



ODYSSEY HOUSE
VICTORIA

VOLUNTEER MENTORS

Odyssey House Victoria's adult residential rehabilitation program provides live-in treatment for those with alcohol and other drug problems. Operating as a Therapeutic Community (TC), residents participate in a range of activities aiming to increase emotional regulation, promote supportive connections and learn and practice positive life skills.

Our Lower Plenty Facility offers a special program to our Aboriginal and Torres Strait Islander Residents - Baladu Ngarrgu. This weekly program provides opportunity for people to connect to culture, community, arts, craft and services.

To support our residents who are reintegrating back into the community, we are offering a Mentoring Program.

Social connection is vital for ongoing recovery and we are seeking empathetic and committed role models, 25 – 65 years of age, who have skills, knowledge, and a positive attitude towards supporting our Aboriginal and Torres Strait Islander residents during this transitory phase. This stage of the program is often accompanied with increased risk of relapse and stress as they move away from the safety of the structure provided in a residential rehabilitation service to independent living, decision-making, communication and contact with the broader community.

The Mentors role includes:

- 1 Participation in training (4 hours)
- 2 Participation in monthly catch ups with Mentee (2-4 hours monthly)
- 3 Weekly phone check ins with Mentee (4 hours monthly)
- 4 Minimum 1-year commitment

Ongoing support will be provided from the Mentor Coordinator through individual check ins and Group Meetings. You do not need to have worked or volunteered in the Alcohol and Other Drugs sector.

If you are interested in becoming a Mentor or want to find out more information you can visit <https://odyssey.org.au/work-with-us/mentoring-program/> for more information and access to the application form. You can also call Eliza, Mentoring Program Coordinator at mentoring@odyssey.org.au or 0400 324 310.

The recruitment process involves completing an application form, followed by an interview over zoom to determine if you are suitable for the role. You will then receive paperwork inclusive of a Working with Children Check and Police Check. Comprehensive training will also be provided. This process is thorough to ensure the safety of all involved.

[WEB LINK](#)