



ODYSSEY

changing lives

Te Hotaka mo nga Whānau – Odyssey's Family Centre

Making Connections that Strengthen
Generations



Today is about Sharing our Learnings

Today we will talk about:

- ⊕ **Why** this was needed
- ⊕ **What** we built to meet the need
- ⊕ **Practical aspects** of running this programme on a daily basis
- ⊕ **An experience** of what worked in the programme from one of our recent graduates



What we do at a glance



Adult and Young Adult Services – both residential, drug treatment unit, court, and community-based



Youth Services – residential, school, alternative education and community-based



Innovation and Development – focused on sector and community development



**And our Specialist
Residential Family
Centre**



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Our Family Centre

- ➔ 10 bed facility
- ➔ Mothers and Fathers living in with their children
- ➔ External support and partnerships in the community
- ➔ Build and strengthen relationships between parent and child/children
- ➔ Reunite children with their parent and/or siblings



Did you Know?



- ⊕ Women are **less likely** to seek residential treatment than men
 - ⊕ And their retention rate is generally lower than men
- ⊕ Often **fear** of external agencies and intervention
- ⊕ Unfortunately, many programmes **aren't resourced** to provide full support for the **unique needs** of pregnant mums and parents

Addiction is an Inter-Generational Issue



Children who grow up in a home where addiction is present are **four times** more likely to develop dependence to one or more substances.



There are often biological and environmental reasons for this.

But there's hope....



**Despite increased risk, the
cycle **CAN** be broken for
this and future generations**

How does Odyssey support this?

We:

- ➔ Provide a **nurturing and non-judgmental environment**
- ➔ Focus on **recovery, positive parenting and re-unification with family**
- ➔ Empower **parents as individuals**
- ➔ Work **collaboratively** with other services involved with the whānau

What does that look like?

We have a purpose built house for up to ten parents to
live with their children

We provide on-site access to:

- ➔ Positive parenting groups
- ➔ Educational groups including social skills, problem solving, anger management and communication skills.
- ➔ Personal and family therapy
- ➔ Programmes for children
- ➔ Structured childcare
- ➔ Specialised midwifery and nursing care
- ➔ Involvement with an adult therapeutic community programme

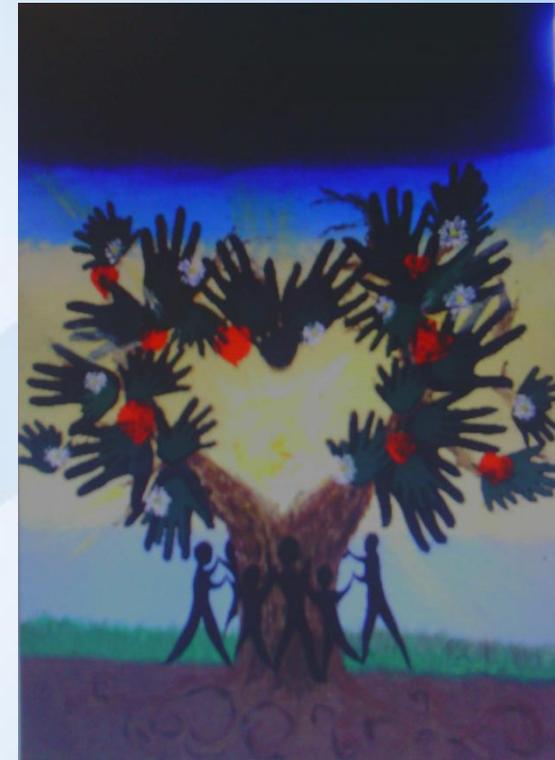
On a Daily Basis

Some practical examples of how this looks:

- ➔ Parents are responsible for the day to day care of their children, supported by the rest of the house and staff
- ➔ Parents attend groups and do 'job functions' with the adult programme while their children are at school and childcare
- ➔ Rotating roster for meal preparation and other job responsibilities
- ➔ Evening focus is around promoting a homelike routine

Our Residents Reflections:

- ✧ *“Being a mum is my biggest honour. I am on the road to who I want to be and deserve to be”*
- ✧ *“I am standing tall with mana, pride, understanding and love. I’ve gained my individuality and my whakapapa. This journey has helped me become more focused, healthier, and a stronger version of myself. I now have hope for my future with my children again. Thanks Odyssey”*
- ✧ *“I have realised how excited and positive I am about the future and how much I didn’t even know about myself”*
- ✧ *“It isn’t just recovery, it is discovery about who I am and where I want to be”*
- ✧ *“Life is too beautiful to live it in the shadows”*



My Journey at the Family Centre



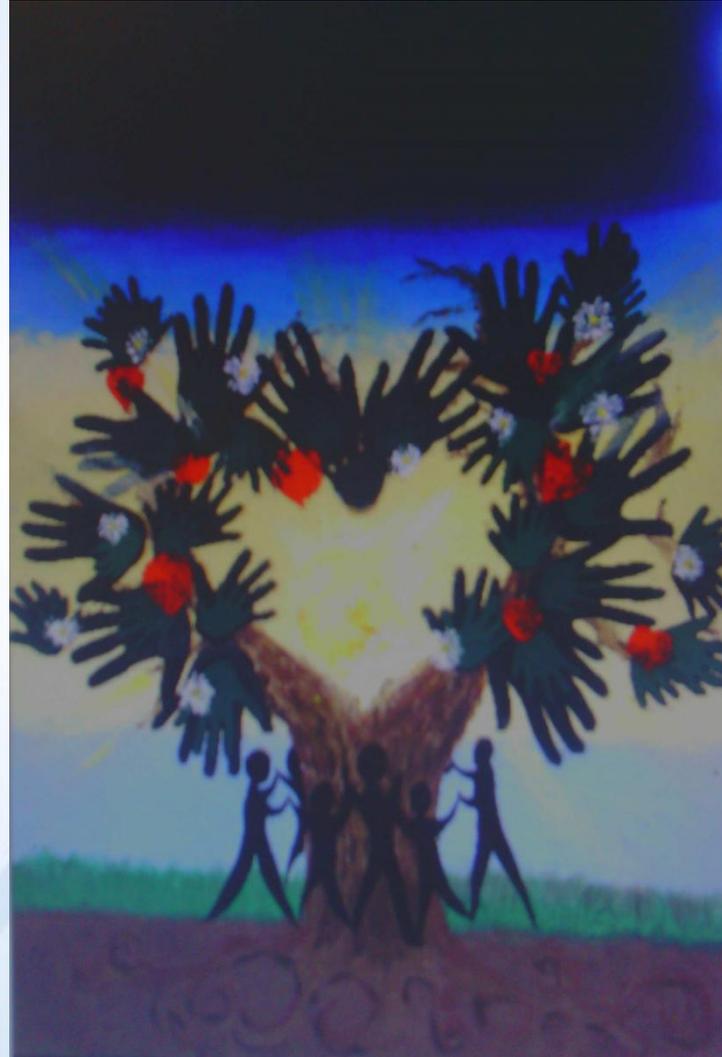
**My name is
Sherileeann.**

**I was the first
Young Adult to
graduate from
the Family
Centre in 2015!**

While I talk, listen out for:

- ⊕ What made my journey successful at Odyssey Family Centre
- ⊕ My experience having my child with me through treatment

“Family, like branches on a tree, we all grow in different directions yet our roots remain as one”



Our Waiata

Maranga ake ra
Marie ake koe
Ko koe te mahau
Ko koe te ruruhau
Ko koe te tohu
Ka tupu ai tatou
Ka tupu ai tatou
Ka tupu ai tatou
Maranga ake ra
Marie ake koe