

# Windana Adult Residential Withdrawal

Hi, and welcome from Windana. In this leaflet we'll tell you about our program in St Kilda and how it can help you on your journey.

## What is Adult Residential Withdrawal?

Our program offers a safe, comfortable place for you to stay while withdrawing from alcohol and other drugs.

We're inside a large, historic house in St Kilda right next door to Windana's Community Clinic, where some of our activities are run. You can see more photos of our house and garden on our website.

The program we offer is holistic, evidence-based and tailored to your unique situation.



## Who works there?

Our caring team in St Kilda include nurses, AOD Clinicians and other practitioners.

Each staff member brings a personal touch to make you feel at home during your stay.



## What happens in the program?

People usually stay with us for seven to ten days. During that time we'll provide:

- A safe, supportive, homelike space to withdraw
- Time to rest and adjust before taking part in activities
- Support from our nurse and doctor
- A session with our naturopath who prescribes herbal and nutritional supplements
- Sessions with your Case Worker for support and treatment planning
- Group sessions in Art Therapy, healthy eating and meditation
- Education groups in Harm Reduction, Relapse Prevention and Stress Management
- Other natural therapies and healing activities - such as acupuncture (an ancient practice), osteopathy (looking after your muscles and bones) and yoga
- Light daily exercise and recreation.

The program is varied - because we're all different and will benefit from different things.

Staff will treat you as a whole person - considering medical conditions, mental health challenges and your social situation - to help you understand the role alcohol and drugs play in your life.

Before you leave, we will work with you to set goals for continuing your recovery and help you link in with support services.



## Client message

We asked a client who has completed the program to give insight about coming to Windana.

While their story is as unique as yours, we're sharing this feedback as a reminder that positive change is possible.

"In St Kilda there is a house of love and healing, a therapeutic withdrawal where you can get the support you need from a program designed to set you free. Windana, I wouldn't be here without you.

When I walked through the doors of Windana, I felt my days of addiction were over. I was welcomed, loved and supported. For the first time in my life I felt important. My confidence grew, my health improved thanks to the support of Windana."

## Getting referred

Contact your local Intake and Assessment service or DirectLine (available 24-hours a day, seven days a week) on PH: **1800 888 236** or at [www.directline.org.au](http://www.directline.org.au) to be referred to suitable services in your area.

You can mention that you're interested in Windana's adult residential withdrawal program.

Alternately, GPs and other clinicians can refer directly to: [referrals@windana.org.au](mailto:referrals@windana.org.au).

For more information, you can also call Windana Monday to Friday, between 9:00am and 4:30pm on **03 9529 7955**.

## Is Adult Residential Withdrawal for me?

This is a question you won't have to answer alone. During the referral process, you'll be supported to find the most suitable service for you.

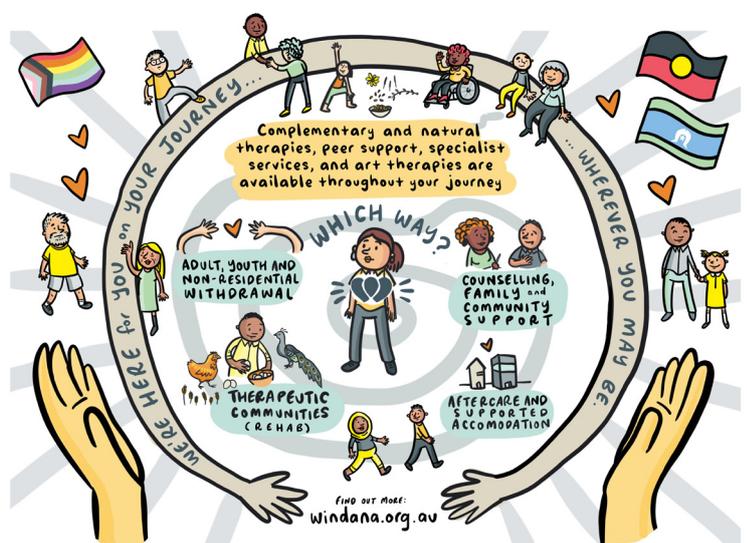
Our residential withdrawal program in St Kilda might be a good fit if you are:

- Over 18 years old
- Able to stay in a shared space, including sleeping in shared rooms
- Able to participate in groups and activities.



[windana.org.au/services/adult-detox-at-windana/](http://windana.org.au/services/adult-detox-at-windana/)

Contact Us  
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This illustration shows an overview of Windana's programs and services.

We're an organisation that helps people recover from alcohol and other drugs. We believe people can rebuild their lives, and have worked with thousands of people since 1984.

Windana acknowledges the Traditional Owners of Australia and we welcome all Aboriginal and Torres Strait Islander people to our service. Windana provides a safe and welcoming environment for everyone.

Photos are of the building and garden, example of food served and paint brushes from an Art Therapy session.