



EVENT HIGHLIGHTS

International Women's Day

To celebrate International Women's Day on Monday 8 March, Odyssey House played host to an empowering and fun day of dance, singing, food, multicultural and craft activities. The special guest speaker for the event was renowned Paralympian Louise Sauvage, twice honoured as International Female Wheelchair Athlete of the Year.



Paralympian Louise Sauvage & Chief Operating Officer Brendan Flynn

Louise spoke about how challenges, commitment, motivation, passion and inspiration shaped her life and her ongoing dedication to her outstanding sporting career. Guests had the opportunity to speak with Louise and admire just a 'few' of her Olympic Medals.

Attendees included Odyssey House female residents (a third of Odyssey House clients are female) friends and families of those in the Odyssey House program.

- Odyssey Recognition** Support that Odyssey House has recently received from the following donors is greatly appreciated.
- Mr C Anderson
 - Ms S Anderson
 - Mr A Bensen
 - Ms J Broadbent
 - Dr W Burt
 - Mr B Clark
 - Ms M Coe
 - Mr B Ferris
 - Mr M Freeman
 - Mr D Golder
 - Mr R Grant
 - Mr M Green
 - Mr S Hindmarsh
 - Mr P Hunt
 - Mr R James
 - Ms C Kelly
 - Mr W King
 - Mr R Kozcakar
 - Ms S Loane
 - Mr S Malcolm
 - Mallesons Stephen Jacques
 - Mr R Massey-Greene
 - Mr A McInerney
 - Mr G McOrist
 - Mr D Mortimer
 - Mr J Murphy
 - Ms M O'Sullivan
 - Mr G Pratt
 - Resnick Foundation
 - Mr J Roche
 - Mr J Scales
 - Mr & Mrs R&H Waters
 - Mr M Williams

ODYSSEY HOUSE



'A Calm in the Sea of Addiction'

PO Box 459
Campbelltown NSW 2560
Telephone: (02) 9820 9999
Facsimile: (02) 9820 1796
www.odysseyhouse.org.au



Madison & Jasmin of the Parent's & Children's Program

Children at play

In families where alcohol or other drugs are being misused, behaviour is frequently unpredictable and chaotic; emotions range from loving to withdrawn; and communication is unclear or conflicting. Often these families have a nonexistent or inconsistent structure; lack of rules and a strong sense of insecurity. For many parents the hardest part of recovery is facing up to the effects of drug or alcohol use on their children.

Not every family is affected the same, which is why it is vital the Odyssey House 'Parent's and Children's' Program and the 'Parents In Contact' program address the needs of both the parent and child individually and as a family unit. Parents In Contact is a group that has been designed for Parents who are in the adult residential program who have children living in the wider community to support and encourage parents to maintain contact with their children whilst in treatment.

The Parent's and Children's Program is designed for parents in recovery to live with their children at Odyssey House in private rooms in self-contained cottages with communal dining facilities. Living together as a family, the program also teaches parenting skills and aims to develop a happy, healthy and independent family.

Staff of these departments includes child psychologists, family workers and therapists to assist the parent and child through the recovery process. Young and impressionable children are particularly vulnerable to the effects brought on by substance misuse in the home or by a parent. Parental substance misuse may interrupt a child's normal development, which places these youngsters at higher risk for behavioural, emotional, physical and mental health problems.

Upon entering the program, the families are allocated a Family

Support Worker. In conjunction with the Family Support Worker, the Child Development Specialist (CDS) observes the families, focussing on the family dynamics, the overall well being of the child and parenting abilities. The parent remains in the 'Assessment' Stage of their recovery for a period of 4 to 6 weeks, which allows the program to evaluate the family needs from a medical, psychological, behavioural, social and emotional perspective. The children are checked on a regular basis by the local paediatrician and any child related medical need is addressed.

The Child Development Specialist and the Family Support Worker work together with the parents to develop individual family action plans, to address the child's needs and to help build positive parenting skills and coping strategies for the child and parent.

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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.

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

It is hard to believe that we are already at the half way mark for 2010.

The Odyssey House Board is currently engaged in planning for the next financial year.

There are a number of items under review including the recommendations under the 'Health and Hospitals Reform Agreement' which is reviewing whether drug and alcohol providers should fall under primary health which is in the domain of the Federal Government. This in itself has a number of consequences including how we manage as a drug and alcohol service provider.

We are expecting a clear strategy and 'Capital Fundraising Campaign' to be key outcomes of our planning day to combat the 'ageing' capital infrastructure we are faced with.

On a more vibrant note, Odyssey hosted two fabulous events in the past couple of months - Odyssey by the Bay cocktail party, and the Annual Rugby Dinner. Over \$50,000 was raised at the Rugby Dinner, and over \$28,000 was raised at the Odyssey by the Bay cocktail event. Our sincere appreciation to Paul and Ros Espie who graciously opened their home to make this cocktail event possible. Both evenings were full of splendour, fine food and beverage and of course our wonderful guests.

Thank you to all of our supporters we look forward to seeing you at future events.

Warm Regards and thanks for your support.

Cathy Doyle
Chairman

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This can be done through 'Play Group' sessions which allows:

- Families to have fun
- Families to spend quality time together in a safe and fun environment
- Children can develop new skills through incidental play
- Supported play and interaction

Families are also supported with Parent and Education Groups. These groups include advice on parenting skills training, teething, nutrition and healthy eating, and safety within the home.

The Positive Parenting Program (Triple P) is implemented on a rotating basis during 'Parent Education Groups' which is designed to teach parents specific skills to change their children's problem behaviour through reinforcement and classical conditioning techniques.

Trained personnel work with the parent and child in suggesting simple routines and small changes that can make a big difference to the family. It helps the parent to understand the way the family works and use the things they already say, think, feel and do in new ways that:

- Create a stable, supportive and harmonious family.
- Encourage behaviour you like.
- Deal positively, consistently and decisively with problem behaviour.
- Build positive relationships with their children, so that conflict can be resolved.
- Plan ahead to avoid or manage potentially difficult situations.
- Take care of themselves as a parent.

All of the programs are designed to develop and grow nurturing family relationships that encourage children to realise their full potential and help to break the generational cycle of substance misuse.

Where are they now?

Tania graduated the Odyssey House Residential Program in 2004. During her Odyssey journey she was reunited with her children and a member of the 'Parents and Children's Program'.

Tania featured in our newsletter in 2004, and has certainly come a long way since then. "After graduating the Odyssey program I went on to study a Certificate IV in Alcohol and Other Drugs. Using the skills I had learned during treatment I started to work on a casual basis in the Parents and Children's program, and not before too long I became a 'Family Support Worker' helping other families" says Tania.

In 2008 Odyssey identified the need for a dedicated staff member to assist parents in the program to maintain or gain contact with their children. Hence the creation of the 'Parents In Contact' program which Tania was pleased to take on the new challenging role and to give hope to other residents that they can be reunited with their children.

"I love that I am able to give back to the Odyssey House community the tools that I learnt in treatment and be a positive role model" said Tania.

Tania's children reflect on the Odyssey House journey as a positive experience, as is the program that brought them back together.

"My family is thriving, happy and has a well balanced lifestyle - thanks to Odyssey House" said Tania.

Newsletter

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Ho, ho, ho! A very Merry Christmas for Tania and her family!

Wish Upon a Star

For 32 year old Tania, the decision to enter Odyssey House came after a long term addiction to speed with her children being taken from her care. "I started using when I was about 17 just going to parties" says Tania. Tania then met her partner and through years of isolation, depression and domestic violence, Tania increased her intake of drugs to block the pain she was going through. "After losing my children I knew I had to get out of the environment I was in. I admitted to my family of my addictions and asked them for help" said Tania. Tania participated in the Odyssey House rehabilitation program for six months waiting to enter the Parents and Children's program. At that time Tania was reunited with her children at Odyssey House. Tania now resides in our Parents and Children's program, with four of her children. Chloe 8, Jaiden 7, Bianca 6 and Tasman 3. This Christmas the children are looking forward to meeting Santa when he makes a surprise visit to the children and residents at Odyssey House on Christmas Day. This Christmas Chloe, Jaiden, Bianca and Tasman will feel safe and secure in a loving environment, free from the addiction that has caused pain for their family in the past. Tania is now in the final stage of the Odyssey House program and will shortly be moving into her own home with her family. Tania is looking forward to spending this Christmas free of drugs and not dependent on her ex partner for support or money. "I am very proud of what I have achieved in the past twelve months. I plan to complete studies in community welfare, continue working on the development and relationships with my children and graduate from the Odyssey House program" says Tania. This Christmas, please help Odyssey House offer hope to other young people and families like Tania's - your donation, no matter how small, will make a difference and can make dreams and Christmas wishes come true.

Visit Odyssey House at www.odysseyhouse.org.au ~ All donations over \$2 are tax deductible

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Odyssey by the Bay



An evening of enchantment was held at 'Callooa', the beautifully restored colonial home of Paul and Ros Espie who graciously made their property available to Odyssey House for a late summer cocktail party.

Built in the 1850's Callooa has extensive verandas, lush gardens and sweeping views over Rushcutters' Bay and the Harbour beyond, which our 100 guests enjoyed while dining on exquisite canapés and selected beverages.

This exclusive event also provided guests with the opportunity to bid on a number of items including a beautiful painting by Artist Craig Waddell, who has won countless awards including the Mosman Art prize (commendation award) the 2008 Moya Dyring, Art Gallery of NSW Residency at the Cite Internationale des Arts, Paris.

Thank you to hosts Paul and Ros Espie who opened up their beautiful home to us thus making this event possible.

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11th Annual Rugby Dinner

300 guests were in attendance at the Odyssey House 11th Annual Rugby Dinner with special host and long time Odyssey supporter Sally Loane.

Guests were entertained by the Odyssey House Choir, which are primarily residents of the Odyssey House program. Australia's Got Talent Mark Vincent indulged guests with an

inspiring performance which included the Rugby theme song 'World in Union'.

The evening's program would not be complete without a reflection of the great game from Rugby's Best Raconteurs Dan Crowley, Adam Freier and Andrew Blades.

We wish to thank all in attendance on the evening who

contributed to the fabulous fundraising target of over \$50,000 on the night.



Rugby Enthusiasts

A message from the Chief Executive Officer



James A. Pitts

There is a significant proposal, relating to the provision of alcohol and other drugs services, before the Health Department of all States and Territories in Australia. The proposal in question is the result of the recent report to the Federal government on the National Health and Hospitals Reform. The recommendation of the report is that alcohol and other drugs services are classified as primary health interventions and be administered by the Commonwealth. At the present time there are discussions taking place between New South Wales Health's Mental Health and Drug and Alcohol Office and the Commonwealth as to the best model to accommodate alcohol and other drugs services in New South Wales. Odyssey House, through its representation on the Board of the Network of Alcohol and Other Drugs Agencies, which is the peak organisation representing the non-government alcohol and other drugs sector, will have a key role on the final determination of the intervention model for alcohol and other drugs services in New South Wales!

We wish to thank all of our supporters who participated in, or attended our most recent fundraising functions: Odyssey By The Bay; International Women's Day; and our annual Rugby Dinner. Your support provided much needed revenue to allow us to continue to provide our quality programs to the people who utilise our services!

Thank-you!

James A Pitts, MA
Chief Executive Officer