

# Transitional Housing

From Windana, hello and welcome. In this brochure we'll tell you about Windana's Transitional Housing service, and the recovery activities that residents do while living in a Transitional Housing property.

## What's Transitional Housing?

This is a service that gives a person in recovery from alcohol and other drug dependence a stable, affordable place to live. At Windana, it includes a program that builds on a resident's strengths and aspirations.

Transitional Housing can help people ease back into living in the community after residential rehabilitation, but you don't need to have gone to rehab or be connected to Windana to be eligible.

It also gives parents the opportunity to live with their kids. Our houses are in Melbourne's southeast - Hampton, Cheltenham, Highett and Bentleigh.

Transitional Housing is a stepping stone to long-term public, community or private rental.

## Is it for me?

Transitional Housing through Windana might be a good fit if you:

- Are aged 18 years or older
- Are in active recovery from alcohol or other drugs
- Are engaged with an alcohol/other drug worker
- Have not used alcohol or other drugs for a minimum of 90 days at time of applying
- Are willing to engage with Windana for regular case management, and work on your recovery.

There are other options for housing if these points *don't* sound like you. Talk to your support worker, call **DirectLine** on **1800 888 236** (available 24/7) or visit [www.directline.org.au](http://www.directline.org.au). They'll put you in touch with the Intake and Assessment service that looks after your area. Someone will be able to complete an assessment and match you up with the right services.

## How does it work?

There are two types of Transitional Housing property:

- Share House
- Single Properties.

You can enter either depending on your needs.

### Share House

Residents live in our Share House for around six months.

If you stay in the Share House, we'll give you the tools to set up and participate in the supports for your ongoing recovery.

This includes regular case management, going to recovery groups twice a week, seeking Peer Support, sorting out a budget, looking for long-term housing, and completing an Individual Treatment Plan every six weeks.

In the Share House, you'll live with three other people on their own recovery journeys. Together you'll be a part of weekly house meetings/dinners, and have regular contact with Transitional Housing staff.

You can move from the Share House into other accommodation you've arranged, or into a Single Property (if available).

### Single Properties

These offer more independence than the Share House. Up to two residents live together, but if you have children coming you won't have to share.

Maximum length of stay is 12 months.

There are some lease conditions, including completing an Individual Treatment Plan every three months and engaging in work, volunteering or training.

The team will discuss the finer details with you at the right time. You'll need to stay engaged with Windana during your lease.





## Resident messages

Below are a few words from some of Windana’s past Transitional Housing residents.

While everyone’s situation is unique, we’re sharing these quotes for insight into Transitional Housing from a resident’s perspective.

“Transitional Housing was a phenomenal opportunity for me to experience a stable and safe housing environment.

At this stage in my recovery, it was paramount for me to have somewhere I could afford but also be in a safe and supportive environment that didn’t have too much intrusion, giving me the freedom to explore my independence, likes and dislikes.

Due to the affordability, I was able to do the things I needed to maintain sobriety as attending support groups... It gave positive reinforcement that I am capable and worthwhile of independence and a life filled with purpose.”

“Living in the Transitional House opened up so many doors for me and allowed me to really set up a solid recovery and future. I was able to study and complete my certificate without having to worry about financial issues or not having stable accommodation, it allowed me to focus on my goals and really save for when I did move out... It’s hard to express in writing what Transitional Housing gave me but I know it helped give me one thing - a life that I never would have imagined...”

Everyone has the right to play an active role in making decisions that affect them, and to receive the support they need to do so. If you feel you need an advocate now or for the future please go to: [www.publicadvocate.vic.gov.au/your-rights](http://www.publicadvocate.vic.gov.au/your-rights)

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)

## How do I get referred?

To get started, speak to your alcohol and other drug support worker. They’ll help organise referral.

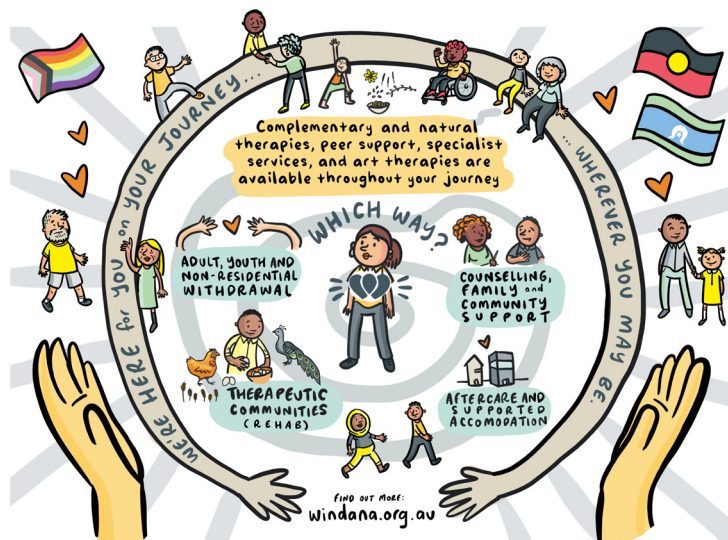
You can also call Windana Monday to Friday, between 9:00am and 4:30pm on **03 9529 7955** for more info.

There’s a waiting list of up to 12 months for placement.

If you’re at risk of homelessness, you can call a **Launch Housing** worker on **1800 825 955** (free call and available 24/7).

### What you need to do while waiting:

- Stay committed to your recovery and not use any alcohol or other drugs
- Check in with your Transitional Housing worker each week
- Attend recovery and support groups
- Stick to the law
- Attend random Urine Drug Screens
- Keep looking for other accommodation so you can find a suitable home as quickly as possible.



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.