



New Odyssey house



Campbelltown Macarthur Advertiser,
Wednesday October 1, 2008

Booze busted

ALCOHOL has again topped harder drugs such as ice and heroin as the addiction which drives the most Australians into crisis rehabilitation. Seventy per cent of people admitted to Sydney's Odyssey House in the past financial year listed alcohol among their reasons for seeking treatment. For almost one in three (29 per cent), alcohol was their primary addiction, with 23 per cent citing speed, ecstasy and ice, and 19 per cent heroin.

The Daily Telegraph,
Tuesday December 16, 2008

Help on menu

MCDONALD'S restaurants in the Macarthur region will host a charity fun night tomorrow (Wednesday) with 10 per cent of sales being donated to the Odyssey House Parents and Childrens Program. People can attend their nearest McDonald's restaurant between 3pm and 5pm at shopping centres and 6pm to 8pm at all other stores to buy dinner and lend a hand.

MacArthur Chronicle,
Tuesday December 9, 2008

MacArthur Chronicle,
Tuesday October 21, 2008



Drug help expands

Odyssey House manager Lesley Mosbey celebrates the opening of the new After Care Program building with her team Hong Lu and Trudi Dave.



Pumpkin contenders shovel in big guns

Odyssey House has a secret weapon in its bid to open the biggest pumpkin in the Great Sydney Pumpkin Challenge. The organisation has secured permission to use the seeds from its pumpkin patch to grow the largest pumpkin. "The patch is a long line of farmers and he has the seeds to grow the biggest pumpkin," she said.

- ## Odyssey Recognition
- Support that Odyssey House has recently received from the following donors is greatly appreciated.
 - Mr Robert Albert
 - Australian Youth & Health Foundation
 - Sir Ron Brierley
 - Mr John Cameron
 - Confident Care
 - Corinthian Industries
 - Custom House
 - Mr Paul Espie
 - Mr Chris Grubb
 - Mr Michael Hawker
 - James N Kirby Foundation
 - Liangrove Foundation
 - Nexia Court & Co
 - Mr Max Ould
 - Mr Graham Pratt
 - QBE Insurane Group
 - Roth Charitable Foundation
 - Software AG
 - Ms Janet Wilkinson



'A Calm in the Sea of Addiction'

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Facsimile: (02) 9820 1796
www.odysseyhouse.org.au



OPEN DAY

CEO James Pitts and renowned actor Rhys Muldoon

Around 400 people enjoyed the 31st Annual Odyssey House Open Day on Sunday 26 October to honour and reflect upon the accomplishments of the past 31 years.

The joyous atmosphere allowed family and friends to tour the facility, view art displays, and have a picnic lunch while children enjoyed face painting and the jumping castle.

An inspiring speech was presented by guest speaker, actor Rhys Muldoon who reflected over his career and the positive decisions he made to be where he is today.

CEO James Pitts paid tribute to the staff of Odyssey, and presented the annual 'Staff Member of the Year' award to Lesley Mosbey for her contribution to Odyssey House and the After Care program.

The highlight of the day no doubt is the recognition of recent graduates who have completed the Odyssey House program to overcome alcohol and other drug problems.

"Our annual Open Day is always a great opportunity to thank everyone involved in Odyssey House and the public to find out what we do, talk with staff and residents, show their support for our efforts, and see what Odyssey House is all about" said Mr Pitts.

No Open Day would be complete without a fantastic performance by the Odyssey House choir with their rendition of 'Crocodile Rock'.

Odyssey House CEO honoured

Our very own CEO Mr James Pitts was recently honoured as Runner-up in the prestigious Equity Trustees Not-For-Profit CEO of the Year Award in Melbourne. The annual awards recognise outstanding leaders of Australian not-for-profit and charitable organisations and reward their dedication to their challenging work and the enormous contribution they and their staff make to the communities they serve.

"It's gratifying to be recognised for my efforts doing something that I'm passionate about: helping people overcome substance misuse and rebuild their lives to become healthy, productive members of our society" Mr Pitts said.

Odyssey House CEO Mr James Pitts has devoted the past 30 years of his career to helping people overcome drug problems. Under his guidance, Odyssey House NSW has grown to become one of Australia's largest and most successful rehabilitation centres and has assisted more than 30,000 people over the past 31 years.

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



Cathy Doyle

The New Year has dawned and I hope 2009 is a happy and healthy year for you all.

For Odyssey in 2009, we will meet and support those who are not in a happy or healthy space - those who really need guidance, help and support.....that's why we exist.

The Board and management of Odyssey face, as we all do, a tougher climate to raise funds for the important work Odyssey does. We will ask for and appreciate your continued support and generosity.

Our annual rugby dinner is on the 20th of March at the Four Seasons Hotel, where amongst fine food, wine and company you will be entertained by Phil Kearns, Rod McQueen, John O'Neale and others...For tickets/tables please contact Sandy Schofield, Odyssey House 02 9820 9999.

I must say a big thank you to those who supported us over the Christmas period - United Way, Rotary Club of Macarthur Sunrise and Audrey Page and Associates for their contribution of toys and gifts for the children of Odyssey House. As part of our Parents and Children's program and Parents In Contact program, over thirty children received gifts this Christmas. Thank you for your support and generous gifts making this Christmas extra special!!

Cathy Doyle
Chairman

Mental Health Week Expo



Odyssey staff members Trupti, Hong and Emily fielded the many enquires at the Mental Health Week Expo.

To celebrate Mental Health Week, many local agencies participated in the Mental Health Week Expo recently held in Mawson Park, Campbelltown. Over 300 people visited the stand to see the action and gather information.

Forty-four per cent of Odyssey clients in 2008 had a co-existing mental illness such as depression, anxiety, schizophrenia or bipolar disorder. As co-existing mental health problems are now the highest ever, this was an excellent opportunity to promote Odyssey House and the services it is able to provide to customers who also suffer from a drug and / or alcohol addiction.

Alcohol tops illicit drugs

Alcohol has again outstripped illicit drugs like heroin and ice to top the admissions list for Odyssey House and almost half of our clients have coexisting mental health problems.

Alcohol was the principal drug of concern for almost one in three (29%) clients entering Odyssey House for rehabilitation during the 2007-08 financial year, up from 28 percent in 2007 and 2006 and 20 per cent in 2005.

Seventy per cent of all clients listed alcohol among their reasons for seeking treatment. Forty-four per cent of clients in 2008 had a co-existing mental illness such as depression, anxiety, schizophrenia or bipolar disorder, up from 30 per cent in 2006 and 10 per cent in 1999.

Odyssey House CEO James Pitts said the continuing steep rise in mental health problems was a most concerning trend, particularly as alcohol misuse and depression was the most common

specific co-existing disorder among the organisation's clients. "If this upward trend continues, more than half our clients in 2009 will have a co-existing mental illness, putting added pressure on our services and our staff," Mr Pitts said.

The best health outcomes are achieved when a person's substance misuse is treated at the same time as their mental illness, but this requires an integrated therapeutic approach, more intensive, longer term treatment and specially trained staff. Odyssey House is only just managing to cope with the influx of people with co-existing problems, thanks in part to a three-year federal government grant to expand and enhance our services for these clients.

Alcohol is a part of the Australian way of life - many of us enjoy a drink. Unfortunately, many people come to depend too much on alcohol, sometimes with

serious consequences to their health, families, jobs, and others around them.

The Alcohol Use Disorders Identification Test (AUDIT) was developed by the World Health Organisation (WHO) and is widely used by healthcare professionals worldwide to determine the level of risk posed by a person's drinking habits.

The Odyssey House Alcohol Insights test features a simple self-rating questionnaire about alcohol use, answers to frequently asked questions and links to useful information.

If you'd like to gain some insights into your alcohol consumption (or that of a friend or family member), visit www.odysseyhouse.org.au and take a few minutes to answer a few questions - it's quick, simple and anonymous. Your score will indicate whether your drinking habits may be of concern.

A Road to RECOVERY

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

In 2007 Lee came to Odyssey House, unbeknown to her at the time this was the moment that her life changed.

Lee is from a caring family, and is one of four children born and raised in Newcastle. Lee was always a high achiever excelling in mathematics, commerce and economics, having a passion for numbers she could see her self working in accounting or finance. During the summer holidays before her final year, Lee entered a tumultuous relationship which was controlling and violent. This resulted in Lee never returning back to school to complete her final year.

Lee's partner was a drug user and dealer, at this stage she had no interest in drugs and did not want to have any dealings with it at all. Lee soon found her self pregnant, and gave birth to a healthy baby girl, Tayla.

Not long after Tayla was born, in a period of boredom, with no job, no money Lee was looking for a way to 'escape', she decided to try smoking heroin. "I didn't like it at first, then I tried it again, then I started injecting

and using it regularly up to ten times per day" Lee said.

Lee became caught up in petty crime to sustain her habit, and after four years she was caught and detained at the Emu Plains Women's Correctional facility. Lee entered the mothers and children's program in the prison with her daughter.

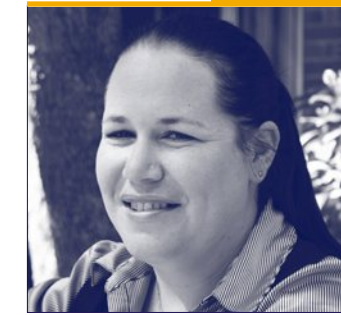
Over the next twelve months Lee was able to turn her life around, on completion of her sentence she started a new job and everything was going well.

Lee never saw herself as a victim in her past relationship, even after years of abuse, Lee then sought 'Victims Compensation' and took her ex partner to court. It was through this process that Lee started to heavily drink to block out her memories.

"I would justify to myself that drinking was better than heroin" Lee said. It was during this time that Lee realised just how much she had endured during this past relationship, with 68 reports from police visits for domestic violence, and hospital reports from injuries sustained in the relationship, it was more then she could handle.

Lee lost focus and control at work and lost her job, drinking heavily every night wasn't enough any more, and "so I had a shot of heroin" said Lee.

This went on heavily for a week, til Lee was arrested for stealing and



bailed to Odyssey House, where she was sentenced to complete home detention.

"Initially I had no intention to stay, I didn't want any help" said Lee of her first impressions of Odyssey.

Before long something 'clicked' into place for Lee "I soon realised that I need this place, and I want to be here".

Lee is now in the final stages of the program, her home detention has finished and she looks forward to graduating.

Lee is going on to undertake a Bachelor of Business majoring in accounting when she has finished the Odyssey program and looks forward to building a stable home for her and her daughter Tayla.

"Odyssey has shown me that I am a valuable person, I am worth a lot more than I thought, and I deserve my life".

A message from the Chief Executive Officer



James A. Pitts

Each year presents us with new challenges and exciting prospects for the future. We are now in our thirty second year of operation and this may prove to be one of the most challenging periods in the history of Odyssey House.

Although we are a Not For Profit organisation we are not immune from the recent upheavals caused by the global financial crisis. We rely upon several fund raising initiatives throughout the year to meet the shortfall in our annual budget. We have established a very good corporate supporter base which will no doubt be more circumspect about how they apportion their charitable support.

Our clinical services have seen a substantial increase in the number of people entering our residential services who have a substance misuse disorder and a mental health condition, or a co-morbid condition as it is known. Odyssey House, from its inception, has been able to service people which have this condition comfortably. The challenge we face is the significant increase in people with this condition, who last year accounted for 44% of our client population. In the past we allotted for between 10-15% of the population having this condition. It will be a major challenge for our clinical staff to meet the legitimate needs of this demanding population.

Fortunately, over the past several years we have been able to attract significant increases in government funding. This has enabled us to expand our services to keep up with, and cater to the needs of our population. In exchange for the funding increases we have had to shoulder a significant increase in a) Reporting Conditions, b) Risk Management Assessment of Funded Programs, c) Documentation of Evidenced Based Interventions and d) Engagement in Accreditation and Quality Improvement Processes.

Whilst we acknowledge the need for accountability and transparency in all our service delivery, the above requirements are placing a major strain on our administrative capacity.

So we have our work cut out for us this year as in any other year. As always, we are confident in our ability to meet the challenges that face us. We have "pride in our stride" and "pep in our step" as our journey continues with your assistance and support!

James A Pitts, MA
Chief Executive Officer

ONLY 300 TICKETS AVAILABLE!

To celebrate the 30th Anniversary of the Odyssey House McGrath Foundation, we are holding the Odyssey House 30th Anniversary Art Union with only 300 tickets available.

First Prize: You and your partner will fly Business Class with Qantas return to San Francisco. Five night's deluxe accommodation at The Ritz Carlton San Francisco and a \$500 Visa gift card. Prize valid to May 2010. Value \$35,550

Second Prize: An exquisite Aurore white gold, South Sea pearl and diamond pendant. Value \$5,500.

For your chance to win one of these fabulous prizes purchase a ticket today for \$250 with all proceeds to go directly to Odyssey House. Contact sandy@odysseyhouse.com.au or 02 9820 9999 for further information or to make your purchase.

Diary Dates

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

Rugby Dinner - 20 March
Art Union Drawn - 4 May
One Day Forum - 23 June
Real Men Cook - 24 August
Smash Tennis - 9 September

McDonalds Charity Night

McDonalds Macarthur community program 'Committed to caring for the community' has been highly successful raising over \$15,000 for local organisations in 2008.

Odyssey House is very grateful to be nominated as one of the recipients to this fundraising initiative. On Wednesday 15 October staff and senior residents volunteered at McDonalds restaurants across the Macarthur region to learn some 'hands on' experience.

A percentage of sales totalling \$2029, made on the evening, were donated to Odyssey House.