

Windana Youth Community House

From the team at Windana Youth Community House (WYCH), 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 WYCH?

WYCH is where we (Windana) run our Youth Residential Withdrawal Service. It's where young people stay while withdrawing from alcohol and other drugs. The property is in Dandenong, and looks like a house with a garden. If you stay at WYCH, our supportive team will work with you in a varied program. We understand that your story is unique - as are your goals.



Who works there?

The staff at WYCH are an experienced team and include Support Workers, Case Managers, Nurses and practitioners. Each staff member brings a personal touch to WYCH to make you feel at home in this part of your recovery journey.



What happens at WYCH?

The length of time you stay at WYCH will depend on your needs, but people generally stay with us for 10-14 days.

Here are some of the things that happen in that time:

- Withdrawal in a safe, supportive, homelike space
- 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 Managing Stress
- 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.

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

Getting referred

Contact your local intake and assessment service or DirectLine (PH: **1800 888 236**, [directline.org.au](https://www.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 WYCH for me?

Your local intake service will help you decide whether Windana is the right service is for you.

WYCH 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.

What should I expect?

If you're coming to stay, we'll let you know the next steps are. Here are common questions about WYCH.

Are mobile phones and social media allowed?

You can have your phone on you without its SIM. WYCH 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 stop.

Contact Us

Windana Drug & Alcohol Recovery Ltd. ABN 68 398 137 238
T. 03 9529 7955
F. 03 9521 3581
E. feedback@windana.org.au
[windana.org.au](https://www.windana.org.au)

Client messages

Here are some words from young people who have stayed at WYCH in the past.

Whilst their life stories and experiences are as unique as yours, we're sharing their voices 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."



This illustration shows an overview of Windana's programs and services, of which WYCH is a part.

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.

Art at top has been used with permission. Other photos are of WYCH.