

Maryknoll Therapeutic Community

A supportive place for residential alcohol and other drug rehabilitation south-east of Melbourne.



**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 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.



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 Maryknoll Therapeutic Community (MTC), 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 south-east of Melbourne, we're one of Windana's three Therapeutic Communities (TCs). Our other TCs are in Ballarat and Corio. 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 MTC, our sites and services include:

- Grampians Therapeutic Community, Ballarat
- Barwon Therapeutic Community, Corio
- 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.

MTC opened in 1992, and has since supported the recoveries of many people from all walks of life. We welcome people from right around Victoria.

Windana's Mission

Helping people to rebuild their lives.



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

- A resident at Maryknoll

A space for healing

MTC is in the rural locality of Maryknoll:

- 13.5km (approx. 15-minutes drive) from Pakenham
- 73km (approx. one-hour drive) from the Melbourne CBD.

Our large property is home to farm animals and planted crops that are cared for by residents. Being close to bushland means we are lucky to share the area with native wildlife. MTC is Windana's largest TC both in terms of size and number of residents (up to 77). Over the years, MTC has built a strong and unique culture around the farm-like environment and the work of its residents to help themselves, each other and their shared home thrive.



Our buildings include:

- Welcome House and Reception (above)
- Houses and accommodation modules
- Community hub with kitchen, eating, social, nursing and administration areas
- Activities and group-work blocks
- Pete's Place (a space for groups, reflection and contemplation).

The Welcome House

Arriving at a residential rehabilitation program can be daunting. Our new Welcome House gives you a 'soft landing' into the TC, letting you settle in and adjust. It's also the first of its kind in Australia.



Outside you will find:

- Paddocks
- Livestock including goats, chickens and geese
- Resident birds
- Areas for work, exercise and recreation
- Fruit, herb and vegetable gardens
- Native plant nursery
- Ponds and a natural watercourse
- The Labyrinth (meandering path for walking and meditation)
- Basketball court
- Indigenous garden
- Bush walk with Australian native plant signage.

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

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 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.

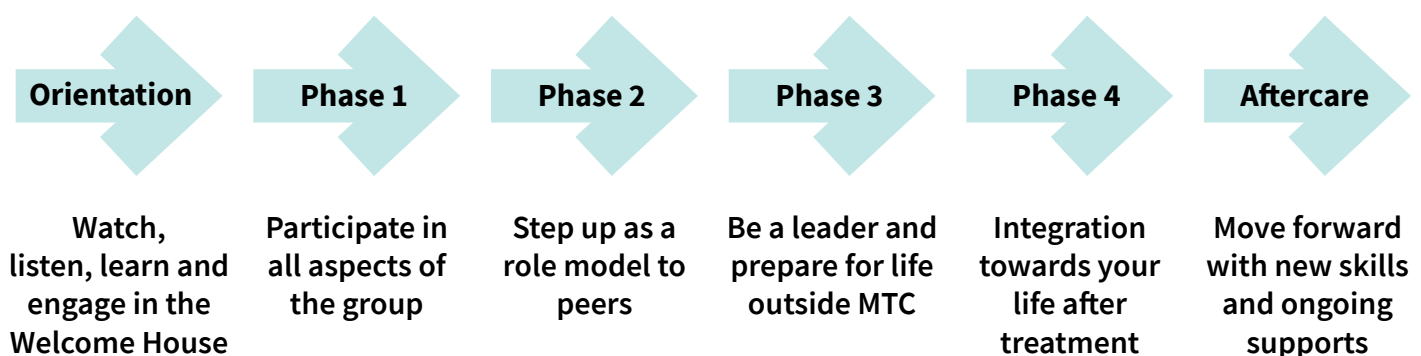


The program

If you come to MTC, you can expect to stay with us for nine months. This is the longest of Windana's TC programs (Barwon is six months, and Grampians is three months). During the referral process, you'll have support in finding out which program is the best fit for you (more details on Page 9).

MTC'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 MTC

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

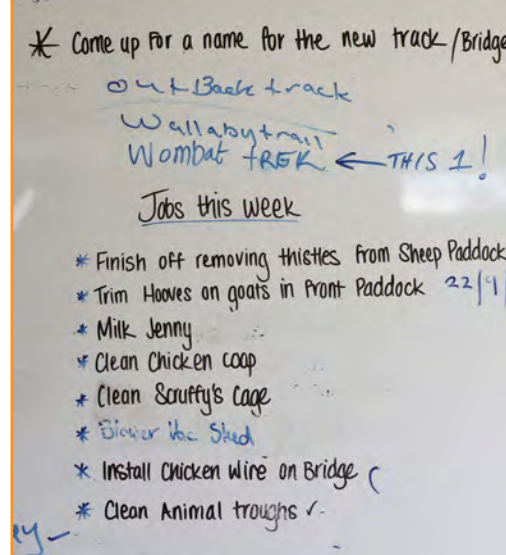
7:00am	Morning routine (inc. breakfast and personal care)
8:30am	Morning Meeting and Energiser
9:45am	Groups (education, relapse prevention, Art Therapy, literacy, US Mob First Nations group, works)
10:45am	Morning tea
11:15am	Works
12:45pm	Lunch
1:30pm	Groups
3:00pm	Afternoon tea
4:00pm	Community Taking Care of Business
5:00pm	Recreation activities
6:00pm	Dinner
6:45pm	Optional activities (NA, AA)/Community Night
7:30pm	Evening Reflections
10:00pm	Lights out

When you first arrive and are staying at the Welcome House, you'll have fewer activities in your timetable.

In both the Welcome House and main TC, weekends usually have fewer activities and more time for recreation.

Activities and support

- Medical and nursing management
- Case management and support services
- Naturopathy (a complementary therapy involving herbal and nutritional supplements)
- Exercise and recreation
- Food as Medicine program
- Educational and therapeutic group sessions to support mental and physical health and recovery
- A comprehensive Aftercare program offering ongoing post-TC support
- Slow-stream pharmacotherapy reduction from Suboxone and Methadone is available.





Staff

The people who work at MTC 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
- AOD Clinicians
- Art Therapist
- Allied health professionals
- Complementary Therapists
- Community Cook
- Community Gardener
- Financial Counsellor
- Bookkeepers

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

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

Pete's Place

Pictured above, Pete's Place is a sacred building at MTC. It's named after the late Peter Bucci, Windana's founder who was known for his ability to inspire people and help them take charge of their lives. Pete's Place was built by residents and the local community using mud bricks from the pond. It is a venue for graduations and moments of quiet reflection, meditation and togetherness.

Referral to MTC

All admissions to MTC 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 Maryknoll Therapeutic Community.

You can also reach out to Windana directly by calling **03 9529 7955**, Monday to Friday, 9:00am-4:30pm.

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 at MTC?

When you arrive at MTC, you'll stay at the Welcome House. This is a special place for you to get used to the new environment and gives you time to watch, listen and learn. With the help of your resident buddy, you'll develop an understanding of how the community functions and what your role in it will be. After the Welcome House, you will move into the main community.

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. You'll move beds/rooms during your stay to ensure a diverse mix of connections. Single rooms are available for residents with certain accessibility needs.

Can I have visitors to MTC?

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

Are phone calls allowed?

After leaving the Welcome House, 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 MTC?

After you have been at MTC 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. You can go on leave for longer (including weekends) as you progress through the program.

Can I go to outside appointments?

This will be decided on a case-by-case basis. Access to external appointments is usually limited so you can focus on your program. Generally no outside appointments are supported in the first six weeks.

Can I smoke/vape?

MTC has transitioned to a smoke and vape-free community. However, new residents who are smokers will have access to Nicotine Replacement Therapy (NRT) for up to 12 weeks, and other support to help them adjust.

What do I bring?

After it is confirmed that you are coming to MTC, 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 MTC during my stay?

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

What would I be eating?

At MTC, 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. We are lucky to have gardens at MTC where residents grow fruit, veggies and herbs that can be used when available to help feed the community. As food is vital for physical and emotional health, Windana's Food as Medicine Program is in place at MTC. This helps educate residents on how food can support recovery, and guides the meals residents plan and prepare at MTC.

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

Yes. However before coming to MTC, 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 or other drug dependence.

What happens when I finish the program?

You will leave MTC 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, and can be residential or non-residential. You'll also need to tell us about any medication you take.

What do I do now?

If you don't have a referral to MTC yet, 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 MTC 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, 9:00am-4:30pm.



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 October 2023.

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