

ODYSSEY

News

Autumn 2021



ODYSSEY HOUSE
NEW SOUTH WALES



This issue:

- Building big dreams for parents and children
- NSW Community Drug Action Teams
- Client stories – Sylvia and Andrew

See how
our **Parent's and
Children's Program**
helped Sylvia beat
'ice' and become a
better parent!

**CLICK
HERE**

Our big dream

We want to help more families reconnect and change their lives for the better

Families usually stay in our Parent's and Children's Program for 12 months or more, and new accommodation will provide a home for 16 families undergoing treatment—almost double what we currently have.

Last year we lodged our development application, and now we need your help to make this dream come true.

In Australia, more than 450,000 children (13%) are raised by adults who misuse alcohol or drugs¹ and more than 60,000 have a parent attending drug treatment².

Parents come to us from all over Australia so they can keep their families together while recovering from harms related to drug and alcohol use.

They learn parenting and household management skills and address mental health issues to put trauma behind them and become better parents. Children receive special support and attend day care or school in the local community.

Our Parent's and Children's Program is one of just a few long-term residential rehabilitation programs in Australia for single parents and couples. Thanks to you, families can turn their lives around in our safe and supportive learning environment where lasting change can occur.

From 2016-19 the participation of single fathers grew from 16-40%, and on average 12% of participating families now include couples.

We have more than half the \$4 million needed for construction but need your help to raise at least another \$1 million to make this dream come true. We have appointed property and infrastructure specialists APP Corporation to ensure funding generates exceptional value.

With a little more help to fund construction and increased operating costs, we will start building when our development application is approved later this year. Our big dream is to open our doors early next year to more parents in need.

Will you help make big dreams come true?

We're building new accommodation for residents of our Parent's and Children's Program in South West Sydney, to help ordinary parents like Sylvia break the cycle of alcohol and other drugs so their kids can flourish.

Donate now to help us build dreams by completing and returning the enclosed donation form, or online at: www.odysseyhouse.com.au/donate



Sylvia's story

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

Your regular donations funded treatment and parenting guidance and meant Sylvia could build a new life for her family.

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

My baby son Chase and I spent 19 months in the residential program and another few months living independently nearby. We've returned home healthier and happier and I'm a much better parent.

I'm proud to have completed the program with Chase and will go 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."

**To watch Sylvia's story
[CLICK HERE](#)**



¹Dawe et al. 2007, p.vii. ²Gruenert, Ratnam & Tsantefski 2004, p.5.

*Names changed to protect the privacy of our clients

Andrew's story

Andrew's determination led him to our residential rehabilitation program and a journey of self-discovery to a more fulfilling life. This is his story.

"As a kid I liked bike riding, skateboarding and playing soccer and cricket, but my mother worked long hours and I was easily led. I did anything to fit in and as I grew up, drugs and alcohol became my world. Eventually, I lost any sense of self and self-worth and my life fell apart.

Odyssey took me into their residential program in South West Sydney, where I overcame my dependence on alcohol and drugs and learnt how to create healthy relationships. It was hard work but now I value my integrity, strong relationships, structured routines and the prospect of a fulfilling and satisfying life ahead.

My mother was loving but my father wasn't around, and by the time I turned 12 I was smoking and selling marijuana and lying to my mother.

I left home to live on the street a little after my grandfather passed away. I was just 14. I started selling drugs at school and left after Year 10 for an apprenticeship. By my mid-20s I was selling ice, ecstasy, MDMA and GHB to support my cocaine habit as I didn't know how to feel good without it. I rarely spoke to my mother.



Through my 20s and 30s I had my own business and part-time labouring jobs. I coped by drinking alcohol and using even more drugs every day and became involved with the criminal justice system.

I was referred to Odyssey House NSW for rehabilitation and the treatment was very structured. The residential staff and clinical team guided me through several very distinct levels of recovery, watched me closely and progressed me or not depending on how I went.

Odyssey staff helped me learn how to identify and manage emotions and how to express myself, and helped me to develop plans for relapse prevention and mental health maintenance.

I also did vocational training at Odyssey College and became Supervisor of Dragon Boating.

My recovery is something I'm really proud of. I'm confident about myself and my future back in the community, and am grateful Odyssey gave me the chance to learn a new way of living."

In the last year, we provided

128,000

home-cooked meals to clients in our residential rehabilitation programs in South West Sydney



Become a Regular Giver

By donating monthly, you'll join a special group of people who inspire change, particularly for our clients and other vulnerable members of our communities.

To help people like Sylvia and Andrew change their lives, contact us on 1800 644 661 or visit www.odysseyhouse.com.au/donate

Monthly donations help people facing challenges with alcohol and drug misuse, now more than ever.

By becoming a monthly donor, you give our crucial programs reliable support and help us reach more people and families struggling with addiction to inspire change.

\$20 per month enables a group of children to participate in school holiday programs.

\$50 per month helps provide a specialised counsellor to support a client through their recovery journey.

\$100 per month will help families break the cycle of substance misuse.

Stronger together

WE HAVE SUCCESSFULLY WON A NEW TENDER

Last year, NSW Health appointed our new consortium to support the 70 Community Drug Action Teams across NSW.

This will broaden our impact beyond our 11 Odyssey House NSW hubs across Greater Sydney and the Southern Highlands.

Led by Odyssey House NSW, the

Community, Engagement and Connection Consortium (CECC) includes The Buttery in Northern NSW, Karralika Programs in the ACT, and Bila Muuji Aboriginal Corporation Health Services Incorporated in Western and Far Western NSW.

Local teams are initiated and managed by local volunteers. They are supported by government and non-government partners, like us, to address local issues related to alcohol and other drug use and related mental health issues.

According to the Australian Drug Foundation, the community cost of harms associated with alcohol and illegal drugs is \$15.3 billion and \$8.3 billion per annum respectively.

Over the past 20 years, these teams have led thousands of activities to provide local support for individuals, families, groups and communities. Find out more at:

www.odysseyhouse.com.au/nsw-cdat

We are excited to leverage our infrastructure, expertise and partnerships to provide grass-roots support for your communities across NSW.



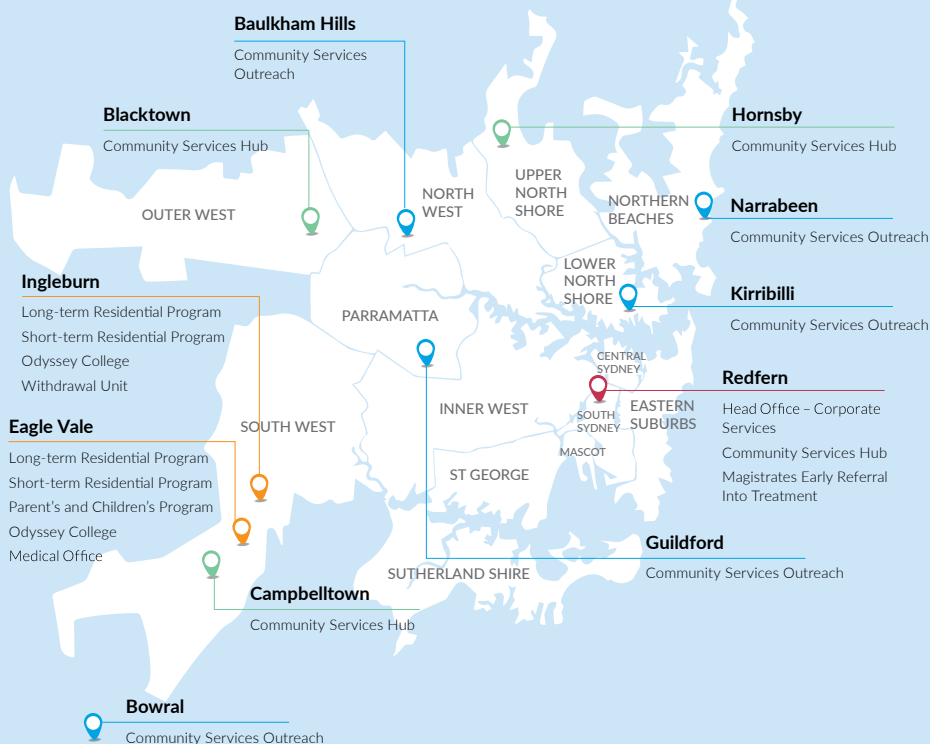
Our consortium is supporting 70 Community Drug Action Teams throughout NSW



Thanks to you, our teams provide services from 11 hubs

Odyssey House NSW first began running residential rehabilitation services in 1977.

Since then, we have built a network of residential and community rehabilitation hubs across Greater Sydney and the NSW Southern Highlands.



Thank you! Your support funds frontline workers to help vulnerable people and build community resilience.

Do you know someone who needs help?

Call Odyssey House NSW to take first steps to alcohol and other drug use recovery or to explore more comprehensive support on **1800 397 739**



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If you have any queries please contact us on **1800 644 661** or marketing@odysseyhouse.com.au

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