



**ODYSSEY  
HOUSE**

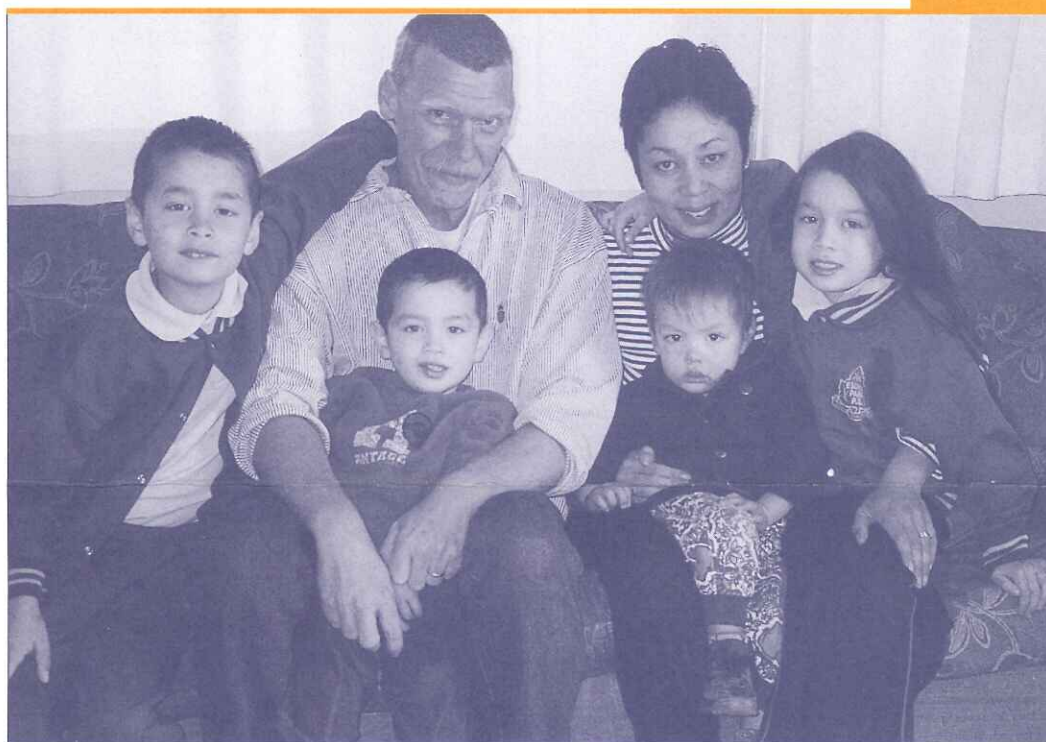


*'A Calm in  
the Sea of  
Addiction'*

PO Box 459  
Campbelltown NSW 2560

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

[www.odysseyhouse.org.au](http://www.odysseyhouse.org.au)



*Odyssey House has given Will, Stephanie and their young family a second chance at sticking together.*

## Let's stick together.

For married couple, 45 year old Will and 34 year old Stephanie, the decision to enter Odyssey House after a long-term addiction to heroin, has not only saved their family but also their lives.

Will and Stephanie have been residing at the Parents and Children's Cottages at Odyssey House for the past year with their four young children - seven year old Joshua, six year old Jessica, three year old Jackson and 20 month old baby Jason.

The couple met at university and both went on to become qualified nurses who travelled and worked in Thailand, Sri Lanka, Pakistan and Australia. Although using drugs recreationally for most of their lives, Will and Stephanie both managed to work and start a young family.

"We reached a point where our drug taking escalated with the

stress of our everyday lives. By the time I was 32 years old, we had two children under two, a newborn baby that was premature and Will was unemployed after having problems with his back - things just got too much," says Stephanie.

The couple started using drugs every day and things got progressively worse until the children were taken from their care.

"We were devastated. We promised the kids it wouldn't happen again, but it did. We had access visits and finally went through a detoxification program at home. It was then we chose to come to Odyssey House, as we knew we couldn't face this battle without having our children with us," says Stephanie.

The children's milestones have been celebrated at Odyssey House during the past year, including baby Jason's first steps and Jackson's first words.

"Odyssey House has helped me become the person I have always wanted to be," says Stephanie.

"I will never go back to taking drugs - I would be too afraid that I could lose what I now have. I wake up in the morning and I feel good. I can sleep at night without having to take drugs and I have stopped hiding from problems and have learnt to face them," says Will.

Most importantly, says the couple, they have learnt how to be good, loving parents and are looking forward to seeing their children thrive at school and at home.

If you would like to support the work of Odyssey House and help other families stay together, please fill out the donation form on the back of this newsletter.



## A message from the Chairman



Allan Rogers

This is my last report for the Odyssey House newsletter – and what a ride it has been over the past five years as Chairman of the Odyssey House McGrath

Foundation. There were times when I wondered how we were going to achieve the goals we set, but we got there!

I am very proud of having been involved in the establishment of the Parents and Children's program at Odyssey House, which was funded entirely through the support of the business community and continues to be a great success.

With the support of all the Odyssey House McGrath Foundation Board members, we have been able to maintain the financial viability of the organisation over the past few years. With increased funding from Commonwealth and State governments and the development of other fundraising opportunities, the quality of the services offered to Odyssey House clients has improved dramatically. This has been satisfying, to say the least.

Other positive developments during my time as Chairman include the building of a Detoxification Unit at Odyssey House and the increase in public awareness of the valuable work that Odyssey House carries out.

Reflecting on the achievements of Odyssey House during my period as Chairman, I am satisfied that I hand over the management of an organisation with a solid and prosperous future.

I wish to thank my fellow Odyssey House Board members, General Manager James Pitts and Board secretary Dawn Paterson for all the support and enthusiasm they have given me during my time as Chairman. I wish all the best to the new Chairman, Maurice Green and know that he will succeed in meeting the challenges of the position, whilst enjoying its highlights.

Knowing you are doing something so positive and making such a big difference in the lives of so many people is just reward.

I look forward to maintaining my support for Odyssey House and viewing the future expansion of its new facilities with a keen interest.

Allan Rogers  
Chairman

# 2003 Drug Action Week

As part of celebrations for National Drug Action Week, Ms Cheryl Bart, Director of the Alcohol Education and Rehabilitation Foundation officially opened the Odyssey House After Care Program shop front.

The Alcohol Education and Rehabilitation Foundation have supported the After Care program with a grant of \$250,000.

With over fifty guests in attendance, the After Care program was able to demonstrate its effectiveness at building a support network within the general community and the welfare field to build a resource base for its clients.

Drug Action Week was also celebrated with a mural dedication ceremony to officially open the new offices at the Vocational Education Training Centre at Odyssey House.

The mural, created by Odyssey House residents, features a number of bush scenes from noted Australian artist Frederick McCubbin.

"We dedicate this artwork to residents past and present and acknowledge the staff and community members who have worked with them, side by side, through their struggles. We see the pioneering spirit



Resident Amy, James Pitts and Cheryl Bart officially open the After Care program shop front.



Mr Michael Carr, Director of the Association of Independent Schools and Ms Kerry Waters, Principal of the Progressive Learning Centre at Odyssey House officially completed the mural by placing the final piece of a woodwork feature.

within residents as McCubbin saw it in the first settlers. We admire their determination to build a new and better world, a better life out of the physical and emotional wilderness. This mural represents and pays

tribute to the courage it takes to make the journey and celebrate the achievement of each Odyssey House pioneer," said Melissa Cranfield and Perry O'Connor, teachers at Odyssey House.

**Drug Action Week is an initiative of the Alcohol and Other Drugs Council of Australia.**

THANK YOU

### Caring for the Community.

A big thank-you to all McDonald's family restaurants in the Macarthur region, who raised over \$1,400 for Odyssey House during the month of June 2003.

### Clemenger BBDO.

A big thank-you to our ad agency, Clemenger BBDO, who donate their time, energy and professional expertise to Odyssey House. Clemenger BBDO recently produced a television community service announcement for Odyssey House that made it into the finalist category at the Cannes Advertising Awards. There were only eight Australian ads to make it into the finals and the Odyssey House ad was one of them. Well done to our team at Clemenger!



# A Cabaret Extravaganza

Odyssey House will be able to fulfil many more young people's dream of a drug-free existence, having recently made approximately \$80,000 at the annual fundraising ball, this year titled *A Cabaret Extravaganza*.

Master of Ceremonies, Mieke Buchan and Auctioneer, Simon Storey did a fantastic job in enticing over 350 guests to offer their financial support to Odyssey House.

The Odyssey House choir displayed a real sense of courage and conviction in their performance on the night and earned the admiration of many guests.

Sincere gratitude is extended to all involved in the *A Cabaret Extravaganza* event. Our supporters make such a difference and allow

us to help residents at Odyssey House see life beyond their addiction.

The following organisations are among many who offered support of the *A Cabaret Extravaganza*.

Tooheys  
Huntington Estate, Mudgee  
Swift & Moore  
The Clock Hotel  
Aladdin Resort Casino, Las Vegas  
Qantas Airways  
Westpac MasterCard  
ParkPlace Entertainment  
Accor Hotels  
BMW Sydney  
VISA International  
Giulians

## A message from the General Manager

Each month that passes brings us closer to completing one of our major goals - the renovation of our main facility. Work on the first floor dormitories is expected to be finished by the end of August. The completed work is inspiring to both staff and residents, thus reinforcing our commitment to complete this most worthwhile project.



James A. Pitts

Though the renovations are important, they have not been the sole focus of our activities over the past three months. We have made a concerted effort to get the word out about Odyssey House! A series of posters have been produced with the assistance of Evolution Media. Each poster depicts the story of an Odyssey House resident through their drug misusing period and rehabilitation at Odyssey. The names and addresses of the different program components are listed for those who may wish to utilise our services. The posters have been distributed to general practitioners throughout metropolitan Sydney.

Our ad agency, Clemenger BBDO have organised for 10,000 Avante postcards to be printed, advertising Odyssey House and its services. The cards will be distributed throughout Sydney cafes and other hospitality outlets. We hope these initiatives will be instrumental in spreading the word about Odyssey House to members of the general public.

Talking about spreading the word, we had a great opportunity to do so through our participation in "Drug Action Week", June 23-27. Sponsored by the Alcohol and Other Drugs Council of Australia (ADCA) "Drug Action Week" promotes the work of alcohol and other drugs services. We celebrated by having the grand opening of our After Care Program offices located in Campbelltown. The guest speaker was Cheryl Bart, Board Member of the Alcohol Education and Rehabilitation Foundation, which funds the program.

Also of significance was the unveiling of a wall mural at our Vocational and Educational Training Centre, which was done by the residents. The mural depicts bush scenes from Frederick McCubbin's paintings. Mr Michael Carr, Executive Director, New South Wales Association of Independent Schools, was the guest speaker.

We look forward to the rest of the year, secure in the knowledge Odyssey House will continue its journey towards achieving excellent outcomes. A number of events are planned for the remainder of the year, including our annual "Real Men Cook" fundraiser on August 25 at bel mondo restaurant, The Rocks; The Fund Managers Awards on 16 October at the Four Seasons Hotel and our Open House on 26 October, when we hope to have the commemoration of our newly renovated facility. Please join us in any of these events. We appreciate your ongoing support, "While they alone must do it, they can't do it alone!"

James A. Pitts  
General Manager

## A Road to RECOVERY

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

For 35 year old Mark, Odyssey House has provided a turning point in his life that was well overdue.

After spending eleven years in jail, Mark has been able to utilise the programs at Odyssey House to stay drug-free for the first time in over twenty years.

Mark grew up in Sydney and started taking drugs at 15 years of age.

"I took drugs because I felt so inadequate and unaccepted. I have overdosed three times over the last 20 years and in all my, I feel very lucky to be alive," says Mark.

After being at the Odyssey House residential facility for the past six months, Mark believes he has been given a second chance at life.

"Odyssey has given me a chance to live a life that is simple but with a future. I have seen so many lives destroyed by drugs and don't want to go down that path anymore," says Mark.

"My family is now very proud of me. For them to see me sober and straight and building a new life for myself, it is great - you can see the difference on their faces."

Mark is now studying social welfare at University and plans to utilise his qualifications to work in the social welfare field.

"I have practical experience and want to be instrumental in helping other people recover, as well as maintaining my own recovery. I know it is an attainable goal," says Mark.



Mark is looking forward to a bright future.



# In The Press



Charity drive... McDonald's spokeswoman Kim Webster (left) and James Pitts encourage people to bite into a burger.

## Charity fun for all

A McDONALD'S charity fun night will be held tomorrow (Wednesday) to raise funds for drug and rehabilitation centre Odyssey House, Eagle Vale.

All of Macarthur's McDonald's stores are supporting the service throughout June when 10 per cent of sales generated will be donated to Odyssey House's \$700,000 refurbishment project.

Funds will be directed into programs for men and women whose lives have been adversely affected by an addiction to drugs, alcohol or gambling.

Odyssey House CEO James Pitts encouraged locals to help the cause by visiting a local McDonald's shop.

"The McDonald's local McD

Night, the better chance we will have at raising money to support those local residents with an addiction to drugs, alcohol and/or gambling," he said.

Since the inception of Odyssey House in Australia more than 25 years ago, it has helped more than 15,000 people with such problems.

Stores participating include Campbelltown, Eagle Vale, Glenquarie, Minto, Macarthur Square, Narellan Town Centre, Campbelltown Mall, Mt Annan, Narellan, Rosemeadow and Woodbine.

## Big Macca charity day

THE Macarthur community will have the opportunity to raise money for Odyssey House on Wednesday, June 11, at their local McDonald's by purchasing a meal on the fourth McDonald's charity fun night for this year.

According to Kim Webster, McDonald's marketing coordinator for the Macarthur region, last month the

community raised more than \$43,000 for four local charities during McHappy Time. McDonald's is now putting out a challenge to the community to support this month's local charity, Odyssey House.

"We are hoping that they will increase their support once again for another great local charity," Ms Webster said.



Best is yet to come: Odyssey House resident Amy

## House of hope

Amy and her gorgeous daughter Chloe have been part of the Parents and Children's Program at Odyssey House for nearly a year. Odyssey House provides rehabilitation and other services for young men, women and dependent children, whose lives have been adversely affected by an addiction to drugs, alcohol or gambling.

Growing up in the Blue Mountains, Amy started experimenting with marijuana and alcohol at 16 years of age and a few years later, started using heroin.

"I didn't think it was a problem at first. After leaving school I always worked full time and was in a steady relationship with my partner, who was a full time tradesman," says Amy.

However when Amy fell pregnant at 19, her drug use had escalated to a daily habit. Amy knew she didn't have anywhere to go. It was then she entered Odyssey House.

"My family has been very supportive of me during my stay at Odyssey House — I don't think I could have done it without them. My parents, Chloe's dad and his parents have all offered assistance, especially in helping me care for Chloe," says Amy.

General manager at Odyssey House, James Pitts says the parents and children's program at Odyssey House makes it possible for parents like Amy, who are in the drug rehabilitation program, to live with their children.

"Parents and children living at Odyssey House have private rooms in self-contained cottages with communal dining facilities. Living together as a family, the program teaches parenting skills and seeks to develop a happy, healthy, self-supporting unit that strives to break the cycle of addiction between generations," said Mr Pitts.

It is a program dedicated to specifically meeting the needs of the parent with their drug rehabilitation and the young child with their schooling and emotional and physical development. The program Amy is part of includes counselling for parents, group therapy and parent educational groups.

"I now go to sleep at night feeling proud of what I have done during the day. I am willing to do what it takes to be the best parent I can be."

"I look forward to sharing my life with Chloe. I am taking it one step and one day at a time," said Amy.

Since the inception of Odyssey House in Australia over 25 years ago, it has helped more than 15,000 people with drug, alcohol and gambling problems.

Further information on the programs and services offered at Odyssey House can be obtained by phoning 9820-9999 or email info@odysseyhouse.com.au or visit www.odysseyhouse.org.au

*The Blue  
Mountains  
Gazette,  
4th June  
2003.*

## Odyssey Recognition

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

- AGL 150th Anniversary Foundation
- R Albert
- L Andrews
- AON RE Aust Ltd
- Fred P Archer Charitable Trust
- Australian Youth & Health Foundation
- Evolution Media
- J Fairfax
- M Fesq
- T Gerber
- R Grant
- A Green
- M Green
- M Hawker
- Jatay Services Pty Ltd
- J Kingston
- James N Kirby Foundation
- John Lamble Foundation
- Liangrove Financial Services
- Mallesons Stephen Jaques
- Narellan Rotary Club
- M Newman
- Rodney & Judith O'Neil Foundation
- J Rayner
- G Rich
- A Rogers
- A Rumore
- Victor Smorgan Charitable Fund
- D Storr
- Tab Limited
- Tenix Corporate Pty Ltd
- Tooheys
- M Turner
- J Wilkinson
- D Williams
- Young Presidents Organisation

**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](http://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.

