



Getting ready to stay with us

Odyssey residential
services for adults



ODYSSEY

Find out more about:

- 5 Residential services at Odyssey
- 6 Introducing the Therapeutic Community
- 8 Joshua's story
- 10 How our pillars guide our work
- 12 Staying with us
- 14 Talitha's story
- 16 What to bring
- 18 Settling in: your first days with us
- 19 How to get in touch

Kia ora,

It's great to hear you're coming to stay with us.

We know that seeking help with alcohol, drug or other addiction challenges is a big step. There might be all sorts of things going on for you right now.

We are here to provide a calm and structured space for you to think about who you are and where you want to go.

The next few months are an opportunity for you to make some big changes in your life. Read on to find out more about what to expect when you get here.

Let's move forward together

Residential services at Odyssey

Since 1980, Odyssey has supported thousands of New Zealanders whose lives are affected by alcohol, drugs or other addiction challenges.

Our services offer supportive peer environments for tāngata whai ora (people seeking wellness) to build on existing strengths and learn new skills that enable long-term recovery.

We want you to be able to reach your goals living in the community of your choice, free from harms caused by alcohol, drug or other addiction challenges.

Our residential services for adults include a family centre where parents can be with their children while they participate in our adult programme. We also have three smaller Te Wairua residences for tāngata whai ora who may need support with their mental wellbeing alongside challenges with addiction.

“What this place has given to me is a platform for change, a platform for better choices.”

- Resident

Introducing the TC

Our residential programmes are based on an approach called a Therapeutic Community or TC.

A TC is a supportive peer environment, where members of the community gain skills to make the changes they need to live the lives they want.

In a TC, the community itself is a vital part of your journey. Learning occurs in the way you live and work together as residents and staff, and in the roles and responsibilities you have in the house.

It's about helping you to be more in control of your life, free from alcohol, drug or other addiction challenges.

"I like that I'm not doing this journey on my own... We've just got a huge support network here."

- Mum, Family Centre



Joshua's story, Te Wairua Northland

Joshua had been in and out of prison for around 15 years and had ended up in hospital several times because of harmful substance use. He came into contact with Odyssey through the Te Ara Oranga Methamphetamine Harm Reduction Programme.

In February 2020, he was accepted into Odyssey's Te Wairua programme. By November, he was ready to move out, confident about his future and looking forward to "doing fun things in the community, which I've never been able to do before."

For Joshua, the first weeks with Odyssey were the hardest. Adjusting to a more

structured schedule was a particular challenge, such as going to bed at a certain time and rising before 7am. "I didn't know how to sleep. I got so little sleep in the last seven or eight years, I was afraid to go to bed."

Over the following months he learned a lot about himself, about his own sometimes aggressive body language and style of communication, and how to address that. He also learned to be more sensitive to others and to what might be going on in other people's lives and minds. "And once I got a grip of that at Level One everything just started to

like fall into place for me. Without the help of Odyssey, I would have never figured it out."

Having worked his way up through the different levels in the Odyssey programme and up to Level Four, he says supporting new residents and being a role model to them has been

particularly satisfying. "That's been huge."

Joshua compares his experience at Odyssey as being given the chance to rebuild a vase that has been knocked off the table. "It breaks into a million little pieces, and you have to glue all those little bits and pieces back together."

"You have to slow right down, throw everything that you thought made you 'you' out, and start at the bottom and rebuild yourself."

How our pillars guide our work

Our pillars – trust, honesty, responsibility, concern and love – guide how we work together, and with others. They are the building blocks of our programmes.

In our adult residences, we see the application of our pillars across the five stages of the programme:



Whakawhirinaki | Trust.

At the Start phase, we ask you to place trust in the process and in the programme, as a way forward that might work for you.



Pono | Honesty.

At Level One, you will enter a treatment planning phase. It's a time to tell your story, to be honest about your past, your future goals, your hopes and fears.



Haepapa | Responsibility.

At Level Two, community members ask "Can I be responsible for things here?" You take on roles and extra responsibilities within the house.



Matapōpore | Concern.

Level Three is a time to develop empathy and positive regard for others. It's about supporting others in earlier levels to meet the expectations of the house; it's all about concern.



Aroha | Love.

At Level Four residents are preparing to complete the programme and transition back to the community. You are asked whether you can look after yourself. This is about learning to love and value yourself, about believing you have worth as an individual. Then, in loving yourself, being able to experience and reciprocate the love of whānau.

Staying with us

Our adult residences offer long-term programmes, with treatment typically lasting 9-14 months. However, your length of stay will depend on your progress through the programme.

We want you to experience the benefits of living a life that follows a routine.

During the week, each house follows a timetable of scheduled jobs, activities and group sessions, as well as time for recreation or relaxation. There are options to join a range of creative, social, cultural and outdoor activities. Your week may also include kapa haka or

other tikanga Māori study or practice. You might participate in one of our work training programmes.

Weekends are a little more relaxed, with down time to reflect on your week.

We encourage family members to be actively involved before, during and after your stay with us.

There are opportunities for shared meals, weekend visits, and a forum for family and whānau members to provide feedback and suggestions.

You may phone family and friends while staying with us and immediate family or

A typical day

The daily schedule varies from house to house, with each residence following a set timetable of activities throughout the day.

6am-7am: Wake-up

- ✓ Breakfast / wash up
- ✓ Various jobs around the house
- ✓ Groups

12pm: Lunch / wash up

- ✓ Groups
- ✓ Recreation time

6pm: Dinner / wash up

- ✓ Relaxation / winding down

support people are welcome to visit you on whānau days (up to five visitors at a time).

From level 2 in the programme, you can make a request to have visits

from extended family and supportive friends.

Then, once in the upper levels of the programme, you can also go on day or overnight visits to see family.

Talitha's story, Odyssey Family Centre

Talitha had been using drugs since she was 15 and had tried at various times to make changes without success.

In 2018, five of her children were removed from her care by Oranga Tamariki. They recommended rehabilitation through Odyssey, but she had reservations – “I thought I could do this on my own.” Her then partner was resistant to the idea too. But after another relapse, three months pregnant, and faced with not being reunited with her children, Talitha decided to join the adult residential programme.

Three months later, she had progressed so well that two of her younger children were

able to join her at Odyssey's Family Centre. “I was ecstatic,” she says, of having her youngest children join her.

The Family Centre supported her in her pregnancy, and in the care of her new daughter and her ongoing participation at Odyssey. Her three other children, who are cared for by family members, have also been able to visit regularly.

Through the Family Centre, she has developed mutually supportive relationships with other mums. Her children have been able to play with other kids in the Centre and have been supported to attend the local kindergarten. They have had, she says, more social activities, such as

visits to the Zoo, than they have ever had in their young lives.

Odyssey has, through its Relapse Prevention Programme, also taught her to recognise the triggers for a potential relapse, and how to reach out for support when she needs to.

“It's like I've retrained my brain, knowing that the false high that you think you might get from a drug is usually followed by anxiety and depression. It doesn't compare with how you feel once you've got clean, and have so much to look forward to, and the high of having my children back with me.”

“If I'm struggling or if I'm upset, I can check in with staff and friends, who know how to pick you up, but without alcohol or drugs.”

What to bring

Items you can bring will vary from house to house. You will receive a letter before your admission providing more detail on what you should bring.

When you arrive, you'll be given a welcome pack with toiletries and other personal products. We also provide bedding, blankets and towels, as well as a journal, pens and other stationery.

Odyssey is an environment that helps people to make changes and so it is important everyone feels comfortable being in the TC.

To support this, we have a dress code, and ask that everyone wears modest, comfortable clothing with no gang colours or other affiliations. For example, no singlets or skirts above the knee (unless you have leggings).

There is limited space for personal property and so we have prepared a list of things to think about bringing:

- Up to 28 items of clothing (in addition to underwear, sleepwear and socks). These can be swapped out as the seasons change
- 3 pairs of shoes
- A phone card for calls to mobiles
- If you wear make-up, just a few basic items (e.g. lipstick, foundation, eyeliner/mascara)
- Some photos or other personal items to make your space feel like home.

Don't worry if you don't have everything on the list, our Peer Support team will help you to make sure you have what you need once you enter our residence.

Please do not bring any:

- Alcohol or other drugs
- Cigarettes, lighters or vaping products (we can supply nicotine replacement therapy)
- Blue, red, or yellow clothing, shoes or accessories
- Perfume or alcohol-based products, or aerosols
- Money, valuables or mobile phones.

During your stay, Odyssey's Work and Income advisor will support you with any questions you may have concerning your benefits and access to money.

Settling in: your first days with us

You will receive a letter confirming your residence and admission date. On your scheduled day, please come to our Community Services Hub at 4/3029 Great North Road, New Lynn. Our Assessments and Continuing Care team will be there to meet you.

Your needs will be reassessed on the day of your admission. If there are things that you don't have that you will need during treatment (clothing etc), our Peer Support team will support you to buy these.

Once you arrive at our residence, you will be assigned a buddy for the first 48 hours. This time is for you to settle into your new environment, get to know others, attend your first groups and complete a health assessment.

Our Peer Support team will check in with you over your first few weeks and are there to offer support. They have been in your shoes and are able to share ways that have worked for them when experiencing similar challenges.


How to get in touch

If you have any questions about your admission or need support before your stay, please get in touch with our team.

 09 638 4957 (ext. 706)

 admissioncentre@odyssey.org.nz

 odyssey.org.nz



“The biggest things that I’ve learned is to accept myself, accept my past and just get on with life. And it’s what I do from now forward that matters the most.”

- Resident, Te Wairua



ODYSSEY

odyssey.org.nz