



ODYSSEY
changing lives

AROTAKE Ā-TAU
Annual Review

18/19





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Kia ora e hoa mā | Hello friends,

Over the last two years, it's been heartening to see increasingly open and understanding conversations in New Zealand about how we support people whose lives are impacted by alcohol, drug or gambling challenges. We have seen some meaningful and positive changes in the way people are supported at difficult times in their lives, and we are optimistic that this progress will continue.

As we head towards our 40th anniversary in 2020, we have taken some time over the last 12 months to reflect on the future we'd like to see and Odyssey's role in getting us there.

This process – including discussions with staff and tāngata whai ora (people seeking wellness) – resulted in a reimagining of our vision and purpose, which we are proud to share with you here.

Tō Tātou Matakiteinga | Our vision

Poutia, Heretia

Tuia te muka tangata ki te pou tokomanawa

Ka tū mana motuhake; Ka nohohere kore I ngā waranga me ngā wero nui o te ao

People, whānau and communities are connected and supported to live the lives they want; free from drug, alcohol and other addiction challenges.

Tō Tātou Aronga | Our purpose

E hangaia e mātou he whare tumanako me ngā wāhi haumarua ka āhei I a tangata te eke ki angitu kia whaiwhakaaro ai, kia puawai, katahi ano hoki ka herea ai te muka tangata ki a ia anō, ko te mea kē ka puta te ira tangata ki te wheiao ki te ao mārama.

We create hopeful and safe spaces for change with opportunities to reflect, learn and connect so that people can move towards a brighter future.

Please join us over the next few pages as we reflect on the year that was and look forward with renewed purpose to the year ahead.

Since 1980, Odyssey has supported thousands of New Zealanders whose lives are affected by drug, alcohol or other addiction challenges to make changes in their lives, to feel more in control and hopeful for their future.

We are known for providing effective, evidence-based services that support wellbeing. As an organisation, we have come a long way since opening a house in Parnell almost 40 years ago. Today, we employ more than 180 people and support more than 4500 tāngata whai ora each year in a wide range of settings:

Residential

We operate five residential treatment centres in Auckland, including a Family Centre so parents can access our services while their children stay with them, and a residence for young people aged 13 to 17 years. We also offer two Te Wairua residences for adults who are living with mental health and addiction challenges in Auckland, and another in Whangarei.

Community

Our community hub, Te Tāwharau, in New Lynn is the home of our admissions, continuing care, peer support and youth community services. Odyssey Café, a social enterprise offering a work training programme for our residents, is also here.

In Auckland and Whangarei, we offer a range of services to our community including the mutual aid groups SMART Recovery and Be SMART for whai ora and whānau. In Whangarei, we also provide support to the Te Ara Oranga methamphetamine harm reduction partnership.

Schools

We are the lead provider of Waikato Youth INTact, a school and community service for young people across the Waikato region. We also offer school-based services (Stand Up! and Amplify!) in Auckland and operate our own school to support rangatahi and young adults who are staying with us.

In partnership with Health, Corrections and other agencies

We have been the lead provider of Te Whare Whakapiki Wairua – Alcohol and other Drug Treatment Court (AODTC) since its establishment in 2012. We also run a range of drug treatment programmes at Auckland (Paremoremo), Spring Hill and Auckland Region Women's (Wiri) Corrections Facilities.

“I like that I’m not doing this journey on my own. You’ve always got someone on hand. You’ve also got the peers who are going through the same struggle as you, so you’re not doing it on your own. When you find things are hard, they’re finding it just as hard too. We’ve just got a huge support network here.”

FEMALE RESIDENT

Family Centre

“One of my motivations was to break the cycle I’ve always been in...that’s just been a cycle that I’ve always been stuck in, of relapsing, reoffending, going back to prison...Coming to the realisation that if I don’t make a change if I don’t do something that’s different, I’m going to live in that cycle I don’t know how long. I’ve been stuck in it for 20 years... What this place has given to me is a platform to change; a platform for better choices...”

MALE RESIDENT

Adult Service



TE TUMU WHAKARAE MESSAGE FROM THE CHAIR

Greetings,

I am pleased to report on the organisation's performance in 2019, our 39th year. Once again, we saw growth in the number of New Zealanders we were able to support to make changes in their lives.

On behalf of the Board, I would like to particularly thank our many dedicated staff, who together provided valuable services and support to more than 4,500 people for the year to 30 June 2019.

2019 saw particularly strong demand for our residential programmes supporting adults in Auckland and Whangarei, as well as programmes supporting people involved with the justice system, both within prison and in the community.

In June, a five year capital investment project concluded with the official opening of Ngā Wai Ōtihi, a made-for-purpose building that brings our operations management and service support teams on to the same site with our Adult and Family Centre, the Odyssey School and the Stand Up schools-based team.

Operational revenue grew modestly in the period, rising by close to 3% year on year to \$20.2m for 2019. With the launch of a new three-year strategic plan, 2020 promises to be another busy year. As a Board, we are hugely grateful to our funders, donors and other partners in supporting our mission and our work.

“I am confident that we are well placed to support the Government in its efforts to improve the wellbeing of more New Zealanders, and look forward to new opportunities to work together to support more New Zealanders live the lives they want, free from drug, alcohol and other addiction challenges.”

Finally, thanks once again to my fellow Board members for their commitment to, and careful stewardship of, the organisation during these periods of change. I would like to thank in particular Judge David McNaughton who retired as a trustee during the year after five years' service.

I would also like to extend a very warm welcome to Terry Huriwai (Ngāti Whakaue, Ngāti Pikiao, Ngāti Porou), who joined the Odyssey Trust Board in April this year. Currently leading Te Hau Mārire: Addiction Workforce Strategic Framework (2015-2025) at Te Rau Ora, Terry brings more than 20 years' experience working regionally and nationally to enhance service delivery for Māori. We look forward to Terry's wealth of experience and knowledge in supporting our work.

Regards,

A handwritten signature in black ink, which appears to read 'Allen Bollard'. The signature is fluid and cursive, with a long horizontal stroke at the end.

Allen Bollard
Chair, Odyssey Trust



NĀ TE TUMUAKI CEO UPDATE

Tēna koutou,

As we approach the organisation's 40th anniversary in 2020, it gives me great pleasure to reflect on the progress we have seen in New Zealand since 1980, in how tāngata whai ora, their whānau and our communities are supported to build strong lives together.

As an organisation, we have seen a steady increase in the number of people we support over the last several decades, with our services expanding to a variety of different settings as we support people at different stages in their lives. This evolution in settings and services is echoed in our new purpose: we create hopeful and safe spaces for change with opportunities to reflect, learn and connect so that people can move towards a brighter future.

I believe this reframing of our mission reflects our strong commitment to support whai ora in ways that work for them at often traumatic and challenging times in their lives. In the words of a recent Te Wairua resident: "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."

In 2019, we supported 3,049 adults and 1,545 young people and children to move towards the future they want. I thank them for the trust they placed in us, and the opportunity they gave us to support them during a period of great change in their lives.

"I would also like to acknowledge the enthusiasm and dedication of our staff – your belief in the potential of our whai ora means more and more people are reconnecting with their culture and with their whānau, and developing new strategies that might support long-term recovery."

As always, I am hugely grateful to our funders and partners for their ongoing support of our work. I would like to especially recognise our special relationship with Ngāti Whātua o Ōrākei, who continue to guide and encourage us in all that we do.

Finally, many thanks to our Board – your dedicated stewardship of the organisation during these changing times is much appreciated.

I am immensely proud to share this snapshot of our year.

Ngā manaakitanga, with very best wishes

Fiona Trevelyan
CEO, Tumuaki Rangatira

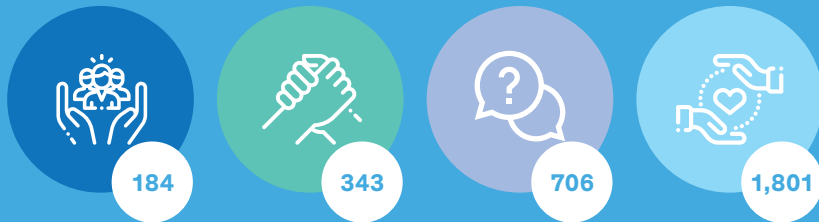
HE WHAKARĀPOPOTO ODYSSEY IN 2019

3,049 adults
pakeke

1,545 youth
rangatahi



In 2019, we supported tāngata whai ora access and engage with services in a range of settings – in the community, in schools, in residences and in prison. We will continue to develop opportunities for people to get the support they need in ways that work for them.



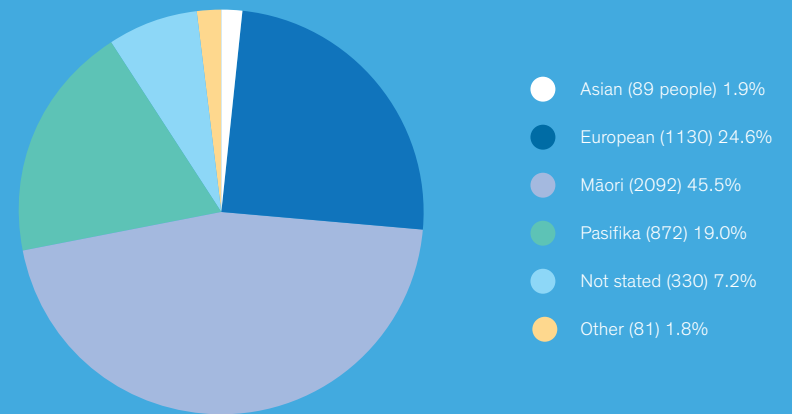
Odyssey's two pou whānau connectors supported 184 whai ora to access appropriate treatment options in Northland as part of the Te Ara Oranga Methamphetamine harm reduction partnership led by Northland DHB and NZ Police.

Odyssey's peer support teams worked alongside 343 whai ora staying in our Auckland adult residences, or participating in Te Whare Whakapiki Wairua (the Alcohol and other Drug Treatment Court – AODTC) in Auckland.

706 rangatahi participated in our Stand-Up! and Amplify! services in schools or alternative education in South Auckland

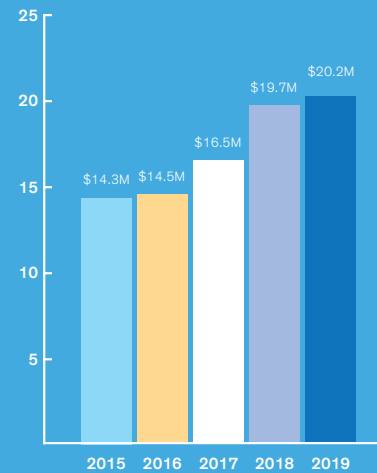
1,801 whai ora were supported through AODTC, Community Day Programmes in Auckland and Whangarei, Drug treatment Programmes in Auckland and Spring Hill Prisons and Methamphetamine Intervention programmes in Mt Eden and Spring Hill Corrections Facilities.

Ethnicity of people we supported



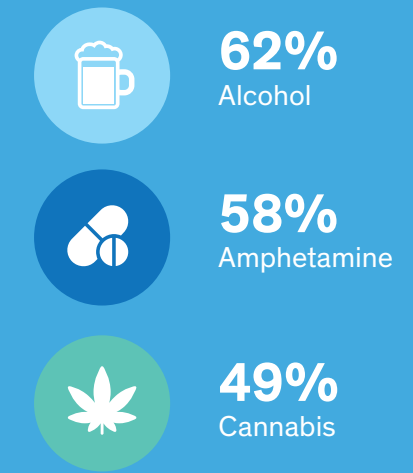
Operational Revenue

Operational funding has continued to increase to meet the growing demand for our services.



Drugs of concern

% of adults surveyed who ranked these drugs as one of their top three drugs of concern.



Unless otherwise stated all numbers refer to Odyssey's 2019 financial year, 1 July 2018 to 30 June 2019. To view our full Financial Statements, please visit our website, www.odyssey.org.nz

TE TAU I TE AROTAKE THE YEAR IN REVIEW

We continually strive to support tāngata whai ora in ways that we know will help them move forward in their lives and create stronger whānau and communities. We do this by learning, innovating and adapting internally; and working collaboratively across sectors – with other health and social service providers, with government agencies, health boards and other funders – to help shape the future of services that support people living with addiction challenges in Aotearoa.

Spaces that support change

Working with whai ora in different ways and in different places:

- Odyssey Peer Support team completed its first year delivering services based on our Intentional Peer Support Framework in May 2019. Peer support workers have now also been employed in our Te Wairua services in Auckland and in two new prison-based programmes at Spring Hill and Auckland Region Women's Corrections Facilities.
- To help us better understand the effectiveness of our efforts to support whai ora reconnect with their culture, we have begun piloting the use of the multi-dimensional model of Māori identity and cultural engagement (MMM-ICE) in our services. The MMM-ICE was developed by Associate Professor Carla Houkamau and Professor Chris Sibley at the University of Auckland.
- Zeddy Chaudhry and Professor David Best at University of Derby, UK, collaborated with our teams to develop a New Zealand version of the recovery capital assessment and planning tool (REC-CAP). The tool is used by community, residential and prison-based teams.
- As it approached the end of its third year of operations with 3,000 hours of training delivered in the three years to December 2019, Odyssey Café social enterprise also celebrated the launch of an adjacent work training opportunity in November 2019 with the establishment of a kai garden programme at our main adult residence.
- In partnership with Odyssey House Christchurch, we have developed an eight-week Intensive Treatment Programme at Spring Hill, Auckland Region Women's and Christchurch Women's Corrections Facilities.



Preparing our organisation for the future

- Whai ora and staff came together during the year to discuss the bigger picture of the value of what we do and why we do it. This process supported a timely redevelopment of the organisation's vision and purpose to underpin our 2019-2022 strategic plan and beyond.
- We developed a cloud-based intranet platform. Called Te Wharenuī, it is our virtual gathering place; a place that connects us to each other, to our work and to the wider purpose of the organisation.
- Our Ngā Wai Ōtihi leadership and service support hub was officially opened in late June at our main Bollard Avenue campus in West Auckland. The conclusion of a five-year capital investment project, the building was gifted the name Ngā Wai to describe the coming together of the many different streams of Odyssey.

Working collaboratively to support change

Strategic partnerships and initiatives:

- Odyssey, in partnership with Emerge Aotearoa and AUT, delivered a six-month pilot of The Citizenship Project in Auckland between April and May 2019. Developed by Yale University to support inclusion and belonging among people in the community who may be experiencing social isolation or exclusion, participants met weekly to explore and practice the 5 Rs of Citizenship – rights, responsibilities, roles, resources and relationships.
- A community of practice in Auckland received funding in September 2019 from the Ministry of Health's Acute Drug Harm Response Discretionary Fund to develop a programme of activities to meet the needs of vulnerable populations in the Auckland DHB catchment, who use synthetic drugs, methamphetamine and/or emerging substances. Led by Odyssey, in collaboration with Lifewise, Mind and Body (Emerge Aotearoa) and ADHB, the programme began a trial of a peer-led, after-hours support space in central Auckland, (Haven Café) during October.
- Odyssey continued its management of the Counties Manukau AOD Provider Collaborative. Initiatives developed to support the sector at a systems level included: co-designing and producing a video for health professionals about supporting people with AOD challenges, developing an information brochure listing local health services, and updating a tool to self-identify health priorities.
- As part of the national Peer Crowds initiative we supported a project that used virtual reality technology to help practitioners engage better with young people.
- We collaborated with the NZ Aids Foundation to deliver Rewired, a programme for men who have sex with men, who want support to review, reduce or stop their methamphetamine use.

ANGA WHAKAMUA KI TE TAU 2020

LOOKING AHEAD TO 2020

We launched a new three-year Strategic Plan (2019-2022) in July. The plan builds on the kaupapa of our new vision and purpose and is built on four strategic goals:

1. **Focus on recovery and wellbeing**
We will target high impact moments to improve wellbeing.
2. **Reduce inequities and minimise harm**
We will strive to address inequity, particularly seeking better outcomes for Māori.
3. **Strengthen organisational capacity and health**
We will continue to invest in people, systems and infrastructure that support exceptional service, innovation and growth.
4. **Connect, learn and lead change**
We want to see strong communities that support long-term recovery. We will work with others inside and beyond our sector to help drive this change.

HE WHAKAMĀNAWA

A BIG THANK YOU

We would like to thank our funders and other benefactors for their generosity and support in 2019. Our work would not be possible without you.

ACC
Auckland District Health Board (DHB)
Bay of Plenty DHB
Central Region DHBs
Counties Manukau Health
Department of Corrections
Foundation North
Health Promotion Agency
Lakes DHB
MidCentral DHB
Ministry of Education
Ministry of Health
Ministry of Social Development
Northland DHB
Oranga Tamariki
Taranaki DHB
Te Rau Ora
Waikato DHB
Waitemata DHB

We are grateful for the support and guidance of our mana whenua partners in Auckland, Waikato and Northland, in particular Ngāti Whātua o Ōrākei.

We would also like to acknowledge the contribution of longstanding programme collaborators who share our commitment to support whai ora and whānau work towards stronger futures.

Many thanks to our service and agency partners within initiatives such as the Community Day Programme, the Haven acute drug harm minimisation project, Te Ara Oranga, The Citizenship Project, Te Whare Whakapiki Wairua (AODTC), Tūturu and Youth INtact. We value the opportunity to work with you all.

Finally, many thanks to our Board of Trustees for your time and commitment in guiding the organisation; and to our Executive Leadership Team for your dedication and enthusiasm in support of our purpose.

Board of Trustees

Allen Bollard (Chair)
Darren Johnson (Treasurer)
Dr Ann Hood
Judge David McNaughton (to March 2019)
Robyn Reynolds
Robert Roydhouse
Mary Shanahan
Dr Clive Bensemann
Terry Huriwai (from April 2019)

Executive Leadership Team

Fiona Trevelyan
Chief Executive Officer

Glenn Manson
Chief Financial Officer

Jenny Boyle
General Manager – Operations

Will Ward
General Manager – Improvement & Development (to August 2018)

Sam White
General Manager – Improvement & Development (from October 2018)

Ken Kerehoma
Cultural Advisor

River Paton
Clinical Director

“The biggest thing 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.”

MALE RESIDENT

Te Wairua

Leaders in changing lives

He manu tāiko o te kāhui whakaora ai tāngata whai ora

www.odyssey.org.nz

