



'A Calm in the Sea of Addiction'

# odyssey NEWS



## The Class of 2010

Home made onion jam, flavoured oils, fairy floss, popcorn, snow cones and a sizzling bbq were just a few of the temptations on offer as we celebrated our 33rd Anniversary and open day on Sunday 31 October.

The carnival atmosphere attracted over 400 guests who joined us to celebrate our open day, recognition awards and our graduation ceremony.

Official guest speaker The Hon Graham West MP, Member for Campbelltown acknowledged the important work and dedication of the staff and congratulated the residents on their recovery achievements.

A number of Odyssey House staff were recognised for their contribution towards the Odyssey program, with the 'Staff

“The carnival atmosphere attracted over 400 guests!”

Member of the Year' being awarded to the Accreditation team (ACHS Team) who worked tirelessly for this review process.

The Odyssey journey can be long, and for some have many speed bumps along the way. While a large number of residents complete their treatment not all go on to graduate. This year there were a number of graduates who were presented with their final completion certificate, congratulations to you all.



# Real Men Cook

One of the highlights on our event calendar is 'Real Men Cook' which was held on Monday 30 August. This event continues to be a sell out and has tremendous support by celebrities who like to showcase their culinary expertise and raise money for a great cause.

Our celebrity chefs are always a pleasure and very entertaining to have on board. This year's repertoire of chefs included comedians Vince Sorrenti and Mikey Robins; entertainers Rhys Muldoon, Rob Mills, Justin Melvey, Tony Bonner and Mike Goldman; gardening king Graham Ross; wine expert Huon Hooke and financial guru's Ross Greenwood and Chris Gray.

A special thank you also to Jessica Rowe for being the MC for this event.

A highlight of the luncheon is the opportunity for a graduate of our program to provide a personal account of their journey of substance misuse and recovery with Odyssey House. A touching story by graduate Michael was well received by the audience as he reflected over his Odyssey journey, and the proud person he is today

- which he attributes to Odyssey House.

This year's event would not have been possible without the generous support of all our sponsors including the principal event sponsor Chris



## ODYSSEY Recognition

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

- |                              |                                  |                  |
|------------------------------|----------------------------------|------------------|
| Mr R Albert                  | Estate of the late Peter Philips | Mr W Negus       |
| AMP Foundation               | Mr C Grubb                       | Mr D Paradice    |
| Bizzell Foundation           | Mr T James                       | Mr G Pratt       |
| Campbelltown Catholic Club   | Mr V Jokovic                     | Mr J Rayner      |
| Mr A Cardy                   | Mr G Karantzias                  | Mr R Rich        |
| Mr & Mrs S Chisholm          | Mr M Kidman                      | Ms J Simart      |
| Christopher Cuffe Foundation | Mr C Lanchester                  | The W Foundation |

# in the press

## Thousands helped



ODYSSEY House opened its doors to celebrate its 33rd anniversary on Sunday 31 October. The image shows the new building and the education program.

**Area offers more room to learn**  
A new indoor learning area at Odyssey House's education centre was unveiled on Friday 30 October. The new and modern educational centre received a \$250,000 federal government grant under the Building for Education Revolution program. The grant allowed for the construction of a covered outdoor learning area, as well as indoor classrooms, with management and accessible toilet.

**Photos make a connection**  
A PHOTO exhibition launched at Cafe Le Chat in Campbelltown last week reflects the support that family, friends and pets have given to MacKenzie's end-of-life care. The exhibition was held in conjunction with the Mental Health Promotion Week. Ms Braxton, of Campbelltown Community Mental Health, said about 70 people attended Thursday's launch for donations to the cause. "We're working with the mental health association campaign," she said.

"This year it's about how you can rely on friends and family to support and family wise to capture that. Some people took photos of particular objects, others took photos of their pets and the winning was a boy with his dog." Winners of the adult category were Robert Hunt (the award was accepted by his wife, Jay, Bicknell) and Steven Gair (the award was accepted by his wife, Julie, Bicknell). Winners of the children's category were Ibrahim Elomar, Leanne Cole and Evelyn Elomar. Ms Braxton said the exhibition also encouraged those with a mental illness to use art to help their recovery. "It helps them express themselves which is good for their emotional wellbeing and helps them stay connected," she said.

## Alcohol and Your Kids

There are many good reasons to encourage teenagers not to drink alcohol before 18, unfortunately as parents we can't keep an eye on our teenagers all of the time. Early drinking patterns are related to the possibility of damage to the developing brain which is estimated not to be fully developed until age 25 and to the development of alcohol related harm in adulthood.

As the silly season approaches as a parent you can positively influence your teenagers drinking habits. Here are some useful tips:

- Set a good example in your own consumption of alcohol
- Reward good behaviour for responsible attitude towards alcohol
- Talk about how to deal with peer pressure to consume alcohol or binge drink

While the safest option is to delay drinking for as long as possible, you should educate your child on responsible drinking such as what is a standard drink, setting limits, alternating with non alcoholic drinks, drink slowly, and eat before or while you are drinking.

The risks of accidents, injuries, violence and self harm are high among drinkers aged under 18 and young people who drink are more prone to risky and antisocial behaviour. Help keep your teenagers safe this summer.

Source: Australian guidelines to reduce health risks.

**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     \$100     \$500    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.com.au](http://www.odysseyhouse.com.au)  
Phone: (02) 9820 9999  
Fax: (02) 9820 1796



Please return this coupon and your donation to:  
**Odyssey House McGrath Foundation,  
PO Box 459, Campbelltown, NSW, 2560.**



Odyssey House is dedicated to giving people something like drugs, alcohol & gambling never can: a future.

## WHAT'S ON

'Odyssey by the Bay' Exclusive Cocktail event - February 2011

Ph (02) 9820 9999 or email [sandy@odysseyhouse.com.au](mailto:sandy@odysseyhouse.com.au)

## DID YOU KNOW?

Odyssey House Annual Report is now available.



## 2010 Paradise Investment Management Goulburn to Citi Corporate Charity Ride

This year Albion Cycles, Paradise Citi, One Degree and The Shire Boys cycling teams again stepped up to support Odyssey House.

To extend the enthusiasm and the duration of the 2010 Corporate Charity Ride the event was spread over two days (11-12 September). A team time trial was introduced on day 1, which was raced over a closed street circuit in the historic city of Goulburn. Race Ambassador Simon Poidevin led his strong squad the Paradise Investment-Citi team to a well-deserved win in 'The Goulburn' corporate challenge time trial.

After months of early morning training sessions, it was finally time for the riders to battle the gruelling 150km race from Goulburn to Camden. "We have a super fit group of corporate riders and we intend to cover the 150 kilometres at over 34 kilometres per hour" said Simon prior to the race.



It was a crisp start to the morning as Simon Poidevin led the riders on the Paradise Investment Management Goulburn to Citi Corporate Charity Ride. As the riders drew close to the finish line in the main street of Camden there were plenty of smiles going around.

This year the charity ride raised over \$90,000 for Odyssey House. We are very grateful to all the teams that took part and we look forward to next years corporate charity ride.

A message from the Chairman



Cathy Doyle

I am always buoyed by the generosity of spirit shown towards Odyssey House and its residents. Over the last few months we have had some wonderful events where this has been showcased.

- Real Men Cook where celebrity males cook a three course lunch in the wonderful restaurant Bel Mondo raising \$34,000.

- The Goulburn to Citi Charity ride where committed cyclists come together to share their cycling passion and raise money for Odyssey raised approximately \$90,000; and more recently

- The Australian Fund Manager Awards where all parts of the Australian Funds Management Industry come together to showcase individuals and raise money for the sponsored charities Odyssey House and the Sydney Children's Hospital. We are yet to know the exact amount.

Odyssey House also held its open day in October for residents and their families and supporters. This day showcased the great work Odyssey does and graduates of the program were recognised. More importantly it demonstrated that it takes a village of people to make a difference to someone's life. So thank you to the residents, staff, families and supporters of Odyssey - it takes all of us to make a difference.

The Board also farewelled two Director's Bianca Tulich and Audrey Page. Bianca has been an excellent member of the Finance Committee and the Board for nearly 4 years. Audrey has been a tireless contributor on the Board and a member of every sub committee over the last 18 years - an outstanding effort really!

Thank you, I have appreciated all efforts during this time.

As we head into Christmas please have a safe and happy time with your families - thank you for your continued support.

Cathy Doyle  
Chairman



Graduates Lee and William

# Lucky 14

Fourteen residents were in attendance to receive their graduation certificates at the Odyssey House Open Day.

The Odyssey House rehabilitation program is rigorous. All clients undergoing the process of rehabilitation are expected to participate in all areas of the program to the best of their abilities and pursue and change existing negative attitudes and values.

Every resident involved in the program must address the reasons why they resorted to an addictive lifestyle. Residents are also taught alternative ways of dealing with the ups and downs of daily life.

Fourteen residents were in attendance to receive their graduation certificates at the Open Day on 31 October.

“ There are so many people I wish to thank at Odyssey for helping me to be the person I wanted to be ”

One of the graduates, William, is now working in a sales role and loves it!

"There are so many people I wish to thank at Odyssey for helping me to be the person I wanted to be" said William.

Matt and Jacob both had a positive Odyssey journey, they are both studying a Certificate IV in Alcohol and Other Drugs and are both working at Odyssey House part time to give support to other residents in treatment.

Joshua and Jaala are also completing the Certificate IV in Alcohol and Other Drugs. Jaala, who graduated from the Odyssey House Parent's and Children's program is going on to study Social Health at University next year.

Lee came to Odyssey House after a long battle with alcohol and drugs. She had lost custody of her children and had to make a choice as to how to regain control of her life.

“ I have now regained the custody of my children and I am enjoying being a mum ”

"I have now regained the custody of my children and I am enjoying being a mum" said Lee.

Jason always had a love for the outdoors and on completion of the program he set up his own garden maintenance business. Jason is now the supervisor of grounds at an aged care facility.

Other graduates included Ben, Cameron, Damon, Drew, Eden, Kameli and Thomas.

A message from the Chief Executive Officer



James A. Pitts

It is always remarkable how quickly the year passes at Odyssey House. This is due to the amount of time and energy required to maintain the quality of all of the Odyssey House program services. Quality, in our service delivery, has been the major focus of the efforts of all staff over the course of this year. We have been engaged in a quality assurance accreditation review with the Australian Council on Healthcare Standards (ACHS) this past year.

ACHS is the body which accredits hospitals, both public and private and other health care providers. Their requirements are upon a level of service delivery which is client focussed (clinical) and underpinned by quality processes and procedures which have been evaluated (corporate). There are over 30 standards in various categories which had to be met in order to achieve accredited status from ACHS. The surveyors who conducted the review were on site at the Odyssey facilities from 7-9 September. They reviewed numerous documents which contained policies and procedures as well as interviewing key staff and Board members.

We have received the report from the surveyors along with their recommendations. We passed all of the mandatory standards with a MA rating (Moderate Achievement) which is the standard to achieve accreditation. In addition we received EA ratings (Excellent Achievement) in 3 other categories: for service delivery; carer and consumer participation; and consumer involvement!

As an organisation we are very pleased with the results of our efforts. However, the process does not stop there as it is a process of "Continuous Quality Improvement" (CQI). Our plan now is to ensure that "Quality" continues to be synonymous with Odyssey Houses' services!

James A Pitts, MA  
Chief Executive Officer

## Farewell

I would like to talk about a lady who has been associated with the Odyssey House program over the last 13 years. I feel both sad and happy for Steph Leau. She is moving on from this chapter of her life and embracing a new one in New Zealand in the tourism industry.

I have worked with Steph Leau for 10 of the 13 years she has been with the program and has been my right hand so to speak and as a hand is sorely missed when it has been taken away, so will Steph's absence from the ARC and my life. I remember Steph as a shy person who had great difficulty maintaining eye contact whilst talking to you. Over the years Steph grew in confidence in her role as a Staff member and Administrator at the Assessment & Referral Centre.

Steph's passion for the residents, staff and the program's cause has always been second to none. She has tirelessly worked during her work hours to do the best she can by all. I remember her coming into work early and staying late to ensure that things were taken care of for the residents.

One of the most crucial periods for the program has come up over the last year and this is the ACHS accreditation review. It was a monumental effort to get the program ready for this and I had no hesitation in proposing that Steph sit on the Steering Committee to organise paper trails and new procedures. She did herself and the program proud as we passed our accreditation and I feel this was in no small



way due to Steph's hard work and capacity to find the problem areas and fix them.

She has always been known as a hard task master. I know at various times that she had a huge impact on both the Level I and Prodigals peer groups when she was their Therapist. She is a no nonsense person who tells it like it is and that is what I admire so much about Steph.

There will never be a replacement for Steph at the ARC that would do as good a job as Steph has done over the years I have worked with her. Farewell Steph and may the next chapter of your life be as fulfilling as this one has been. I hope you will be able to help as many people in New Zealand as you have done in Sydney.

Kind Wishes, Brian Holt Assessment and Referral Centre Manager.

## The Golden Bull

From humble beginnings to a sell out audience, over 450 guests were recently entertained at the annual Australian Fund Managers Awards which celebrated its twelfth year on Thursday 21 October.

This event is an opportunity to acknowledge the achievements of individuals and companies in the fund management industry and is also a major supporter of Odyssey House and the Sydney Children's Hospital Randwick.

The funds from a special pledge on the evening for Odyssey House will be used towards the funding of a Child Development Specialist to work in our Parent's and Children's program. The Child Development Specialists focus on family dynamics, the overall well being of

the child and parenting abilities, and to address the needs of the child to help build positive parenting skills and coping strategies for the child and parent.

Master of ceremonies Helen Dalley from Sky News Business Channel returned as the host of the evening, and guests were entertained by Jackie Loeb who put on a brilliant show.

We would like to officially thank the Australian Fund Managers Awards Committee for supporting Odyssey House and to the generosity of guests on the night. Congratulations to the Hall of Fame recipient Mr David Paradise and all of the awards winners on the evening.

The event was an overwhelming success raising over \$200,000 for charities on the night!