



Arotake ā-tau Annual Review 2024

Together it's possible



Rārangi Ūpoko

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Kia Ora E Hoa Mā

Hello Friends



Our ongoing mission is tāngata whai ora and whānau wellness. This takes place against a backdrop of change. The recently established Health New Zealand – Te Whatu Ora is still in the process of reforming. Globally and within Aotearoa we face economic uncertainty, which has a profound impact on many. New political imperatives create a greater need to demonstrate the social impact and the outcome of each dollar invested in our services.

Against this backdrop, the last year at Odyssey can be summarised by new beginnings, partnerships, and growth.

We are thrilled and invigorated by new services that have opened this year. [Kia Ora Ake](#), [SACAT Continuing Care](#), and [Auckland South Drug Treatment Programme](#) are a few examples. We have worked on our models of care in adult services and Ara Poutama | Department of Corrections settings to ensure our existing services continue to be transformative and impactful.

This year we celebrate five years of the [kai garden](#), a training programme for tāngata whai ora using our services.

Opening [Waiora](#), our new therapeutic centre, has been a meaningful addition in serving people's needs. Some of our projects are aimed at taking the load off high needs or specialist services. Others fulfil needs that have previously been left unmet. In everything we do, there is a commitment to providing cost effective outcomes that have high impact for people and communities.

We are trying something different with the format of this year's annual review – taking a more visual approach. We focus on the important points of each story and add beautiful imagery. Some articles have a link to video content.

We hope you enjoy this year's annual review as much as we enjoyed making it.

Ngā manaakitanga,

Fiona Trevelyan
CEO, Tumuaki Rangatira

Nā Te Tumu Whakarae | Message From The Chair



At Odyssey, it is a genuine privilege to walk alongside people.

Throughout our services, we get to support people face their challenges, forge a new path, or navigate difficulties. Transformation comes from embracing new possibilities and a different future.

When there is difficulty, we encourage. When there are hurdles or they stall on their journey, we support people to start again. We hold the hope, signposting a different way towards recovery and wellness.

It's an intimate journey in many respects. It can be extremely tough.

It requires not only clinical insight, but also strong cultural insight. It behoves us to be responsibly self-critical. We need to be constantly aware of our capability to improve our expertise, to bring in the cultural competence necessary to ensure everyone receives care which is familiar to them.

We've got to read the signs of the times. The funding environment is competitive, and we need to be smart in that space.

At all times, we need to have the highest integrity in our intention and our delivery to make this the place to give people their most significant chance of wellness.

Above all, we put the people at the heart of what we do. It's how well we can serve the person and provide them with an opportunity to change the direction of travel.

A handwritten signature in black ink, appearing to read 'Pat Snedden'.

Pat Snedden
Chair



Tā Mātou Mahi | What We Do

Odyssey has supported thousands of people in Aotearoa for over 40 years. We are most well-known for our tailored focus of supporting people with substance use, mental health, and behavioural health concerns. We are based in Te Tai Tokerau, Tāmaki Makaurau, and Waikato. We work with individuals and whānau in community, school, residential, custodial, and other settings. Our mahi is effective and evidence based. We aim to support recovery, harm reduction, and holistic wellbeing.

The graphic below shows the intersection and breadth of our services.



Te Tuwheratanga o Waiora | Opening Waiora

*Ko Ōtihi te auriponga o ngā wai,
Ka komitimiti kia pākaru ai he waiora.*

*Odyssey is the place where the waters eddy and intermingle,
From which bursts forth wellbeing.*

On 6 May Odyssey's new therapeutic centre was blessed and officially opened during a dawn ceremony. Ngāti Whātua Ōrākei led the proceedings and gifted the new building the name 'Waiora' – wai that expresses wellbeing. The wider Odyssey site was gifted the name 'Te Auripo', which acknowledges the swirling eddies of the nearby awa (Te Auaunga – Oakley Creek). Within the awa there are moments of stillness, away from the flow and churn of the surrounding waters, yet the wai stays connected to the greater whole. This is mirrored in the journey of tāngata whai ora, as they navigate challenges: the whirlpools and eddies. Waiora is where the transition to wellbeing takes place.

A new pou, carved by Wikuki Kingi, was also revealed during the ceremony. It is named 'Rewarewa'.

The land where Waiora sits used to be the location of a girls' home. When Odyssey purchased the land, it contained an outdated building with an unpleasant and punitive history. Here was the opportunity

for something new. In 2017 we began talking with tāngata whai ora and kaimahi about the need for a purposeful therapeutic space. Guided by their ideas and feedback, we worked with architects to create a building concept.

The vision was that tāngata whai ora could have a dedicated place for therapy, separate from their living areas. It would be a welcoming place for whānau and community activity. The building was to include counselling and group rooms, green areas for living plants, a sensory modulation room, rooms for creative activity, and ample space to welcome people. Creating something new on this site was a way to honour people who had experienced abuse in state care and extend the possibility for healing.



Do you prefer video content? We've made a video to complement this article. Scan the QR code or [click the link](#) to watch it.





We applied for resource consent at the end of 2018, and after a few years of looking for funding, we received monies from the Proceeds of Crime Fund in 2022. After Ngāti Whātua Ōrākei cleansed and blessed the land, we began building.

The building process lasted from 2022 until the opening in May 2024. Imagery and room naming inside the building reflects Odyssey's

pillars – whakawhirinaki (trust), pono (honesty), haepapa (responsibility), matapōpore (concern), and aroha (love), – and the pepeha that was gifted by Ngāti Whātua Ōrākei.

Waiora has become an asset to our work at Odyssey, allowing more areas for tāngata whai ora, whānau, and community, and supporting our wide range of mahi.



“Waiora provides tāngata whai ora with a space they can feel proud of, but it also represents their worth – that people value them and people want to invest in them.”

Dan Pegado – Operations Manager, Adult Services

Kua Rima Tau Te Kaupapa Māra Kai | Celebrating Five Years of the Kai Garden Training Programme

In 2024, our Kai Garden Training Programme in Tāmaki Makaurau celebrates its 5th birthday. Kai Garden Coordinator Liz Willis shares more about the training programme.

Why did the Kai Garden Training Programme start?

The programme started in 2019 to give tāngata whai ora the opportunity to gain horticulture and other skills while working in the Kai Garden – a living classroom – on the Te Auripo site in Avondale.

Who can join the training?

Tāngata whai ora in Tāmaki Makaurau at Adult, Family Centre, and Te Wairau Royal Oak services.

Participants can join the formal training and opt for five to 10-week training sessions. In 2024 the 50th trainee joined our formal training programme.

Weekly group sessions are also run at Adult Services and the Family Centre. More than 120 tāngata whai ora take part in group sessions over a year.

What need does the training programme fulfil and what are the therapeutic outcomes?

It offers tāngata whai ora opportunities to enhance their recovery capital (personal, social, and community capital) through connection with nature and providing positive learning experiences.

Tāngata whai ora develop:

- Enhanced wellbeing through time in nature and social connections through gardening.
- Skills in growing and harvesting kai using regenerative non-spray techniques.
- Increased confidence through setting and achieving goals.
- Work readiness skills and a reference for their CV.
- Confidence to apply for work/training opportunities.

The training programme also supports tāngata whai ora to build greater connections with cultural and whānau traditions.





What relationships have developed from this initiative?

We have always had amazing support from Odyssey kaimahi in the service teams.

We're grateful for funding from Foundation North, and in the past Kai Whau, and for the support of Kelmarna Community Farm and EcoMatters. It's also exciting to be building a relationship with Pourewa, Ngāti Whātua Orākei's māra kai and native nursery.

What is the most rewarding or significant aspect of the training programme?

Absolutely the reaction of tāngata whai ora. Growing is a superpower that supports self-sufficiency and wellbeing. For some it sparks childhood memories. For others it's a new experience. To hear a trainee say they gained both kai growing and 'life' learnings to aid their recovery is fantastic.



Pitopito Kōrero | Information Snapshot

Data and information support us to make change. Here's a sample of impactful data from across our services. Data is drawn from the previous financial year (1 July 2023 to 30 June 2024).

The information here will give an insight into the impact of Odyssey's services: on tāngata whai ora, their whānau, friends, and community, and the wider benefit to Aotearoa.



Who we worked with

Last year we worked with 3,580 tāngata whai ora.

The graph below shows the ethnic demographics of the people we worked with in that time:

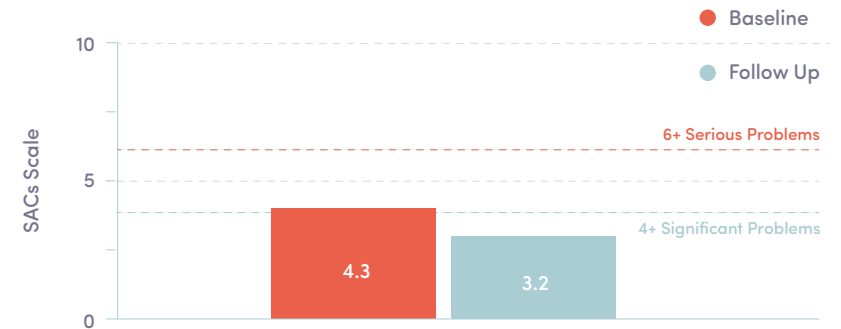
From this total, we worked with 1,449 rangatahi across our youth services. Youth services include Stand Up!, Youth INtact, E Ara E, Youth Community and Residential, Youth Justice and Te Puawai Aroha.



Peer support training

We champion peer support training through our Taupae Wheako service. In the annual review period, Odyssey delivered trainings for 118 participants over seven different cohorts throughout the country. People in peer support roles bring lived experience to get alongside others to empower and inspire change.

SACs Total



Tools to measure success

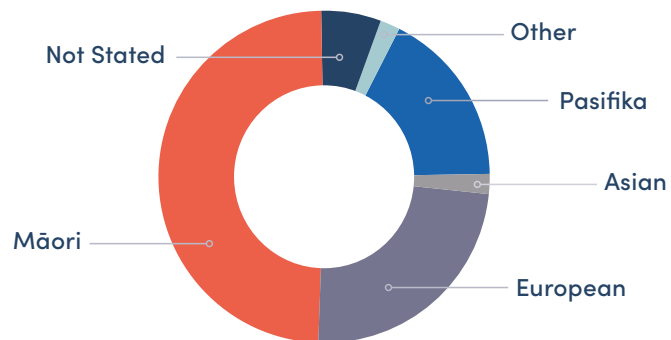
We value data and use it to ensure our services are useful for people. Data and measurement tools help us properly understand the people we serve, improving our mahi, and creating and delivering lifechanging services.

SACS

SACS stands for 'Substance and Choices Scale'. It is a clinical tool for our youth services to learn if rangatahi could be at risk of alcohol and drug problems. The framework also guides how we work with people.

The graph above shows that from the baseline assessment to the follow-up, the 285 people interviewed saw their problems decreasing below a 'significant' level.

Tāngata whai ora ethnic demographics



71% of tāngata whai ora coming into our service reported **alcohol use** within the past 28 days. **This number dropped to 32% following residential treatment.**



49% of tāngata whai ora coming into our service reported **cannabis use** within the past 28 days. **This number dropped to 14% following residential treatment.**



57% of tāngata whai ora coming into our service reported **amphetamine use** within the past 28 days. **This number dropped to 11% following residential treatment.**

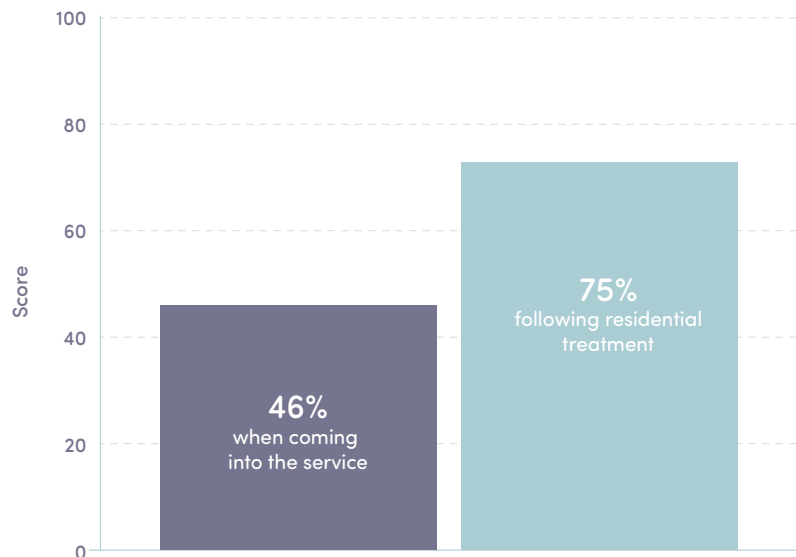
ADOM

The Alcohol and Drug Outcome Measure (ADOM) is a measure for community-based outpatient adult addiction services.

Our ADOM data shows a notable drop in substance use for tāngata whai ora in our services.

See the bottom of page 16 for more information. ADOM data also shows an increase in engagement in vocational and caregiving activities (see below).

Tāngata whai ora engagement in vocational and caregiving activities:



Activities include volunteering, study, work, or caregiving within the past 28 days of taking the measure.

Hua Oranga

Hua Oranga is a health outcome measure. It focusses on Māori wellbeing and looks at wellbeing through four aspects: hinengaro (mental wellness), tinana (physical wellness), wairua (spiritual wellness), and whānau (collective wellness).

Odyssey uses Hua Oranga in its Corrections settings. It is used in our Intensive Treatment

Programme (ITP) Te Ngahere. It will also be used in our new Serco service in the [Auckland South Drug Treatment Programme](#)

The graph shows that from the baseline assessment to the final assessment, on average all areas of wellness increase for the person completing Hua Oranga.

Overall Hua Oranga Scale



Tūturu

Tūturu helps schools and health services better support student learning and wellbeing. Tūturu helps rangatahi and the wider school community in Aotearoa explore complex issues. This is achieved by combining the expertise of the education and health sectors.

New Zealand Drug Foundation holds the main contract for Tūturu, with Odyssey delivering the service as a subcontractor alongside other service providers.

Senior Tūturu Lead, Corey Tau says the service is about 'modernising approaches to student health and wellbeing in the education space'. An important part of the mahi is working with the capabilities of schools to empower change.

Tūturu Facilitator – Pacific Focus, Dallas Tagaloasa, says that Tūturu approaches things holistically and has 'massive' scope for supporting learning environments and student wellbeing.

The social issues and environment within schools are ever changing. To reflect this, Tūturu can share tools, resources, and professional development for staff as much or as little as the school wants.

At times, training focusses on courageous conversations – teachers supporting rangatahi to

have conversations about drugs, alcohol, and general wellbeing. This enables connection, where students can have a say, make informed decisions, and move towards their desired future.

Odyssey's Tūturu offering also has a strong cultural component. Corey says a de-colonising approach is integral to the work. To him this means working and connecting in ways that are culturally familiar and in sync with the student demographic.

Due to demand, the team has grown in the last year as work has progressed in schools. Corey brings a tangata whenua perspective, and Dallas adds a Pasifika voice. The aim is to be inclusive to the needs and demographic of the schools the Odyssey Tūturu team works within.



Do you prefer video content? We've made a video to complement this article. Scan the QR code or [click the link](#) to watch it.



Tūturu kaimahi, Dallas Tagaloasa and Corey Tau

"Tūturu offers a modern approach to student wellbeing"

Ngā Ratonga Hou | Our New Services

Ngā Pou Tohutohu | Auckland South Drug Treatment Programme with Serco

Odyssey has opened a new service within Auckland South Corrections Facility called the Auckland South Drug Treatment Programme. Operations manager, Rob Raven tells us about the new service.

What service is being provided and how will it help people?

We are running a 6- to-12-month alcohol and other drug programme within the prison. It is grounded in a new model of care developed by Pam Armstrong (Ngāti Wai, Ngāti Whātua, Ngāpuhi). Pam, who sadly passed away this year, was a widely respected addiction practitioner and leader. She dedicated her life to improving Māori health and reducing inequities. Her model is called Ngā Pou Tohutohu, which is an advanced bicultural approach to delivering treatment. The name means 'the signposts of change'.

We have initiated and are running a Therapeutic Community within a 60-bed unit, with our neighbours being Pasifika and Māori-focussed units.

We are using Hua Oranga, a Māori health outcomes measure. We have used Hua Oranga as an outcomes measure in Te Ngahere, our Intensive Treatment Programmes in prison. To learn more about the impact of using Hua Oranga see the [Information Snapshot section](#), on page 18.

What is significant or different about this service?

The Ngā Pou Tohutohu model focusses on oranga – people's wellbeing – within the context of substance use.

This mahi has been developed in partnership with Serco. There is already a very strong collaboration in place.

Our practitioners have experience running groups in Auckland South Corrections Facility. However, this is the first time we have implemented a full treatment service.

What possibilities does it create or what are you most excited about?

The partnership with and involvement from Serco staff in the programme sets us up for a strong Therapeutic Community. We have the possibility of conducting research on the effectiveness of the programme and demonstrating evidence of improvement in peoples' wellbeing through a focus on outcomes.



Morgan Roberts (Operations Manager – Serco), Francois Meyer (Assistant Prison Director – Serco), and Odyssey kaimahi Jenny Boyle (General Manager), Rob Raven (Operations Manager – Specialist Services), Christine Lane (Clinical Manager), and Peter Sciascia (Pou Matua)

“The Ngā Pou Tohutohu model focusses on oranga – people's wellbeing – within the context of substance use.”

Rob Raven – Operations Manager,
Specialist Services

Continuing Care – SACAT

Odyssey is pleased to pilot a new community-based continuing care service. The service is delivered in partnership with Community Alcohol and Drug Services (CADS) for tāngata whai ora on the SACAT Act pathway, and their whānau.

SACAT stands for [Substance Addiction \(Compulsory Assessment and Treatment\) Act](#). According to the Act, it is for 'people with a severe substance addiction and severely impaired capacity to make decisions about engaging in treatment for that addiction'.

Odyssey has a specialised team dedicated to supporting people in this situation. The team includes a clinical manager, advanced practitioners, peer support specialists, and a whānau navigator who are based at our Te Tāwharau hub in New Lynn. The team is multi-disciplinary, culturally diverse, and well connected with a variety of health and social services.

The service offers holistic wrap-around support for tāngata whai ora and their whānau referred by CADS, for up to two years. As a mobile offering, it covers the entire Auckland region from Wellsford in the north to Port Waikato in the south.

The team can access a flexifund to remove any potential barriers to improving wellbeing and quality of life. The model of care ensures the team is adequately resourced to provide agile, creative, and responsive support.

The service commenced on 1 July, 2024 and operates Monday to Friday, 10am–6pm. There is some flexibility to the schedule to suit the often-dynamic needs of tāngata whai ora and whānau.

Operations Manager, Supriya Maharaj, says the shared care partnership with CADS has been meaningful as the two services explore the parameters and possibilities for the pilot. She says it is clear there is 'genuine high regard for each of our teams' which has been crucial for the successful implementation phase.

We have seen participants...

- increase motivation to work towards and maintain harm minimisation and/or abstinence from substances
- build pro-social connections in the community
- regularly engage
- increase self-efficacy around managing co-existing mental and physical health disorders

Participant and whānau feedback:

“...With you guys on board this is my best chance at recovery. I think I can do it because of you”

- tāngata whai ora

“This is the most positive space I can be in. I would probably be dead if it wasn't for the team. You guys are saving a life”

- tāngata whai ora

“Happy with the progress [whānau member] is making and happy with the milestones she is achieving”

- whānau of participant

“[whānau member] is always in a positive spirit and mindset following visit from the team”

- whānau of participant

“Grateful for the space to vent and support – whatever that looks like”

- whānau of participant



Kia Ora Ake

Odyssey is pleased to be involved in the Counties Manukau Kia Ora Ake consortium alongside a range of other service providers.

Kia Ora Ake is a locally co-designed tamariki hinengaro (mental and emotional wellbeing) approach for Te Whatu Ora Counties Manukau. It is part of the national Mana Ake programme. Mana Ake is school-based and provides support to primary and intermediate school aged tamariki, their whānau, and schools.

When fully established, the team will include a wellbeing practitioner and three kaimaanaki (support workers). While not yet at full quota, the existing team has already been meeting with schools and is excited to be delivering Kia Ora Ake at Odyssey.



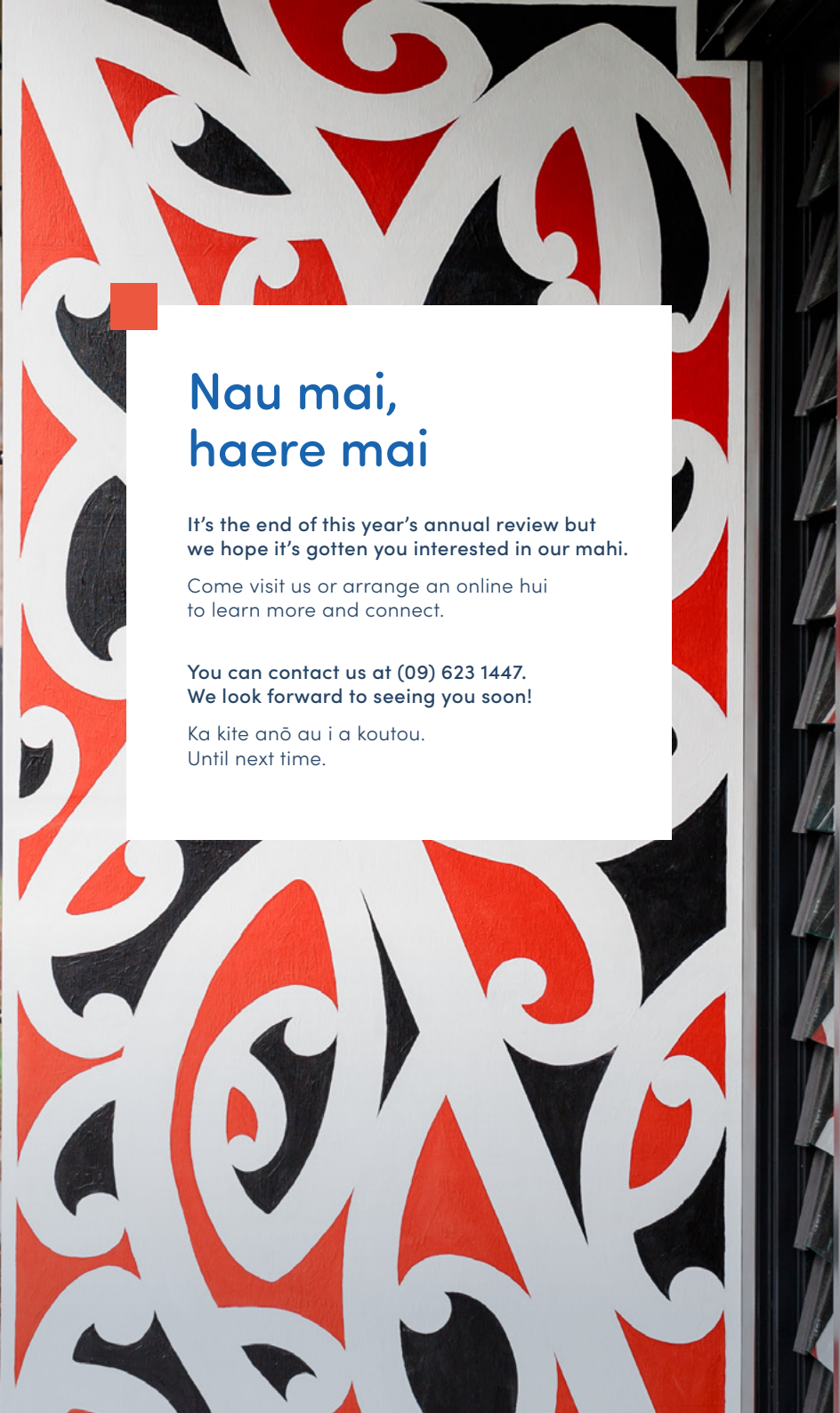
Nau mai, haere mai

It's the end of this year's annual review but we hope it's gotten you interested in our mahi.

Come visit us or arrange an online hui to learn more and connect.

You can contact us at (09) 623 1447.
We look forward to seeing you soon!

Ka kite anō au i a koutou.
Until next time.





ODYSSEY

www.odyssey.org.nz