

**ODYSSEY
HOUSE**



*'A Calm in
the Sea of
Addiction'*



Mingu Yabun Group



Spiritual Speaking
and Sharing



“ACKNOWLEDGEMENT TO COUNTRY”



- **I WOULD LIKE TO ACKNOWLEDGE THE TRADITIONAL CUSTODIANS OF THE LAND**
- **ALL ELDERS PAST, PRESENT AND FUTURE**
- **ALL OTHER ABORIGINAL PEOPLE NOW LIVING ON THE LAND**
- **ALSO I ACKNOWLEDGE ALL NON INDIGENOUS PEOPLE HERE TODAY**



THANK YOU



HISTORY & INTRODUCTION



- Aboriginal Clients & Residents of Odyssey House found it difficult to remain in treatment due to many reasons.
- The common reasons for not completing treatment was a longing for family and country.
- In **1997** a group of Aboriginal residents met with our **CEO James Pitts** and staff to discussed their issues.
- Aboriginal clients make up approximately 11 per cent of residents in the Odyssey House program.
- There was a decisive need to assist Aboriginal residents to remain in treatment, so the first informal Aboriginal groups began.



🖐️ HISTORY & INTRODUCTION 🖐️



In 2004 Mingu Yabun Group is Born.

- (Residents)



In 2008 The Aboriginal Advisory Collective Group is Born.

- (Aboriginal Staff)



All Aboriginal staff have diplomas in *Aboriginal Dual Diagnosis & - SEWB (Social Emotional Wellbeing)*



2009 - Achievements

**Odyssey House has two MOU's
(Memorandum Of Understanding)**

- One with *THARAWAL AMS***
- One with *ILLAWARRA AMS***



AACG ABORIGINAL ADVISORY COLLECTIVE GROUP



- **Aboriginal Staff cover shifts 7 days a week so there is always someone for Aboriginal residents to connect to.**
(Week days - Week-ends - Afternoons - Evenings)

STAFF

- 1 X Staff - Cultural Coordinator
- 1 X Staff @ Detox (Withdrawal Unit)
 - *Single men and women*
- 1 X Staff @ Eagle vale Main Facility
 - (Residential program)
 - *Single men and women*
 - + *Parents and children's program is on the same facility*
- 1 X Staff @ ARC (Assessment & Referral Centre)
 - Ingleburn - *Men's Residential Program*
- *Upon completion of program, Assistance is given with an effective Aftercare Program.*



🖐️ **Odyssey House Is situated in** 🖐️
Tharawal Country of the D'harawal People



- ❖ *Odyssey House has Aboriginal residents from all different Aboriginal countries residing in the T.C. (Therapeutic Community)*
- ❖ *Mingu Yabun Group Respects and adheres to the Traditional Customs, Truths / Laws and Protocols of the D'harawal People.*
- ❖ *Aboriginal staff appreciates the diversity within our Culture, thus Respecting and Embracing all Aboriginal People.*

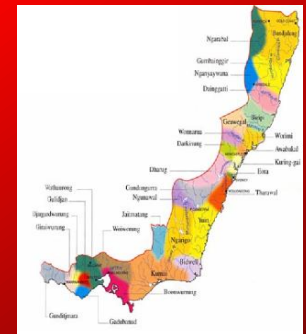




- ❖ *As Odyssey House has its structure and processes*
- ❖ *Aboriginality has its structure and processes also*
 - *This will differ from Tribe to Tribe, Mob to Mob, Country to Country.*
- ❖ *All have their different*
 - *Mores (moral attitudes)*
 - *Norms (pattern regarded as typical),*
 - *Nuances (slight degree of difference, as in meaning, feeling, or tone) mode of living.*



Tharawal Country of the D'harawal People





The Mingu Yabun Group



The group (which ranges from 5 - 15 residents) meets fortnightly at the **Tharawal Aboriginal Medical service** and have access to full Aboriginal Health Assessment and other medical services.

They have opportunity to Yarn, discuss cultural issues as well as their progress in recovery, relationship and family issues, how to deal with any difficulties they may be having in the program, and strategies for rebuilding their lives in the community.



Historically Our People are Story Tellers.

Narrative Therapy plays a significant role in our group as it is about your life story and mode of living, acknowledgement of the importance of context interaction and social construction of meaning.





Art and Craft



- Art and craft is an important part of our group as our people are hands on, and this is a safe means to express their feelings and emotions.

Joint effort by Tharawal AMS / Mingu Yabun Group / Odyssey House Staff

*** Mural was Launched in 2010 @ Campbelltown Hospital**



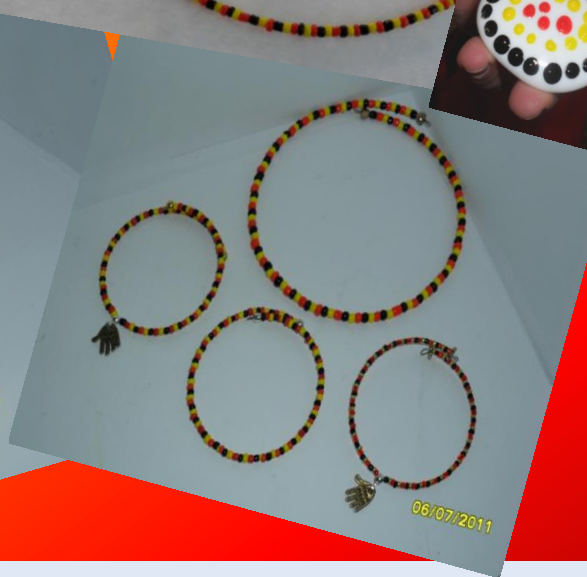
Art and Craft

Group members learn and practice writing dreamtime, traditional, spiritual art symbols then they write their own Life / Totem Story using the symbols on canvas, wood, bark, rock, Clay etc



The oldest distant Communication Tool in Australia







DREAMTIME



Mingu Yabun Group has a strong FOCUS on Dreamtime Stories which talk about Creation, law, behaviour, family relationships, and relationship to the land etc.



Mingu Yabun group members learn that the Dreamtime stories are timeless and still just as relevant in our lives today as they were in the time of our Ancestors.

Group members grow Strong through Dreamtime Stories which still have a profound positive effect on their progress in recovery & Life.





DREAMTIME



The Mingu Yabun Group reads Dreamtime Stories from all Aboriginal people and Countries, Each story has a special meaning / message for the country it originates from.

Group members learn the basic retelling and interpreting of Dreamtime Stories.

- * They learn the significance / meaning within the story**
- * They Explore what the story mean to them personally**
- * How that meaning impacts in their life today**
- * How that helps them in their journey of recovery**



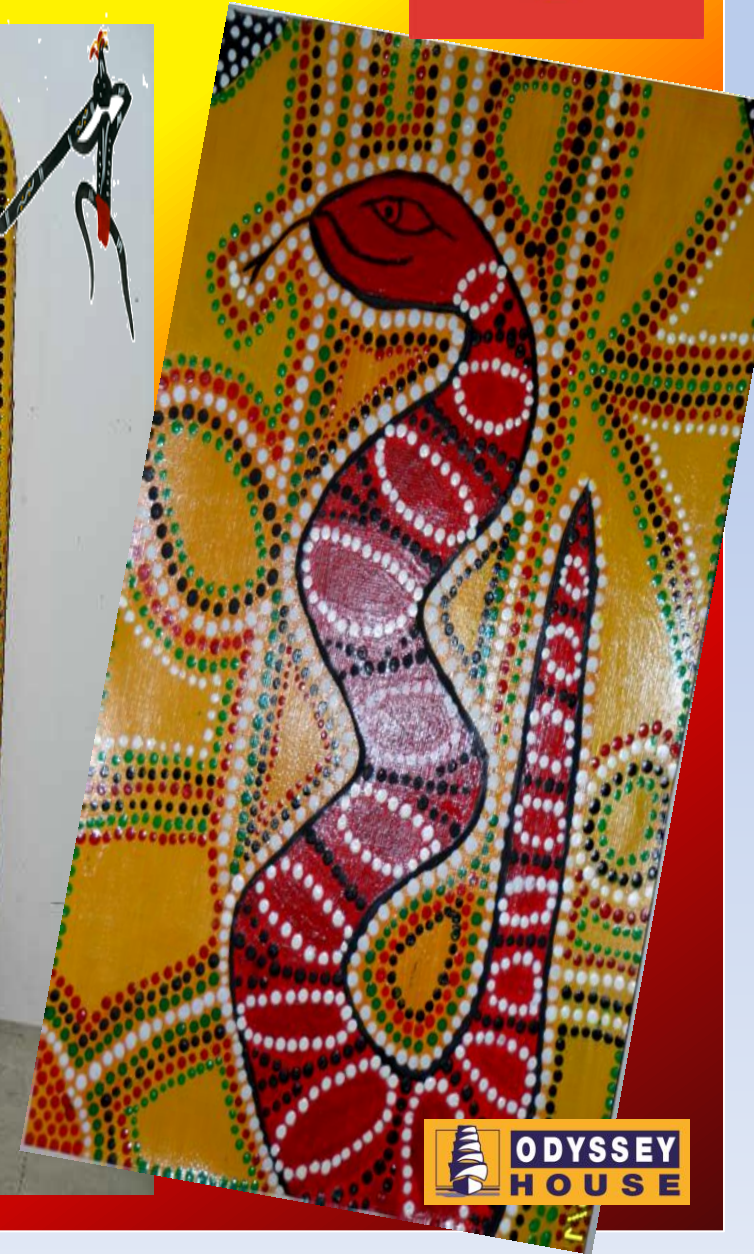


Odyssey House Residents Story





Odyssey House Resident's Story





DREAMTIME



As Mingu Yabun Group members learn, work and grow through the Dreamtime stories they grow strong and gain a better understanding and clearer insight into their own life journey.

Group members learn to write their own stories through self expression in art, symbols, and craft, this has an endless positive effect on their healing and life journey in recovery.





Mingu Yabun Group - *Clients are also connecting to and learning about our relationship to the land, how our Ancestors lived and survived, Bush Tucker and Bush Medicine, Tools and Weapons.*







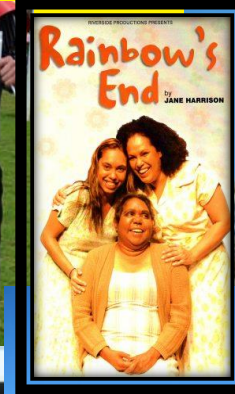
Mingu Yabun Group - Bush walk through
D'harawal National Park, Visiting sites - Swamps, natural
swimming holes, waterfalls, breathtaking landscapes,
Aboriginal rock art, animal and plant life,





The Mingu Yabun Group participate in many cultural events.

- Close the GAP - NAIDOC week with Tharawal AMS - Flag raising ceremony - Street marches - sorry day – Aboriginal plays – etc.



The Mingu Yabun Group Connecting with Tharawal AMS

- Odyssey House Staff join Tharawal AMS Staff in Cultural Training.



Karen & Harry



Uncle Tommy & Uncle Ivan



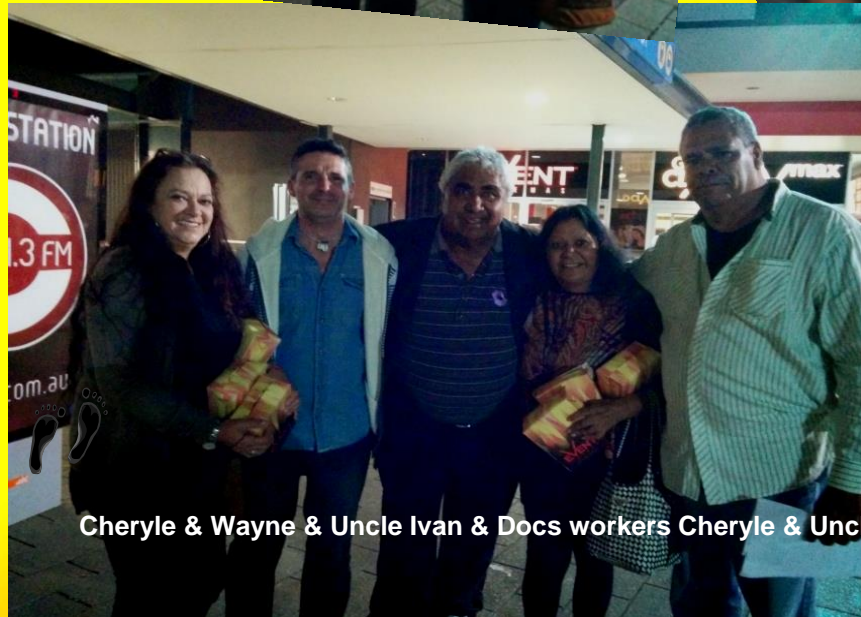
Leonie & Debi



Odyssey House Residents Connecting to Elders @ NAIDOC Cheryle & Wayne with 2013, 14. Elders of the year (Uncle Stan & Aunty Mooie) at the UTOPIA Show



Cheryle & Wayne & Uncle Larry



Cheryle & Wayne & Uncle Ivan & Docs workers Cheryle & Uncle Phil





Mingu Yabun Group



Uncle Ivan



The Local Elders teaching and empowering residents with information about their culture, heritage and language allows them to better deal with the reasons they resorted to drug misuse and helps them remain in the program and reap the benefits of recovery.

**LOCAL ABORIGINAL ELDERS ARE ALSO
SOMETIMES INVOLVED AS MENTORS;**

This may be particularly appropriate where

- * There is multigenerational drug misuse**
- * When there is violence in the client's family and direct connection with family members may not be advisable at the time.**



Smoking Ceremony



Smoking ceremonies were performed by people in traditional times as a way of spiritually cleansing of people when entering unknown country.

Smoking a house or deceased person's belongings is also performed today to help the deceased person's spirit enter the afterlife.

Also, during a wedding, a smoking ceremony was performed to create a lifelong bond between the couple.

Unlike a wedding ring which can be lost or destroyed, the smoke passing over the couple from special barks and leaves may disappear to the eye, but forms a spiritual bond which is said to last forever

Today the Smoking Ceremonies are still practised for the same spiritual reasons. However, today non-Aboriginal people may also take part in these special events to ensure the safety and health of the person while in a particular Aboriginal country, as a cleansing ritual.





Mingu Yabun Group



Aboriginal People still have Healing through a Smoking Ceremony today, it's about looking after ourselves and connecting back to Culture & Community.





SMOKING CEREMONY

Mingu Yabun Residents Receiving Healing

Smoking Ceremony was performed by
Uncle Ivan Wellington .

Acknowledged and Supported by
Darryl Wright CEO of Tharawal AMS





Odyssey House is currently one of only a few rehabilitation providers to offer services tailored to Aboriginal clients.



Mingu Yabun has become an integral part of the Odyssey House program and continues to be one of the highest rating groups.

