

# Barwon Therapeutic Community

*A new place for residential alcohol and other drug rehabilitation in Geelong.*



**Information for possible future residents,  
their friends, family and supports.**

  
**WINDANA**  
Life. Changing.

Since 1984, Windana has helped thousands of people overcome their alcohol and other drug use to lead healthy, productive and rewarding lives. Our evidence-informed approach and client-centred services help people achieve their full potential.

**Windana is more than a place of drug and alcohol recovery, it's a community. We help people to rebuild their lives.**

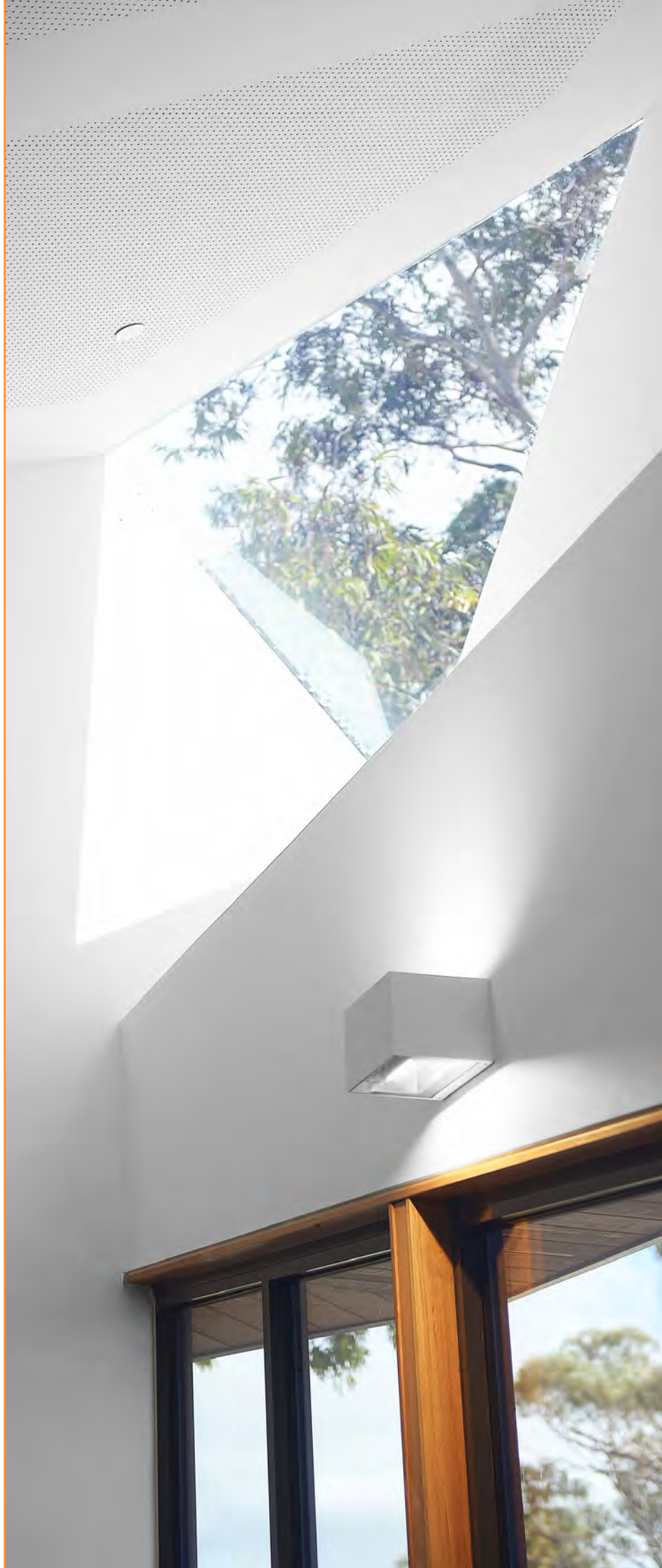
Windana acknowledges the Traditional Custodians of Australia and we welcome all Aboriginal and Torres Strait Islander people to our service. Windana provides a safe and welcoming environment for everyone.



The two hearts in our logo represent you and Windana coming together. The map marker in the middle emphasises that Windana is the place for recovery.

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# Welcome

From Windana's Barwon Therapeutic Community (BTC), hello and welcome.

This booklet will introduce you to our community and the alcohol/other drug residential rehabilitation program that takes place here. It will give you useful information if you've been referred to us, or have not been referred but want to find out who we are and what we do.

BTC is the newest of Windana's three rehabilitation Therapeutic Communities (TCs). Each of our TCs exists to help people recover from alcohol or other drug dependence and move forward in their lives. Windana takes a holistic approach in helping people on their journeys. In addition to BTC, our sites and services include:

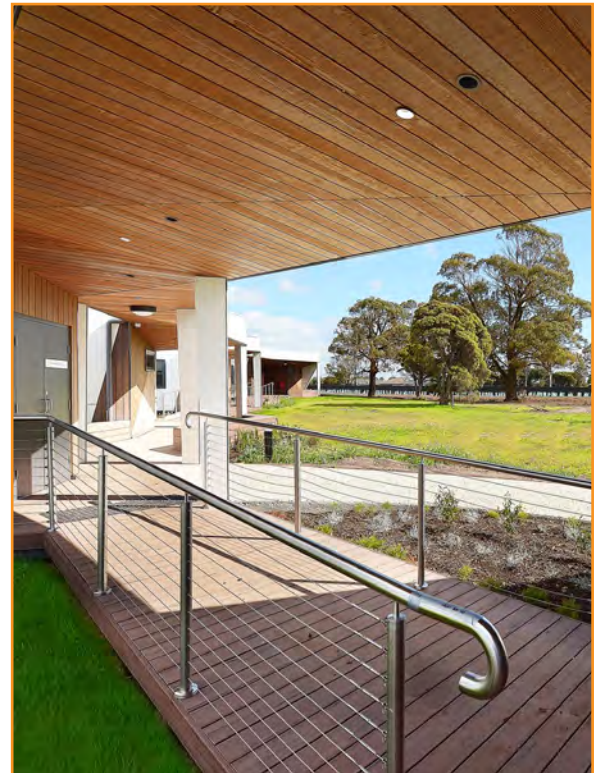
- Grampians Therapeutic Community, Ballarat
- Maryknoll Therapeutic Community, Maryknoll
- Drug Withdrawal House, St Kilda
- Windana Youth Community House, Dandenong
- Family Program & Community Services, St Kilda
- Windana Health & Healing (complementary therapies), St Kilda
- Harm Reduction Support
- Non-Residential Withdrawal Services
- Transitional Housing & Aftercare Program.

BTC has been established as part of the Victorian State Government's investment into regional rehabilitation services that let you access the support you need, close to home. We welcome people from around Victoria.

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## Windana's Mission

Helping people to rebuild their lives.



*“It's a short time spent for a longer life to live.”*

*Resident at a Windana TC*

# A space for healing

BTC is in a quiet pocket of Corio, Wadawurrung Country. It's positioned on the northern fringe of Geelong's suburbs and close to open areas.

- 10km (approx. 15 minute drive from Geelong CBD)
- 66km (approx. one-hour drive from Melbourne CBD).

The 5 acre (approx.) grounds offer space to breathe, with outdoor gardens and recreational areas wrapping around the buildings. A central sweep of eucalyptus trees gives the setting a peaceful, natural feel. All buildings at BTC – including residential, therapeutic and administrative – have been designed to create a space that supports recovery. The vibe is modern, comfortable and with plenty of homelike touches.



## Our community includes:

- Six separate residential pods with bedrooms and bathrooms
- Kitchen
- Communal dining room
- Lounge with quiet alcove
- Large and small group rooms
- Dispensary, Nurse and consult rooms
- Intake and meeting room
- Activity room
- Art room
- Sensorium
- Laundry
- Staff and administrative areas.

## Outside you will find:

- Decking and paved areas
- Walking track
- Animal enclosures
- Vegetable garden
- Exercise station
- Sport half court
- Fresh air.

*Note: Anyone who isn't a resident or staff member requires an appointment or prior permission before visiting BTC.*

# What is a Therapeutic Community?

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

Each TC 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 TC, as it's their home. Every activity and job contributes to personal growth.

This peer-driven, holistic approach to recovery focuses on how alcohol and other drug use influences, and is influenced by a person's relationships, thoughts, feelings and lifestyle. As well as participating in running the community, you will also attend education, therapy and behavioural change groups.

Staff are there to support safety and well-being; physical, emotional, psychological and social. As residents move through the program's phases, they become leaders and role models too.

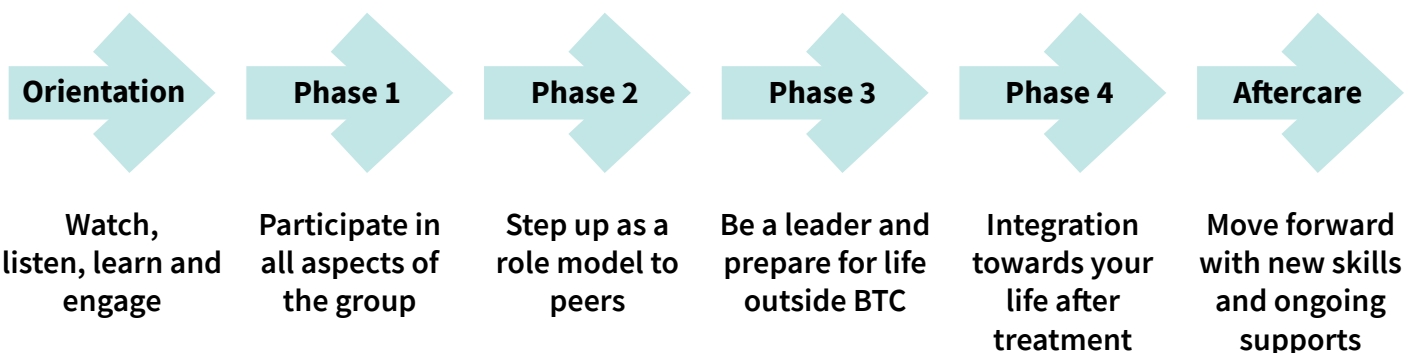
Residents are expected to model, promote and hold others to the five pillars of Windana: Respect, Concern, Honesty, Trust and Love.

## The program

If you come to BTC, you can expect to stay with us for six months.

During this time, our program is delivered through a number of phases. Each phase builds on the phase before, with more responsibility and freedom as you progress. You will get detailed Resident Manuals to help guide you through, plus plenty of community guidance.

Five core pillars form our rehabilitation model: work, education, therapy, health and peer support.



*“The TC empowers residents by giving structure, through daily programs. Responsibilities through TC roles grow confidence and give a voice to the residents of the community.”*

*Resident at a Windana TC*

## ***A day at BTC***

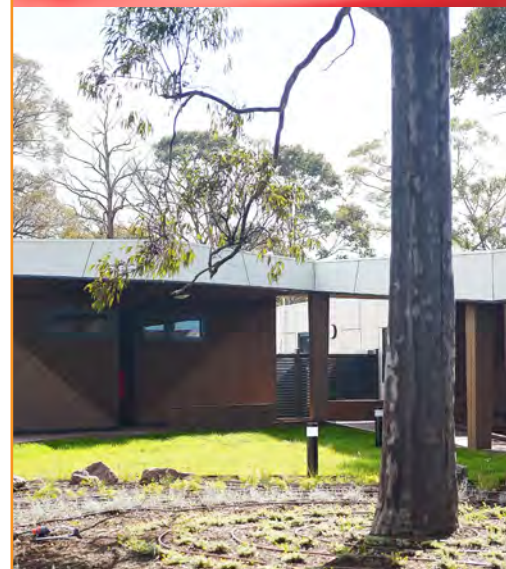
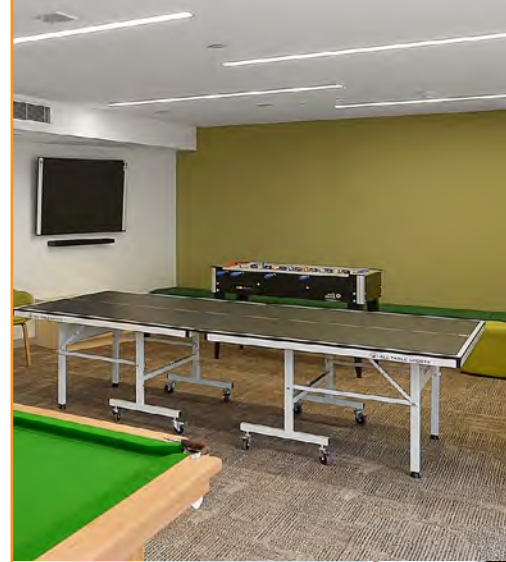
What you do in a day at BTC will depend on the phase you are in. However as a rough idea, this is how a weekday might be structured:

7:00am	Breakfast
8:30am	Morning meeting and energiser
9:00am	Groups
10:00am	Community beautification
10:45am	Morning tea
11:15am	Works
12:45pm	Lunch
1:30pm	Education or group works
3:00pm	Afternoon tea
3:30pm	Assertions
4:00pm	Recreation activities
4:30pm	Community taking care of business
5:30pm	Individual responsibilities
6:00pm	Dinner
7:00pm	Optional activities or Community Night
8:00pm	Evening reflections
8:30pm	Evening routine
10:30pm	Lights out

Weekends are also structured, but usually have extra time for recreation.

### ***Activities and support***

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





## Staff

The people who work at BTC are there to help support you on your rehabilitation journey.

Our staff includes:

- AOD Therapeutic Support Workers
- Registered Nurse
- Peer Workers
- Therapists
- Therapeutic Community Key Workers
- Naturopath (for personalised herbal/nutritional support)
- Community Gardener
- Community Cook.

As you complete your program at BTC, you will also have access to a Transitional Housing Worker and Aftercare Coordinator.

At BTC, residents work hand-in-hand with staff to run the community. This includes work responsibilities within the TC including administration, cleaning, grounds, kitchen work and animal husbandry.

*“Becoming a community member at BTC offers an environment to safely explore what healthy relationships with self and others mean, and how this might contribute towards changing pathways and opportunities.”*

**BTC Program Manager**



# Referral to BTC

All admissions to BTC will require a referral.

In Victoria, your local catchment-based Intake and Assessment service is your primary point of entry into alcohol and other drug treatment - including youth, adult, residential, non-residential, Aboriginal and Torres Strait Islander, state and Commonwealth-funded services.

To find your local Intake and Assessment service, contact DirectLine on **1800 888 236** (available 24/7). You can also go to **[www.directline.org.au](http://www.directline.org.au)**.

When you get in touch with your local Intake and Assessment service, you can expect to speak with a clinician about your relationship with alcohol and other drugs. Together you will decide whether you need further assessment or treatment. Your clinician will help you find the most suitable services for you. You are welcome to suggest Windana's Barwon Therapeutic Community.

You can also reach out to Windana directly by calling **03 9529 7955** Monday to Friday, 9am - 5pm.

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## 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 you prefer, this can be paid as lump sum.

If paying privately (not through Centrelink), fees will be negotiated before admission.

When our Admissions Team talks to you, they will be able to answer any other questions about fees.





# Frequently asked questions

## **What happens when I arrive?**

When you are new at BTC, you will have time to settle in and get your bearings through an Orientation phase. This time will give you a chance to watch, listen and learn. You'll develop an understanding of how the community functions and what your role in it will be.

## **Will I get my own room?**

Most people will stay in a double room. It is likely you will be sharing your room with another resident for some if not all of your stay. Single rooms are available for residents with certain accessibility needs.

## **Can I have visitors to BTC?**

Yes. After you move out of Orientation and into Phase 1, visitors can be arranged. Before you request a visitor, you will need to discuss it with a Facilitator and peers so they can help you make sure your visitor is a safe person to have come into BTC.

## **Are phone calls allowed?**

After Orientation is complete, you can request to make two personal phone calls per week of up to 15 minutes each. Incoming calls are not generally permitted, however if our staff are contacted with an emergency or important issue they will speak to you.

## **Am I allowed to go out while staying at BTC?**

After you have been at BTC for five weeks, you can apply to leave with an approved escort for up to five hours. The escort can be another resident, family member or friend.

## **Can I go to outside appointments?**

This will be decided on a case-by-case basis. Access to external appointments is usually limited.

## **Can I smoke?**

No. BTC is a smoke-free community.

## **What do I bring?**

You can bring two bags of essential belongings. Storage space is limited, and it's important to only bring what you need. After it is confirmed that you are coming to BTC, we will contact you to make sure you have everything you need. Usually this is simply your clothing, toiletries, prescribed medication and prescriptions. You will have access to some personal shopping for necessities, so don't need to pack toiletries to last the duration of your stay.

## **Can I work outside BTC during my stay?**

No. BTC has a structured program that requires full focus and participation.

### **What would I be eating?**

At BTC, there is a strong focus on whole foods including plenty of fresh fruits and vegetables, grains and lean meat. Trying to eat in-season is also important. As food is vital for physical and emotional health, Windana's Food as Medicine Program is in place at BTC. This helps educate residents on how food can support recovery, and guides the meals residents plan and prepare at BTC.

### **Can I come to BTC if I am experiencing mental health challenges as well as alcohol and drug dependence?**

Yes. However before coming to BTC, our Assessment Team will have a detailed look at your circumstances to make sure we are going to be the best fit. There are supports across Windana for residents who experience both mental health challenges and alcohol and other drug dependence.

### **What happens when I finish the program?**

You will leave BTC with skills to manage alcohol and other drug dependence. Before you leave you will work with your Case Manager and Aftercare Coordinator for support. We will work with you during your time at the TC to ensure you are connected with services from Windana and the wider community.

### **Do I need to do a withdrawal program before coming?**

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

### **What do I do now?**

If you don't yet have a referral to BTC, it's important get in touch with your local Intake and Assessment service. You can do this by contacting DirectLine (details on Page 9). If you are already referred to BTC and are coming to stay - a Windana Case Manager or Admissions staff member will be in touch to prepare you for arrival. If you have any questions in the meantime, you can also contact Windana on **03 9529 7955** Monday to Friday between 9am and 5pm.



#### **Helplines**

Lifeline	13 11 14
DirectLine	1800 888 236
SuicideLine	1300 651 251
Family Drug Help	1300 660 068



This illustration is an overview of Windana's programs and services, of which Therapeutic Communities are part. Photos of BTC's buildings, rooms and grounds are by Kane Jarrod Photography, Kane Jarrod Thompson. Some other photos (of food and activities) are from other Windana sites and give an impression of BTC. Booklet was updated in August 2022.

**Windana.**  
Life. Changing.

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