

# Barwon Therapeutic Community

Hello from Windana. In this brochure we'll tell you about our residential alcohol and other drug rehabilitation program in Geelong, plus a bit about how a Therapeutic Community supports recovery.

## A space for healing

Barwon Therapeutic Community is Windana's newest community for residential alcohol and other drug rehabilitation.

It's in a quiet pocket of Corio, Wadawurrung Country.

Up to 30 residents live at Barwon together in an environment that is fresh, modern and comfortable.

The grounds offer space to breathe, with gardens and recreational areas wrapping around the buildings. A central sweep of eucalyptus trees gives the setting a peaceful, natural feel.

## What is a Therapeutic Community?

At Windana, residential rehabilitation takes place in our Therapeutic Communities.

The Therapeutic Community is a place where the community itself - through self-help and mutual support - sparks change in its residents' lives. The community gives people the space and structure to heal emotionally, and learn healthier ways to live.

Residents work together to run the Therapeutic Community, as it's their home.

Staff are there to support safety and well-being; physical, emotional, psychological and social.

As residents move through the program, they become leaders and role models too.



## The program

Residents stay for six months. During this time, you will move through phases as part of your program.

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

### Program activities and support:

- Group work (art, nutrition, relapse prevention, harm minimisation and stress management)
- Complementary therapies (naturopathy, mindfulness, exercise and recreation)
- Food as Medicine (health-promoting meals)
- Case management and support services
- Aftercare for when you leave.



## Most common questions

### What is the accommodation like?

Most people will stay in a double room with another resident. Single rooms are available for residents with certain accessibility needs.

### What are the fees?

There is a \$115 non-refundable Admission Fee to pay when you first arrive. After that, you will need to make an ongoing contribution to your program of 78% of your base Centrelink benefit. If paying privately (not through Centrelink), fees will be negotiated before admission.

### Do I need to do a withdrawal program first?

Yes. This can be through Windana or another organisation. You'll also need to tell us about any medication you take.

### Can I smoke?

No. This is a smoke-free community.

For more info, head to [www.windana.org.au](http://www.windana.org.au) and find Barwon Therapeutic Community in our list of services.

## Referral

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 Windana's Barwon Therapeutic Community.

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)

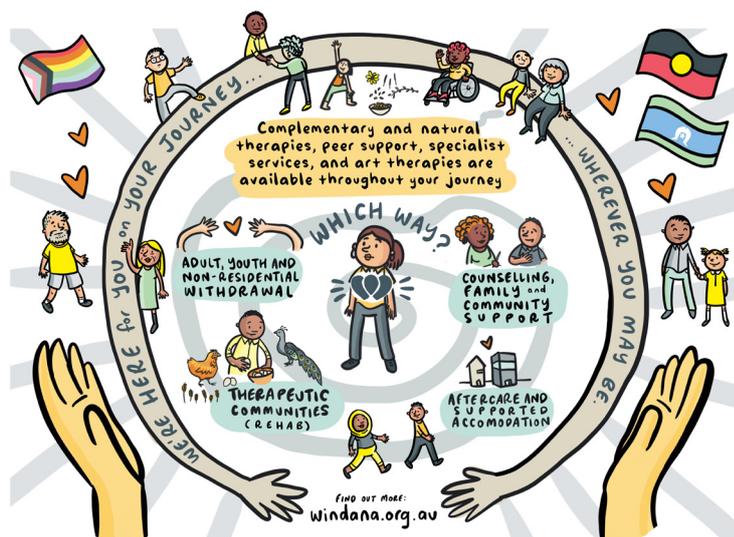
## Resident messages

Here are some words from people who have stayed at Windana's Therapeutic Communities in the past.

"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."

"I utilise the five pillars each day to move forward: love, care and concern, responsibility, trust, honesty.

I'm just grateful to wake up and be alive. To hear the birds and feel the sunshine on me, I really am because that's not how my life was, it was very cloudy and gloomy."



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.