

Windana Adult Residential Withdrawal

From the team at Windana, hello and welcome. We know you'll have a lot of questions about who we are, what we do and how we can help - so we'll do our best to answer some of those here.



What is Adult Residential Withdrawal?

Our Adult Residential Withdrawal Program offers a safe, comfortable place for you to stay while withdrawing from alcohol and other drugs.

We're inside a large, historic house in St Kilda right next door to Windana's Alma Road Community Clinic, where some of our activities are run. Beautiful, established gardens wrap around the buildings - offering a slice of peace and breath of fresh air within the lively surrounds.

The program we offer is holistic, evidence-based and tailored to your unique situation.



Who works there?

The staff at St Kilda are an experienced team and include Nurses, Case Workers, Support Workers and practitioners. Each staff member brings a personal touch to make you feel at home during this phase of your recovery.

What happens in Residential Withdrawal?

The length of time you stay will depend on your needs, but people generally stay for seven to ten days. The program includes:

- Withdrawal in a safe, supportive, homelike space
- Time to rest and adjust before taking part in activities
- Medical and nursing support
- Consultation with our naturopath who will prescribe herbal and nutritional supplements
- Sessions with your Case Worker for support and treatment planning
- Group sessions in Art Therapy, nutrition, yoga and meditation
- Education in Harm Reduction, Relapse Prevention and Stress Management
- Acupuncture (the ancient technique uses fine needles to relieve a range of symptoms during withdrawal)
- Osteopathy (gentle musculoskeletal therapy to address pain and injury)
- Light daily exercise and recreation.

The program is varied - because we're all different and will benefit from different things. 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.

Before you leave, we will work with you to set goals for continuing your recovery and help you link in with support services.



Client messages

We asked a client who has completed the program to give insight from their perspective.

While their story is as unique as yours, we're sharing this feedback as a reminder that you're not alone in coming to Windana, and positive change is possible.

"In St Kilda there is a house of love and healing, a therapeutic withdrawal where you can get the support you need from a program designed to set you free. Windana, I wouldn't be here without you."

"When I walked through the doors of Windana, I felt my days of addiction were over. I was welcomed, loved and supported. For the first time in my life I felt important. My confidence grew, my health improved thanks to the support of Windana."

Getting referred

Contact your local intake and assessment service or DirectLine (PH: **1800 888 236**, directline.org.au) to be referred to suitable services in your area.

An intake document will be completed over the phone and an appointment will be booked to complete an assessment. You can mention that you're interested in Windana's withdrawal program.

For more information, you can also call Windana Monday to Friday, 9am-5pm on **03 9529 7955**.

Is Windana for me?

This is a question you won't have to answer alone. Your local intake service will help you decide whether Windana is the right service for you.

You need to be:

- Over 18 years old
- Able to stay in a shared space, including shared rooms
- Able to participate in groups and activities.



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



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 land 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.

Photos are of the St Kilda unit, an example of the food served and an Art Therapy session.

Contact Us

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