



ODYSSEY HOUSE



*'A Calm in
the Sea of
Addiction'*

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Australian Treatment Outcome Study - ODYSSEY HOUSE GETS GREAT RESULTS!

The Australian Treatment Outcome Study was conducted by the National Drug and Alcohol Research Centre. The Study was designed to investigate the treatment outcomes of 535 heroin using individuals entering treatment, and 80 individuals who received no treatment at all. The three main treatment modalities were Methadone/Buprenorphine treatment, detoxification, and residential rehabilitation.

The study measured the amount of drug use, general health, criminal activity, and psychiatric co-morbidity. There were samples taken at baseline (when someone first entered treatment), at 3 month periods, and again at 12 months.

When looking at the Odyssey House sample, which totalled 38 individuals, the sample showed that 54% of Odyssey House residents had overdosed previously. They also had higher levels of previous treatment experiences than the other treatment modalities. They had higher levels of depression, which were listed at 26%, higher levels of Post Traumatic Stress Disorder at 40%, higher levels of Anti-Social Personality Disorder at 79%, and Borderline Personality Disorder at 61%. These figures are significant in that research indicates that higher levels of psychopathology is a greater predictor of poor treatment outcomes.

The 12 month follow up was very crucial when viewing the samples. At 12 months, 40% of the Odyssey House samples were still in some form of treatment, and 13% were still in treatment at Odyssey House. 63% were abstinent from heroin in the previous month, and only 3% had been injecting as compared with almost 78% at baseline. 7% of the Odyssey House population at 12 months reported an overdose in the past 3 months, compared to 54% at baseline.

There were sharp drops in criminal activity, depression levels had lowered, and there were reports of higher mental health scores overall, as well as higher physical health scores for the Odyssey House population.

The results of the Australian Treatment Outcome Study are important for the Odyssey House organisation. It demonstrates that Odyssey House provides services in its residential program to the most severely damaged of the heroin using population when compared to other modalities such as Methadone/Buprenorphine, and Detoxification. It also highlights the fact that in spite of the very difficult profile of the Odyssey House residents when they enter treatment, the Australian Treatment Outcome Study proves that this sample of Odyssey House residents improved across all of the study indices during this time.

The results of the Australian Treatment Outcome Study attest to the efficacy of the

therapeutic community in general, and the Odyssey House program specifically.

This independent study demonstrates the effectiveness of the Odyssey House program from a treatment standpoint, and also highlights that the gains that have been made have cost benefit and cost effectiveness ramifications.

We at Odyssey house are pleased that the Australian Treatment Outcome Study has highlighted objectively what we have asserted for such a long time. That is we have a difficult population to deal with, and in spite of this we do a good job and produce good outcomes!

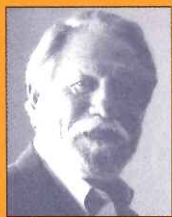
It is our hope that State and Federal Funding agencies will recognise the significant contribution of Odyssey House in an effort to assuage some of the adverse effects of drug use in the community by providing much needed financial support to continue to meet the legitimate needs of this very challenging population!

CHRISTMAS CARDS

*Christmas is just around
the corner, so get in early
and purchase your
Christmas cards now.
There are various designs
to choose from with all
proceeds going to
Odyssey House. Visit
www.odysseyhouse.com.au
for more details.*

**In 2003 Odyssey House residents accounted for
53,746 drug & crime free days saving the
community \$27 million dollars.**

A message from the Chairman



Maurice Green

The past quarter has been one of continued and steady progress at Odyssey House. It was notably marked by the celebration of 20 years of service by our General Managers, Mr James Pitts.

James arrived in Australia in 1981, and went to Odyssey Melbourne, and was then transferred to Odyssey New South Wales as State Director in June 1984.

His reputation in the Therapeutic Community grew as he attended a number of conferences around the world. James completed his Master of Arts degree at Macquarie University in 1992, his thesis was on 'The Relationship Between Time in Treatment and Treatment Outcome'.

He was awarded the Ted Noffs Foundation Award in 2001 and the Australia Day Medal the same year.

James has proved a wonderful asset to Odyssey House, and I look forward to watching his stature grow.

The Board celebrated his anniversary at a dinner in the board room of Grant Samuel attended by 70 of his friends and colleagues.

Great strides have been made in the field of alcohol and other drugs treatment over the past decade. More recently we have seen one of the only longitudinal research projects completed to investigate the profiles of heroin users who access the three most popular modalities of treatment, methadone maintenance, detoxification, and therapeutic communities.

Even more recently the New South Wales Health Department has recognised the value of residential rehabilitation in assisting persons who are on alternative pharmacotherapies currently i.e. methadone, buprenorphine who wish to become abstinent. Expressions of interest have been circulated to non government agencies to conduct an 'Opiate Substitution To Abstinence and Rehabilitation' service comprised of 10 beds.

Odyssey has responded to this request and is hopeful of a positive response given our 13 year history of providing this service to methadone clients exclusively over the years. We applaud the foresight of the New South Wales Health Department and the Center For Drugs and Alcohol in sponsoring this initiative.

*Maurice Green
Chairman*

real men cook

The 2004 Real Men Cook for Odyssey Luncheon was attended by 140 guests at bel mondo restaurant at The Rocks. The luncheon now in its third year helped to raise a total of \$47,000 for Odyssey House.

Some of Australia's well known men including Tony Bilson, Gerry Harvey, Ajay Joshi, David Koch, Luke Mangan, Simon Marnie, Ryan Phelan, Mikey Robins, Brett Spork, and Vince Sorrenti helped to cook up a storm at the bel mondo Restaurant.

The high-profile chefs (and unlikely chefs!) put their culinary skills to the test in a fun-filled afternoon of superior food and wine. With the assistance of bel mondo staff a fine menu was created.

"Cooking can be associated with a therapeutic value that fits in well with the essence of Odyssey House and its rehabilitation programs," said James A. Pitts, General Manager at Odyssey House.

Special thanks to the Master of

Ceremonies Sally Loane and the major supports of the event, including:

bel mondo restaurant
Kenwood
Lavazza
San Pellegrino
Tooheys
Two Thumbs Wine

Our sincere gratitude is also extended to the Real Men Cook Taskforce members, Ian Brown, Ben Dalton, Kai Ellmann, Tina Green, Christopher Hayes and Noeline Keen-Ward.



Celebrity Chefs get ready to cook.

The Inaugural Milton Luger One Day Forum

In celebration of 'Drug Action Week', an initiative of the Alcohol and Other Drugs Council of Australia (ADCA), Odyssey House held the Inaugural Milton Luger One Day Forum.

A number of leading Australian professionals in the alcohol and other drug fields recently visited Odyssey House to participate in the forum. Official proceedings were opened by Ros Luger, wife of the late Milton Luger founding Executive Director of Odyssey House NSW, in recognition of his work and that of Odyssey House.

A number of expert speakers addressed the implications and impact upon treatment of the 'National Drug Strategic Framework – creating partnerships 1998-2003' and moving forward in 2004.

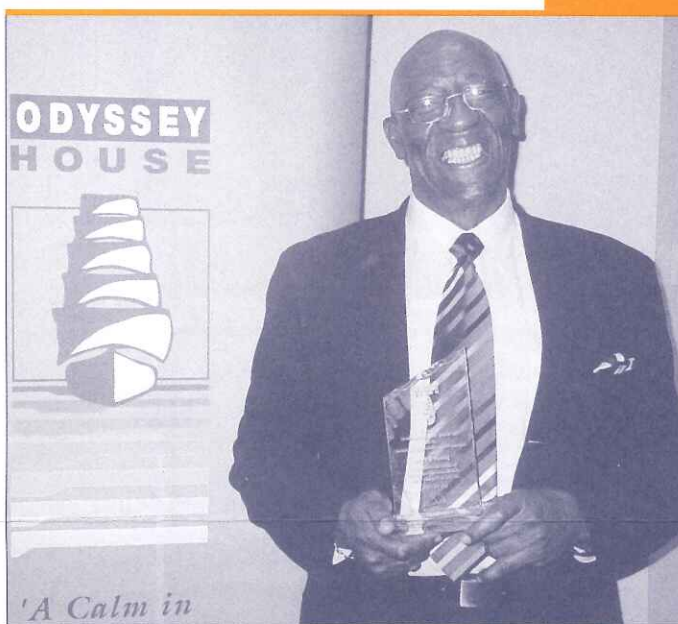
Our thanks are extended to the speakers who attended the forum including:

Dr Ingrid van Beek, Dr Neal Blewett, Mr David Crosbie, Dr John Howard, Mr David McGrath, Mr Larry Pierce, Ms Joanne Ross, Dr Maree Teeson, Mr Brain Watters and Mr Alex Wodak.

James Pitts Tribute Dinner

Chairman Mr Maurice Green and The Board of Odyssey House, recently held a tribute dinner for Odyssey House General Manager, Mr James Pitts. The dinner was an opportunity to reflect on Mr Pitts enormous achievements during his 20 year term as the General Manager of Odyssey House and a celebration of his contribution to alcohol, drug and gambling addictions.

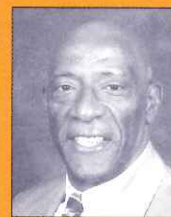
The evening was an opportunity for James to be officially thanked by The Board, Staff of Odyssey House and the residents, and a thank you by the Prime Minister, Mr John Howard on his dedication to Odyssey and other services.



James Pitts, General Manager receiving his award.

A message from the General Manager

As is so often the case, time seems to be mercurial in its passage. We are in the last quarter of the year and much has taken place.



James A. Pitts

We received the findings from the Australian Outcome Study (ATOS) which was conducted by the National Drug and Alcohol Research Centre. The study highlighted the very difficult population we service as well as the very positive outcomes we achieve with them. We presented the findings at the World Federation of Therapeutic Communities Conference in Mallorca, Spain in April.

We hosted the Milton Luger One Day Forum in June during Drug Action Week, an initiative of the Alcohol and Other Drugs Council of Australia. Several prominent figures in the alcohol and other drugs field were speakers, which made for an interesting and informative day.

Odyssey has made links with the Maru Nanga Mai (meaning 'pathway to dreaming') Men's Support Group to assist a number of our male Koori residents to re-establish their connections to their culture as they undergo rehabilitation. This has been an exciting development programmatically as we had not done well in providing services for this population in the past. We look forward to a long and productive relationship with the group which is closely affiliated to the Tharawal Aboriginal Co-operative.

Most recently nineteen of our residents participated in the Sun Herald City to Surf. All of the Odyssey House residents completed the race, which is in itself a major achievement. One of the participants said it was easy to pick the Odyssey contingent out of the over 50,000 participants. This was because in the heightened environment of athletic challenge ours was the only contingent who stopped to have a smoke as soon as they crossed the finish line!

Alcohol and other drugs rehabilitation is a challenging field which requires a response to the legitimate needs of the population we serve. Therapeutic interventions come in many shapes and forms. We continue to provide "best practice" interventions for this most disadvantaged population at costs far below those for gaol or private and public hospitalisation. Even though the time has passed rapidly we have much to do before the year ends. In order to continue our momentum, we encourage those who have supported us to maintain your commitment to us, and for those who haven't to come aboard! We don't have time to waste.

*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.

Growing up in Bourke with five sisters and five brothers in an Aboriginal community, and both parent's alcoholics, Des started experimenting with alcohol at age ten.

At the age of 13 Des was sent to an Aboriginal Hostel at Sylvania Heights to obtain a school education. After completing his leaving certificate Des moved to Redfern where he started smoking marijuana, taking speed and his drinking became heavier.

Over the next 30 years Des was involved in petty theft for survival, sent to a boys home, moved from town to town, completed a Certificate of Applied Social Science in Aboriginal welfare studies, all the time still being heavily involved with drugs and alcohol.

Des finally met a caseworker at Centrelink who said "I know of a place that can help you", and

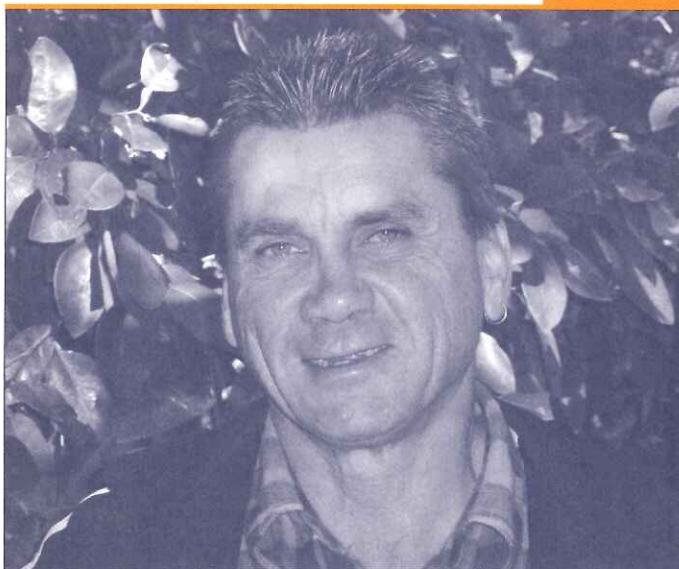
made arrangements for Des to come to Odyssey House.

Des now feels he has a sense of direction in his life, has new living skills, responsibilities and knows how to manage and control his frustrations. "Odyssey House has changed my way of thinking and attitude" said Des.

"Odyssey has also helped me to

build family relationships, especially with a daughter who I lost contact with a long time ago" said Des.

Des now looks forward to teaching aboriginal history and didgeridoo playing, and passing down the culture, and "to help other aboriginals in the Odyssey House Program" said Des.



Des is looking forward to a bright future.

Caring for the Community

A big thank-you to McDonalds Family Restaurants in the Macarthur region, who raised over \$1500 for Odyssey House in during the month of June.

Thank you to Taronga Zoo and Sydney Ferries who recently donated tickets and discounts for a resident recreation day.

Recreation days provide opportunities for residents to participate in activities sometimes for the very first time. A great day was had by all.

Have you thought about sponsoring a resident recreation day? Contact us for further details.

OPEN DAY

The Odyssey House Open Day will be held on Sunday 31 October, with official proceedings to be opened by Mr Pat Farmer MP. The Open Day allows the

general public, families and friends of residents to increase their awareness of Odyssey House and the amazing life saving work that is carried out.

There will be a jumping castle, face painting, cake stalls, artwork, a giant BBQ and much more, so bring down the family.

Diary Dates

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

Odyssey Recognition

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

Aust Youth & Health Foundation
M Belgiorno-Zegna
P Binsted
M Casey
G Charny
Campbelltown Catholic Club
L & A Davis
JB Fairfax
M Fesq
Gordon McNeilly Estate
R Grant
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P McGovern
Nexia Court & Co
J Pay
P Ritchie
A Rogers
The Rodney & Judith O'Neil Foundation
UBS Investment Bank
Victor Smorgan Charitable Fund
Yengarie Pty Ltd

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.



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