

**ODYSSEY
HOUSE**



*'A Calm in
the Sea of
Addiction'*



Odyssey House

Mingu Yarbun Group

Healing & connecting back to Culture.

Acknowledgment to Country

I would like to acknowledge
the Traditional Custodians of this
land, & and pay respect to all
Elders Past, Present, and Future





1. INTRODUCTION - Healing & connecting back to Culture

Odyssey House - Mingu Yarbun Group = Spiritual Speaking and Sharing
Odyssey House McGrath Foundation is currently one of only a few mainstream residential rehabilitation providers to offer services tailored to Aboriginal clients.

Odyssey House McGrath Foundation and Tharawal Aboriginal Corporation has an MOU (Memorandum of Understanding) in place.

Leonie, Markeeta, Sharlene R/J,

Odyssey House Aboriginal Staff have Diplomas in Aboriginal Dual Diagnosis & Social & Emotional Wellbeing. Our Aboriginal staff cover clients in the Withdrawal Unit, ARC- the men's residential facility, the Main Facility for men and women, & our Parents and children's program.

Odyssey House has approximately 11 per cent of residents at any one time identify as ATSI. Our aim is to help clients to remain in treatment and complete the program. Living fulfilling sustainable lives.

Mingu Yabun group members meet fortnightly at Tharawal AMS for group.

**The group helps reconnect our people back to their culture,
Reduces isolation and builds strength, helps with family issues, values.
We also help to Bridge The Gap between mainstream and our culture**



2. DREAMTIME - Leonie

Healing & connecting back to Culture

Mingu Yabun Group has a strong **FOCUS** on Dreamtime Stories which talk about Creation, law, behaviour, family relationships, and relationship to the land etc.

MYG learn that the Dreamtime stories are timeless and still just as relevant in our lives today as they were in the time of our Ancestors.

The MYG reads Dreamtime Stories from all Aboriginal people and Countries, Each story has a special meaning / message for the country it originates from.

Group members learn the basic retelling and interpreting of Dreamtime Stories.

- * They learn the significance / meaning within the story;
- * They Explore what the story mean to them personally
- * How that meaning impacts in their life today
- * How that helps them in their journey of recovery





3. Helping our residents find their mob.

Nikita - Tharawal AMS

Healing & connecting back to Culture.

Social Emotional Wellbeing worker, Bringing Them Home Program

The role of the SEWB / BTH worker is to support Aboriginal & Torres Strait Islander people who have been affected by the removal of children (Stolen Generations) this includes their descendants.

Support is offered to clients for family tracing, reunifications, connecting to communities, healing, grief & loss understanding the impact of Australian and Indigenous histories e.g. Trans-generational trauma. There is also particular emphasis on culture and Identity to support people with understanding who they are and where they come from, allowing them to connect and reconnect with their cultural journeys. This is done with support of local elders and knowledge holders.

*** Stories are shared and lessons are learned.**

The SEWB / BTH role is about connection, understanding, kinship, belonging, culture, history, respect, resilience, sharing of knowledge and celebrating who we are and where we've come from.

*** Nikita is the SEWB / BTH worker at Tharawal AMS who assists and works with any of our Aboriginal clients wanting to find their mob.**





4. Confirmation Papers + Healing & connecting back to Culture

The Mingu Yabun group members have guidance and support from Tharawal staff in obtaining confirmation papers.

The Mingu Yabun group has had access to Elders, Community and the entire SEWB crew + service while connecting to the local history, people and stories of the D'harawal Community.

Each person in the program has gained a deeper understanding about who they are and where they come from and what that means for them as Aboriginal Men and Women.

We have connected them to their Families, their Tribes and their Dreamtime Stories of Creation and Life.

The MYG has access to a Graphic Designer. The Graphic Designer digitally creates the art work done by the group members helping to design our group t-shirts and yearly calendar for 2017.

Odyssey House Aboriginal Clients have the opportunity to engage in cultural specific events + Aboriginal medical Service at Tharawal AMS.



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