



Detox for Young People

Our 7 to 14 day residential program in Dandenong offers a safe, comfortable place to withdraw from alcohol and other drugs for people aged up to 25.

Our caring team includes clinicians, support workers and other practitioners, committed to making you feel at home and supported during your stay.

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

windana.org.au

 **WINDANA**
Life. Changing.

“I am so glad I chose this withdrawal program. The amount of support you have all given me has been incredible... These two weeks have made me see how much I deserve a better life. I may be scared but that doesn’t make it impossible. Windana taught me that.”

- Youth detox client

What happens in the program?

People generally stay with us for 7 to 14 days.

During your stay, we’ll provide:

- A safe, supportive, homelike space
- Support from our nurse and local doctor
- Time with our staff to help you work towards your goals
- Education groups in harm reduction, relapse prevention and managing high-risk situations
- Exercise opportunities in our purpose-built facilities
- Downtime to relax.

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.

What should I expect?

If you’re coming to stay, we’ll let you know what the next steps are - including what to bring. You can also bring in any items that are important to your culture.

Are mobile phones and social media allowed?

You can have your phone on you without its SIM. You will be allowed to access your SIM cards during specific time frames. You can make two calls a day to safe contacts from day three.

What do I eat?

We prepare nourishing, wholesome food. Typical dinners include zucchini slice, tacos and homemade pizza. You’re encouraged to help us out in the kitchen.

Is smoking allowed?

Yes, smoking is allowed. Vapes, however, are not.

Is youth detox for me?

Before coming to Windana, we'll make sure we are the right service for you.

Windana youth detox may be suitable if you are:

- Up to 25 years old
- Willing to stay in a shared space, including shared rooms
- Willing to participate in groups and activities.

Referrals can be made via email at referrals.wych@windana.org.au or by calling **9767 6777**.



For more information

windana.org.au/services/detox-for-young-people
referrals.wych@windana.org.au | **03 9767 6777**

Alcohol and other drug counselling and referrals are also available 24/7 by calling DirectLine on **1800 888 236** or visiting directline.org.au



We celebrate and respect diversity in all its forms including Aboriginal and Torres Strait Islander identity, sex, gender, sexuality, age, culture, language, disability and lived experience.



This program is supported by the Victorian Government.

