

Building
Big Dreams

Help us build our new
Family Recovery Centre

We will help more parents with
substance use develop new life skills
and break the cycle of addiction



With your help, we can
help more families in need.



ODYSSEY HOUSE
NEW SOUTH WALES

About us

Odyssey NSW

We provide treatment, support and education for those wishing to address harms related to substance use. Since 1977, clients have travelled from across Australia to use our comprehensive network of specialised withdrawal and rehabilitation programs. We provide residential and community service hubs across Greater Sydney, Blue Mountains and the NSW Southern Highlands.

Our **professional teams** help clients create a treatment plan to meet their goals and address any underlying trauma and mental health issues, while also developing new skills to improve all aspects of their lives. We keep clients at the centre of everything we do through professional case management, using rediCASE software, and step treatment up or down as clients develop skills in: emotional regulation; interpersonal effectiveness; self-awareness; self-care and education; communication, relationship and task management; problem-solving and planning; management of their home environment and social networks.

Our **residential services**, in South West Sydney, provide a seven-to-ten-day withdrawal program which applies an individually tailored approach to enable personal growth to replace dependency with a three to nine month+ residential treatment program, a specialised Parent's and Children's Program and short courses at Odyssey College to improve personal wellbeing and life skills. Our **community services** provide individual and group counselling as well as mental health and family support programs that are either delivered online on the phone or face-to-face at our hubs.

In addition, Odyssey partners with other service providers across the state to reconnect lives impacted by substance use. This includes the management of 70 NSW Community Drug Action Teams (CDATs) who work together on alcohol and other drugs (AOD) issues affecting their local communities.

In 2020-2021, **Odyssey NSW helped 3,206 people change their lives for the better** through community services and **311** through residential programs, with some clients accessing both. We treat people who are homeless and sleeping rough, as well as those with homes and families and jobs. We can provide continuity of care through a range of programs for people wherever they are in their recovery journey and whatever the context of their lives. The most common substances of concern amongst clients in 2020-2021 were methamphetamine (31 per cent) and alcohol (38 per cent), although most are using a range of substances prior to admission. Many have mental health concerns (68 per cent), experience of trauma and family violence and/ or contact with the criminal justice system and require complex support.

According to the findings of the Australian Government's 2019 National Drug Strategy Household Survey, published in July 2020, **one in four Australians are still consuming alcohol at risky levels** at least once a month, one in ten may be experiencing a form of dependence on it and a further 22 per cent are likely consuming alcohol in a harmful way.¹



Chairman Douglas Snedden & CEO Julie Babineau

¹ www.adf.org.au

Journey of Recovery

Odyssey NSW's Residential program –
Home of the Family Recovery Centre

MEDICAL UNIT

Week 1*

All residents start in our Medical Unit, where they receive specialised withdrawal support provided 24/7 by our nursing team.

1. FOUNDATIONS OF RECOVERY

Months 1-3*

This 12-week program can be completed standalone or as the initial stage of the longer-term program. Residents begin their recovery journey with mental health support and relapse prevention through individual and group therapies. Residents participate in vocational counselling, Odyssey College, Mingu Yabun (ATSI clients only) and engage in recreational activities.

2. CORE

Months 3-6*

This 12-week program comprises the second stage of the longer-term program, where residents build on the skills and practices they learned during the individual and group therapies in Foundations of Recovery.

3. SENIOR

Months 6-9*

During the third stage of the Program, residents continue to build on their skills and practices, and take on even more responsibility. At the conclusion of this stage, residents may opt to leave while still being considered as having completed treatment.

4. LEVEL 4

Months 9-12*

This last stage is optional, although strongly encouraged. This part of the program is focused on giving back and providing leadership to new residents, developing a recovery focused lifestyle, and reintegrating with the wider community. Clients are linked in with our community programs to ensure ongoing support is always available.



During the entirety of the program, residents may also be supported by our

Reconnecting Families suite of services.



These services help clients develop a safe home and effective parenting skills to raise happy, resilient children who engage positively in our communities.

Bringing Up Great Kids:

Our targeted parenting intervention program delivered online and in person.

Parents in Contact:

Support for parents not living with their children during residential treatment.

Parent's and Children's Program:

Our Long-term Residential Program for parents maintaining care of their children during recovery. We have also worked in close partnership with Family Drug Support (FDS) for many years. FDS provides information, advice, counselling, tools and training to the friends and families of our residential clients on site, and through our community hubs across Greater Sydney and elsewhere.

*All timings listed are approximate, residents graduate each stage of the program when they have met the criteria needed to move to the next stage.

We are building our Family Recovery Centre

Family life can be challenging for children living with the adverse effects of one or both parents' use of alcohol and/or other drugs. There may be high levels of disruption, psychological or emotional neglect, violence and other challenges to children's normal development.

Our Parent's and Children's Residential Rehabilitation Program helps parents break the cycle of generational substance use. Our new Family Recovery Centre provides a home where parents can maintain care of their children during their recovery while we help them develop the skills to establish and manage a safe and healthy family home.

We're helping families reconnect, so treatment doesn't trigger family separation and further challenges for parents, children and extended families. We are immensely proud of this program, and the parents who graduate from it to return to their communities. They and their children experience significant personal growth during this challenging and complex treatment, which often takes more than a year.

- The impacts of alcohol and other drug use are related but not limited to healthcare, pain and suffering, loss of life, and reduced quality of family life to name a few.
- In 2020-21 we provided direct services to 183 parents through Odyssey's Reconnecting Families programs; however, there is large unmet demand for residential rehabilitation.
- Parents receive treatment as well as guidance from qualified family support workers, participate in group therapy and parenting training. Children attend the local daycare/school and receive psychological, paediatric and specialist support to mitigate harms and break the cycle of generational drug and alcohol use.



"I lived with my Dad and my Grandma until she had a heart attack. After she went away we had to leave the house too. The motels were nice, but sometimes we slept outside on garbage bags and I didn't feel safe.

I felt safe at Odyssey but I had to learn a lot of new things, and I even got to play in a special playroom.

Dad has a great job and now we live in our own house with our dog Cindy."

Sarah and her dad Michael* have graduated from the Odyssey Parent's and Children's Program*

*Names changed to protect the privacy of our clients

Sylvia's* story



A moment of clarity and fierce determination helped Sylvia get herself and baby Chase into our Parent's and Children's Program, where she overcame methamphetamine addiction and found hope for the future.

Sylvia and baby Chase travelled interstate to attend our Parent's and Children's Program and flourished within our residential therapeutic community.

Mum and Dad were hardworking, and put me into early childhood care where I was sexually abused. I couldn't cope with what happened to me and I started using cannabis when I was 16, and became addicted to crystal methamphetamine (ice) when I was 20.

As soon as I had it, I was hooked. I just couldn't stop. I would work and smoke ice; it helped me function throughout the day, it gave me social skills and confidence. I trained as a beauty therapist, built up my own business and eventually became pregnant with Chase.

I stayed clean for three months, but developed post-natal depression.

One evening when Chase was a few months old, I put him in the bath and went out of the room to use ice. When I came back, he was floating and inert in the bathwater. I called paramedics and saved Chase from drowning, but it was a wakeup call.

I decided to change my life to become a better parent, but couldn't face being away from Chase. I found Odyssey's **Parent's and Children's Program**, and arrived at Eagle Vale a week before Christmas. I thought I didn't deserve my son. I hated myself.

My rehabilitation plan was challenging but the strict schedule, counselling, group sessions and living arrangements all gave me new parenting and life skills.

I was inspired by the paramedic who helped me so I'm going to university to become a paramedic, and save up for my own house. I'm grateful to be making new memories and have a second chance in life.

Scan here using your phone's camera to watch Sylvia's story



The need

742,600

In Australia, almost 743,000 children aged 0-14 live with parents who drank alcohol at risky levels.¹

Demand for our program is high and likely to grow.

681,500

In Australia, 681,500 children aged 0-14 live with parents who used an illicit drug in the last 12 months.²

Demand for our program is high and likely to grow.

60,000

More than 60,000 children have a parent attending drug treatment.³

With only limited spots available, we can help more.

14% of children have used drugs

In 2017, around 14% of children in Australia aged 12-15 had used an illicit substance.⁴

Our aim is to break the cycle of substance use.

The need for a new space

Community needs are increasing; however, we can't meet them with our old building.

- Since 2016 to 2021 16% to 50% of the families were single fathers and 12% of the families were couples. Our old building was designed for only eight single mothers with one child. Variations in family setup mean capacity is often reduced by 25 per cent.
- Our old building's infrastructure was obsolete and unreliable, which limited Odyssey NSW's ability to help more clients in need.
- Our old family accommodation no longer meets the requirements of the Building Code of Australia, and modification is economically and structurally unfeasible.

Opportunity for growth

Odyssey NSW has an opportunity to expand the Parent's and Children's Program residential facility.

Our new home will be a financially sound investment. In addition to giving us a new permanent home it has many more benefits:

- The new space will accommodate TWICE as many families as the old building, housing up to 16 families.
- Increased space in the new purpose-built accommodation and rehabilitation centre will accommodate single fathers, mothers and couples, including pregnant women and those seeking restoration of care.
- Increased space will allow for the expansion of existing programs and services, and the implementation of new ones.

¹ AIHW National Drug Strategy Household Survey, 2019 (NFPAC indicator 3.2)

² AIHW National Drug Strategy Household Survey, 2019 (NFPAC indicator 3.1)

³ Gruenert, Ratnam & Tsantefski, 2004

⁴ AIHW; Guerin & White 2018a, Smoking-drinking-behaviour

The Project

Project Management

We have appointed APP Corporation Pty Limited, an integrated property and infrastructure consultancy offering services across all phases of the capital investment lifecycle from strategy, definition, planning and delivery to transition.

Design

Tonkin Zulaikha Greer Architects (TZG) have contributed to the project since Day 1. Their carefully considered and environmentally sensitive design doubles the capacity of the facility while maintaining a sense of domesticity and intimacy.

Construction

We have partnered with TCQ Construction to build the new Family Recovery Centre. TCQ is a family-owned and operated company known for their high-quality, innovative solution.



Be part of our vision for an exciting future

We received a private donation of \$1 million to increase accommodation for this program and have since received \$3.25 million commitment from the Commonwealth and NSW State Governments.

We require a further \$1 million to complete construction of the project and open our doors to more families.

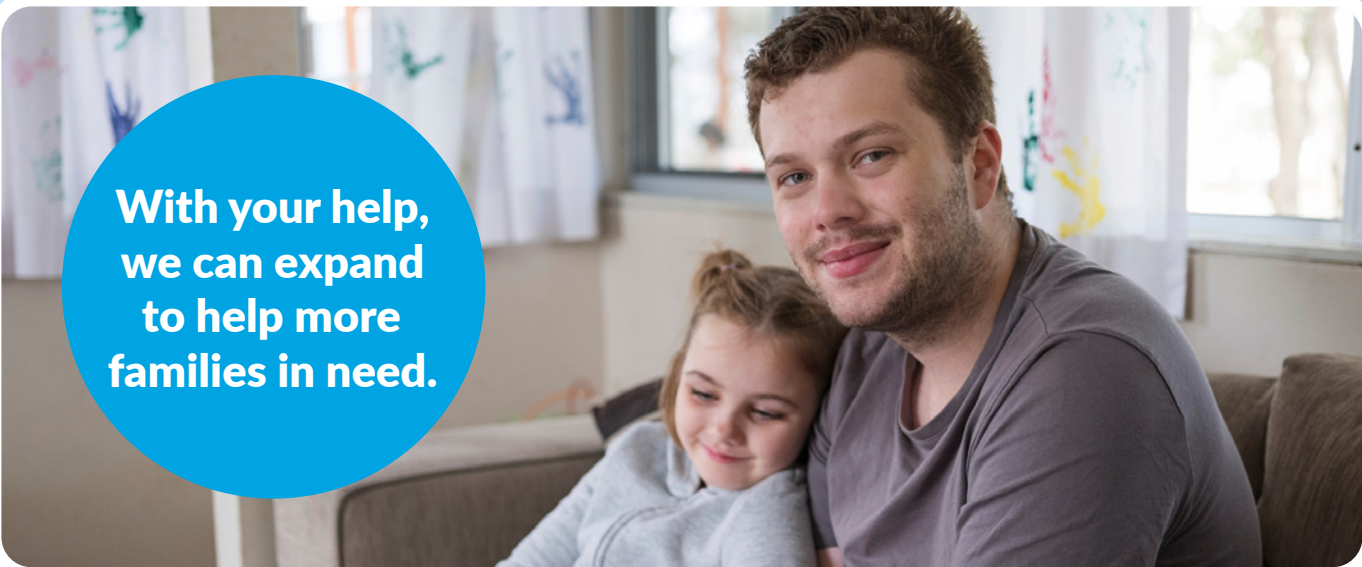
Children and families will find themselves at home in a modern space, designed specifically for their needs. The light-filled spaces will provide areas for socialisation and activities that help children and families develop confidence and apply what they've learnt.

Our new facility underpins our commitment to building safe and healthy communities.



Architect's design of the Parent's and Children's Program accommodation

Seize the day



**With your help,
we can expand
to help more
families in need.**

We are energised by the opportunities this project will make possible

We can do it with your help

Your donation will be managed by strong leadership. Under the direction of CEO Julie Babineau, Odyssey NSW has set the standard for alcohol and drug rehabilitation services across NSW.

Our Board chaired by Douglas Snedden, is committed to good governance as we carry on our mission to build safe and healthy communities by reducing the impact of substance use on individuals, families, carers, and communities.

100% of your donation will go towards this project to help maintain family units and break the cycle of generational alcohol and other drug use.

Please join us

Thanks to generous support from multiple sources including individuals, foundations, trusts, and Government – Odyssey NSW is well on its way to achieving its goals.

Your generous gift will enable us to **DOUBLE** the number of families we can support ensuring that treatment doesn't trigger family separation and create further challenges for parents and children.

Join us and open a new door for these families. Your support of the new building campaign can take a positive step to transform the lives of families and children in need.

Contact for further information:

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Impact Snapshot

In 2020-21 Odyssey House NSW:

Helped
3206
clients

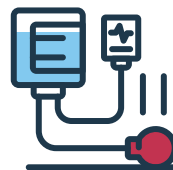


Supported
311
Residential
clients

Responded to
6147
phone or email
enquires



Treated **3006**
clients through our
community hubs across
Greater Sydney



Helped **310**
clients through
Medical Unit

Treated **18%**
more clients than
last year



Helped clients through:
11 community centres,
2 residential sites,
and **online**



Provided **4951**
treatments or series
of treatments

Treated **183**
parents through our
Reconnecting Families
Suite of Services



Treated **16** families and **18**
children through the Parent's and
Children's Program

Finalised planning to **DOUBLE**
family accommodation and capacity
for the residential Parent's and
Children's Program



Helped **49** clients
through the Bringing
Up Great Kids Program

Scan here using your phone's camera to view our Annual Report



Our Supporters

"During our visit to the Program, Dennis and I met families and staff in Eagle Vale, and saw the wonderful work being done. It was a joy to see the children playing and to hear stories of the parents in the Program. With this expansion, we hope to hear about more families reconnecting."

The Honourable Margaret Beazley AC QC Governor of NSW

"I have visited Odyssey and have seen the positive impact the Program has on the lives of families and children... I am pleased to support the valuable work of Odyssey."

The Hon Brad Hazzard, Minister for Health and Medical Research

"I have worked with Odyssey for many years in my role as a paediatrician and Odyssey has been very supportive of many families I have cared for."

Dr Mike Freeland MP, Federal Member for Macarthur

Construction Supporters



**The
Wiggs
Foundation**



tonkinzulaikhagreer ARCHITECTS



NBRSARCHITECTURE.

Note: Not all supporters are publicly listed.

Odyssey NSW
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Donations
1800 644 661 | www.odysseyhouse.com.au

