

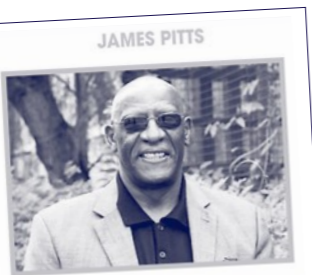
In The Press



FACES OF MACARTHUR 2008
Worthy of praise: Ten of our 16 'Faces for 2008' gathered on Saturday - (from left) Michael White, James Pitts, Paul Albany, Joy Burgess, Barry Daley, Angela Pasqua, Alan Scott, Betty Wallace, Sandra McDonald and Dr Robert Close. Picture: Jonathan Ng

Time to take a bow, folks

By Soraiya Gharahkhani
Advertiser
AFTER much contemplation, the Advertiser and Wests Tigers have chosen a small selection of local achievers to be applauded on Monday night.
The 16 Faces of Macarthur 2008 were chosen from a long list of nominees and will be honoured at half-time at the Tigers' game on Monday night, July 14, at Campbelltown Stadium.
"We had about three times more nominations this year than we did last year, so it was heavy going trying to narrow it down to just 16 names," the editor said.
Those chosen, from a range of activities and causes, include UWS knits expert **Dr Robert Close**, country singer **Christie Lamb**, retiring deputy manager of Campbelltown Council **Barry Daley**, Campbelltown Catholic Club director **Alan Scott**, charity dance organiser **Tara Grech**, Claymore school teacher and community worker **Joy Burgess**, and charity worker **Betty Wallace** who started Ridding for the Disabled.
There are also Camden police's Detective Inspector **Paul Albany**, SES volunteer **Geoff Hook**, development officer for Alcohol and junior rugby league **Steve Hall**, Camden arts officer **Angela Pasqua**, Odyssey House CEO **James Pitts**, Lifeline volunteer **Val Walker**, volunteer firefighter **Michael Whitton**, mental health worker **Sandra McDonald**.
The 16th spot went to Wests Tigers legend and former Leumeah resident **Tom Raudonikis**.
Monday night's game will be particularly important as it will be star player Brett Hodgson's last home game.
Wests Tigers chief executive officer **Steve Noyce**, of Ruse, will also retire after the game.
Noyce, a strong backer of the Faces of Macarthur concept, said it was a way to give a bit of fame and applause to local achievers.
"As a resident for the past 30 years, I was quite amazed last year to see all these achievers I didn't know of," he said.
"I mean, you think you have met everyone and then all these fantastic people surface."
*FACES IN PROFILE PAGES 26-27



JAMES PITTS
James Pitts is the CEO of Odyssey House in Eagle Vale and he is the leading force in drug rehabilitation in Australia. James was a professional basketball player for the Minnesota Pipers in the US. When he left the game, he turned to drugs and he was arrested for drug dealing. After he received treatment at Odyssey House in Michigan, he became a councillor and then came to Australia. A few years later, he found Odyssey House in Macarthur, which is now one of Australia's largest drug and alcohol treatment centres. The centre's methods spread around the world.

Campbelltown Macarthur Advertiser - 9 July 2008



Dave and Kim Morning Show July 30, talking about the Online AUDIT Test

Wish List

Odyssey House is in desperate need of the following items. You can be sure that if you are able to help in donating even one of these items, your support would make an enormous difference.

- Pool safety equipment, such as Pool Bouy, Safety floatation devices and or a long handed hook.

Odyssey Recognition

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

- Australian Youth & Health Foundation
- Mr Dick Austen
- Camden Rotary Club
- Mr Alan Cardy
- Dematic Pty Ltd
- JB Fairfax
- Mr Mark Fesq
- Mr Chris Grubb
- Mr Michael Hawker
- Health Services Union
- John Lamble Foundation
- Mr Jeffrey Kingston
- The Hon. Craig Knowles
- Liangrove Foundation
- Mallesons Stephen Jaques
- Mr Robert Maple-Brown
- Ms Beverley Price
- Mr Allan Rogers
- Star Track Express
- The Rodney & Judith O'Neil Foundation
- Vincent Fairfax Family Foundation
- Ms Janet Wilkinson
- Mr William Loewenthal



ISSUE NUMBER 3
2008

Newsletter

ODYSSEY HOUSE



'A Calm in the Sea of Addiction'



Special Guest Speakers: David Templeman, Daryl Smeaton, Professor Maree Teeson and Professor Ian Webster.

The Milton Luger One Day Forum

The Forum was established to commemorate the work done by Milton Luger, founding Executive Director of Odyssey House New South Wales and subsequent Odyssey facilities in Melbourne, and Auckland and Christchurch in New Zealand. This marked the 5th year the Forum has been held and the theme was, "Alcohol - The New Black". The theme was chosen to highlight, and capitalise on the high visibility alcohol has had over the past several months in the media.

Odyssey House Chief Executive Officer, James Pitts opened the Forum. He launched an initiative Odyssey House implemented for "Drug Action Week" titled "Alcohol Insights". "Alcohol Insights" is an on-line questionnaire of the Alcohol Use Disorders Identification Test (AUDIT). The questionnaire is self scoring and indicates if the individual may need assistance due to their drinking. "Alcohol Insights" includes links to other alcohol related help sites and frequently asked questions about alcohol.

David Templeman, Chief Executive Officer of the Alcohol and Other Drugs Council of Australia (ADCA) was the first speaker. David's focus was on ADCA's advocacy of the need to bring to the attention of governments and the general public the fact "Alcohol is a Drug Too!" He highlighted ADCA's success in getting alcohol and its related harms on the national agenda through a number of partnerships and marketing initiatives to highlight the "Alcohol Is A Drug Too!" message. These included

partnering with Surf Life Saving Australia and the Rural Health Association. David said he was hopeful "Alcohol Is A Drug Too!" may be trade marked and become hopefully as familiar as "Smoking Is A Health Hazard".

Daryl Smeaton, Chief Executive Officer of the Alcohol Education and Rehabilitation Foundation (AERF) talked about the challenges in effectively addressing alcohol related problems. He focussed on Australia's Taxation system as it relates to alcohol, which he claimed was broken. Mr Smeaton asserted the current system does nothing to address the problem of excessive drinking and a volumetric tax had to happen in spite of heavy opposition from the alcohol industry. He pointed out alcohol related violence is directly related to the density of outlets and the trading hours. The anomaly has been the fact the alcohol industry has been de-regulated due to national competition policy. Mr Smeaton's recommendation was alcohol should be regulated like any other drug.

Emeritus Professor, Ian Webster called for better access and more cohesive services for people with co-existing mental health and alcohol related disorders, especially disadvantaged Australians. Professor Webster said there was no denying that alcohol and mental health are important overlapping issues: 30-80% of people with a mental disorder, and 30-80% of people with a mental disorder

have a drug/alcohol problem. He pointed in particular to the fact about three in four homeless people have a mental disorder and one in two have a chronic physical illness and therefore are disabled, that is, their ability to function is impaired.

Professor Maree Teeson, National Health and Medical Research Council (NHMRC) Fellow at the National Drug and Alcohol Research Centre (NDARC) discussed the effects of alcohol on adolescent brain development. She stated the brain was still developing until the age of 24 years.

Alcohol, as a known neurotoxin has an effect on young brains, but it is unknown what effect binge drinking has on brain maturation or what early intervention approaches are most effective, particularly for boys. Findings from a recent study Professor Teeson conducted included:

19-23% of adolescents engaged in binge drinking in the past week; one in five 16-17 year olds drink alcohol at least weekly.

The human brain matures from the back; the amygdala is involved in reward (gratification, risk taking) to the front which includes the pre-frontal cortex involved in planning, logic, strategizing and judgement.

In young drinkers, alcohol affects visuo-spatial performance, attention, facial expression recognition and impulse control.

Alcohol appears to change the structure of the brain; the hippocampus is 10-35% smaller in drinkers than non-drinkers, affecting learning and memory.

The Progressive Learning Centre's Annual Report and financials are available online or by request.

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.



PO Box 459
Campbelltown NSW 2560

Telephone: (02) 9820 9999
Facsimile: (02) 9820 1796

www.odysseyhouse.org.au

A message from the Chairman



Cathy Doyle

This quarter James Pitts our CEO presented the strategic plan to the Board. It is a document that focuses the Board and the staff of Odyssey House on our mission: *To provide a safe and supportive environment that encourages individuals with alcohol, drug and related problems towards healthy and fulfilling lives.*

To achieve this mission we need to: Focus on our clients, developing our services and programs to meet their changing needs; Maintain the quality of our Core business; Value our staff and make sure they are valued; Manage our money; Market the Odyssey House product.

In focusing on these key areas I am pleased to say that funding for our new programs and enhanced funding for our withdrawal unit and parents and childrens program has been confirmed.

We have purchased our first property in Campbelltown for our After Care service delivery from a community minded local identity; and renovations on our current facilities should commence in the next quarter.

The Board has started a program where key staff and residents from Odyssey House come to our monthly Board meeting to update us on their roles and how they are finding their experience as Odyssey House - we want our staff and residents to know the Board has an interest in them and their achievements.

We are also putting together a series of Committee charters for each of the sub committees for the Board as part of our governance program.

I am delighted at both the attendance and fund raising at the recent Real Men Cook lunch and the new Odyssey Smash Tennis Cup. These events are critical in maintaining our profile, getting our message out and raising funds to support the great work Odyssey does. Congratulations and well done to all involved!

One of our next events is our Pearls of Wisdom dinner celebrating our 30th birthday, where iconic Australians will share their timeless pearls of wisdom and provide personal anecdotes that will touch and inspire - contact marketing@odysseyhouse.com.au for further information.

May I wish you all a happy and safe next few months...look forward to catching up in the next newsletter.

Cathy Doyle
Chairman

Odyssey Launches Into Goulburn To Citi Cycling Classic



Alan Jones acknowledging the contribution Odyssey House makes to the community.

The Goulburn Cycling Classic, or as it has been re-named, "The Goulburn to Citi" Cycling Classic and Charity Ride is older than the Tour De France. Last year Citigroup, due to the initiative of former Wallaby Rugby Union great, Simon Poidevin, decided to sponsor the cycling classic to benefit charities. The beneficiaries of this year's ride will be Bear Cottage, Goulburn District

Palliative Care and Oncology Support, the Starlight Foundation, Kids of Macarthur Health Foundation and Odyssey House as the principal charity.

The launch of the charity ride took place at the offices of Citigroup in Sydney's CBD. The event was hosted by Simon Poidevin and included guest speaker and radio host, Alan Jones of radio station 2GB. Odyssey House CEO, James

Pitts, spoke of the need Odyssey House and other charitable organisations had for the support of corporations like Citigroup in order to meet the growing demand for their services.

The Goulburn to Citi Cycling Classic and Corporate Charity Ride takes place on 13th September 2008. For more information contact Gavin Lo, Marketing Co-ordinator on (02) 9820-9999.

Odyssey Applauds New Federal Funding Announcements!

Odyssey House CEO, James Pitts applauded the recent announcements of funding approval for a number of Odyssey House programs. The funding is provided by the Federal Government's Department of Health and Ageing through the Non-Government Organisation Treatment Grants Program (NGOTGP).

Odyssey House has received approval for the funding of our award winning Medically Assisted Withdrawal Unit for the next 3 years. The total

funding of \$3,611,500 ensures the continued viability of this crucial program component. The Odyssey House Parents and Children's Program Child Development Specialist project received 3 years funding of \$488,853. The funds will boost the capacity of the staffing of the program which assists parents with dependent children to address their alcohol and other drugs issues. We received funding from the Amphetamine Type Stimulants Project for \$145,000. Due to this funding we will be able to

develop a treatment protocol for people with problems associated with their amphetamine type substance (ATS) use who enter therapeutic communities. The project has national scope.

Odyssey House CEO, James Pitts said of the new funding, "The increase in funding to our services is a testament to the regard the Federal government has for Odyssey House as a treatment provider. We appreciate greatly the confidence the government has shown in us!

A Road to RECOVERY

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

Matt grew up in an average family and was slightly sheltered during childhood. All seemed well until his parents divorced in his mid teens. This situation unleashed a wave of feelings; anger, confusion and resentment, which Matt failed to understand or talk about. This resulted in a build up of resentment towards his father in particular and a general lack of direction in his life. This led to him becoming depressed and he used alcohol and other drugs to block his feelings.

Matt managed to complete high school and entered the University of Canberra. Due to his shyness and inability to make friends he focused more and more on the use of drugs. His life drifted from one disastrous encounter to another. Matt was addicted to heroin and had begun to hate himself and the drug based lifestyle he was leading. After descending into a life of crime to pay for his drug habit Matt felt his life had become worthless. He had lost interest in every passion he had and feeling alone and ashamed he attempted suicide.

Fortunately, Matt's 3 attempts to commit suicide by trying to overdose on prescription medication failed. He was inducted into Odyssey House in March 1999. Matt graduated in August 2000.

Matt worked in the entertainment industry as a sound technician following graduation from Odyssey House. He had attended TAFE and received his certificate in this discipline. Matt had reclaimed his love of life as he was working in a field he



Matt moments before his introduction at Real Men Cook.

enjoyed and had established a small circle of solid friends. Matt entered into a relationship with a woman he cared for a great deal. Increasingly, Matt felt his girlfriend depended on him as she was from the United Kingdom and didn't have many friends. He began to resent the reliance his girlfriend had upon him and as before began to withdraw and make himself depressed. Matt was prescribed anti-depressant medication, had less and less contact with his supportive circle of friends and started to drink and use heroin again.

Fortunately, Matt recognised the pattern of self defeating behaviours he was engaging in

and re-entered Odyssey House in November, 2007. Matt has completed the program, again, and is now living in the community and has commenced work with this former employer who supported him while he was in rehabilitation. Why you may ask are we featuring Matt's story this year? It is because we want everyone to understand drug dependence is a chronic relapsing condition. Therefore, it is more important to recognise what to do when, and if, the situation occurs where someone like Matt returns to the use of drugs albeit briefly.

Matt is, and will continue to be in our eyes - a success

Diary Dates

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

- Goulburn to Citi Corporate Charity Ride - **September 13**
- Pearls of Wisdom Gala Dinner - **September 19**
- Australian Fund Managers Awards - **October 22**
- Odyssey House Open Day - **October 26**

A message from the Chief Executive Officer



James A. Pitts

We have been extremely fortunate to have been the recipient of a substantial increase in funding for a number of our programs recently. The increase in funding comes through the Federal government Department of Health and Ageing's Non Government Organizations Treatment Grants Program(NGOTGP)and the Federal Attorney-General's "Proceeds of Crime Act"(POCA)program.

We received funding for our Medically Assisted Withdrawal Unit for the next 3 years totaling \$3,611,500! We received a substantial increase to our funding in support of the Parents and Children program over the next 3 years totaling \$488,853. Our Continuing Care (After Care) program received funding for the next 3 year period through the Proceeds of Crime Act totaling \$655,300. We also received funding from the Department of Ageing to develop a treatment protocol for therapeutic communities to address the issue of Amphetamine Type Substance (ATS) dependency. The total for this funding is \$145,000 over the next 18 months. We are grateful to all of these departments for their confidence in our ability to be able to deliver these services in a forthright and quality manner.

While it is great news about the funding increases we have received it does not diminish our need to continue to raise our profile in the community in order to attract much needed funds. We continue to be called upon to comment on issues related to alcohol and other drugs. Through our media efforts to date we have been able to reach over 22.8 million people to alert them to the great work being done at Odyssey House.

We have been featured on ABC Radio on the Margaret Throsby program and on its opinion program "Perspectives". This type of exposure is critical in assisting us to spread the word about Odyssey House.

I want to thank you for your ongoing support which has contributed to our success!

James A. Pitts
Chief Executive Officer