



ISSUE NUMBER 2  
2004

# Newsletter

## ODYSSEY HOUSE



*'A Calm in  
the Sea of  
Addiction'*

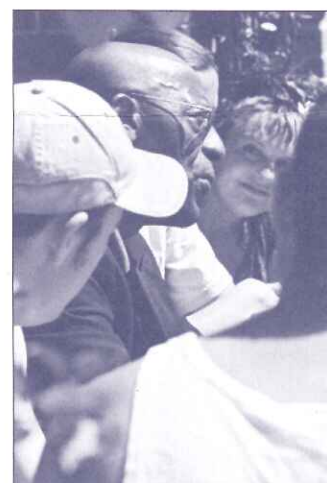
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*The Odyssey House main treatment facility at Eagle Vale.*



*James Pitts, General Manager  
with residents at Odyssey House.*

## A gift of faith

The life saving work carried out by Odyssey House on a daily basis has again been recognised by the Alcohol Education and Rehabilitation Foundation, who have granted \$250,000 towards the refurbishment of the main Odyssey House facility.

The Alcohol Education and Rehabilitation Foundation is responsible for distributing \$115 million to support evidence-based alcohol and other licit substance abuse treatment, rehabilitation, research and prevention programs.

"The support we have received from the Alcohol Education and Rehabilitation Foundation has been extraordinary and is

vital in completing the renovation of the new kitchen, dining and counseling areas at Odyssey House," said James Pitts, General Manager at Odyssey House.

"The building work that has already been completed at the main facility has had an enormous positive impact on the day to day lives of the residents and staff at Odyssey House."

A feeling of unity and growth continues as each renovation project is completed.

"It is said that when we seek to discover the best in others, we also bring out the best in ourselves. With the end of the financial year soon upon us, it would be greatly appreciated if people considered further supporting Odyssey House."

"The results achieved by Odyssey House speak for themselves - we have not only helped 15,000 people with drug, alcohol and gambling problems since our inception, but we have also achieved these astonishing results with limited resources."

### THE RULE OF THREE.

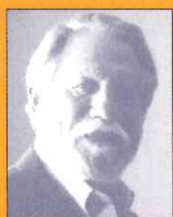
*By first doing, I proved it could be done.*

*The second doing followed with ease.*

*The third slipped by unnoticed - I had a habit of living.*



## A message from the Chairman



*Maurice Green*

The positive response we receive from the Odyssey House newsletter is encouraging. Donations from readers continue to

grow in response to the emotional, real life stories of the men, women and families that Odyssey House helps on a daily basis.

With over 11,000 charities in NSW alone, the needs of Odyssey House are competing with many other groups. However, the results Odyssey House has achieved are second to none. We are saving lives and have helped over 15,000 men and women and their families to overcome addiction. We have also been successful in encouraging donors and corporate partners to demonstrate compassion for people against whom some in our society discriminate against.

The success of the recent Odyssey House fundraising evening held at my home has provided much needed funds. We were able to raise over \$100,000 from the night and I would like to offer my thanks to all the guests and the major sponsor, SPACE furniture for the financial support they offered.

Odyssey House was recognised at the recent Prime Minister's National Drug and Alcohol Awards, with Milton Luger, Founder of Odyssey House, receiving the Prime Minister's award for lifetime achievement in the drug and alcohol field. Milton's work to reduce alcohol and other drug use and associated harm was worthy of recognition.

It is important to note that as the end of the financial year draws near, Odyssey House requires continued financial support to sustain its programs for those most in need.

One day, your children or your grandchildren may need to use the services of Odyssey House, but for now we need you. Please help by filling in the donation form on the back of this newsletter and give generously to our worthwhile cause.

*Maurice Green  
Chairman*

# A night to remember

Odyssey House Chairman, Maurice Green and his wife, Tina recently hosted an evening function in their Elizabeth Bay penthouse with 150 guests in attendance helping to raise over \$100,000 for Odyssey House.

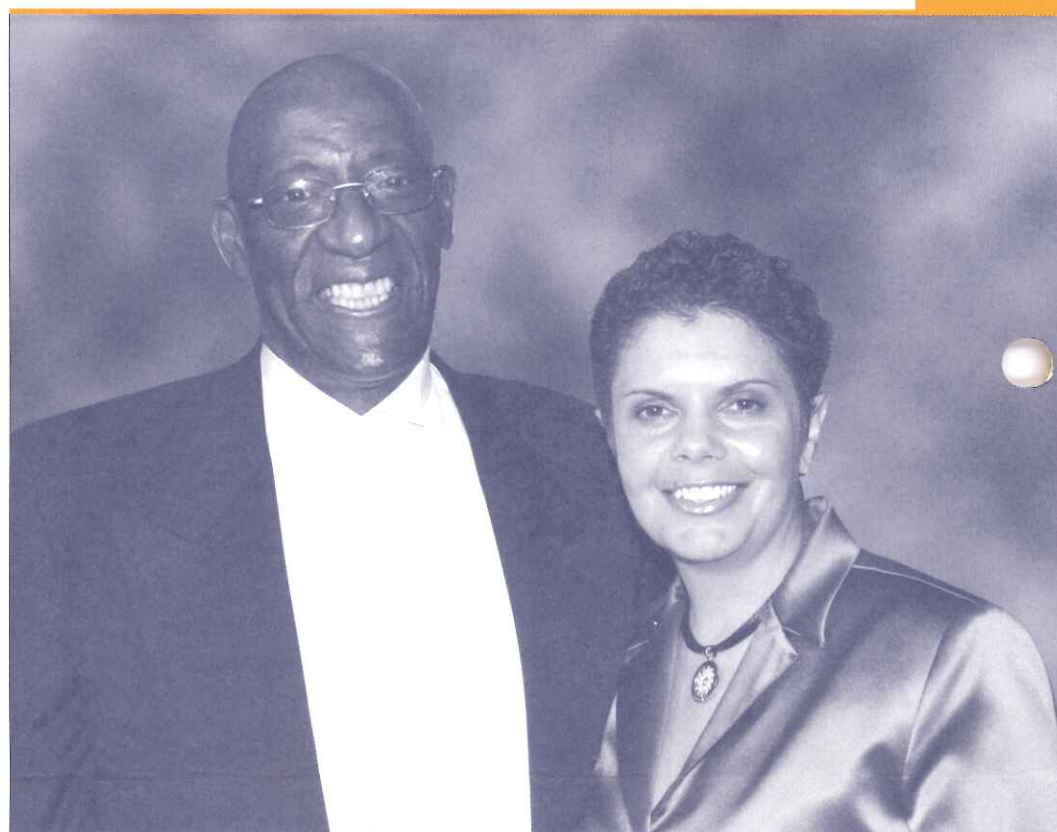
Guests were enchanted by a

performance from world-renowned opera singer Deborah Cheetham, whilst enjoying a fabulous view of the city skyline and exquisite food by Mark and Kate White Katering.

SPACE furniture kindly sponsored the event.

Joanne, a current resident of Odyssey House, accompanied by her daughters Renee and Karleen, inspired guests with her story to live drug free.

Special thanks are extended to Maurice and Tina Green for opening their hearts and home to Odyssey House.



*Odyssey House General Manager, James Pitts with Odyssey House supporter, opera singer Deborah Cheetham.*

## Diary Dates

### **McDonalds Caring For The Community Appeal**

Wednesday 12 May 2004

### **Odyssey House One Day Forum**

Tuesday 22 June 2004

### **Real Men Cook For Odyssey**

Monday 30 August 2004

### **City Rail Charity Challenge**

Monday 6 September 2004

### **Australian Fund Manager Awards**

Thursday 28 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](mailto:marketing@odysseyhouse.com.au)



# OFF TO A CLEAN START

I called you a friend for months at a time  
The feeling that you gave me was oh so divine  
But little did I realise as those months passed by  
That the pride I had inside me began to slowly die  
All my morals, hopes and dreams began to fade away  
And I couldn't live without you for a minute of the day.

You took my heart and soul; I had nothing in life to gain  
It was then I needed you more to take away the pain  
I gave you all I got; you gave me numbness in return  
Yet I still stayed true - nothing yet, had I learned.

You made me lie and cheat I became the opposite of me  
I longed for the day that I could be set free  
But your taste was too strong I longed to feel you in my veins  
And if I didn't have you, I would go insane.

But when I had you there gone was the relentless crave  
Gone was my life for now, I was your slave.  
To have you I'd do anything, I'd go to any low  
I stole from my own family thinking, "they wouldn't know"

The more I took you, the slicker I became  
And it was then I realised I no longer wanted to play  
your game  
I tried to give you up but no matter how hard I tried  
It was tattooed into my head: without you, I would die.

I'd go to any extreme to start off clean  
But you are relentless and cruel; you are the devil's own  
machine  
Slowly I put my head together and stole back my heart  
Took back my pride and began to make a start  
Of a life of being no slave and waking every day  
And all the sickness you gave me has now gone away.

I used to believe that you would take me to the grave  
But I left you behind and my new life I have saved  
I now have a future, the future I deserve  
And have opened up my eyes - I'm sure that you are  
never to return.

Casey

## A message from the General Manager

Over the past several years, Odyssey House has expanded its range of services in order to meet the emerging needs of its resident population. There have been many instances during this time when we questioned whether the abilities of the residents entering treatment had declined.



James A. Pitts

An outcome study conducted by the National Drug and Alcohol Research Study has confirmed our thinking. The Australian Treatment Outcome Study (ATOS) investigated over 500 heroin users who entered treatment at methadone centres, residential rehabilitation, detoxification and a no treatment group.

A follow up study was carried out after a year and found that residents at Odyssey House, and people in residential rehabilitation in general, had more severe problems than in the other modes of treatment. In spite of these difficulties, the outcomes for people in residential rehabilitation were far better than for those people in methadone programs, detoxification, or for those people who were receiving no treatment.

These results are not only impressive, but are equally important in establishing the efficacy of the Odyssey House therapeutic community treatment model.

The study also demonstrated that not only is Odyssey House effective in reducing the harm in this population, but tremendous gains are also made in overall health status, reduction of illicit drug use and criminality and improvements in psychiatric health status.

Dealing with the most severely damaged individuals of the drug misusing population takes a great deal of resources. However, the establishment of the above facts more than justifies the support Odyssey House receives from state and federal funding resources. Indeed, some would argue it justifies an increase in government resources for Odyssey House to continue its life saving work effectively. If there was ever any doubt, the ATOS demonstrates treatment at Odyssey House works and offers value for money!

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 32 year old John and 28 year old Gipsy, a decision to seek help at Odyssey House came when they were homeless and destitute as a result of drug addiction that had spanned over a decade.

With a daughter who is now eighteen months old, John and Gipsy entered Odyssey House two months ago.

Since living at the Parents and Children's cottages, they have also become the proud parents of a newborn baby boy.

"Throughout my life I have done everything to excess. I would work seven days a week in hospitality, study and party hard," says Gipsy, a graphic designer from Canberra.

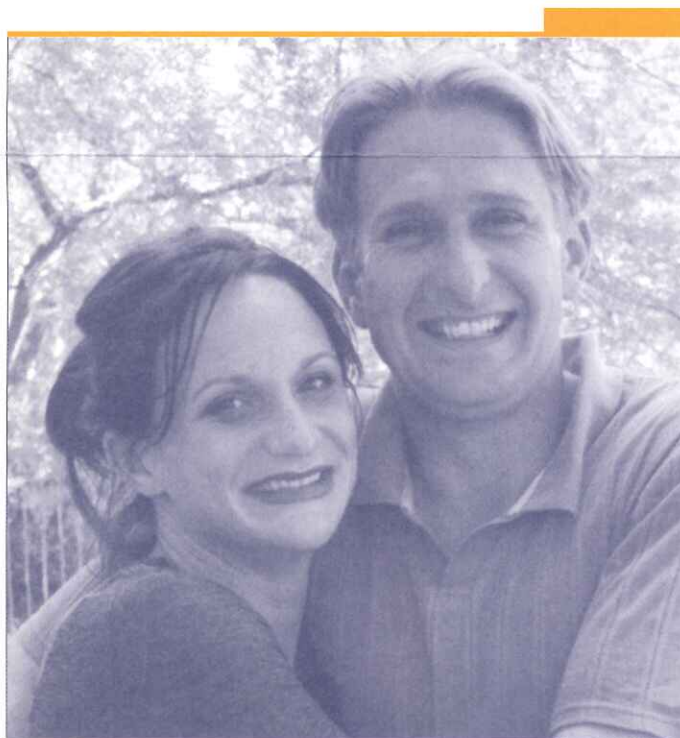
John is a qualified chef who has always worked fulltime, despite having a daily heroin addiction.

"I always earned good money but our drug addictions were

such a big financial strain. Before long we found ourselves broke, homeless and with a child to support," says John.

"We are now doing what we have to do. The routine and safe environment at Odyssey

House has had a huge impact on our family. This is the longest time we have ever been drug-free and we are very happy and committed to completing the program at Odyssey House."



A new beginning has been possible for residents Gipsy & John.



# GIVING BACK

Odyssey House recently celebrated its 10th anniversary of participation in the Clean up Australia Day event.

"It is important for all the residents involved at Odyssey House to contribute to the wider community. Odyssey House was proud to have residents helping to move rubbish from parks, roadsides and bushland. We have helped to make a difference to the local environment," said James Pitts.

## The Inaugural Milton Luger One Day Forum

The One Day Forum is being held on Tuesday 22 June in celebration of 'Drug Action Week' an initiative of the Alcohol and other Drugs Council of Australia (ADCA).

A number of experts within the alcohol and other drugs field will provide their

valuable perspective on drug and alcohol issues. The forum will focus on the 'National Drug Strategic Framework - Creating Partnerships 1998 - 2003' implications and impact upon treatment, and moving forward in 2004.

### Odyssey Recognition

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

Berg Foundation  
Capital Investment Group  
S Chapman  
J David  
I Gray  
L Green  
M Green  
A Green  
M Hawker  
A Rogers  
Rotary Club, Camden  
D Scheinberg  
SPACE furniture  
Suttons Motors  
TAB Limited  
J & A Tierney  
TLE Electrical and Data Suppliers  
P Turner  
W Waugh Hotel

**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](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.



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