

Windana Integration Housing

From Windana, hello and welcome. In this leaflet we'll tell you about Windana's Integration Housing program, and how it supports people during an important stage of alcohol and other drug rehabilitation.

What is Integration Housing?

Integration Housing (IH) gives extra independence to people currently in Windana's residential rehabilitation programs.

We run several residential properties as part of the IH program.

Residents start off their residential rehabilitation program at one of Windana's three Therapeutic Communities (TCs). After several months, residents have the option of moving out of the TC and into IH.

While living in IH, residents remain connected to the TC while pursuing new interests and activities, building social relationships and working through challenges of living in the wider community.

IH lets residents gain independence while transitioning to a less-structured program as they move closer towards life after residential rehabilitation.

After spending time in IH, residents may apply for graduation from the program. Graduates still have access to Aftercare support post-graduation.

Where are the IH properties?

Windana's IH properties are located in areas where residents can easily access the TCs.

IH properties are in Pakenham and Mentone. Two IH houses are available in the Ballarat area for Grampians TC residents. We are also securing IH in Geelong, close to the Barwon TC.

IH properties are rented by Windana, privately or from community housing organisations. To protect the privacy of residents and to harmoniously fit into the streetscape, IH properties are not distinguishable from private houses and have no external Windana signage.

What do residents do in IH?

IH residents live with more independence than TC residents, but they are still part of a structured program. This includes:

- Frequent trips back to the TC to check in with staff, participate in groups and act as role models to TC residents
- Running the household - cleaning, gardening and performing some maintenance tasks
- Following a manual that sets out program activities and expectations
- Providing and following a weekly plan which includes day-to-day activities.

Use of alcohol or drugs in IH is strictly forbidden. Windana staff regularly visit each IH property to ensure residents are going well, and that the property is being looked after.



Who's eligible for IH?

To apply for IH, a person must have completed the residential rehabilitation part of their program at one of Windana's three TCs: Maryknoll (southeast of Melbourne), Grampians (Ballarat East) or Barwon (Corio).

This means they have grown significantly during their program - gaining skills, responsibility and becoming leaders to their peers.

Each TC has a different program length, meaning residents are eligible after varied lengths of time. At Maryknoll this is around nine months, at Grampians around three months and at Barwon around six months.



Is IH the same as Transitional Housing?

Integration Housing and Transitional Housing (TH) at Windana are two different things.

TH is a standalone service, rather than a part of the residential TC program. TH residents therefore don't need to have come from a TC first.

TH provides people in recovery from alcohol and other drug dependence with a stable, affordable place to live and includes a program that builds on a person's strengths and interests. Windana's TH properties are located around Melbourne's southeast.

TH is a stepping stone to long-term public, community or private rental.

For more info, visit www.windana.org.au/publications/ and see Transitional Housing leaflet under 'Brochures'.

Integration Housing Case Study - Toby*

When Toby* entered Windana's long-term program at Maryknoll in September 2019, he'd lost everything. Following a 14 month stay, he's now employed full-time in the construction industry, studying a Certificate IV in Community Services, and living independently.

Between Maryknoll and getting his own place, Toby stayed at one of our IH properties which provided the opportunity to get used to living independently, bolstered by the support of staff and peers.

IH is an important community service that helps people like Toby build healthy, happy and balanced lives as part of their recovery.

*name changed to maintain privacy.

Everyone has the right to play an active role in making decisions that affect them, and to receive the support they need to do so. If you feel you need an advocate now or for the future please go to:

www.publicadvocate.vic.gov.au/your-rights

Contact Us

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What are the fees?

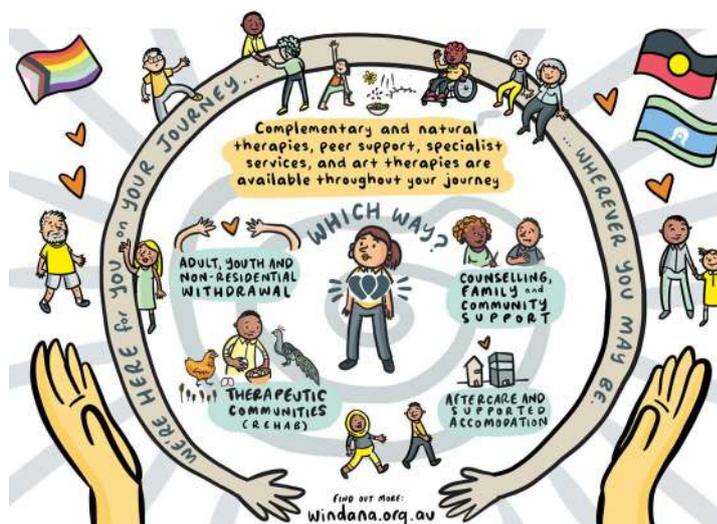
Fees that residents pay to Windana vary depending on the IH they are living in. Windana pays rent directly to the landlord or real estate agent.

More information

Current Windana TC residents can talk to their Key Worker/Facilitator about IH. Information about IH is provided as residents go through their TC programs.

Windana's Reception team are available to answer general questions about our programs and services. Please call us on **03 9529 7955** Monday to Friday, 9am-5pm. Please note that IH is in high demand and is subject to availability.

DirectLine is Victoria's primary entry point into drug and alcohol services. To talk to someone about what support is available, you can call DirectLine at any time of day or night at **1800 888 236** or visit www.directline.org.au.



This illustration shows an overview of Windana's programs and services, of which our Integration Housing program 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 custodians of Australia and we welcome all Aboriginal and Torres Strait Islander people to our service. To protect anonymity of our IH properties and residents, we've used photos from other Windana locations in this leaflet.