

Grampians Therapeutic Community

A supportive place for residential alcohol and other drug rehabilitation in Ballarat.



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



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.



Contents

Welcome	4
Windana's Mission	4
A space for healing	5
What is a Therapeutic Community?	6
The program	6
A day at GTC	7
Activities and support	7
Staff	8
Referral to GTC	9
Fees	9
Frequently asked questions	10

Welcome

From Windana's Grampians Therapeutic Community (GTC), 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.

Located in Ballarat, we're one of Windana's three Therapeutic Communities (TCs). Each of our TCs exists to help people recover from alcohol and other drug dependence and move forward in their lives. Windana takes a holistic approach in helping people on their journeys. In addition to GTC, our sites and services include:

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

GTC opened in 2018 and has since supported the recoveries of many people from all walks of life. We welcome people from the local Ballarat area and from right around Victoria.

Windana's Mission

Helping people to rebuild their lives.

A space for healing

GTC is in Ballarat East, Wadawurrung Country. It's located in a quiet, leafy suburban area:

- 3km (approx. six-minute drive) from central Ballarat
- 115km (approx. one and a half-hours drive) from the Melbourne CBD.

GTC consists of 20 resident beds - the perfect size for a close-knit, supportive community. It's large enough to be comfortable, but small enough to feel like home. Once inside you'll find modern, brick buildings set around garden beds and spaces to gather outside. GTC is like a little village, with the main spaces being shared between community members.



Our buildings include:

- A main community hub with kitchen, shared meals area, comfy lounge, therapy rooms and staff offices
- Two residential blocks - each with units that have two or three shared bedrooms, a shared bathroom and a quiet area
- An activities block that includes art/ group-work spaces and a rec room with basic exercise equipment.

Outside you will find:

- Areas to work and relax with peers
- Fire-pit
- Garden beds growing native plants, fruit and vegetables.

Anyone who isn't a resident or staff member requires an appointment or prior permission before visiting GTC.

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 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 help keep members of the TC psychologically and physically safe. 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 TC provides a safe and supportive home away from home where you discover who you are, learn to have a voice and learn how to set healthy boundaries.”

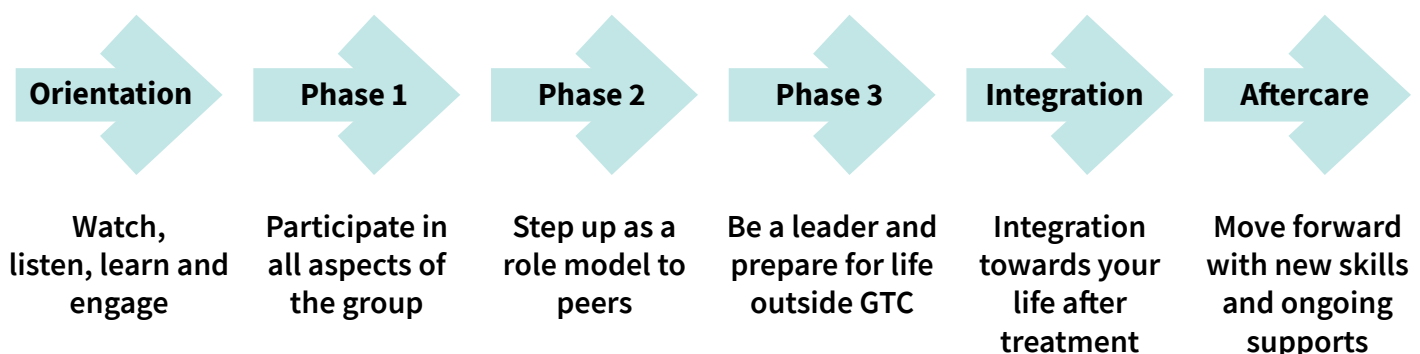
- From a resident at GTC

The program

GTC is a three-month program. This is shorter than the program at our Barwon TC (six-months) and Maryknoll TC (nine to twelve-months). During the referral process, you'll have support in finding out which program is the best fit for you (find more details on Page 9).

GTC's program is delivered through a number of phases. Each phase builds on the phase before, with more responsibility and privileges as you progress. You'll get detailed Resident Manuals as you move through your program, plus plenty of community guidance.

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



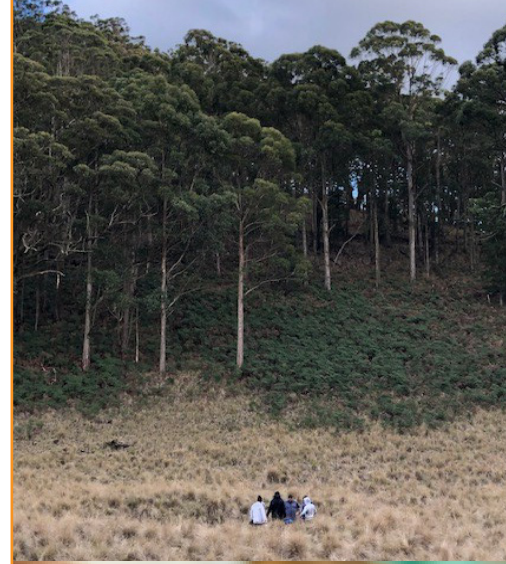
A day at GTC

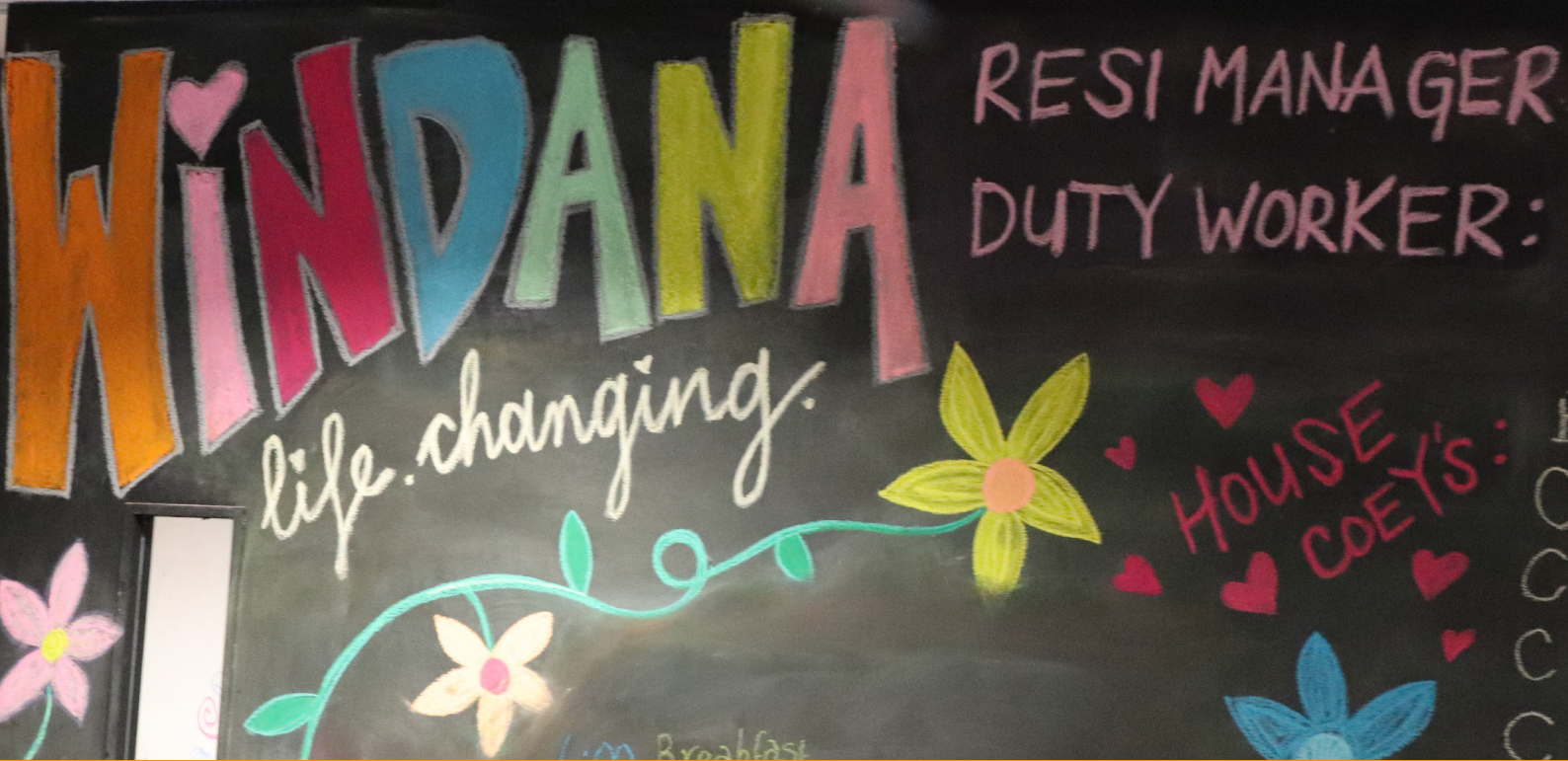
What you do in a day at GTC will depend on the phase you are in. However as a rough idea, this is how a weekday might be structured:

7:00am	Breakfast and morning routine
7:40am	Recreation
9:00am	Morning Meeting
9:45am	Break
10:00am	Community Meeting
11:00am	Morning tea
11:30am	Phase reviews
12:30pm	Works
1:00pm	Lunch
2:00pm	Topic Group
3:00pm	Afternoon tea
3:30pm	Works
6:00pm	Community Dinner
7:00pm	Community activity
8:00pm	Evening Reflections
10:00pm	Lights out

Activities and support

- Group work (nutrition, relapse prevention, stress management)
- Complementary therapies (naturopathy, mindfulness)
- Exercise and recreation
- Case management and support services
- Food as Medicine program
- On-site nursing support
- Links to helpful services and supports for when you leave the TC.





Staff

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

Our staff includes:

- Alcohol and other Drug Workers
- Nurses
- Naturopath (for personalised herbal/nutritional support)
- Support Workers
- Peer Support Workers
- Key Workers
- Complementary Therapists

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

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

“At Grampians TC, we give you the opportunity to work on your recovery while you help others to do so too. Our residents and staff are a supportive community who welcome all.”

Program Manager, GTC

Referral to GTC

All admissions to GTC 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**.

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 Grampians Therapeutic Community.

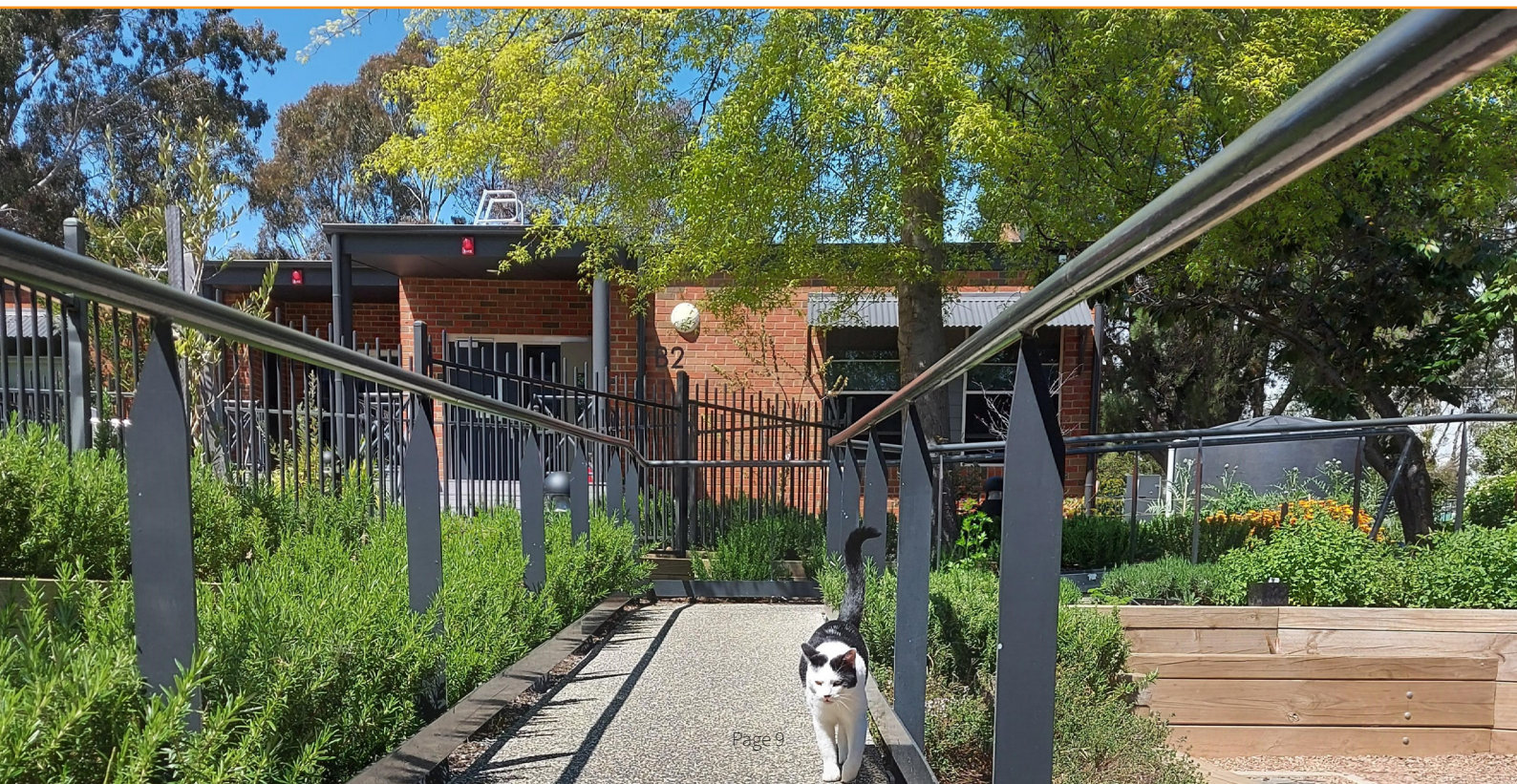
You can also reach out to Windana directly by calling **03 9529 7955** Monday to Friday, 9am - 5pm.

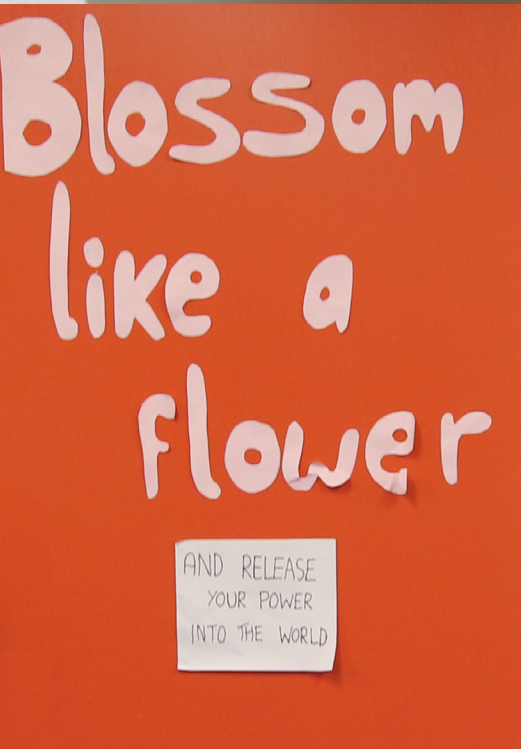
Fees

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 GTC, you will have time to settle in and get your bearings during 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. It's also likely that you'll move rooms during your program. Single rooms are available for residents with certain accessibility needs.

Can I have visitors to GTC?

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 Key Worker and peers so they can help you make sure your visitor is a safe person to have come into GTC.

Are phone calls allowed?

You are allowed to call someone in the first 48 hours after you arrive. 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 GTC?

After you have been at GTC for two weeks, you can apply to leave with an approved escort. The escort can be another resident, or staff member.

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. GTC is a smoke-free community.

What do I bring?

After it is confirmed that you are coming to GTC, we will contact you to make sure you have everything you need. Usually this is simply your clothing, toiletries, prescribed medication and prescriptions. You can bring two bags in total. You will be able to do some personal shopping for necessities, so don't need to pack toiletries to last the duration of your stay.

Can I work outside GTC during my stay?

No. GTC has a structured program that requires full focus.

What would I be eating?

At GTC, 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 GTC. This helps educate residents on how food can support recovery, and guides the meals residents plan and prepare at GTC.

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

Yes. However before coming to GTC, 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 drug dependence.

What happens when I finish the program?

You will leave GTC with skills to manage alcohol and drug dependence. Before you leave you will work with your Case Manager and Aftercare Coordinator for support. You will also have the option to go and live in an Integration House nearby to the TC. 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 GTC, 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 GTC 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, 9am-5pm.



With everything that
can be seen, from
the sky to the ground
and everything between

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. Booklet was updated in December 2023.

Windana.
Life. Changing.

Contact Us

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