

# Withdrawal for young people

From the team at Windana Youth Community House, hello and welcome. In this leaflet we'll tell you about our program in Dandenong for people aged up to 25.

## What is Windana youth withdrawal?

Our program is for young people to stay while withdrawing from alcohol and other drugs.

We are in Dandenong in a house with a garden.

We understand that your story is unique - as are your goals.



## Who works there?

The Windana youth withdrawal team has Support Workers, Case Managers, nurses and other practitioners.

We're all committed to making sure you feel safe, and at home. You're welcome to speak to staff at any time to make sure you're feeling supported.



## What happens during the program?

People generally stay with us for 10 to 14 days.

We offer:

- A safe, supportive, homelike space
- Support from our nurses and doctor
- A session with our naturopath who can prescribe herbal and nutritional supplements
- Time with a Case Worker who will help you work towards your goals
- Group sessions in Art Therapy, healthy eating, yoga and meditation
- Education in Harm Reduction, Relapse Prevention and Managing Stress
- Light daily exercise and recreation.

Staff will treat you as a whole person - considering medical conditions, mental health challenges and your social situation - to help you understand the role alcohol and drugs play in your life.

If you're on medications from your GP, bring them with you when you come, along with a letter from your GP listing your medications and why you are on them. Our intake team can help you get this letter from your GP.

LET YOUR  
INNER GOLD  
SHINE THROUGH  
THE SHADOWS

## Is Windana youth withdrawal for me?

Before coming to Windana, we'll make sure we are the right service for you.

Windana youth withdrawal may be suitable if you are:

- Up to 25 years old
- Able to stay in a shared space, including shared rooms
- Able to participate in groups and activities.

## Getting referred

Contact your local Intake and Assessment service or DirectLine (available 24/7) on PH: **1800 888 236** or at [www.directline.org.au](http://www.directline.org.au) to be referred to suitable services in your area.

You can mention that you're interested in Windana's withdrawal program.

GPs and other clinicians can also refer directly by emailing: [referrals.wych@windana.org.au](mailto:referrals.wych@windana.org.au).

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

## What should I expect?

If you're coming to stay, we'll let you know the next steps are - including what to bring. You can also bring in any items that are important to your culture.

Here are common questions about our program.

### Are mobile phones and social media allowed?

You can have your phone on you without its SIM. Our program offers a break from social media. You'll be allowed to make two calls a day to safe contacts from day three.

### What would I eat?

We prepare nourishing, wholesome food. Typical dinners include zucchini slice, tacos and homemade pizza. You're encouraged to help us out in the kitchen.

### Is smoking allowed?

Yes, however we'll provide support to cut down or stop.

### Contact Us

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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)

## Client messages

Here are some words from young people who have stayed with us before.

We're sharing these quotes as a reminder that you're not alone and that positive change is possible.

"You've helped me to the next steps of recovery and also just general life with healthy eating and me recognising things about myself I never knew. I have taken so much out of this withdrawal and left with even more. Thank you so much for helping me get my life together."

"I am so glad I chose this withdrawal program. The amount of support you have all given me has been incredible... These two weeks have made me see how much I deserve a better life. I may be scared but that doesn't make it impossible. Windana taught me that."

March 2024



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.