

# Residential Rehabilitation at Windana

From Windana, hello and welcome. In this leaflet we'll tell you about our Therapeutic Communities for alcohol and other drug rehabilitation.

## What is a Therapeutic Community?

The Therapeutic Community is a supportive environment for rehabilitation, where residents drive the recovery of themselves and each other.

A Therapeutic Community gives its residents the space and structure to heal emotionally and learn healthier ways to live.

The environment is designed to intensify the life experiences that help you learn about yourself, build self-esteem, self-respect, and develop a sense of other. It uses a model of rehabilitation called 'community as method'.

At each of our Therapeutic Communities, residents work together to run the community, as it's their home. This peer-driven, holistic approach to recovery focuses on how alcohol and other drug use influences, and is influenced by your relationships, thoughts, feelings and lifestyle.

Residents also attend education, therapy and behavioural change groups.

Staff are there to help keep members of the Therapeutic Community psychologically and physically safe. As residents move through the program's phases, they become leaders and role models too.

"My favourite thing [about my time at Windana] is the amount of self-knowledge I left with and how to live functionally in society. I also came away with a couple of lifelong connections and people I can use as support networks in my life."

**Message from a past Senior Resident**

### Grampians Therapeutic Community



Our smallest Therapeutic Community is located near the centre of Ballarat.

It offers a supportive home for up to 20 residents in a three-month program.

Grampians is unique thanks to its close-knit community of residents and staff.

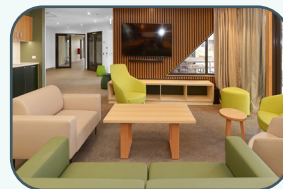


### Barwon Therapeutic Community



Our newest Therapeutic Community is set amongst plenty of fresh air and open space in Corio, Geelong.

It offers a supportive, modern environment for up to 30 residents in a six-month program.



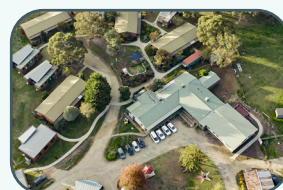
### Maryknoll Therapeutic Community



Our largest Therapeutic Community is on a beautiful 40 acre property southeast of Melbourne.

The program runs for nine months, with space for 77 residents, who first settle in at our Welcome House.

Residents nurture animals and crops in a program that includes diverse activities and supports.



## What's in the program?

- Case management and support services
- Education and therapeutic group sessions (inc. Relapse Prevention, stress management, Non-violent Communication, art, writing)
- Naturopathy and nutrition program
- Exercise and recreation
- Medical and nursing support
- Slow stream pharmacotherapy reduction is available.

You'll move through a number of phases as part of your program. Each builds on the phase before with more responsibility as you progress.

Orientation: Watch, listen, learn and engage

Phase 1: Participate in all aspects of the group

Phase 2: Step up as a role model to peers

Phase 3: Be a leader and prepare for the future

Phase 4: Integration for life after treatment

Aftercare: Move forward with ongoing support

## How do I get referred?

Contact DirectLine on **1800 888 236** (available 24/7), or visit [www.directline.org.au](http://www.directline.org.au). DirectLine will put you in touch with the local Intake and Assessment service that looks after the area you live in.

When you contact your local Intake and Assessment service, they will get to know you better and help identify your individual treatment needs. This is when you will get referred to the actual treatment programs or services. You can tell them that you wish to be referred to Rehabilitation at Windana.

### Contact Us

Windana Drug & Alcohol Recovery Ltd. ABN 68 398 137 238

T. 03 9529 7955

F. 03 9521 3581

E. [feedback@windana.org.au](mailto:feedback@windana.org.au)

W. [www.windana.org.au](http://www.windana.org.au)

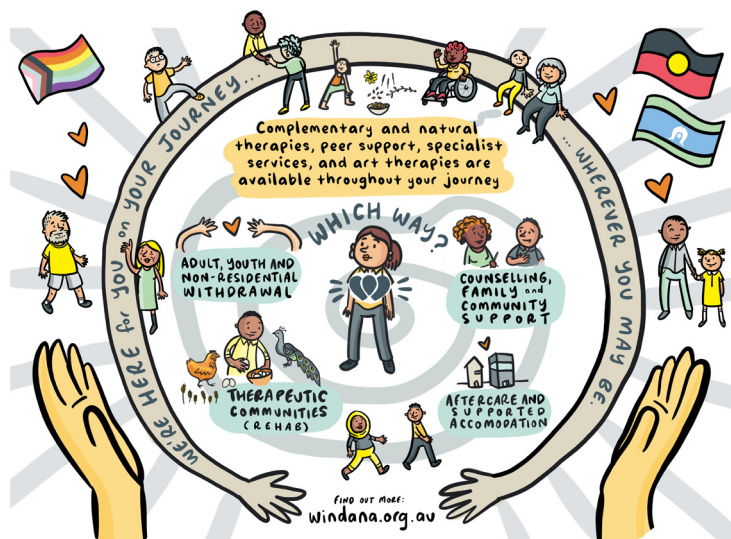
## Fees

At each of our Therapeutic Communities, there is a \$115 Admission Fee to pay when you first arrive.

After that, ongoing fees are 78% of base Centrelink benefit. If paying privately (not through Centrelink), fees will be negotiated before admission.

“My life is healthier, freer. I am much more confident and optimistic facing life and its challenges. I have a better self-image, confidence and self-worth. I am a more positive person and not fearful or resistant to change. Windana has given me the opportunity to feel useful, to practice role modelling, and to share wisdom and insight with others new to recovery.”

**Message from a past Senior Resident on how their recovery journey was supported by their time at Windana.**



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.