Referral requirements

Referrals will only be accepted from local *intake & assessment* teams.

All referrals for the Therapeutic Community require the following information:

- **Completed Statewide AOD screen and assessment tool** including the summary and treatment plan and optional modules as indicated.
- **A completed health assessment** is critical for referral to withdrawal services including current medications, Medicare and Health Care card numbers, allergies and GP details
- **Client consent**

We are not able to accept

- Incomplete referrals or referrals that are not completed on the Statewide AOD screen
- Referrals without appropriate consent

Secure referrals from local *intake & assessment* teams can be received by Windana via:

- **Fax 03 9510 8110**
- **S2S**

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Individuals and their families can access their local *intake & assessment* team by contacting:

Directline on
1800 888 236
or viewing information at
www.vaada.org.au

Phone: (03) 9529 7955
88 Alma Road, St Kilda Vic. 3182
www.windana.org.au

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Therapeutic Community for Adults

Program & Referral information

Admission Process

Upon receipt of a referral the information will be reviewed by the Windana Admissions & Care Coordination Team.

- A pre-admission appointment will be facilitated for the person at the First Step clinic to undertake an interdisciplinary assessment with an addiction medicine practitioner and the Windana nurse
- For direct admissions, we will endeavor to facilitate a medical assessment with the addiction medicine practitioner available at the Therapeutic Community
- A payment of $115 on admission is payable for the first 6 days, an ongoing payment of 78% of Centrelink benefit is required. If paying privately, the cost can be negotiated at assessment.

We provide a holistic treatment program that addresses the biological, psychological and social factors that lead to substance dependence. Treatment is individually tailored to address residents needs.

Our approach embraces a combination of evidence-based treatments including occupational, family, mindfulness, experiential and Cognitive-Behavioral therapies

Program Overview

The Windana Therapeutic Community is a 40 bed residential facility located on a 40 acre property in Maryknoll, Victoria.

The program is delivered through four different phases over a period of 6-12 months. Residents of all phases live together in shared accomodation across five seperate houses to support each other through the program.

The community as method approach utilised at Windana provides therapeutic and educational impact to residents who participate in self-help and mutual-help activities.

- Residents may not have visitors or receive phone calls within the first two weeks of program participation. This allows the resident to settle into the program with as few distractions as possible. Exceptions can be made for contact with resident's children.
- Residents must only bring what they can easily carry by themselves. A two bag limit applies. A list of what to bring will be provided at assessment. Personal shopping will be available once a week.
- Residents are eligible to apply for off property leave. This leave progresses from day leave to overnight / weekend leave based on your program phase.

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The program includes:

- Medical and nursing management
- Case management & support services
- Complementary therapies – naturopath, yoga, mindfulness groups
- Exercise and recreation
- Individual counseling and group work including art therapy, nutrition, relapse prevention, harm minimisation and stress management
- Slow-Stream Pharmacotherapy reduction from suboxone & methadone is available.

Smoking is currently allowed in restricted outside areas.

Program Eligibility

- Individuals 18 years of age or over
- Alcohol and Drug free prior to admission
- Willing and able to participate in all TC group and work activities
- Clients are required to bring current medications and scripts on the day of admission
- Access to external appointments during the rehabilitation process are limited and are assessed on an individual basis