment came when the Governor handed out certificates to our latest graduates of the rehabilitation programs. Our graduates are our product and we are so proud of each and every one of them!

The day was fantastic and representative of what a community of people committed to a cause and working together are able to accomplish. The harder we work the luckier we get!

Please keep this in mind as we enter another festive season. While we alone must do it, we can't do it alone. Please think of any assistance you may be able to provide to the residents over this holiday period. We welcome your support.

James A. Pitts, M.A.

General Manager

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.

Odyssey, 25 years of battling drugs

By SEAN BERRY

ODYSSEY House general manager, James Pitts, is troubled by two trends in the drug world.

The first is the increasingly young age of addicts, the second is that the rehabilitation centre is treating the children of previous patients.

"It concerns me, the age that people start to use drugs," Mr Pitts said.

"It used to be in the late teens but now it is as early as 11 or 12."

"We are treating the children of parents who were once in the program. That generational trend scares me."

Mr Pitts said drugs had also become more available in recent years.

"Thirty years ago, 14 and 16-year-olds just couldn't get drugs," Pitts said.

"You had to be intimately involved in the drug scene. One of the biggest factors is that there are more drugs, and more availability of drugs."

He is something of



REFLECTION... General manager James Pitts (left) with graduate and counsellor Colin Smith discussing 25 years of Odyssey House.

Photo: IAN SVEGOVIC

an authority on the Sydney drug scene after working at the rehabilitation facility for almost 20 years.

Odyssey House is holding a 25th anniversary celebration on Sunday, October 27.

An open day will be held at the main treat-

ment facility in Eagle Vale, from 11am to 3pm. Special guest will be Governor of New South Wales, Professor Marie Bashir.

Mr Pitts said the day was open to the general community, and would include face painting, pony rides, and jumping

castles for the kids.

During the past 25 years, the centre has helped over 15,000 people deal with addictions.

Mr Pitts said 70 per cent of program graduates were still crime and drug free one year after leaving.

One of the program's many success stories is Odyssey House counsellor Colin Smith.

When he counsels addicts of all kinds, he knows exactly what he is talking about.

"I have an understanding of it, having been there myself," Mr

Smith said. He graduated from Odyssey House earlier this year. He joined the program after his life was torn apart by addiction.

"For 10 years I had been trying to do something about my addictions," Mr Smith said.

"I would stop one habit but keep another and I kept having relapse after relapse."

"My marriage broke down, my work was becoming affected, and I was on a big downhill slide."

He said Odyssey House gave him a second chance at life.

"They unlocked my full potential and showed me what I was capable of doing," Mr Smith said.

"I had 18 years sales experience, and I am a big people-person, so at Odyssey I use them together to help people."

"When I first came here, the last thing I thought I would do was work here."

The main treatment facility is at 13A, Moonstone Place, Eagle Vale.

For more information call Julia on 9820 9999.

TimeOut



Tuck in... James Pitts prepares for the Real Men Can Cook for Odyssey event next month

Real men can cook for family

THERE will be plenty of food for thought when Odyssey House hosts a fundraiser with a difference on August 26.

The drug, alcohol and gambling rehabilitation centre will focus on the Real Men Can Cook for Odyssey event at Cruise Restaurant, Circular Quay.

Organisers aim to raise more than \$20,000 to increase awareness of the rehabilitation program, which celebrates its 25th anniversary this month.

High-profile identities including Mike Rimmer and David Koch will be among the celebrities to serve lunch to the public.

The theme of the afternoon is to acknowledge the important role men play in running their families.

Odyssey House chief executive officer James Pitts said there was no easy answer to the problems of drug addiction in society and

the reality was that drug problems were not confined to an isolated few. "It is almost impossible to measure or quantify the social, health and economic costs of alcohol and other drug misuse," he said.

"Drugs have a major impact on crime rates, health care costs and family functioning."

Since Odyssey House started in Australia it has helped more than 7000 people with drug, alcohol and gambling addictions.

More than 85 per cent of the residents that graduate from the Odyssey House program remain drug and crime free.

Tickets can be booked on 0412 231 142.

* Autographed chef's hats and other food-themed celebrity memorabilia from world-renowned celebrity chefs such as Alton Brown and Rick Stein will be on sale and auctioned off the event.

Odyssey Recognition

Support Odyssey House has recently received from the following donors is greatly appreciated.

- R O Albert
- Bidvest Aust Ltd
- G Borg
- CAF Australia
- A & E Dean
- T Earlam
- R A Gale Foundation
- A Green
- W & A Maclean
- Mallesons Stephen Jacques
- McPhersons Ltd
- M O'Connor
- J & B Rowell
- D & G Straney
- United Way

Odyssey Recognition



YES! I would like to make a donation to celebrate the Silver Anniversary of Odyssey House

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

