

In The Press

Campbelltown Macarthur Advertiser
- 20th June 2007



MacArthur Chronicle
- 28th August 2007

Wish List
We require *Poolside rescue equipment, such as a ring buoy and/or a long handled hook.*

Campbelltown Macarthur Advertiser
- 12th September 2007



Campbelltown Macarthur Advertiser
- 12th September 2007

MacArthur Chronicle
- 28th August 2007



Campbelltown Macarthur Advertiser
- 20th June 2007

Diary Dates

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

- Sept 23 - Goulburn to Citi Charity Ride
- Mid October - McDonalds Campaign
- October 18 - Australian Fund Managers Awards
- October 28 - Open Day

Odyssey Recognition

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

- The Australian Youth & Health Foundation
- Campbelltown Catholic Club
- Ms Linda English
- Mr JB Fairfax
- Mr John Grant
- Mr Antony Green
- Mr Maurice Green
- Mr Michael Hawker
- The John Lamble Foundation
- The Liangrove Foundation
- W & S Loewenthal
- The Macquarie Charitable Foundation
- Mallesons Stephen Jaques
- Mr Jack Mitchell
- Paddington Prestige Smash Repairs
- Mr Roy Randall
- Mr Allan Rogers
- The RA Gale Foundation
- The Rodney & Judith O'Neil Foundation
- Mr Matt Williams



ISSUE NUMBER 3
2007

Newsletter

ODYSSEY HOUSE



'A Calm in the Sea of Addiction'



The Real Men of Real Men Cook 2007 helping Odyssey House.

Real Men, Real Cooks, Real Success!

Odyssey House held its annual fundraiser, "Real Men Cook" at bel mondo restaurant, at the Rocks on 27th August. The event, which started in 2000, has grown each year and sells out virtually as soon as tickets go on sale. This year's event was no different as 140 people attended to support the Odyssey House services, enjoy a fantastic lunch and to interact with, and be entertained by some of Sydney's most familiar male celebrities.

The celebrity "chefs" included Radio Personality Mikey Robins, Radio Host Simon Marnie, TV Host Larry Emdur, Sportscaster Tim Webster, Politician, Hon Pat Farmer, Award Winning Restaurateur Mark Best, Urban Music Supremo Rodney Overby, and TV Presenter Chris Gray.

As always they provided plenty of "excitement" through their

antics and humorous attempts to become experts in the art of serving meals prepared by bel mondo head chef, Grant Lawrence.

The event was hosted ably by Sally Loane, corporate executive and long time Odyssey House supporter. The highlight of the afternoon was the presentation of a Graduate Certificate to Candice, who completed the program recently. She told the audience how she entered the residential program at Odyssey after becoming addicted to methamphetamines.

Her entry to Odyssey was prompted by her involvement in an automobile accident caused when she suffered a seizure due to her use of amphetamines. She lost consciousness and wrecked the car with her 2, 4 and 6 year old children in the back seat! Candice stated how the assistance of staff and peers at Odyssey helped her

to believe in herself and overcome her dependence on methamphetamines. The greatest thing about her rehabilitation was the fact her children were able to accompany her while she received help for her problems. Candice is now enrolled in TAFE and works part time. She, her children and partner are living healthy and fulfilling lives thanks to the help she received at Odyssey!

This year's Real Men Cook" concluded with a short live auction conducted by Channel 10's, Tim Webster. We were able to raise \$43,000 on the day which was a remarkable result!

The Progressive Learning Centre's Annual Report and financials are available online or by request.

PO Box 459
Campbelltown NSW 2560

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

www.odysseyhouse.org.au

YES! I would like to help Odyssey House assist residents 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.



A message from the Chairman



Eric R. Dodd

It is now just on two years I have been at the helm of the Odyssey House Board of Directors. My tenure as Chairman of the Board has been productive and enjoyable due to the assistance of the other members of the Board, and the hard work of the staff of Odyssey. Our logo is a ship which is depicted sailing on a calm sea as the caption beneath it denotes, "A Calm in the Sea of Addiction". The sea upon which the Odyssey House ship sails today is calm due to the aforementioned hard work of the Board and staff of Odyssey, and just as importantly due to the support of governments, federal and state, private foundations and trusts and from those of you in the community.

We are embarking this fiscal year on new and exciting journeys to areas new to us but not out of our range of expertise. We plan to expand our capacity to deliver services to clients with co-morbid conditions within the general community. New initiatives in the areas of employee assistance programs in various work disciplines are in the offing. These projects will expand and enhance our extensive service delivery. We hope you will continue your support which keeps the Odyssey ship safely afloat.

Eric R. Dodd
Chairman

Odyssey House CEO Honoured at National Drug and Alcohol Awards

Odyssey House Chief Executive Officer, James A Pitts was honoured at this year's National Drug and Alcohol Awards ceremony held at the Four Seasons hotel, in Sydney on 22nd June. Mr Pitts was one of several inductees to the "Honour Roll" of the Awards. The "Honour Roll" is reserved for people who have made a significant contribution to the alcohol and other drugs field over a long period of time.

James has worked within the Odyssey House system for over 29 years in the United States and Australia. He came to Australia in 1981 to work at the Melbourne Odyssey program as Program Manager, moving to

Sydney's Odyssey House program in 1984. He has been at the helm of the Odyssey ship since 1995 when Founding Executive Director, Milton Luger retired. James is a member of a number of prominent Boards within the alcohol and other drugs field including Vice President of the Network of Alcohol and Other Drugs Agencies (NADA), and the Alcohol and Other Drugs Council of Australia (ADCA). James has been recognised previously for his contribution to the field. In 2000 he received the Ted Noffs Foundation Award for "Individual Achievement" in the alcohol and other drugs field, and in 2001 received the Australia Day Medal from the Alcohol and



Other Drugs Council of Australia (ADCA) in recognition of his contribution and achievement to the field.

James' comment on the significance of the award was, "The induction to the "Honour Roll" is just that, an honour. To be recognised by my peers adds a significant meaning to this award. However, even more significant is recognition of the hard work of the staff and residents of Odyssey which has allowed me to accomplish what I have."

Forum Highlights Significant Challenges for the Future

The Milton Luger One Day Forum was held on 19th June at Odyssey House as part of "Drug Action Week" sponsored by the Alcohol and Other Drugs Council of Australia (ADCA). A number of experts in the alcohol and other drugs field gave their perceptions, both retrospectively and into the future, about alcohol and other drugs treatment.

Professor Richard Mattick, Director of the National Drug and Alcohol Centre (NDARC), located at the University of New South Wales (UNSW) commented on the course research in the field has taken over the past 20 years. He indicated research has changed from researcher initiated to being government initiated. In the late 1980's and early 90's alcohol research dominated the agenda. This focus shifted to amphetamine use, heroin overdose, methadone and a range of cannabis issues in the mid to late 1990's. In the late 1990's heroin overdose research dominated, from 2000 onwards research emphasis has been on monitoring drug trends, health economics, injecting centres and alcohol use. Professor

Mattick emphasised there was far more (and better funded) research in the field to assist treatment providers and decision makers monitor and respond effectively to the drugs problem in Australia. There are more drugs available and a wider range than ever before. Alcohol misuse in Australia has continued including high rates of binge drinking and now more than one in five people seeking treatment nominate cannabis as their drug of concern! Associated Professor Jan Copeland of NDARC provided an extensive overview of cannabis, its use and implications for physical and mental health.

Barbara Rich, Manager of Jarrah House, detoxification and short term residential unit for women with children charted the development of women's services within the alcohol and other drugs field. She noted the historical services for women earlier in the late 1980's and lamented the lack of any further development since that time.

Dr John Howard, Director of Clinical Services and Research

at the Ted Noffs Foundation highlighted the complexities of providing services to adolescent populations. He noted, as did other speakers, of the increase in mental health problems amongst this group.

A panel discussion on the development of the therapeutic community included two members of the Board of the Australasian Therapeutic Communities Association (ATCA) Barry Evans, Lynne Magor-Blatch and Founding President of the organisation, Joe Lamberti. They highlighted the importance of therapeutic community concepts such as self help, accountability and working with others within a "community" as contributing to good client outcomes. The recent Australian Treatment Outcome Study (ATOS) highlighted this fact when it found 70 percent of the Odyssey house sample included in the study were drug and crime free in 3 year follow up!

The Forum was attended by over 150 participants!

A Road to RECOVERY

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



Daniel was born to a happy well adjusted family. He had an older sister and brother and two loving parents. Daniel's father was a good provider as he owned a meat processing business. His mother was a caring woman who adored her children and worked hard to meet the needs of all the family.

Daniel's world was shattered when his mother died unexpectedly. Daniel was 6 years old. His mother's death changed the atmosphere within the household as Daniel's father had to fulfil both parental roles and struggled to do so. Shortly after his mother's death Daniel's father met a woman from England who had 3 young children of her own. They eventually married and Daniel's new stepmother and her children moved into Daniel's home.

Immediately problems arose as Daniel's stepmother presented as being caring to all the children when her husband was present. However when he wasn't around she treated Daniel and his natural siblings with contempt. Daniel and his natural siblings tried to explain to their father the situation and how they were being treated to no avail. Daniel's father's lack of support caused a major rift between he and his children. This situation continued for a number of years until Daniel's stepmother was granted Australian citizenship. As soon as she secured it she filed for divorce from Daniel's father and received a very large settlement. This series of events had taken their toll on Daniel's father and his children.

Daniel started to smoke marijuana in year 6 and that became the only thing he was interested in. His relationship with his father and other siblings was strained and by year 10 he had dropped out of school due to a lack of interest and ongoing drug use.

Daniel worked for a short time in the family business but

had become dependent on Methamphetamines. He felt this was the "best time of his life" as he appeared to be confident and invincible. Daniel's dependence upon "Ice" escalated and he continued to use compulsively for the next 4 years. His life now a haze of paranoia, ups, downs and a hazy reality. Daniel decided to take the "geographical" cure by travelling overseas. He went to Croatia but left quickly when he discovered there were more drugs there than where he had left. He settled in Canada where he worked at ski resorts and found in addition to "Ice" there was also "Crack" cocaine which he fell in love with. Daniel's life became an existence of smoking "Crack" and as he put it "going crazy". Daniel decided to return to Australia in 2005.

Daniel returned home dependent on "Ice" and "Crack" and proceeded to steal \$20,000 from his father's business. He spent the money in 3 weeks on drugs. The police investigation quickly identified the theft as an "inside job" and Daniel was forced to admit he was the culprit. When his father asked Daniel "what am I supposed to do with you now?" Daniel said "I need help". It was at this point Daniel decided to enter Odyssey House.

Daniel came into the program in 2005 initially and found it difficult to adjust. Eventually he did, but in a perverse way by learning the "Do's and Don'ts" without making any real changes in attitude or dealing with underlying issues. Daniel decided to leave the program after he had been in it for 12 months. He felt ready to face the world.

It was not long before Daniel had settled into his previous behaviour pattern of using

Methamphetamines, stealing and running amok. He decided to apply for readmission to the program after an absence of 6 months. Daniel said he decided to return to Odyssey House because his life was out of control and he knew he needed help. Daniel made a concerted effort to build relationships with his peers while accepting their feedback on ways to improve himself. He as a result, gained a greater degree of self confidence through his work assignments. He has been willing to share more of his issues with his peers as he progressed through the program. Daniel completed the Level 4 stage and his newly found confidence allowed him to move out of the facility into independent accommodation in the local area. He lives with one of his peers and they are both working and saving their money. Daniel works with his brother and plans to attend TAFE next year to gain an apprenticeship within the building industry. Daniel says he has matured and is less fearful of engaging with others as a result of his participation in Odyssey House.

Daniel says "Odyssey has kept me sane. I am very appreciative of the opportunities afforded to me when I returned to the program. I have invested in and enjoyed the relationships I have developed with the staff. It is good to know I have these relationships and ongoing support of the program if I need it. I have benefited greatly from the 1 to 1 counselling I have been involved in over the past several months. My future looks bright and I plan to take full advantage of it as I re-enter society".

A message from the Chief Executive Officer



James A. Pitts

We closed out the end of the recent financial year on a positive note. Our fundraising activity for the month of June reached an all time high and enabled us to meet our projected budget targets. The assistance of the public exposure we have had as an organisation in the print, visual media and through our own initiatives have helped to promote the image of the program greatly. We are now ready to face the challenges which await us in the new fiscal year.

We have actively pursued funding for two initiatives which will assist us in meeting the needs of our client population. Methamphetamines ("Ice") and other amphetamine type substances are very prevalent within the drug misusing populations. The increasing prevalence of this drug has seen an increase to 25% of the residential population nominating amphetamine type substances as their primary drug of choice. This drug class causes, or exacerbates many mental health problems for those who use it. We have applied for funding through the Commonwealth Department of Health and Ageing's initiative to increase the capacity of non government organisations to treat persons with co-morbid alcohol, other drug and mental health problems. We have also submitted to the Commonwealth Attorney General's "Proceeds of Crime" program to attempt to secure long term funding for our After Care program.

We remain focussed on completing the process of accreditation through Quality Management Services (QMS). We expect to complete the process in early October. We have submitted the final plans for the renovations at the Assessment and Referral facility to the local Council and are awaiting approval of our Development Application. The renovations will enhance the amenity of the Assessment and Referral Centre greatly.

James A. Pitts
Chief Executive Officer