



Ko Ōtihi Tēnei  
This is Odyssey



ODYSSEY



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## He kōrero nā te Tumuaki Message from the CEO

At Odyssey we're on a journey. This booklet brings you along on that journey by showcasing our mahi and Odyssey's unique character. This booklet will be useful for people within the health and social services sector, and anyone who wants to discover Odyssey.

You will learn about what guides us - our aspirations, achievements, and ways of approaching our mahi; how we are placed in the sector; that we have proven traditions and are excited to learn, innovate, and try new things; and how we are sector leaders, while still being responsive and attuned to the roadmaps guiding us into the future.

The key motivator of this booklet is to form connections. It is my hope this document initiates questions, discussions, and meetings. I warmly welcome you to visit us in person or reach out for a chat. And I look forward to hearing from you soon.

Ngā mihi nui,  
Fiona Trevelyan





# Ko Ōtihi tēnei | About us

For over 40 years, Odyssey has supported tens of thousands in Aotearoa. We support people whose lives are affected by substance use, mental health issues, or other behavioural health concerns. Over the years our services and our reputation have grown and developed. We support individuals and whānau in community, school, residential, custodial and other settings. We provide effective, evidence-based services to support recovery and wellbeing.



## ■ Tō tātou matakitenga | Our vision

Poutia, Heretia tuia te muka tangata ki te pou tokomanawa ka tū mana motuhake; ka noho herekore 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 alcohol, drug, and other addiction challenges.

## ■ Tō tātou aronga | Our purpose

Ka hangaia e mātou he whare haumarū, he whare tūmanako hoki e tīni ai te tangata, he wāhi whakaaroaro, he wāhi ako, he wāhi tūhono anō hoki, mei kore e puta tātou 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.



# Ā mātou ratonga | Our services

- Tailored services to suit a range of needs
- A focus on harm reduction and wellbeing
- Working collaboratively and collectively
- Based in Te Tai Tokerau, Tāmaki Makaurau, and Waikato



“Our relationship with Odyssey is a tuakana-teina relationship, with Odyssey providing education, peer support, supervision and workforce development.

Odyssey provides the manaakitanga of a grassroots community-led organisation, supporting community development, and collaborative intersectoral relationships aimed at workforce development and positive client outcomes.”

Rhonda Zielinski - Whakaoranga Whānau Recovery Hub





## Harm reduction

Odyssey takes a harm reduction approach.

Our Stand Up! Youth teams work in schools to support tamariki, rangatahi, and whānau. This is done through sharing and developing knowledge, encouraging resilience building, and supporting wellbeing.

We support and collaborate with New Zealand Drug Foundation and Know Your Stuff to offer free and anonymous drug checking services. Accessibility to drug checking can keep people safe, normalise safer use of drugs, lessen the risk of serious or lethal overdose, and reduce the need for emergency services and associated medical costs.

Our central Auckland after-hours drop-in support space, Haven, is a safe, warm space for people having a rough time after taking substances, who are feeling distressed, or want to feel less alone. Peers from addiction, mental health and homeless services are on hand for a cup of tea and a chat, and to help identify next steps if needed.

## Working collectively

Our work is collective. We are whānau-centred and partner with various groups and organisations, government departments and bodies, public hospitals, and health services.

### Examples of our partnerships:



We partner with Ngāti Whātua Ōrākei for local iwi perspective and guidance.



Haven is delivered in partnership with Lifewise and Mind and Body (Emerge Aotearoa), with funding from Te Whatu Ora - Health New Zealand.



Whakaoranga Whānau Recovery Hub, a Kaikohe-based kaupapa Māori alcohol and other drug (AOD) community support service, and Odyssey began a partnership in 2022 to provide training and supervision for their staff, specifically focused on peer support.



Te Whare Whakapiki Wairua, the Alcohol and other Drug Treatment Court (AODTC) in Auckland and Waitākere District Courts, provides an alternative pathway to imprisonment. It is delivered in partnership between Odyssey, the Ministries of Justice and Health, Higher Ground and The Salvation Army.



Stand Up! And Youth INtact partner with schools to engage young people in their environment and support early interventions.

This is not a complete list but gives a taste of the work we do and the partnerships we form.

## Ngā hua | Outcomes

People using our services report the following outcomes:

- Embarked on a recovery journey
- Connected and reconnected with whānau
- Gained confidence
- Regained custody of children
- Learned life and community skills
- Improved communication skills
- Built hope and mana
- Engaged with cultural activities
- Improved mental health
- Set goals and found direction
- Had broadly positive and transformational experiences
- Felt supported
- Found employment and housing
- Enjoyed a positive environment

## Taupae Wheako, peer support, and social recovery

- Peer support can be beneficial to tāngata whai ora and their whānau. It is an integral part of Odyssey
- Taupae Wheako delivers peer support and social recovery initiatives and training for Odyssey and other organisations in Aotearoa New Zealand and Australia
- We collaborate internationally on our social recovery initiatives

### Peer support

Odyssey are leaders and innovators in AOD peer support. Peer support is an internationally recognised way to engage and walk alongside people.

At Odyssey we place high value on lived experience and have embedded peer support into many of our services.

We increasingly employ a peer workforce to support tāngata whai ora and whānau. Our peer workforce comprises people who have lived experience of substance use issues, mental health challenges and/or experience of the justice system.

Working as an integral part of our teams, peers work alongside other kaimahi, welcoming people into programmes, supporting their journey through programmes, and encouraging relationship-building and transition into the community.



### Taupae wheako

Odyssey established Taupae Wheako to support the integration of peer support and lived experience into services. We provide NZQA accredited Peer Support 101 training. This is in high demand, with participants having an overwhelmingly positive response to the training. It is offered nationally and is also now in Australia. Other training includes Role Clarity, Peer Supervision and Coaching, Peer Group Facilitation, and Organisational Consultation.

### Social recovery

Our social recovery approach is based on the development of Recovery Capital. Recovery Capital refers to the resources necessary for an individual to achieve and maintain recovery from

substance misuse as well as make behavioural changes. Recovery Capital recognises that a variety of elements can support or impact recovery – these include social networks, and physical, human, cultural and community resources.

Odyssey has partnered with experts in the UK and internationally in the implementation and integration of this approach into our services (including engaging in international research), and we are adapting it to meet an Aotearoa New Zealand context.

**To learn more about Taupae Wheako, peer support, and social recovery head over to our website: [www.odyssey.org.nz/taupaewheako](http://www.odyssey.org.nz/taupaewheako)**



# Tō mātou ahunga | Our direction

- We are responsive and adaptable to change
- Odyssey is culturally responsive and proactive
- We have practical solutions

## Odyssey's direction

We have grown exponentially over the years. Each year we support around 3,500 tāngata whai ora and have a workforce of more than 200 people. We now offer a broader range of services in wide-ranging environments, working with people across the life course.

We are committed to meeting the changing needs of people using our services, and their whānau and communities, within the context of an ever-changing environment – health system reforms, impacts of Covid-19, and a different political environment. We will evidence our impact, and innovate for the future.

**For more information and detail, we encourage you to read our strategic plan and annual review. You can find them here:**  
[www.odyssey.org.nz/about-odyssey/annual-reports-and-plans](http://www.odyssey.org.nz/about-odyssey/annual-reports-and-plans)

## Cultural commitment

Odyssey is culturally responsive and proactive. Around 44% of the people we work with are Māori. We value providing culturally safe environments for people in our services, whānau, and kaimahi. We are committed to ensuring equity.

Odyssey is led by Te Tiriti o Waitangi principles. We work to improve outcomes for Māori, and take guidance from Whakamaua: Māori Health Action Plan 2020-2025. Odyssey continues to strengthen our close and long-standing relationship with Ngāti Whātua Ōrākei and increase our implementation of mātauranga Māori.

## Sector trends

Within the wider health sector, mental health services are proportionally better funded than addiction services despite ongoing and growing nationwide concerns with, and discussions about, addictions.

As a leader in this area, and as an organisation that uses quality data and information to inform our approaches, Odyssey is frequently asked by media to comment on topical issues. This has included:

- sharing research
- our harm reduction position
- volatile substance use by rangatahi
- discussions about therapeutic communities, community services, and corrections-based approaches.



Te Huringa advocates for more investment in peer support services and workforce and specialist services, including child, adolescent, and community-based services.

To meet the need, we invest in our services and innovate beyond contractual obligations, such as peer support training, residential initiatives, and our Recovery Capital programmes. This has created training and employment opportunities and more options for tāngata whai ora.

We have organisational aspirations and projects that are not yet realised due to lack of funding or adequate resourcing. There is still a long way to go to address the stigma, discrimination, and social exclusion faced by people we support.

However, we believe in our mahi. People say our services bring them hope, and plenty of areas for growth remain within our organisation and the wider addictions sector.

"I want to acknowledge the change that Odyssey and its principles made in my life. Although I didn't graduate, I took what I needed and carved myself a future. My past has become my asset and I hope others realise this after they leave addiction and crime behind. I am [now a manager] with approximately 40 staff who report to me. I am often using [tools learned at Odyssey] to extract information and listen to what people are really telling me. I have won numerous awards nationally for what I do, and I always think about where I have come from."

Letter excerpt from previous tangata whai ora



## Investment opportunities

### Our projects

There are many opportunities to invest in Odyssey's mahi. A proper level of funding and investment is needed to run Odyssey's services.

Speak to us about funding ideas. We have shovel-ready projects in the following areas:

- Peer support services
- Services for whānau
- Models of care
- Self-help services

Future areas of development include interventions focusing on social determinants of health, that are

community-centric and consider the neighbourhoods and localities in which they are based. Within these localised spaces, more work can be done to develop early interventions, understand prevailing socio-economic and health factors, and implement harm reduction models, including aiming to increase our presence and mahi in schools and educational settings.

### Sector

In a broader sense, we invite consideration into bolstering funding for harm reduction and addiction services as well as advocacy for the work addictions service providers are already doing to improve lives of tāngata whai ora and whānau.

## Nau mai, haere mai Visit us

Odyssey welcomes you to visit us! If you've enjoyed reading about Odyssey, consider visiting us on campus or arranging an online meeting to learn more and connect.

Contact us at (09) 623 1447

We look forward to seeing you soon!







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[www.odyssey.org.nz](http://www.odyssey.org.nz)