

**ODYSSEY
HOUSE**



*'A Calm in
the Sea of
Addiction'*

Healing and satisfying factors of a therapeutic community, a qualitative study



Odyssey House

Introduction

The Question

What do the residents of Odyssey House, Sydney find most healing and most satisfying?

Method

Healing and Satisfaction Survey

Survey adapted from Comparing Patient Identified Healing and Satisfaction Factors: Differences Affecting Treatment Services. – David Sheff

- What do you perceive as your top three healing factors during your residential stay in Odyssey House?
- What do you perceive as your top three most satisfying factors during your residential stay in Odyssey House?

- Direct reporting from 35 residents after completing the treatment phase of the program
- Responses categorised for measuring
 - Internal
 - Educational Workshops
 - Groups
 - Interventions
 - Progressive Learning Centre (PLC)
 - TC Environment
 - Tools of the House
 - Responsibilities
 - Family
 - Special Events
 - Parents' and Children Program (PCP)

Healing

Internal

- Learning how to accept
- Change in thinking
- Able to manage mental health
- Achievements
- Sharing thoughts and feelings
- Increased self esteem
- Feeling of peace and happiness
- Learning how to trust
- Long period of not using
- Working on treatment plan
- Myself taking things on

Educational Workshops

- Anger Management

Groups

- Survivors' group
- Therapy group
- Parents' group
- Parents in Contact (PIC) group
- Triple P (Positive Parenting Program)
- Dual Diagnosis Group in Treatment (DDIGITS)
- Women's group

Interventions

- Private therapy
- Case review
- Treatment plan
- Crisis intervention
- Probe (treatment planning group)
- Check Ins
- Living Beyond Abuse
- Working on treatment issues
- Therapy group
- Making my own treatment plan

Progressive Learning Centre

- Visual Arts
- Choir

TC Environment

- Schedule
- Routine
- The Community
- Structure
- Graduate staff
- Strong, willing people
- Peer pressure
- Support and sharing with my peers

Tools of the House

- Confrontation
- Limbo
- Five Pillars

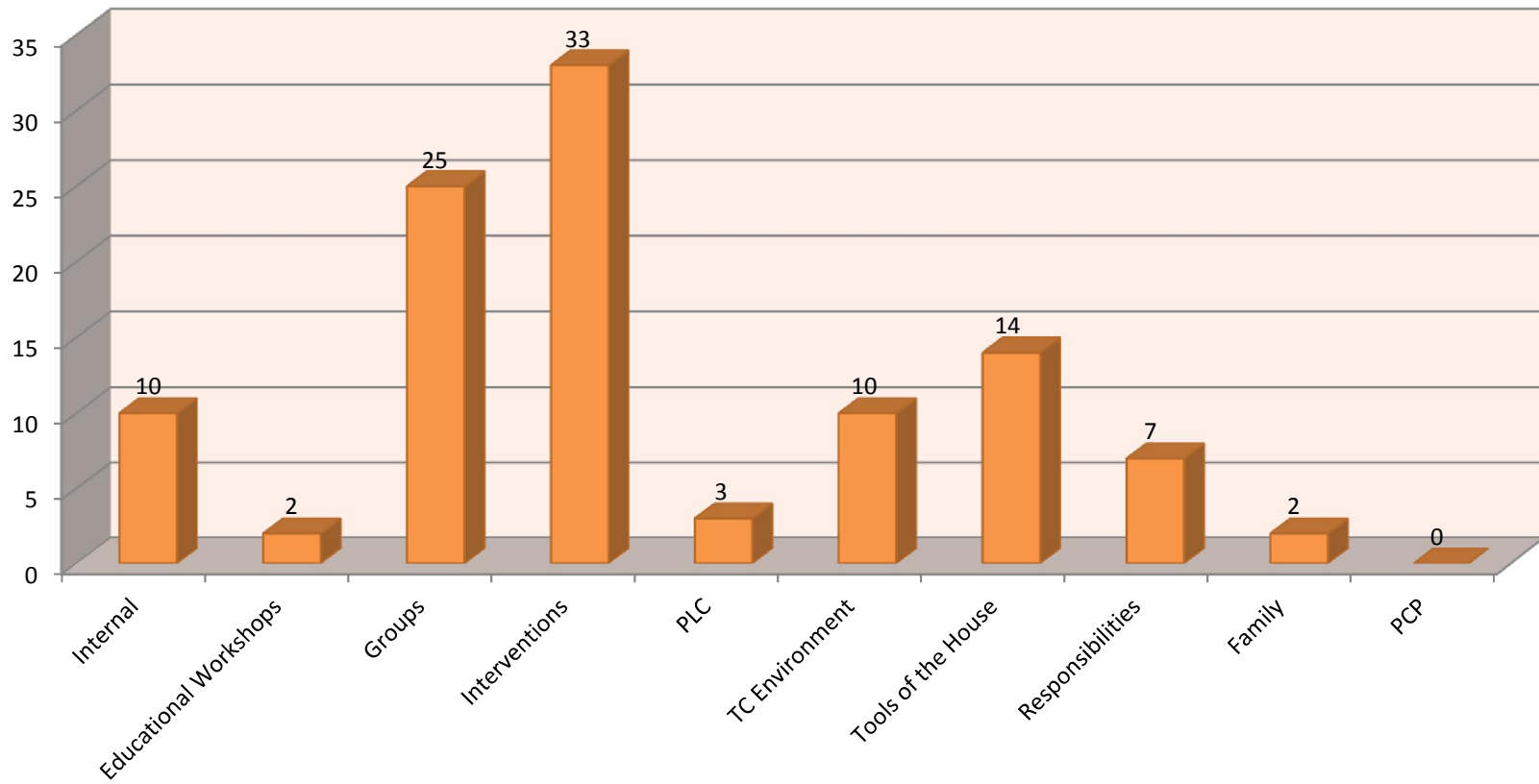
Responsibilities

- Job functions
- Unit Leader position
- Meaningful labour
- Assistant Head position
- Head position

Family

- Better Relationships in Every Family (BRIEF) program

Healing



Satisfaction

Internal

- Being able to have fun
- Giving up substance abuse
- Self-application to recovery
- Personal growth and change
- Moving through the levels
- Maintaining abstinence

Special Events

- Outings
- Sports days
- Christmas
- Family dinners
- Olympics
- Dragon Boating
- Fitness class
- Rec (Recreation) days
- Pass

Groups

- Triple P
- Therapy group
- PIC group
- Parents' group
- Women's group
- DDIGITS

Interventions

- Private therapy
- Case review
- Probe
- Survivors' group

Progressive Learning Centre

- Visual Arts
- Ceramics
- Computers
- Choir
- Woodwork

TC Environment

- Residents run the facility
- Community environment
- Help
- Support
- General Meeting (GM)
- Everyone is equal
- Routine
- Supporting peers
- Structure
- Guidance
- Meeting people
- Schedule
- Concern others show
- Always busy
- Get guidance from others
- Consistency
- Building relationships
- Celebrating achievements in GM
- Supporting and teaching lower house
- Support and concern shown by everyone
- Bonding with my peers
- Security
- TC program
- Staff
- Relationships as supports
- Making new positive friendships

Tools of the House

- Confrontation
- Level 3
- Pass
- Certificates for level moves in GM
- Encounters
- Tools of the House
- Privileges for each level
- Reso (Residential) Feedback

Responsibilities

- Unit Leader position
- Job function
- Special Events

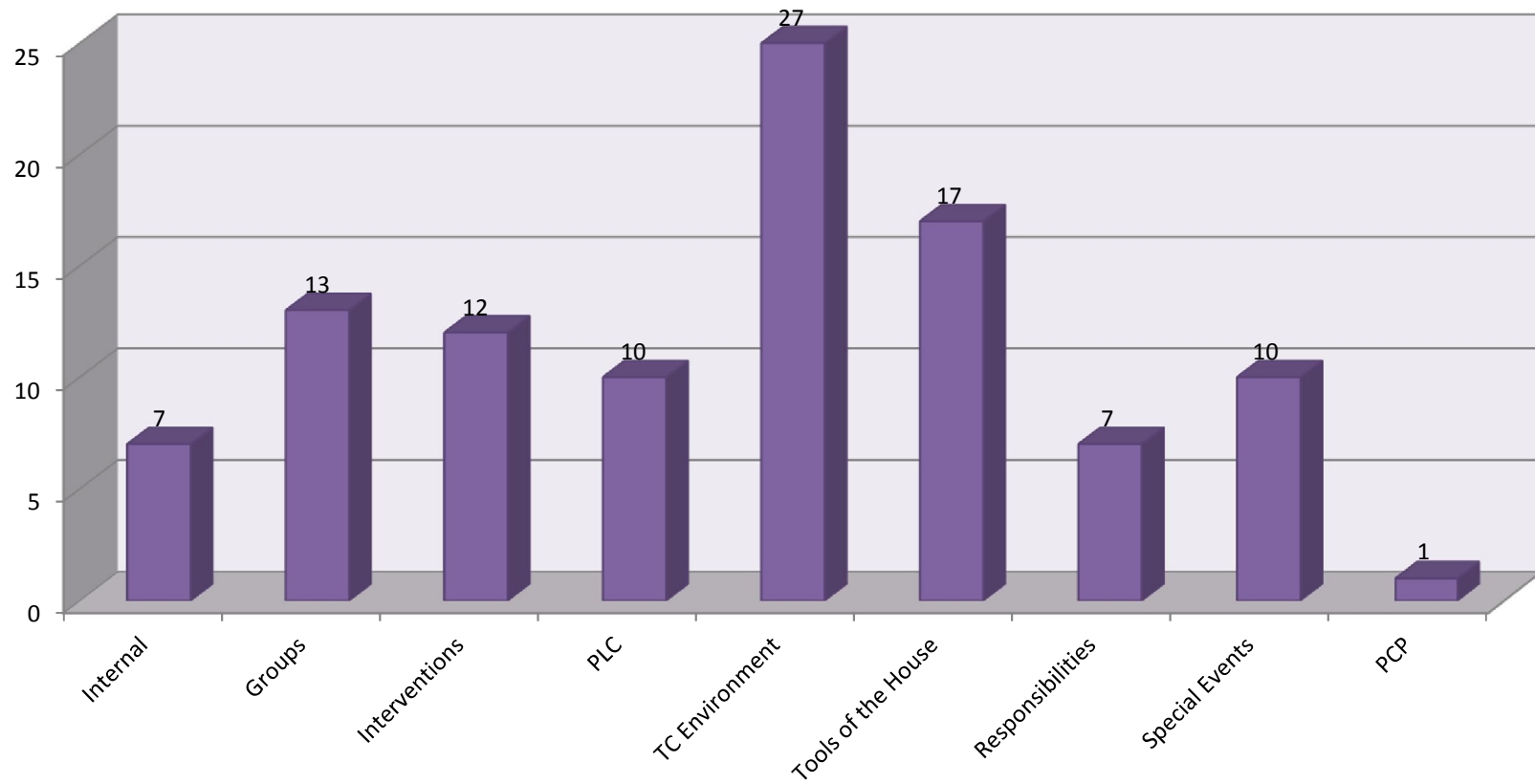
Family

- Visits from family
- Better Relationships in Every Family (BRIEF)

Parents' and Children Program

- Having my kids here

Satisfaction



Healing and Satisfaction

Healing

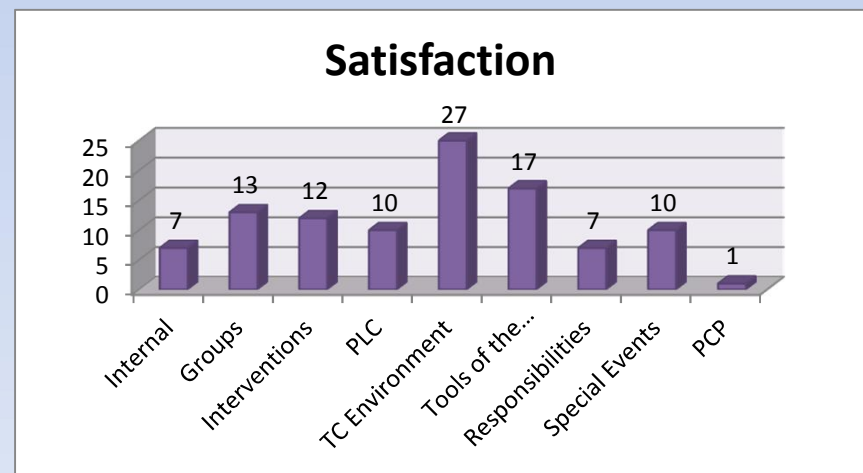
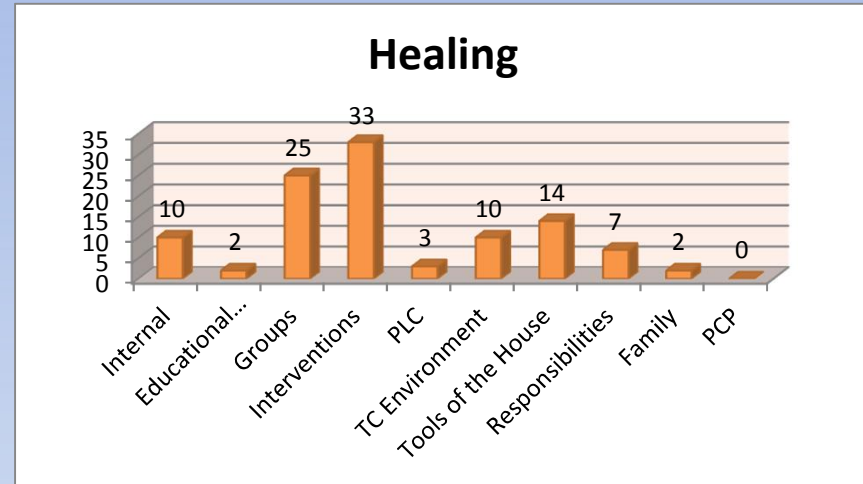
- Interventions
- Groups

Satisfying

- TC Environment
- Tools of the House

Further Questions for Study

- Interventions and Groups were the top two most healing factors named, and they were the 3rd and 4th ranked satisfaction factors. Could this indicate that the process of healing creates feelings of satisfaction?
- Family factors rated very low for healing and none at all for satisfying. Why did family rate so low for both healing and satisfaction factors?
- Fewer internal factors were named than the more social factors. Why is this so?
- Are these results unique to the therapeutic community?
- Would we get the same results with persons who are patients in institutions where everything is done for them?
- Would other therapeutic communities get the same results?



Reference

- Sheff, D. (2014, February 1). Comparing patient identified healing and satisfaction factors: Differences affecting treatment services. Retrieved February 24, 2014, from [www.counselormagazine.com/2014/Jan-Feb/Healing vs Satisfaction](http://www.counselormagazine.com/2014/Jan-Feb/Healing_vs_Satisfaction)