



ODYSSEY HOUSE VICTORIA

Drug & alcohol treatment, training and support



Acknowledgement to Country

I would like to Acknowledge the Gunaikurnai people who are the traditional custodians of this land in which we meet. I would also like to pay respects to the Elders past, present and emerging. I recognize their continuing connection to country, water, air and culture and acknowledge that sovereignty has never been ceded.

Residential Rehabilitation

Odyssey House Victoria (OHV) provides three Alcohol and other Drugs Residential Rehabilitation programs in Victoria with a total of 188 beds. These Therapeutic Communities are located in the Melbourne suburb of Lower Plenty and at rural properties near Bairnsdale and Benalla.

What is Therapeutic Community?

Odyssey House Victoria's three Therapeutic Communities are safe and supportive environments where residents have routine and structure which includes work, group therapy, recreation, exercise and social outings. We support recovery from problematic drug and alcohol use and associated mental health issues. A Therapeutic Community supports the development of relationships, emotional regulation, responsibility and leadership. Programs are voluntary and lengths of stays are dependent on individual goals and needs. Odyssey House teaches the values of respect, concern, honesty, trust and love. We support residents to reconnect with family and children.

We are Rainbow Tick accredited (providing a safe and inclusive environment for those who identify as LGBTIQ+) and we incorporate cultural strengthening activities for First Nations people. We provide access to a Financial Counsellor who will provide information, advice and advocacy if you're in financial difficulty. We also support residents who have debts, fines and infringements. In most cases, all costs are covered through government funding and a resident's Centrelink contributions.

The Hope Centre - Lucknow

The Odyssey House Hope program near Bairnsdale was established in 2019 and is a new purpose-built facility with 45 beds on 6 hectares. The facilities include accommodation for single adults and couples and include gardens, a gym and recreational facilities. We give priority to Gippsland residents, however people from all over Victoria, who appreciate a smaller community in a rural setting, are welcome.



Admission process

- Initial Self Screener
- Intake Tool
- Comprehensive assessment
- Consent to Share
- Referral to be sent for residential rehabilitation to odyssey@odyssey.org.au
- Referral will be allocated to a case manager
- Contact for client regarding intentions for treatment
- Additional information will need to be collected to further review
- Clinical review by the team at admissions
- Placed on waiting list
- Outcome communicated to referrer
- Detox or special circumstances for supervised UDS to determine Alcohol & Other Drugs
- Admission or Bail application requested



Job function



Daily schedules
and activities



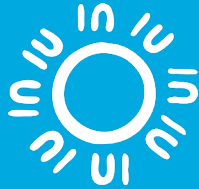
Training
opportunities



Recreational
activities



Group therapy



Cultural
program



Financial
counselling
services

Rules

There are five fundamental rules to provide a safe environment. It is everybody's responsibility to abide by and support these rules.

- No violence or threat thereof
- No theft
- No drugs or alcohol
- No sex
- No knowledge of any of the above

Medical considerations

- Ensure stabilisation on any prescribed medication
- Regular GP sessions at the TC, as well as local GP's outside of TC medical times
- Opiate Replacement Therapy (ORT) for Methadone, Suboxone & Sublocade Injection
- Clients may enter the program on varying doses of ORT
- Some highly addictive medications are not allowed – Benzodiazepine & opiate
- Support stimulant based medication
- Random supervised urine screens.

Information required

- Criminal history, Briefs for current charges
- Briefs for historical charges of concerns
- Current Intervention Violence Orders/ Family Violence Intervention Orders
- Family Violence Information Sharing Scheme (FVISS) report
- MARAM and Safety Plan for Victim Survivor
- DFFH Child Protection orders and recommendations
- Birth certificates & vaccination records for children
- Mental Health history and Mental Health reviews by psychologist/ Psychiatrist
- Neuropsychological report
- Medical summary from GP
- Face to face appointments may be required

FAQs

How long is the program?

Odyssey House residential program is a voluntary program. The recommended minimum length of stay is 4 months. Support is provided for those who wish to leave at varying times. The program can be completed between 18 – 24 months, however is dependent on the individual.

Family contact

Phone contact with family/significant others begins with 2 calls per week, which increases over time. Visits with family/significant others is initially every 3 weeks, which also increases over time.

Parents with children can have daily phone contact and weekly visits (as long as there are no DFFH/Family Court/IVO orders preventing this from occurring).

Detox

Once an individual is assessed as suitable for Odyssey House TC, our admissions staff will refer to a detox. We work with many detox facilities, both smoking and non-smoking. We will ask each person to undertake a one week detox before an admission to Odyssey House, and will liaise with the detox to ensure this is a bed-to-bed transfer.

In some circumstances, we will support clients completing supervised urine drug screens before their admission, however this is not possible in all circumstances and will need to be further discussed with the individual's case manager.

FAQs

Costs

Odyssey House requires the full Centrelink payment of each individual in treatment. The Victorian Government subsidises the rest of the costs of treatment. This payment goes towards all food, medical and living expenses while the individual is in treatment. We request all direct debits are cancelled prior to admission.

Financial issues

Upon admission each individual is asked whether they would like additional support from Odyssey House's financial counselling service. This is at no additional cost and the financial counsellor will arrange a visit with the individual.

Wait times

Each case is individual however, the wait time is usually based on how long it takes for the client/referrer to obtain additionally requested information (e.g. medical/legal paperwork). Once all information has been received and reviewed by Admissions, there may also be a wait time for detox. Throughout this wait time, individuals will be supported by the admissions team.

FAQs

Housing

Odyssey House Victoria does not have housing services or facilities for residents to exit into, upon leaving the program. Staff are able to provide referrals to external services should this be requested. In some instances we will require a confirmed, safe exit address for clients before admission, for example:

- Where we have concerns for a individual's mental health
- Where clients are entering treatment with their children.

DFFH involvement/ reunification process

Odyssey House works with individuals who may have DFFH Child Protection involvement. We will request a copy of the DFFH Court Orders, recommendations and liaise with DFFH prior to an admission. Whilst at Hope children cannot be reunified into the parents care as children do not live on site.

Admission process

Foundations *(4-6 weeks)*

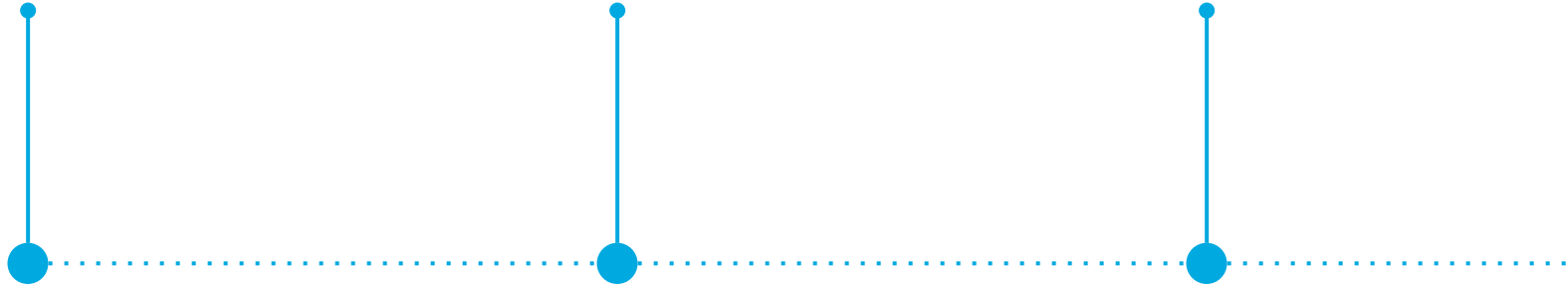
- Medical and psychological review.
- Establishing routine and learning the structure of the program.
- Getting to know other people in the program.
- 3 x 1.5 hour group therapy sessions per week.
- Psychoeducation – Brain Health, Concept and Themes

Level 1 *(Approx 8-9 weeks)*

- Increased responsibility in the TC, which provides increased privileges in the Therapeutic Community.
- Undertake 8 week Emotional Regulation course.
- 2 x 1.5 hour group therapy sessions per week.

Planning group *(1-2 weeks)*

- Individual Recovery Plan developed with a therapist and senior residents.
- Develop future goals.
- In the event of a planned exit, a relapse prevention plan is completed.



Admission process (cont.)

Level 2 *(Approx. 3-4 months)*

- Focus on family and managing relationships.
- Increased responsibilities.
- 2 x 1.5 hour group therapy sessions per week.

Level 3 *(Approx. 3-4 months)*

- Maintaining healthy peer relationships.
- Residents organise daily running of the TC.
- 2 x 1.5 hour group therapy session per week.

Leavers

- Supported transition into the wider community – including securing employment, training and housing.
- Weekly group therapy at the TC.



After care

- Working and living in the wider community.
- Weekly group therapy at the TC.

Around Hope Centre





