

Services for adults and whānau at Odyssey

Support for people living
with alcohol, drug, or other
addiction challenges



Kia ora,

Thanks for thinking about getting in touch with us.

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

You might be unsure about what to do next. That's ok.

We offer a range of services that support you to make changes and reduce harms from alcohol or other drug use.

Whether you stay with us or access our services elsewhere, we provide a structured and supportive environment to learn new skills and reach your goals.

Let's move forward together

Find out more about:

06 Our kaupapa

Residential services

- 08 Adults and young adults
- 09 Parents with children (Family Centre)
- 10 Adults who are living with mental health distress alongside their addiction challenges (Te Wairua)
- 11 Staying with us: Next steps
- 12 Support for people involved with the justice system

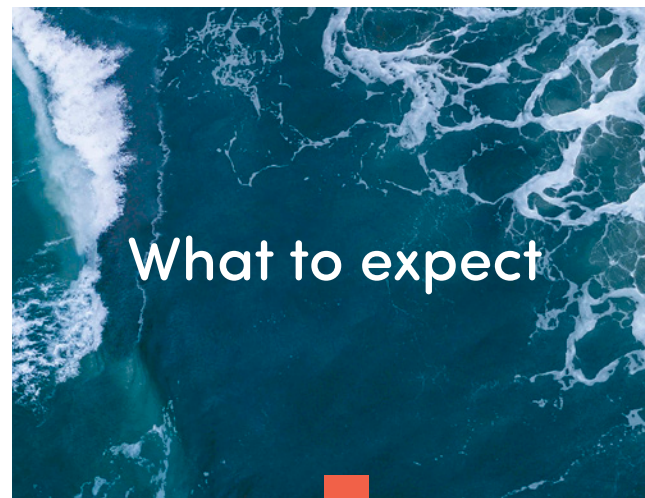
Community services

- 16 Community hubs in Auckland and Whangarei
- 18 Support groups
- 20 Haven – drop-in support space in Auckland
- 22 Odyssey Café

Support for whānau

- 24 Be SMART Support groups
- 25 Te Puawai Aroha – a holiday programme for families living with addiction or mental health challenges

27 Get in touch



What to expect

Odyssey supports tāngata whai ora (people seeking wellness) and their whānau to live the lives they want, free from drug, alcohol and other addiction challenges.

Accessing our services provides an opportunity for reflection and discovery, for learning and practicing new skills, for working towards goals that support wellbeing.

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.

– Te Wairua resident

Our kaupapa

We will work with you to build on your existing strengths

and develop new skills that will help you move towards the life you want.

We recognise the importance of cultural identity to support you on your recovery journey.

We will support you to reflect on and explore your connections to Te Ao Māori and how this relationship can support you in your recovery.

Our services offer opportunities for everyone to connect with cultural support that works for them.

We will work with you to make community and other connections that can support you as you move forward.

We value lived experience.

Our peer support team walk alongside you when you are staying with us, sharing their own experiences and how they overcame the challenges you might face.

We will support you to reconnect with whānau

so that everyone can move forward positively together.



Whakawhirinaki | Trust



Pono | Honesty



Haepapa | Responsibility



Matapōpore | Concern



Aroha | Love

Our pillars guide how we work together and with others.

Residential services

We offer a residential programme for people seeking support with alcohol or other drug challenges. The programme is based on a treatment 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. 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.

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

– Male resident

It's all about helping you gain skills to be more in control of your life.

Each week day, you'll follow a structured timetable of jobs, group sessions, cultural or recreational activities.

As you progress through the programme, you'll take on more responsibilities in the TC. You may also choose to participate in one of our work training programmes.

Weekends are a little more relaxed with time for whānau visits and time to reflect on your week.

Find out more at odyssey.org.nz/our-services

Odyssey Family Centre

Our Family Centre provides a hopeful, openhearted and safe space for mums or dads to be with their children, while they participate in our adult residential treatment programme.

Parents can stay with up to three children, who are supported to attend local schools or kindergarten while staying with us.

We also welcome pregnant mums and can support you through your pregnancy and with your new baby.

Find out more at odyssey.org.nz/our-services

Sometimes, staying with us is an opportunity to be reunited with your children. We will give you time and support to reconnect with your children and to get comfortable again with parenting. We will support you to learn healthy coping strategies, parenting skills and life skills that will help you be the best mum or dad you can be.

I enjoy that my son is not here on his own. He's got other kids to play with and they all grow together. It's a community that is safe for our children.

– Mum, Family Centre

Te Wairua

Our Te Wairua service, which means 'two streams of healing', is available for people seeking support with mental health and addiction issues.

Also based on the therapeutic community approach, our three Te Wairua residences – two in Auckland and one in Northland – offer a hopeful, compassionate environment in small residential settings (between 11 and 19 residents).

While staying with us at Te Wairua you will be supported to develop skills and strategies to manage your emotional, spiritual, physical and social wellbeing, and move forward with your recovery. We work closely with other organisations to support you – before, during and after your stay with us.

All the connections I need in my life to have a healthy lifestyle are back in my life and I'm starting to see the person I used to be, but an even better version. I'm a better mother, a better person. I've found that love and acceptance of myself. I like that.

– Female resident, Te Wairua

Staying with us: Next steps

Am I eligible?

Our adult residential services are open to New Zealanders aged 18 years and over. We also offer special support for young adults aged 18–23.

We value diversity and we respect the unique culture and identity of everyone who may seek our support. We do not discriminate based on gender identity or sexual orientation. We welcome whai ora from prison and from the community.

How much will it cost?

Funding is available from many District Health Boards (DHBs) or other nationally-funded treatment programmes. Contact us to find out more.

What next?

Please visit our website to download a referral form. Once we receive this, we'll be in touch to arrange an assessment. Call us on 09 638 4957 or email admissioncentre@odyssey.org.nz if you have any questions.

Support for people involved with the justice system

Odyssey offers several options for tāngata whai ora who may be currently involved with the justice system.



Te Whare Whakapiki Wairua Alcohol and Other Drug Treatment Court

Known as Te Whare Whakapiki Wairua (the house that lifts the spirit), the Auckland and Waitākere Alcohol and Other Drug Treatment Courts offer participants an alternative pathway to imprisonment.

With our partners Higher Ground, The Salvation Army, CADS and Wings Trust, we offer a variety of treatment and rehabilitation options that support wellbeing.

Find out more at odyssey.org.nz or email aodtc@justice.govt.nz

Drug treatment programmes at Auckland Prison and Spring Hill Corrections Facility

Odyssey operates live-in programmes at Auckland Prison and Spring Hill Corrections Facility. Each aims to reduce reoffending by supporting participants to address their harmful substance use.


Based on Odyssey's residential treatment approach, participants work together to understand the effects of addiction and learn about strategies for relapse prevention.

Te Ngāhere Intensive Treatment Programmes at Spring Hill and Auckland Region Women's Corrections Facilities

Te Ngāhere is a strengths-based programme that seeks to humanise the prison experience and places a strong emphasis on whānau connection and involvement.

Participants are supported to reflect on what has been harmed or broken because of their addiction challenges and to work on ways to restore wellbeing. These include building connections to whānau, tikanga and their own cultural identity.

Find out more about these programmes at odyssey.org.nz

An aerial photograph of a coastline. The left side shows deep blue-green water, while the right side shows white, foamy waves crashing against a dark, rocky shore. The text is overlaid on the left side of the image.

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

– Mum, Family Centre

Community services

At Odyssey, we are always looking for ways to support people move forward in their lives. We also want to be there for whānau, who may be supporting or worried about someone close to them.

Our community hubs in Auckland and Whangarei provide a welcoming and warm place to access information, mentoring and other resources. You can also join a group with other people, who may be having similar experiences.

At our Auckland community hub in New Lynn, you can grab a coffee or a bite to eat at Odyssey Café – a social enterprise that offers work training opportunities for our whai ora.

As well as services for people getting support from Odyssey (e.g. pre-admission and after care groups; literacy, job search and interview preparation support), the hubs host support groups for the wider community (see pages 18-19).



Auckland community hub

4/3029 Great North Road, New Lynn

Monday to Friday

8:30am – 4:30pm

(Odyssey Café, 7:30am – 2:30pm)

Tel: 09 638 4957

Whangarei community hub

144 Bank Street, Whangarei

Monday to Friday

8:30am – 4:00pm

Tel: 09 982 8054

Community support groups

Our community hubs offer several peer-to-peer support options. Sometimes called mutual aid groups, these regular groups offer an opportunity to share and learn from other people facing similar challenges or with similar life experiences. Options include:

SMART Recovery

Self-Management And Recovery Training (or SMART Recovery) supports people with mild to moderate addiction challenges in a community setting.

SMART Recovery focuses on:

- building and maintaining motivation
- coping with urges
- practicing problem solving
- encouraging lifestyle balance.

Our weekly SMART Recovery groups in Auckland and Whangarei are facilitated by trained peers and clinicians. With an emphasis on the here and now, participants share experiences of the last seven days and look towards the next seven. On completion of the programme, participants may also choose to train as co-facilitators.

Find out more at odyssey.org.nz

'Choice' methamphetamine workshops

We offer free one-day workshops in Northland to support people to make different choices about their meth use. The workshops provide a relaxed, non-confrontational space to:

- Learn more about the effects, cravings and health impacts of methamphetamine
- Identify ways to reduce or stop using meth
- Work on a relapse prevention plan.

'Choice' is part of the Te Ara Oranga (Path to Wellbeing) programme, a partnership between Northland DHB and NZ Police.

To sign up or to find out more, please email northlandodyssey@odyssey.org.nz or speak with our Northland community team on 09 982 8054.

Haven

– a drop-in, after-hours support space

Haven is a safe, warm space in central Auckland for people having a rough time after taking substances, who may be feeling distressed, or just wanting to feel less alone.

Haven is a place to take some time out. Peers from addiction, mental health and homeless services will be on hand if you need them. We offer hot and cold snacks, tea and coffee.

It is a safe space to hang out and connect with others.

To find out more, please visit odyssey.org.nz or email haven@odyssey.org.nz

We are based at:

Merge Café
453 Karangahape Road
Auckland

Hours:

Fridays 5:00-9:00pm,
Saturdays 9:00am-9:00pm
Sundays 9:00am-7:00pm

It feels like someone I've known for years who I have confidence talking to about stuff.

– Haven visitor



Odyssey Café

Based at our community hub in New Lynn, Odyssey Café is open to the public, Monday to Friday between 7.30am and 2.30pm. We also offer catering services outside these hours. Odyssey Café is a social enterprise and offers two part-time work training programmes for people accessing Odyssey's residential or community services.

Creating opportunities for work, learning and connection

Our work training programmes – in the Café or at our kai garden – support participants to develop work skills, experience educational achievement and build positive connections in the community.

Trainees receive one-on-one mentoring and support to gain NCEA credits, as well as work experience. We work with our trainees to help break down barriers to employment or further education.

The training programme makes you feel like you can get back into the community, in a way that you feel like you're going to succeed.

– Female Trainee, 25



Come visit us at:

Odyssey Café
4/3029 Great North Road, New Lynn
Monday to Friday
7:30am – 2:30pm

Find out more about the Café, catering and venue hire at:

Tel: 021 806 011
Email: cafe@odyssey.org.nz
Facebook: [odysseycafe.newlynn](https://www.facebook.com/odysseycafe.newlynn)
[Odyssey.org.nz](https://www.odyssey.org.nz)

Support for whānau and friends

When someone close to you is living with addiction or mental health challenges, it is often hard to know how to support them and how to get support for yourself.

At Odyssey, we encourage whānau involvement in our programmes. We also support whānau to develop skills that will help them feel stronger and better prepared to navigate challenging times.

Be SMART support groups

In Auckland and Whangarei we offer free, weekly support groups for people whose lives are impacted by the addictive behaviours of someone close to them.

These small groups offer family members and whānau a supportive environment to share their experiences and learn useful tools and techniques such as self-care, safety and support, assertive communication and problem-solving.

Our trained facilitators will help you understand more about addictive behaviours and can also provide guidance on coping with lapses.

To find out more about Be SMART near you, please visit our website odyssey.org.nz, call us or visit our community hubs.

Te Puawai Aroha holiday programme

Te Puawai Aroha ('Blossoming love') is a fun and free 4-day programme offered in the school holidays for families with children aged between 8 and 17 years old. The programme is available for families living in Counties Manukau with a parent or primary caregiver who is getting support from a mental health, addictions or related support service.

The programme is designed to support and strengthen whānau resilience. It gives children, teenagers and parents (or caregivers) a chance to:

- Strengthen relationships
- Meet other families with similar experiences
- Learn new ways to feel happier and more confident
- Find out more about mental health and addiction
- And have some fun together.

To find out more, please visit our website, email us at tpa@odyssey.org.nz, or talk to your GP or key worker.

Get in touch

Please call us on 09 638 4957 to:

- Have a chat about our services, for you or for someone you care about
- Get in touch with your case manager
- Speak with the Alcohol and Other Drug Treatment Court team
- Find out about activities at our community services hub, Te Tāwharau, in New Lynn
- Connect with our residential services if you are calling after hours.

Please note our office hours are Monday to Friday, 8:30am - 4:30pm. Outside of these hours, please leave a message or contact us via email: admissioncentre@odyssey.org.nz. We try to respond to all messages by the end of the next business day.

About us

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

We are known for providing effective, evidence-based services that support wellbeing. We do this in partnership with tāngata whai ora (people seeking wellness) and their whānau, working together to build the lives they want.

We wholeheartedly believe that everyone living in New Zealand should have the opportunity to live life to the fullest, to feel hopeful about their future and to have meaningful connections with friends and whānau.

■ Me mahi tahi tātou
mō te oranga
o te katoa

Let's work together
for the wellbeing
of everyone



ODYSSEY

odyssey.org.nz