

windana

Annual Report 2005 - 2006



Change and Growth  
Positive Pathways Through Life

# windana

## The Windana Philosophy

We acknowledge the diversity in the nature of individuals and the physical, psychological, spiritual and social aspects of their lives.

We will be holistic in our attitudes and universal in our approach and provide as many facilities, options and stratagems as possible. We will ensure that not just one aspect of life or one single basis for change will dominate the whole.

We believe that growth is an ongoing learning process and that it will be sustained by providing a safe, caring environment where new behaviour and ideas can be freely experienced in an open, honest interaction with the whole Windana Community.

## Vision

We envisage a society which enables individuals and families to recover from harmful alcohol and drug use and to build positive lives in mutually supportive and accepting communities.

## Mission

We will achieve our vision by providing holistic drug and alcohol information, support, education and treatment services to individuals and families.

We will draw on our specialist expertise to increase community understanding of drug and alcohol related issues and we will develop a pro-active, educative focus to our work.

## Values

We are committed to embracing the following core values:

### Holistic

- incorporating a range of approaches and giving attention to all aspects of an individual

### Supportive

- unflagging in our belief in individuals who wish to change and grow

### Inclusive

- respecting differences in culture, religion, gender, age, family situation, background and economic status

### Integrity

- ensuring honesty and respect in all our relationships

### Innovative

- drawing on our expertise to develop new approaches to information, education, support and treatment

### Accountable

- ensuring our processes and practices are open, fair and honest

## Joint report of the Chief Executive Officer and Chair, Windana Board

We are pleased to present this report, which offers a detailed account of Windana's work as a provider of quality services to those seeking to change the influence that drugs and alcohol have over their lives. It accurately reflects a strong commitment to supporting individuals pursuing change and growth.

The Windana Philosophy guides our actions - from the Board of Management who provide governance and overall direction to our work, through to the managers and staff within each program, who work with clients to make a real difference.

The road to recovery is not an easy one and Windana continues to support individuals for as long as that support is needed.

Each day, staff display their commitment and genuine care for our clients. Reconnection with family, friends and community and the possibility of improved lifestyle means that our clients are well placed to begin their new journey.

Our key service areas of Intake and Assessment, Adult Withdrawal, Youth Withdrawal, long term residential care at the Therapeutic Community, Supported Accommodation, Counselling and the Community Centre, continue to provide specialised care for clients.

As we enter into another three year funding round with the Department of Human Services, all services will remain in place through service agreements to provide recurrent funding.

Our team responded to more than 2000 enquiries for assistance, with 1200 existing and new clients participating in one or more programs. The majority of our clients are aged between 25 - 45 years of age and self referral is the most common point of entry. We have, however,

**supported participants as young as 12 years of age. Heroin remains the primary drug of choice, often used in conjunction with alcohol, amphetamines and cannabis.**

In addition to our core services, we have consolidated a number of service partnerships over the past year.

Berry Street, Victoria has provided a Children's Specialist Worker to the Safe@Home Program. This means that children have access to care and support, while their parents participate in our services. Our sincere thanks to The Colonial Foundation who have offered financial support to provide Safe@Home with additional workers and an outreach service to those clients experiencing difficulties with family life.

Collaboration with Sacred Heart Mission St Kilda, through the Street Project has also achieved a great deal. With Commonwealth funding, an experienced drug and alcohol worker provides outreach, as well as secondary consultations to Sacred Heart Mission staff. We look forward to building on this important work to ensure improved responses for people who are homeless – many of whom experience alcohol and other drug issues.

The Campbell Edwards Trust generously supports a part time mental health specialist worker within our team, in line with Windana's commitment to providing care for clients who are experiencing dual-diagnosis. This initiative has greatly enhanced our understanding and practice.

In response to a widely recognised need for qualified workers, the State Government is establishing a reciprocal Mental Health/Drug and Alcohol Training Scheme. Some staff will have an opportunity to train outside Windana and gain further skills over a three year period. It is envisaged that we will offer further opportunities for staff to undertake dual diagnosis training.

### **Change and growth in our practice and programs....**

**Quality Improvement** has provided us with the opportunity to fully document our processes and to assess our work, both as individuals and as an organisation. The various teams have shown a strong commitment to this process.

At Senior Management level, we have ensured governance is of a high standard and supported the work of staff towards completing the Standards for Quality Assessment in early 2007. Quality improvement is now central to all of our work thanks to the dedication of all management and staff.

Community relations was another focus of our work over the past year. A glowing achievement has been the production of the Windana 'Healing Cards' - a pocket sized tool for continued recovery and hope. Our pro bono team **'The Marketing Think Tank'** collaborated with staff to further develop marketing, communication and fundraising strategies for development in 2006-07.

Our new three year plan will build on these achievements as it reflects the direction that Windana will take in relation to program development. As the 'quiet achievers' of the drug and alcohol sector, we are hoping to enlist broader community, philanthropic and business support for our work.

The Windana Board has continued to provide steady guidance. Board leadership has ensured excellent governance and continuation of work towards the implementation of the our new three year Strategic Plan. As the current strategic plan reaches its conclusion, it is pleasing to report that the key goals we set ourselves in that plan have now been largely achieved.

Consumer participation, research and evaluation have been identified as opportunities for further development and will be key areas in our Strategic Plan for 2007-2009.

### **The heart of our work....**

Staff commitment to client welfare is outstanding. Each day, we provide professional care for people who have taken the courageous step of walking in the door.

As our clients undertake withdrawal and counselling, move into Supported Accommodation or stay at the Therapeutic Community, they have the opportunity to experience personal growth and change while being supported through seemingly overwhelming health and emotional issues.

Spring flowers are a beautiful analogy for our work and during Drug Action Week this year, a group of clients, staff and supporters planted 500 bulbs in the garden at St. Kilda. As the weather became warmer, we saw the colours of spring emerging after the cold grey winter.

Many of our clients would relate their time before Windana to the long cold winter. Their smiles and warmth reflect that their time here has opened new opportunities for well being and happiness.

We have confidence that as an organisation we are doing our job... **and with so much heart.**

### **Those who support Windana's work...**

The work we undertake with our clients would not be possible without the ongoing support of many people. Over the past year, our patron Dame Elisabeth Murdoch has continued to provide generous and enthusiastic support for Windana's work. We were delighted that Dame Elisabeth joined us for a number of functions during the year, including the Garden Party at St Kilda in May, which was held to present the new 'Windana Ambassadors' to our staff and supporters. Sincere thanks to Dame Elisabeth, whose generosity, grace and wholehearted commitment has never wavered.

We warmly welcome our esteemed Windana Ambassadors, Councillor Darren Ray, Jenny Bannister, John Cain, Laini Liberman and Rob Clemenger who have each pledged to support our work within their own networks and communities.

A group of eminent business and community leaders have formed the Windana Champions. Their role is to provide expertise and support to the organisation in a number of important ways.

To the Board, Senior Management Team, Program Managers and staff who work on the front line every day, sincere thanks for what you give of yourselves, both to your colleagues and to our clients.

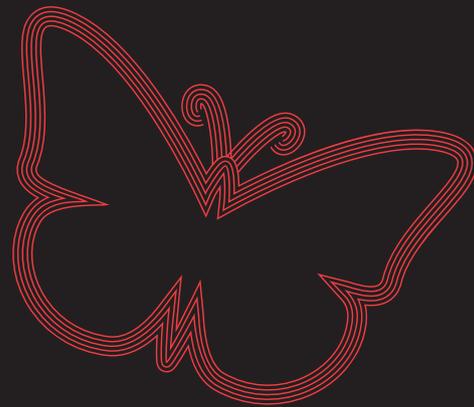
Many thanks are also due to our philanthropic, community, government and corporate supporters together with our dedicated volunteers.

Most importantly, a special thank you to our clients who provide us with both challenges and inspiration! We share in the tears, smiles, laughter and love along the way. Being a part of change and growth is indeed a great honour.

***Although recovery is a long journey for most people and fraught with difficulty, we see creativity, courage and a whole hearted desire to lead a satisfying, healthy and 'connected' life outside Windana.***

**Carol Nikakis**  
Chief Executive Officer

**Rebecca Smith**  
Chair, Windana Board





## Windana Board Members at 30th June 2006

### **Rebecca Smith (President)**

#### ***Board Commencement Date 1999***

With qualifications including Registered Nurse, Diploma of Welfare, and Associate Diploma Human Services Management, Rebecca has worked in a management capacity in a number of health and community service organisations over 30 years. Currently self employed as a project consultant, Rebecca has strong skills in program development.

On a personal level, Rebecca is committed to social justice in general and to drug and alcohol issues in particular. She has participated in voluntary roles including Board membership of St Kilda Community Health Centre, Preston Girls High School, Community Childcare Inc., and Yarralea Children's Centre.

### **Anthony Rodwell-Ball (Treasurer)**

#### ***Board Commencement Date 2003***

Financial, commercial and general management across a range of industries have formed Anthony's professional career. His particular skills lie in the area of financial management and commercial management. Anthony is interested in business re-engineering, process improvement, compliance and governance.

As a volunteer in not for profit organisations, Anthony has been actively involved with Lifeline, The Meniere's Support Group and Royal Victorian Institute for the Blind.

### **Des O'Connell**

#### ***Board Commencement Date 1987***

Des has a particular interest in the Windana Therapeutic Community where he was active in the planning, fundraising and building of Peter's Place – a mud brick building for the purpose of reflection and quiet meditation. His background of employment was as a Navy Officer and he holds qualifications in Finance Management, Aircraft Inspection and Architecture.

On a personal level, Des holds a strong commitment to alcohol and other drugs rehabilitation services.

### **Suzy Walker**

#### ***Board Commencement Date 1997***

Using a combination of qualifications in Arts and office systems as well as skills in writing, editing and media, Suzy has built a career largely in the fields of media and advertising. Her work has included a role as Development Manager, Cabinet Office, London UK. Suzy has worked as a Media Supervisor, Clemenger/OMD and Client Service Manager, Universal McCann.

In addition to her work on the Board at Windana, Suzy is involved with The Mirabel Foundation.

### **Janine Scott**

#### ***Board Commencement Date 2005***

As Director of a Melbourne CBD based Public Relations company, Janine manages a range of client accounts including several blue chip corporations. Janine is passionate about excellent communications for her clients but she is also dedicated to social justice issues.

Recently Janine has lent her energies and services pro bono to the successful Streetsmart Helping the Homeless Campaign as well as playing a central role in co-ordinating the complete development of Windana communications strategies.

### **Martin Kantor**

#### ***Board Commencement Date 2001***

Skills in photography and media have been central to Martin's career and personal life. He has worked as a photographer for The Australian before becoming Picture Editor. Later, Martin embarked upon a freelance career and more recently he has become a Gallery Owner and Director.

Of particular interest to Martin in his work at Windana is the area of treatment effectiveness and client care.

### **Jenny Gillam (Secretary)**

#### ***Board Commencement Date 2002***

Jenny has a background in management including roles as Regional Manager for Department of Employment, Education and Training. Jenny is currently General Manager at Wallage Executive Recruitment. Amongst Jenny's skills are her strong knowledge of both public and private sector, Human Resources management and Executive recruitment and consulting skills.

Youth, family issues, drug and alcohol issues, and education are all areas of particular interest for Jenny.

### **Sally Webster**

#### ***Board Commencement Date 2001***

In addition to experience in research and television journalism, Sally has built a career in workers compensation law, litigation, and migration law. Her particular skills lie in the areas of law, management, research, people, communication and writing. Her legal practice is currently in the area of migration law.

Politics, drug and alcohol issues, government responsibility and social justice are all areas of great interest for Sally. In particular, apart from her work with Windana, Sally is actively committed to refugee issues.

### **Peter Hay**

#### ***Board Commencement Date 2004***

A Director at Chartered Accountants KPMG, Peter has had over 30 years working in financial markets including more than 10 years with ANZ (Senior Manager Investment Banking) and over a decade with merchant bank Capel Court.

Finance and superannuation expertise in particular compliance and risk management plans, strategic planning, business risk, fraud and corporate governance reviews, are all part of Peter's extensive skill set.

### **Terry Laidler**

#### ***Board Commencement Date 2003***

Terry has considerable skills in media and communications as evidenced by his experience as a Professor of Applied Communications and as an ABC Radio Presenter.

Terry has also worked extensively in practice as a Forensic Psychologist. He holds advisory and Board positions with several peak bodies and organisations including: Forensicare, Adult Parole Board, Burnet Institute, VicRoads Board, Victorian Civil and Administrative Tribunal, and he is on the Ministerial Advisory Committee on Gay and Lesbian Health. Strategic Planning, Communications and Issues Management are all areas of particular interest for Terry.

During the reporting period, Terry Laidler resigned from his position as a Board member. We are grateful for his outstanding advice and guidance.



# Change and Growth for Windana . . .

It is always with some trepidation that I try to put the words on paper that can adequately do justice to the work Windana has done over the last year. It has been a milestone year, with Windana celebrating 21 years of providing drug treatment.

In my role as Director of Client Services I often find myself in the privileged position, where I get to see the big picture of the work we do. I can not emphasise enough the importance of accessible integrated services for our clients. Our programs aim to empower clients to uncover their optimism for life, whilst promoting a sense of belonging to family and community.

Our philosophy begins with the words “We believe change and growth are possible ...” True to this, Windana never steps in the same river twice, we are always changing as an organisation, addressing the needs of those that seek out our services. It has been a year of learning a new language for many of us, the language of Continuous Quality Improvement. This is something we do so well, but of course we all have room for improvement.

What I notice on my journey within Windana, is our dedicated staff striving to make the philosophy come alive. The programs are holistic in their approach; they promote harm minimization, self determination and are responsive in all their work. The programs demonstrate considerable sensitivity to the needs of clients wherever they are in their treatment.

**During the year the various programs saw over 1200 clients complete an episode of care.** In many cases a client may have been in more than one program and sometimes more than once in the same program.

## Where Referrals Come From

• Self	39%
• Alcohol and Drug Service	24%
• Brokerage (Government Services)	11%
• Family, Relative or Friend	3%
• Homeless Services	4%
• Other service within Windana	11%
• Other	8%

## Drugs Used (in order of most frequent)

### Primary Drug of Choice

- Heroin
- Alcohol
- Cannabis
- Amphetamines
- Benzodiazepines

## Gender of Clients

- Male 57%
- Female 43%

## Age Range of Clients

• 15-19 9%	• 40-44 14%
• 20-24 9%	• 45-49 6%
• 25-29 19%	• 50-54 1%
• 30-34 25%	• 55-59 2%
• 35-39 14%	• 60-64 0.4%

## Keith Edwards

Director  
*Client Services*

## Windana Youth Community House

Reflecting over the past year about Windana Youth Community House, the agency's youth residential withdrawal program, the stories, struggles and hopes of the young people that have been part of the program, immediately flood my mind. Their individual journeys are inspiring and the unconditional support offered by the staff is reassuring.

Cannabis and alcohol remain the two main drugs that young people who attended the program in 2005/6 were withdrawing from, although over the year, there has been an increase in young people attending at WYCH to withdraw from ice (crystal methamphetamine) and ecstasy.

I have been asked on numerous occasions whether the program at WYCH is "successful". Does the program help the young people to stop using drugs and/or alcohol? Will they be "cured" after their 10 - 15 day stay? Why do young people return to the program and is this, in fact, an indication that the program has not worked?

A young person struggling to cope with the lifestyle associated with drug use and addiction, is usually also facing other significant issues such as having nowhere to live, having no supports from family, having no job or school program to attend, mental health issues and being involved in the criminal justice system.

In those circumstances, turning your life around in 10 - 15 days is an almost impossible goal.

Guided by the best experts, namely the young people themselves, the staff at WYCH have come to measure success in more realistic and meaningful ways. Success is realized by the gutsy determination that is demonstrated by the young people each day they are with us. We measure

success by the courage we see on a multitude of levels - courage to pick up the phone and ask for help, courage to deal with the physical and emotional lows that come from withdrawing and courage to accept that the journey is not over when the program ends.

We see success as the growth that takes place and the insight that develops during the 10 - 15 days. That is, the learning about oneself, the insight that ongoing support will be required and the recognition of triggers associated with their drug use.

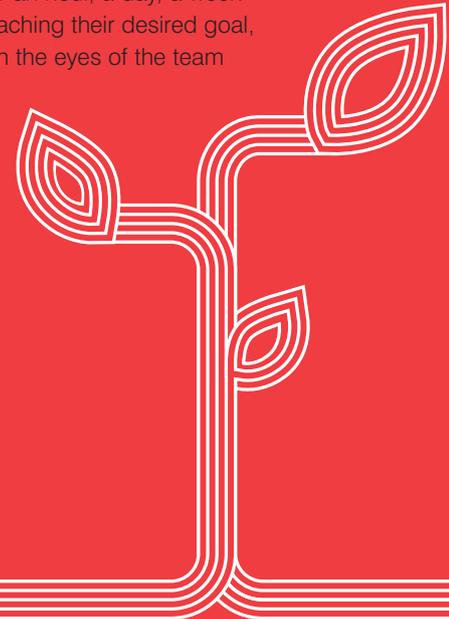
Success is determined by the strength young people show to persevere despite the pain, the strength to take responsibility for their part in relationships that have become fractured and the strength to admit that they may need to return to WYCH to try again.

Each young person that we have been privileged to work with over the past year, be that for an hour, a day, a week or longer, is one step closer to reaching their desired goal, which is a clear sign of success in the eyes of the team at WYCH.

### **Carmel Cataldo**

Manager

*Windana Youth Community House*



# Life on The Farm'

## Therapeutic Community

The Therapeutic Community is a statewide service, accepting referrals from across Victoria. The program's core business is building a treatment/community experience for a diverse resident group capable of embracing the complexity of forensic, dual diagnosis, physical injury and disease and recovery issues.

It has been a challenging and productive year for the community. Many developmental projects on the farm have enriched the environment. Planting wildlife corridors with the local Land Care group - comprising in excess of 1000 trees; harvesting our first commercial crop after gaining organic certification; and expanding our water wise program, have provided environmental education and purposeful work for our residential population.

We are looking forward in the next year to increasing the goat herd with an eventual aim of producing our own organic cheese; to sowing further commercial crops, and hopefully organizing a vegetable co-operative to share our produce and fresh eggs with other Windana programs and the wider community.

Facilitating our own games during the Commonwealth Games and hosting Windana's 21st birthday were creative hallmarks for our recreational activities, which contributed to positive socialization opportunities and team building. Competition and aspiring to win the race is more rewarding than running one's own race, whether engaged in gumboot throwing, synchronised swimming or climbing a storey in the air on the "Pinnacle of Terror".

Balancing the needs of the individual with the needs of a collective dynamic community requires committed and skilled staff and consultants.

As always the success of the community is in the blended mix of the extraordinary and inspirational courage of residents striving to make a difference, with staff's abiding passion to facilitate a positive change experience.

### **Antigone Quince**

Program Manager

*Therapeutic Community*

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## Reflections along the Journey

*For nearly 20 years I was on everything. I was in jail and just leading a dead-end life.*

*I came here all cocky – knowing everything – but realized I knew nothing.*

*I went up to the Farm after another stint in jail and it saved my life. I now have a great partner, a 10 month old daughter. We've bought a car. We're not rich or anything but we live OK.*

*If you're trying to get off drugs and it's hard, you've just got to keep going. I spent 8 to 10 times in detox, went to the Farm twice...*

*So don't give up because you can do it.*



## Intake and Assessment

The Intake and Assessment team has continued to be inspired by the resilience and humility of the people who walk through the door looking for treatment.

Stories of trauma through accident or abuse, loss through death, abandonment or betrayal, family tragedy, sexual assault, childhood mistreatment, injury, war, chronic disease, mental illness, suicide and self harm are heard daily. These tragic accounts are presented by clients who have hope for freedom from pain through means other than drug use.

The team works towards the best treatment match for clients, either within Windana or in conjunction with other services. We then support the potential program participants through the process of making it into treatment. Sometimes that means encouraging them to take the practical steps to getting ready, sometimes dealing with the internal obstacles such as fear, anxiety or ambivalence.

The team uses a delicate balance of firmness and flexibility to help people overcome barriers to getting in. Whilst much of the work we do is at the front door to drug treatment, it is very rewarding when, some time later, we bump into a client we assessed and they share some of their joys of their progress and new-found freedom with us.

In the past year the intake and assessment team has answered 2310 inquiries about treatment from individual drug users, concerned family members and treating professionals and has offered 1016 assessment appointments for Drug Withdrawal and the Therapeutic Community.

We are fortunate to have as part of our team a ConnectED key worker who works to enhance outcomes for clients needing intensive support in the steps leading up to treatment. The multi-organisation ConnectED team's clients are referred through the Alfred Hospital Emergency Department on the basis of their frequent attendance there.

The ConnectED team works with people in complex dilemmas due to concurrent conditions such as major illness, drug dependency and mental illness. Supporting them into drug and alcohol treatment is not always realistic or possible. The team are to be commended for providing flexible and responsive psychosocial care, nursing and case management to hard-to-reach complex clients in an outreach context.

The Campbell Edwards Trust has provided funding for the ConnectED worker to provide secondary consultation across Windana to assist with treatment planning with people who have a dual diagnosis and has commenced a new role facilitating dual diagnosis Professional Development across Windana in 2006.

The team is to be commended for their dedication, excellent interventions and hard work.

### **Sarah Fair**

Program Manager  
*Intake and Assessment*  
*ConnectED*  
*Dual Diagnosis Professional Development*

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## Reflections along the Journey

*Windana has introduced me to a sober world which is balanced, worthy, uplifting and progressive.  
The 'Windana Way' has taught me to value those I love and want them to love me.*



## Drug Withdrawal House

As well as delivering our core service to over 500 clients for the year the Windana Drug Withdrawal House Extended Program was able to offer an extended stay to another 50 residents. This program allows residents to apply from within the program (after the initial 6-10 days) to stay for a further 3-4 weeks. This program was developed in acknowledgement that 'withdrawal' is much more than a physical process that can be addressed in 7 days. Rather, this is a complex psychological, social and spiritual experience.

Increasingly, and reflective of drug using patterns, our Extended Program has been needed to complete complex poly-drug withdrawals with an emphasis on extended or slow withdrawal from medication and the resultant physical emphasis. This has resulted in several residents needing to stay for up to 6 weeks to leave the program completely drug free and in line with the Windana definition of 'withdrawn'. There is always a high demand for participation in this program and increasing demand for longer length of stay generally.

Feedback from one participant highlights the crucial role that the Extended Program plays in the service that the DWH delivers. With his permission he *"wanted to say a massive thankyou to each and every staff member here for facilitating my journey from the darkness into the light. You have all touched my heart and soul, with words of wisdom and support, insights of strength and empowerment and most of all enlightenment. I will carry them with me on the continued path to a brighter future. Thank-you, Windana Crew."*

The staff team at the Drug Withdrawal House has been able to work creatively and flexibly to meet the changing needs of the client group and provide a program that is able to support people with increasing complex levels of physical dependence and the resultant increased anxiety during withdrawal.

### **Wendy Zani**

Manager

Adult Drug Withdrawal House



## Reflections along the Journey

*Windana is the window of opportunity for those who hope for so long to be inspired by something awesome that always seems to be just out of reach. I was there in that place where nothing else matters – just trying unsuccessfully to feel that rush of your first hit. You feel like a lost soul in a never-ending cycle of torment, depression and loathing. I was trying to find the key to something I could only dream about – life without drugs.*

*Windana gave me the hope and love that I needed to end the demon in me, to give me a fresh start in the battle against active addiction. They opened the doors, arms open and open minded - knowing that it will take time and effort (not just from them but the will to*

## Supported Accommodation

Since the last report we have made some positive new changes in our Intensive Support House. We have introduced art therapy and a social outing on a weekly basis for those residing there. We felt these additions would contribute to improved self awareness and increased self esteem, assisting people in discovering themselves and the wider community. Providing a well-rounded program, and a new beginning.

The social activities are developed to enhance cultural and environmental awareness, including health, fitness and communication skills. Some of the outings have included art galleries, museums, botanical and other gardens around Melbourne, the aquatic centre and salt sea baths, walks including local beaches and a variety of coffee shops have been tried and tested.

Residents have fed back to us that it has been beneficial discovering many places they didn't know existed or were available to them, at a cost that is realistic for them to continue once they have moved into the general program.

Comments from participants back to the team have been: *"It's given me ideas on where I can take my children in the future"* and *"The social outing has given me the confidence to communicate with people drug free"*.

Art therapy has covered such areas as relationships, personal development and self awareness and the general feedback has been that people have discovered and uncovered aspects of themselves, in a non verbal way. *"Initially, I was nervous because I'm not good at art, but I really like it now and realise you don't have to be good at art"*.

The team have also experienced some changes in staffing and a new location, and are excited about being part of a program that is client focused and continually evolving. From a team perspective, there is nothing more fulfilling than witnessing clients discovering who they are and believing in themselves, on their journey of recovery.

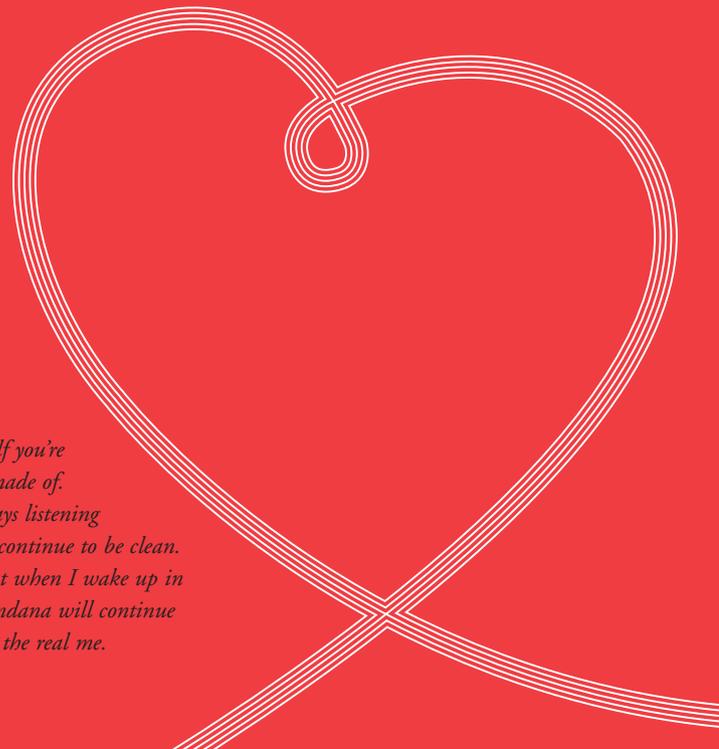
### **Valerie Andrews**

Manager

*Supported Accommodation*

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*help yourself as well. You need to be open and ready for the hard yards, to tell yourself you're only human. There is hope for me to grow and become something that dreams are made of. Knowing that if there are struggles ahead Windana is only a phone call away – always listening and understanding. Some of them have been to places we have been, inspiring us to continue to be clean. I am currently 4 months clean, fully aware that it is early days but just knowing that when I wake up in the morning with a clear head and knowing that I am in a stable environment, Windana will continue to help and inspire me to become drug free and allow me to change and get to know the real me.*



## Occupational Health and Safety Report

In the reporting period, Windana drafted a comprehensive OHS handbook. The handbook sets out all aspects of OHS legal compliance, employer and employee obligations and procedures.

The ongoing risk management analysis which commenced in 2004 continues to provide a framework to deal with OHS issues.

The OHS Committee comprising management and staff representation met each month and has been a very useful means of dealing with local and site specific OHS issues. The excellent position with our Workcover obligations is reflected in the 31% reduction in Workcover premiums for Windana.

The OHS Committee has been involved in a number of initiatives this year, namely

- Duress alarms for our direct contact staff
- Testing and tagging of electrical appliances and IT equipment
- Site Inspections which resulted in a "Satisfactory" rating and minimal need for improvements
- Blood spill kits as standard equipment at all sites.



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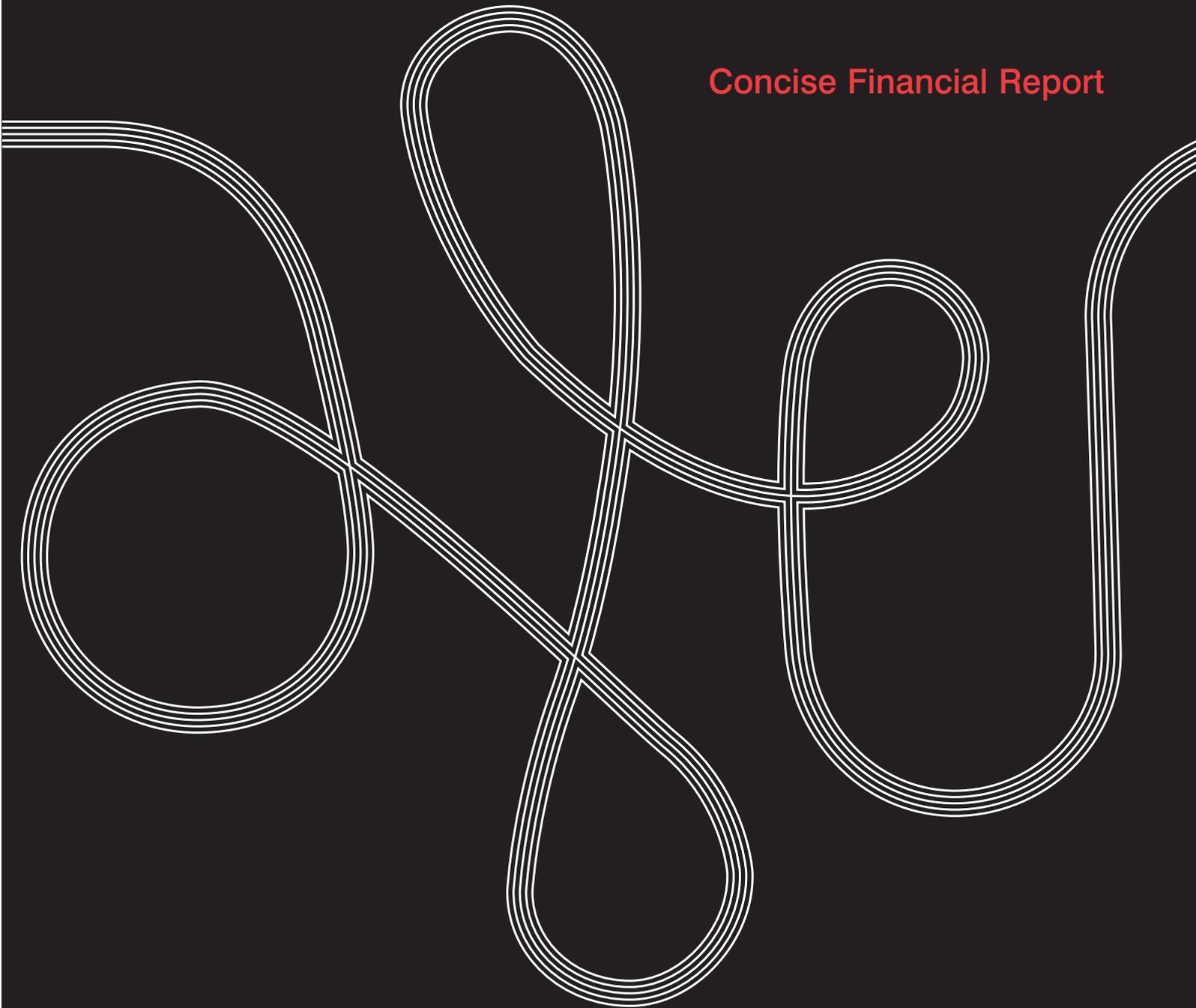
## Reflections along the Journey

*I've been to the Farm and I am going back. The first time – 18 months ago – they tried to talk me out of leaving but I still left. I left to get back together with my wife and kids but I lost them three times during this period. My dad passed away too. Not only the drink and choof this time, I picked up the needle too.*

*I know the Farm is what I need and here I sit in reception again, waiting for an assessment again. Hanging out to be in a safe, serene and healing place again. No longer do I want to keep abusing myself. Nor do I want to hide my feelings, my emotions. To me the Farm and the people there are like family.*

*I love the place... It's a haven of help, Windana. A place of protection. A home to get healthy at.*

# Concise Financial Report



18th September 2006

**The Board of Management**

The Windana Society Inc  
88 Alma Road  
ST KILDA VIC 3182



**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS  
OF THE WINDANA SOCIETY INC**

**Scope**

We have audited the concise financial report of The Windana Society Inc. for the financial year ended 30 June, 2006 comprising the Income Statement, Balance Sheet, Statement of Changes in Equity, Cash Flow Statement, Notes to the Concise Financial Report and Statement by Board of Management in order to express an opinion on it to the members of the Society. The Society's Board of Management are responsible for the concise financial report.

Our audit has been conducted in accordance with Australian Auditing Standards to provide reasonable assurance whether the concise financial report is free of material misstatement. We have also performed an independent audit of the full financial report of the Windana Society Inc for the year ended 30 June 2006. Our audit report on the full financial report was signed on 18 September 2006 and was not subject to any qualification.

Our procedures in respect of the audit of the concise financial report included testing that the information in the financial report is consistent with the full financial report, and examination on a test basis, of evidence supporting the amounts, discussion and analysis, and other disclosures which were not directly derived from the full financial report. These procedures have been undertaken to form an opinion whether, in all material respects, the concise financial report is presented fairly in accordance with Accounting Standard AASB 1039: 'Concise Financial Reports'.

The audit opinion expressed in this report has been formed on the above basis.

**Independence**

In conducting our audit we followed applicable independence requirements of Australian professional and ethical pronouncements.

**Audit opinion**

In our opinion, the concise financial report of The Windana Society Inc complies with Accounting Standard AASB 1039: 'Concise Financial Reports'.

A handwritten signature in black ink, appearing to read "Andrew P. Marks". The signature is fluid and cursive.

**Andrew P. Marks**  
Registered Company Auditor

A member of the Webb Group  
Cnr Toorak & Tooronga Roads Hawthorn East  
Vic 3123 Australia  
Telephone + 61 3 9822 8686  
Facsimile +61 3 9824 8578

**STATEMENT BY BOARD OF MANAGEMENT**  
**for the Year Ending 30 June 2006**

The directors of The Windana Society Inc declare that the concise financial report of The Windana Society Inc. for the financial year ended 30 June 2006 as set out in pages 17 to 22

- (a) complies with Accounting standard AASB 1039: Concise Financial Reports; and
- (b) is an extract from the full financial report for the year ended 30 June 2006 and has been derived from and is consistent with the full financial report of The Windana Society Inc.

This statement is made in accordance with a resolution of the Board of Management and is signed for and on behalf of the Board of Management by:



President:  
Peter Hay



Treasurer:  
Mr. Anthony Rodwell-Ball

Melbourne  
September 2006

**INCOME STATEMENT**  
**for the Year Ending 30 June 2006**

	NOTE	2006	2005
Revenue	2	4,914,676	4,620,138
Other Income	2	8,466	277
Employee Benefits Expense		3,876,298	3,662,163
Depreciation		131,956	95,393
Other Expenses		826,353	805,622
<b>PROFIT BEFORE INCOME TAX</b>		<b>88,535</b>	<b>57,237</b>
Income Tax Expense			
<b>PROFIT FROM OPERATIONS</b>		<b>88,535</b>	<b>57,237</b>

**BALANCE SHEET**

for the Year Ending 30 June 2006

	NOTE	2006 \$	2005 \$
<b>Current Assets</b>			
Cash and cash equivalents		809,762	757,061
Trade and other Receivables		-	20,772
Inventories		25,683	24,873
Other current Assets		10,267	3,753
<b>Total Current Assets</b>		<b>845,712</b>	<b>806,459</b>
<b>Non Current Assets</b>			
Property, Plant and Equipment		4,999,844	4,256,048
<b>Total Non Current Assets</b>		<b>4,999,844</b>	<b>4,256,048</b>
<b>TOTAL ASSETS</b>		<b>5,845,556</b>	<b>5,062,507</b>
<b>Current Liabilities</b>			
Trade and other payables		694,459	808,118
Provisions		219,914	198,236
<b>Total Current Liabilities</b>		<b>914,373</b>	<b>1,006,354</b>
<b>Non-Current Liabilities</b>			
Provisions		310,027	356,851
<b>Total Non-Current Liabilities</b>		<b>310,027</b>	<b>356,851</b>
<b>TOTAL LIABILITIES</b>		<b>1,224,400</b>	<b>1,363,205</b>
<b>NET ASSETS</b>		<b>4,621,156</b>	<b>3,699,302</b>
<b>EQUITY</b>			
Reserves		2,101,242	1,487,256
Accumulated Surplus		2,519,914	2,212,046
<b>TOTAL EQUITY</b>		<b>4,621,156</b>	<b>3,699,302</b>

**STATEMENT OF CASH FLOWS**

for the Year Ending 30 June 2006

	NOTE	2006 \$	2005 \$
<b>Cash Flows from operating activities</b>			
Receipts from Government		4,309,547	3,989,050
Grants & Donations			
Receipts from Centre Generated Activities		508,521	539,762
Payments to service providers and employees		(4,557,822)	(4,376,501)
Interest Income		45,754	37,222
<b>NET CASH PROVIDED BY OPERATING ACTIVITIES</b>	3(b)	<b>306,000</b>	<b>189,533</b>
<b>Cash Flows from investing activities</b>			
Proceeds from Sale of Property, Plant & Equipment		127,235	151,922
<b>Payments for:</b>			
Plant and Equipment		(8,778)	(2,000)
Motor Vehicles		(179,986)	(219,396)
Computer Equipment		(27,677)	(8,615)
Buildings		(164,093)	-
<b>NET CASH PROVIDED BY / (USED IN) INVESTING ACTIVITIES</b>		<b>(253,299)</b>	<b>(78,089)</b>
<b>NET INCREASE / (DECREASE) IN CASH HELD</b>			
Cash at the beginning of the year		757,061	645,617
<b>Cash at the end of the year</b>	3(a)	<b>809,762</b>	<b>757,061</b>

**STATEMENT OF CHANGES IN EQUITY**  
for the Year Ending 30 June 2006

	Retained \$ Earnings	Asset Revaluation \$ Reserves	General \$ Reserves	Total \$
<b>BALANCE AT 1 JULY 2004</b>	375,172	1,487,256	-	1,862,428
Profit attributable to members	1,836,874	-	-	1,836,874
<b>BALANCE AT 30 JUNE 2005</b>	2,212,046	1,487,256	-	3,699,302
Profit attributable to members	88,535	-	-	88,535
Revaluation increment	-	613,986	219,333	833,319
<b>BALANCE AT 30 JUNE 2006</b>	2,300,581	2,101,242	219,333	4,621,156

**NOTES TO THE CONCISE FINANCIAL REPORT**  
for the Year Ending 30 June 2006

**NOTE 1 –  
BASIS OF PREPARATION OF THE CONCISE FINANCIAL REPORT**

The concise financial report is an extract from the full financial report for the year ended 30 June 2006. The concise financial report has been prepared in accordance with Accounting Standard AASB 1039: Concise Financial Reports.

The financial statements, specific disclosures and other information included in the concise financial report are derived from and are consistent with the full financial report of The Windana Society Incorporated. The concise financial report cannot be expected to provide as detailed an understanding of the financial performance, financial position and financing and investing activities of The Windana Society Incorporated as the full financial report.

The financial report of The Windana Society Inc. complies with all Australian equivalents to International Financial Reporting Standards (AIFRS) in their entirety.

	NOTE	2006	2005
<b>NOTE 2 - REVENUE</b>			
<b>OPERATING ACTIVITIES</b>			
<b>CENTRE GENERATED INCOME</b>			
Client Fees		322,114	331,482
Contract Receipts		88,657	116,262
Other Income		109,585	98,641
<b>TOTAL CENTRE GENERATED INCOME</b>		<b>520,356</b>	<b>546,385</b>
<b>GRANTS AND DONATIONS</b>			
State and Federal Grants		4,150,954	3,866,604
General Donations		53,763	45,894
Trust Funds		143,849	124,033
<b>TOTAL GRANTS &amp; DONATIONS</b>		<b>4,348,566</b>	<b>4,036,531</b>
Interest Income		45,754	37,222
<b>TOTAL REVENUE</b>		<b>4,914,676</b>	<b>4,620,138</b>
<b>NON OPERATING ACTIVITIES</b>			
Profit (Loss) on Sale of Fixed Assets		8,466	277

**NOTES TO THE CONCISE FINANCIAL REPORT**  
**for the Year Ending 30 June 2006**

	NOTE	2006 \$	2005 \$
<b>NOTE 3(a) - Reconciliation of cash</b>			
Cash in Hand		1,820	1,520
Cash at Bank		335,939	402,672
Term Deposits		472,003	352,869
<b>CASH AT THE END OF THE YEAR</b>		<b>809,762</b>	<b>757,061</b>

**NOTE 3(b) - Cash Flow Information**

Reconciliation of Cash Flow from Operations  
with Profit from Ordinary Activities after Income Tax

Pofit after Income Tax		88,535	57,237
Non-Cash Items:			
- Depreciation		131,956	95,393
- Profit on sale of Non Current Assets		(8466)	(277)
Increase / (Decrease) in employee provisions		45,713	12,972
Increase / (Decrease) in trade creditors & accrued expenses		84,859	79,481
Increase / (Decrease) in deferred projects & funds in advance		(50,044)	(59,266)
Decrease / (Increase) in medical stock		(810)	5,162
Decrease / (Increase) in other assets		14,257	(1,169)
<b>NET CASH PROVIDED BY OPERATING ACTIVITIES</b>		<b>306,000</b>	<b>189,533</b>

**NOTE 3(c)**

The Society has an overdraft facility of \$30,000 with the ANZ Banking Group. This overdraft facility is subject to annual review by the bank.

**NOTE 4 – Segment Reporting**

The Society operates predominantly in one business and geographical segment, being in the welfare sector providing generic and specialist alcohol and drug community health and support services.

**NOTE 5 – Adoption of AIFRS**

On transition to AIFRS, there are no adjustments to equity or profit or loss between previous Australian GAAP and AIFRS.

# Thankyou to those who have worked with us . . .

Our Patron **Dame Elisabeth Murdoch** for unflagging and ongoing support.

## **Thank you also to our new Ambassadors....**

Cr Darren Ray – City of Port Phillip, Alma Ward  
Jenny Bannister – Fashion Designer  
John Cain – Government Solicitor  
Laini Liberman – Barrister  
Robert Clemenger – Businessman

## **And many thanks to our Champions....**

Moya Mills – CEO, The Cranlana Programme Foundation  
Jelena Popovic – Deputy Chief Magistrate  
Andrea Coote – MLA Monash  
Paul Pattison – Pattisons Consulting P/L  
Matthew Gould – VECCI Regional Business Development Manager

## **We appreciate all of our supporters...**

Friends of Windana, KPMG, Dominic Barbuto – Visible Ink,  
Brian Hamley AM, Dorothy Clark, Mark Delaney – CFA, Barry Main,  
Merrill Spicer, John C Dahlesen, Kaye Fletcher, Geoff Knorr, Grant  
Powell, Murray Gerkens, Richard Hoy, Jenny Bannister, Paul Belin,  
Anonymous donation for Art Therapy program, Simon Walker,  
Robert Sumpton – Quest Apartments, Daryl Abrahams

## **A special thanks to...**

### **The Windana Marketing Think Tank...**

For Consultation, Design and Communications.... The team at Studio  
Round especially Rob and Michaela, Janine Scott at Jigsaw  
Strategies, Emma & Tom's Life Juices for marketing advice and  
ideas, Sean Cox, Elinor Robyn Graham and everyone at Windana.

### **Thank you to the Philanthropic Trusts and Foundations...**

The Campbell Edwards Trust, Jack Brockhoff Foundation,  
The Sarah Cuffley Foundation, Myer Family, Alcohol Education  
and Rehabilitation Foundation, Helen Macpherson Smith Trust,  
Perpetual Charitable Trustees, National Illicit Drugs Strategy,  
Colonial Foundation, Danks Trust, The William Angliss (Victoria)  
Charitable Fund, The Lord Mayors Charitable Fund, City of Port  
Phillip.

## **Thanks for the support of the following organisations providing reduced cost or free access to events and activities for Windana clients...**

St Kilda Swim Centre, Melbourne Racing Club, Scienceworks,  
Ringwood Pools and Old Melbourne Gaol. Williams Refrigeration  
Australia for the donation of bed linen to WYCH, Rebel Sport,  
Dandenong – provided discount for purchase of recreational equip-  
ment Myuna Farm, Melbourne Zoo, Healesville Sanctuary, Oasis  
Swimming Centre, Melbourne Aquatic Centre, Melbourne Museum,  
Village Cinemas, Narre Warren Bowling, Australian Centre for the  
Moving Image – Federation Square, Sandringham Yacht Club,  
Reclink - all of which provide recreational activities at no or  
reduced cost.

## **Thank you for the vital collegial support of other agencies and professionals...**

Department of Human Services, Odyssey House Victoria, Mirabel,  
YSAS Dandenong, YSAS Frankston, Birribi, Tandana, SEADS,  
Southern Region Dual Diagnosis Service, SHARC, Dr Charles  
Cyngler and the staff of Hennessey Clinic, John L. Millikan and the  
staff of Chapel Gate Pharmacy, Dr John Sherman, Port Phillip  
Council, Sacred Heart Mission St Kilda, VUT Student Acupuncture  
Clinic, Commonwealth Rehabilitation Service, Oxford Housing,  
Berry Street Victoria, Aurora House, Dandenong Housing and the  
Disability Unit at Windsor Centrelink.

## **Thank you to our wonderful volunteers for their dedication...**

Portia Mereki volunteer meditation, Eileen Chapman, Sue Macaw  
volunteer physiotherapist, Sue Cameron volunteer Yoga, Sue  
Beamish and the volunteers of the Reiki Clinic, Vicki Davidson of  
Quest Consulting and Wesley College students.

## **Thank you to suppliers for goods donations and support...**

East Oakleigh Meats, Rod's Fruit & Vegies at South Melbourne  
Market, Coles Supermarket Balaclava and Dandenong.

**Finally, thanks to...** the **qubeGroup** and **Lithocraft** for  
sponsoring this Annual Report.

## **A very special acknowledgement:**

Most of the beautiful photographic work throughout the annual report  
is by our very own Karena Goldfinch, Windana Naturopath and -  
clearly - talented photographer.



A LESSON  
IN LETTING  
GO.

# Facts & Figures

All figures are from the 2004 National Drug Strategy Household Survey Australian Institute of Health and Welfare

## Alcohol

- Alcohol is the most popular drug consumed in Australia, with the 2001 National Drug Strategy Household Survey finding that 80% of the population aged 14 years and over had drunk alcohol in the past 12 months (Australian Institute of Health and Welfare: 2002).
- Alcohol consumption causes 4,286 deaths per year in Australia or 395,000 hospital bed days per year (Collins and Lapsley: 2003).
- In Victoria, these figures correlate to 3 deaths per day from alcohol, 300 Victorian hospital beds being filled per day due to alcohol consumption, and a cost of over \$5 million per day (Collins and Lapsley: 2003).
- To put this into context, the cost to Victoria per day is larger than the combined cost of crime (over \$1 million), health (over \$1 million) and road accidents (over \$1 million).
- Statistics are showing that health costs are increasing by a rate of 7% per year with alcohol playing a large part in this increase.
- One in seven (15.3%) Australians aged 14 years and older had used an illicit drug in the last 12 months.
- One in nine (11.3%) Australians had used marijuana/cannabis in the last 12 months; one in six (16.4%) of them used it every day.
- Of Australians aged 14 years and older, 0.6 million (3.8%) had used pharmaceuticals for non-medical purposes. About three-quarters of that use was accounted for by the use of pain-killers/analgesics.
- Three in a thousand (0.3%) Australians used heroin, methadone (not for maintenance) or other opioids (opiates) in the last 12 months. Of those users, one in two (45.0%) used one of these opioids daily or weekly.
- Ecstasy was used in the last 12 months by three in a hundred (3.4%) Australians – more than half of these used it at raves or dance parties.
- Alcohol was the drug most commonly used concurrently with every illicit drug.

## Drugs

- One in two (50.3%) Australians who had used heroin in the last month were diagnosed or treated for mental illness in the last 12 months compared with only one in eleven (9.1%) of those who had not used heroin in the last 12 months.
- One in three (32.7%) Australians aged 18 years and older who had used heroin in the last month experienced very high levels of psychological distress compared with only two in a hundred (2.2%) of those who had not used heroin in the last 12 months.
- In the six months prior to their most recent arrest at the time of the interview, 62 per cent of sampled offenders reported regular illicit drug use.
- Of all offenders surveyed, 62 per cent reported being intoxicated at the time of their most serious offence (24 per cent high on illicit drugs, 21 per cent on alcohol and 17 per cent on the two combined).

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Recovery

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*Windana is a fully registered not for profit organisation with no religious or political affiliations.*

