Odyssey House Circuit Breaker Program – North East Victoria
• Original owners of the land were the Pangerang people
• Benalla Rural City scores 957.2 on the SEIFA index of disadvantage
• Low income, high unemployment, low educational attainment, high levels of unskilled labour
• Region struggling with drought, flood and fire
• Circuit Breaker is located 18 km from Benalla, North East Victoria. 200km north of Melbourne
Circuit Breaker – Main House
Circuit Breaker Office and Cottage
Demographics

- Average age of residents is 35 years, average age of Indigenous residents is 28 years
- Residents characterised by clinical levels of dysfunction and distress, social maladjustment and depression
- Less than 1% of residents were employed
- 65% + of residents present with mental health disorders
- 5% of clients have severe mental health problems
- 41% of women in the program have children in the care of another person or organisation
- 60% of the resident population graduate from the program
Referring Organisations

- Hume Region: 58%
- Metro: 22%
- Country Victoria: 17%
- Interstate: 3%
Indigenous Residents

- Aboriginal Australians make up 1.3% of the rural Victorian population
- 16% of our residents identify as Aboriginal or Torres Strait Islander
- 62% of Aboriginal or Torres Strait Islander residents complete the program, a higher rate than non-Aboriginal
- 71% of Aboriginal or Torres Strait Islander men complete the program
• **Humility** – Not embarrassed to admit knowledge was limited

• **Authenticity** – Genuinely interested

• **Pride** – If you are not proud of your own country, people and land. Then how can you know what it is for another to feel the same?

• **Development** – Not just a flag and a plaque
Staff Engagement Survey May 2013

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<tr>
<th>Category</th>
<th>Circuit Breaker</th>
<th>Industry Benchmark</th>
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<td>Mission and Values</td>
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<td>Teamwork</td>
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Psychological measures of distress for graduates of Circuit Breaker fall within the expected normal range, suggesting that ex-residents could not be distinguished from the general population in terms of somatic distress, immediate social functioning, anxiety and depression.
Residents

- 83% were satisfied or better with group therapy helping change their attitude and behaviour towards drugs and alcohol
- 80% were satisfied or better with group therapy in helping them cope with stressful situations
- 47% reduced concerns relating to their offending while 31% ceased entirely
- 22% reduced concerns about committing property crime while 69% ceased entirely
- 34% reported reducing their drug consumption since leaving the program, while 44% ceased entirely
- 34% reported reducing their alcohol consumption since leaving the program, while 49% abstained entirely
• 61% observed good or better improvement in their loved one’s communication skills

• 65% observed good or better improvements in the quality of the relationship with their loved one

• 63% observed good or better improvements in their loved one’s attitude and behaviour towards drugs and alcohol use

• 65% observed good or better reductions in the likelihood of their loved one committing a crime

• 23% observed good or better reductions in their loved one’s drug consumption; 49% reported their loved one’s had abstained from drugs entirely
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