



First Peoples' Healing Program

Supporting **Aboriginal and Torres Strait Islander people** and their families to address alcohol and other drug issues, link in with other services, and connect to community.

We provide short-term wraparound support with a cultural lens to coordinate your needs.

We offer a flexible approach, incorporating any supports that have been identified within the community to support your journey and connection to self, Mob and Country.

The program is available to people aged 16 to 55 across Frankston and Mornington Peninsula.

“The program has allowed me to express myself without judgment, and it’s been so helpful in understanding my culture. Now I have hope again in my recovery.”

- First Peoples' Healing Program client

Why this program?

The First Peoples' Healing Program has been established to improve participants' experience of care, improve health outcomes, and provide easier access to alcohol and other drug support in the community.

Key focus areas:

- Culture
- Aboriginal healing practices
- Trauma-informed treatment
- Family-centred therapeutic practices
- Protective factors and support
- Social and cultural determinants of health



How do we support Aboriginal and Torres Strait Islander Peoples?

- Building an understanding of recovery and harm minimisation.
- Facilitating individual and group psychoeducation sessions.
- Providing support to case managers to help community linkage.
- Navigating mainstream services (including health, housing, justice and more) to support better outcomes for you and your family.

Referrals

Referrals and secondary consultations are available. All referrals are followed by an assessment to ensure eligibility criteria are met and to identify the issues and risks to be addressed.

Call us on on **9532 0811** or email firstpeoples@windana.org.au



For more information

windana.org.au/services/first-peoples-healing-program/
firstpeoples@windana.org.au | **03 9532 0811**

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