



ODYSSEY HOUSE

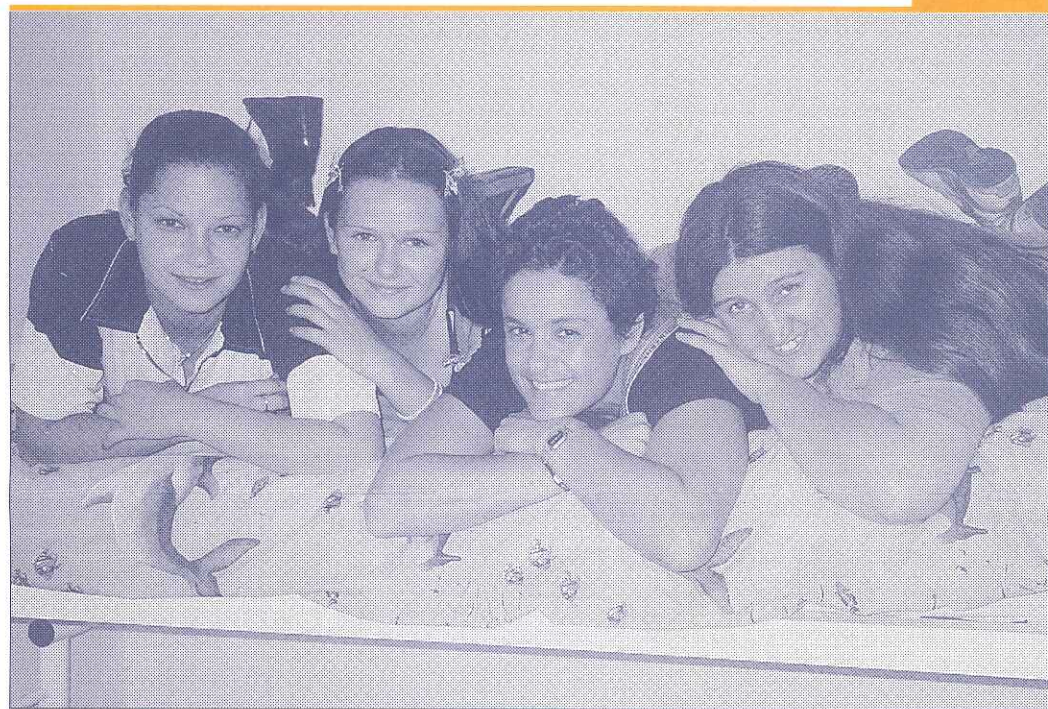


*A Calm in
the Sea of
Addiction'*

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www.odysseyhouse.org.au



That's what friends are for! Jay, Edith, Leanne and Diane are helping each other in their recovery.

A reason for living

The start of 2004 has offered new hope and a new beginning for the residents living at Odyssey House. The residents' bedrooms have been completely refurbished and offer more privacy, space and comfort. The new facilities have made a huge, positive impact in supporting the recovery process of all the residents currently undergoing the rehabilitation programs.

Four female residents that are enjoying their new environment are 37 year old Diane, 35 year old Leanne, 25 year old Jay and 22 year old Edith. The women can't believe the difference the new surroundings have made in their recovery.

"I feel more secure and comfortable in the new surroundings. Odyssey House has brought me back to where I was six years ago - before I started to use drugs," says Diane.

For Leanne, Odyssey House has changed her life. "I had got to the stage where I didn't like myself and I didn't want to live. There was no purpose to my life. Now, after spending four months at Odyssey House I have started liking myself again and feel a sense of achievement at the trust that is placed in me."

Jay has been at Odyssey House for over a year.

"I was living in Queensland, studying at university and knew I needed to get help with my amphetamine addiction. I had heard about Odyssey House and decided it was the place I needed to be. It has been the hardest thing I've ever done but I know who I am again."

Edith grew up in Canberra and is seeking treatment for a five year addiction to heroin.

"Whilst at Odyssey House I have learnt to be honest and to

trust people again. Having such a strict routine has also helped me," says Edith.

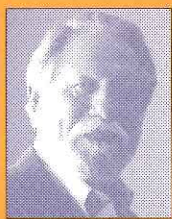
Edith is currently working in the kitchen at Odyssey House and is looking forward to the kitchen renovations planned in the not so distant future.

"We have been having ongoing problems with the main fridge and the hotplates on the stove. When you are cooking for up to 90 people at any one time, it can make preparing the meals very hard. I am really looking forward to having them replaced."

*Please help us raise the
final \$400,000 we need to
complete the refurbishment
of Odyssey House.*

*Fill in the donation form
and help make our
dream come true.*

A message from the Chairman



Maurice Green

2004 will be a particularly exciting and industrious year for the residents and staff at Odyssey House. I am working hard with the Board

of Directors to establish new strategic corporate partnerships that will be of major financial benefit to Odyssey House. In addition, major individual donors are continuing to be recognised and applauded for their significant contributions.

The Board of Directors and myself are also involved in the planning and implementation of a number of fundraising events throughout the year that will help raise the funds needed to maintain the quality and diversity of services currently offered at Odyssey House.

The strengthening of alliances with various levels of government and other agencies will also see the Board of Directors maintain a busy schedule throughout the year.

Although the challenges faced by the Board of Directors are significant, I am confident of our ability to secure the financial assistance that is so desperately needed.

The stories of the residents who are living at Odyssey House continue to inspire me and make the Board of Directors task of securing financial assistance much easier – it is hard not to be impressed by the dedication and determination of young people working so hard to turn around their lives and make plans for a better future.

As a businessman, I can qualify that Odyssey House is a sound investment. For a financial contribution of \$3,300 a month, Odyssey House is able to turn around the life of someone who is drug-dependant and teach him or her, how to live again. The cost of sending this same person to goal is almost double and the results are nowhere near as positive.

Maurice Green
Chairman

Valentine's Day Rugby Dinner

Over 300 Odyssey House supporters demonstrated love and support for our life saving work at the recent Valentine's Day Rugby dinner. Over \$60,000 was generously donated during the hugely successful evening.

A highlight of the event was an amazing performance by Deborah Cheetham who sang World in Union, followed by an emotional performance by the Odyssey House choir of Love Changes Everything by Andrew Lloyd Webber.

Former Wallaby players Ben Darwin, Jason Little and Tim Horan generously donated their time to be part of official proceedings.

Major supporters included Billecart-Salmon Brut, Fesq & Company, Tooheys and Lindt.

Special thanks are also extended to the organising committee including Ross Grant, Eric Dodd and Off the Wall Events.

MY PROBLEM

By Dennis

*I had a problem I could not share
My mask so good, you were unaware
What I carried inside, hidden deep
I had it alone; it was mine to keep*

*What was the cause I did not know?
I was so afraid to let it show
Like a cancer it ate away
I lived like this from day to day*

*Days of shame and of despair
Who would understand, who would care?
I needed help, I had to decide
To face the truth or to suicide*

*So I burnt my bridges, tied up my strings
Sold or gave away my things
I wrote my letters and said my goodbyes
It was simple – start the van and close my eyes*

*But something stopped me, I know not what
To stop and think - to go or not
I'd been taught not to give in
Cop it sweet, take it on the chin*

*But when you're down with everything gone
You find it so hard to soldier on
Who do you turn to if you dare?
Someone to love you and show you some care*

*I still had my wife, daughter and sons
It was them that I turned to, they were the ones
Who stood beside me and helped me face life
My daughter, my sons and my darling wife*

*They gave me the strength to start anew
And count my blessings, for there's quite a few
Each day I thank them for this special gift
I love them and need them to give me a lift*

*And I pray for them all in my bed each night
How they stood beside me and saw my plight
Each day is a blessing, a brand new start
It can happen to anyone, just open your heart.*

Diary Dates

The Chairman's Gala Evening
Saturday 13 March 2004

Women's Business Luncheon
To be confirmed

McDonalds Caring for the Community appeal
Wednesday 12 May 2004

Odyssey House One Day Forum
June 2004

Real Men Cook for Odyssey
Monday 23 August 2004

City Rail Charity Challenge
Monday 6 September 2004

Australian Fund Managers Awards
October 2004

One Day Only Appeal
October 2004

Odyssey House Open Day
Sunday 31 October 2004

For further information on any of these events, please contact Sandy Schofield on (02) 9820 9999 or email marketing@odysseyhouse.com.au

On the Wagon

We recently held the inaugural *On the Wagon* campaign, held from 2-8 February. Appealing to people who had over-indulged during the festive season to give their liver a break, we were able to receive substantial television and radio coverage thanks to an innovative campaign developed by the hard working and generous people at our pro-bono ad agency, Clemenger BBDO.

The *On the Wagon* campaign encouraged people to abstain from alcohol for a day or for the entire week and to donate the money they would have spent on alcohol to Odyssey House. Participants not only helped themselves by feeling healthier, but also helped Odyssey House.

On an Odyssey

GETTING back on the wagon can be a difficult task after a party-filled festive season, but Odyssey House at Eagle Vale is doing its best to motivate the community.

Odyssey House, a drug, alcohol and gambling rehabilitation program is set to launch operation *On the Wagon* on February 2.

The program offers individuals and companies the opportunity to give up alcohol for a day or a week between February 2 and February 8 and donate the money saved to Odyssey House.

Odyssey House general manager James Pitts said the program was aimed at people who had fallen off the wagon during the holiday season.

"We're not saying that everyone should give up alcohol for good, but we're increasingly working with people here who are addicted to licit drugs -



REHAB WEEK: James Pitts wants alcohol budgets donated.

especially alcohol." Mr Pitts said, "So we thought we would ask people to give up alcohol for a week to give the community an idea of the work we do here and

raise some money for the service in the meantime." To register to join *On the Wagon*, simply log on to www.odysseyhouse.com.au

A message from the General Manager

The Roman God, James had two faces - one looking into the past, the other facing the future. The future for everyone associated with Odyssey House is looking bright as we begin another year of dedicated service delivery.



James A. Pitts

In the coming months we expect the renovations on the ground floor administration section and kitchen to be completed. We look forward in anticipation to the final nail being driven!

Our annual strategic planning process, the Odyssey House staff retreat has just been completed. We were able to identify several areas in which we will be able to provide more innovative service delivery. These include in-services for our resident families, expansion of our very successful After Care program, earlier access to community services for residents enrolled in the Parents and Children's program, an overhaul of the rehabilitation program content (in an effort to shorten the length of the program where practicable) and a greater emphasis on helping residents who need alternative pharmacotherapies.

Each of these initiatives will ensure the services offered by Odyssey House remain relevant, whilst ensuring we meet the legitimate needs of our resident population.

The year holds out significant promise for our organisation. We have already had two successful fundraising initiatives. The first, *On the Wagon* week, highlighted the need for people to be conscious of their alcohol intake. The second, the Odyssey House Valentines Day Rugby dinner was a great night and helped raise much needed funds.

I would encourage everyone to view our website, www.odysseyhouse.com.au for future Odyssey House fundraising events in 2004.

We approach this year with renewed enthusiasm. We are buoyed by the fact that despite increasing pressures to deliver more services with less time and resources, our outcomes remain good. We owe that degree of confidence to everyone that continues to support the young men, women and their dependent children who utilise the programs of Odyssey House.

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.

Adam, 28 years of age, recently left the Odyssey House drug rehabilitation program after staying drug-free for over a year. Adam's journey to defeat his drug addiction has been a long, hard struggle but one he says has saved his life.

"I left school in Sydney at 14 years of age and had permanent work as a green keeper until I moved to Queensland to join the army when I was 21. It was then my drug and alcohol use escalated - I drank and took drugs to fit in socially," says Adam.

However, Adam's five year career in the army was at risk after his drug taking was discovered and he was threatened with discharge. Making the decision to leave, Adam found work as a forklift driver and started injecting, drinking and snorting speed.

"My six year relationship with my girlfriend broke down and

so I decided I would move back home to mum and dad's. I called them and told them I had no money, so they drove from Sydney to Queensland to pick me up."

Adam's father is a high-ranking police officer and it wasn't long before his suspicions about his son's drug taking were confirmed. Adam entered

Odyssey House and hasn't looked back since.

"I can now communicate my feelings and have learnt how to trust other people. Without Odyssey House I would be behind bars or six feet under. I am forever in debt to the wonderful friends and staff at Odyssey House that have given me back my life."



Success! Adam's future is looking good.

In The Press

A season to remember

DONNA SAWYER

REMEMBERING Christmas will be a joyous first for Joanne.

The 30-year-old mother-of-three can't remember much of last Christmas or the many Christmases before that - they're a haze of alcohol and illegal drug use.

But Joanne has recently turned her life around.

For the past eight months, she has been participating in an intensive residential treatment program at Odyssey House in Eagle Vale and now she's preparing for her first drug-free Christmas with her children.

"It's going to be a wonderful, special time," Joanne said. "This Christmas is going to be all about my children and it's going to be in a loving and safe environment."

In addition to her children, Nicklus, 3, Karleen, 7, and Renee, 9, Joanne will also be surrounded by about 90 other drug and alcohol affected families who have supported her throughout the long and arduous process of becoming independent.

On Christmas Day she will be using her skills as a trained chef to make a huge feast for her family and new-found friends.

"It's been so overwhelming just to be surrounded by people who



SPECIAL TIME: Joanne is looking forward to spending Christmas with her children.

genuinely care about me," she said. "Helping to cook dinner will be a small gesture of my appreciation."

Responsibility is something, Joanne admitted, she had to learn at Odyssey House.

Before she entered the program, Joanne had insisted on providing her children with lots

of Christmas presents but failed to pay her bills.

In the end, she was evicted from the house she was living in.

"When I lost the house, I realised that I had a drug problem and came here," Joanne said.

"Odyssey has taught me so much about responsibility and it's given me the confidence so that I

now feel like the world is my oyster.

"I'm now at a point where I am completely committed to this and I know I'll never go back," she added.

Joanne is looking forward to graduating from the Odyssey House program in around two months. She is hoping to pursue a new career in teaching.

The Chronicle, December 2003.

Odyssey Recognition

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

Alcohol Education & Rehabilitation Foundation
G Armsworth
D Austen
Australian Youth & Health Foundation
H Blake
Corinthian Industries
DCA Services
C Finucane
A Green
M Hawker
K Hocking
James N Kirby Foundation
S Jennings
M Kidman
J Lawrence
Macquarie Bank Foundation
Mallesons Stephen Jaques
A Page
QBE Management
Sellers Holdings
Tooheys Limited
United Way Sydney

YES! I would like to help Odyssey House assist 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.

