

Windana Drug and Alcohol Recovery

Welcome. In this leaflet we'll provide information about Windana and the services we offer. For more, visit windana.org.au/services.

Who we are

Windana is an organisation that takes a holistic approach in helping people recover from and reduce the harms of alcohol and other drugs.

We have services around Victoria.

Since 1984, we have helped thousands of people make meaningful change to lead healthy and fulfilling lives.

Our Mission

Helping people to rebuild their lives.



Windana Community Clinic

Our Community Clinic is a place to access affordable, holistic, natural health care treatments and supplements.

All people from the community are welcome to come and benefit from our range of therapies, including those who live or work nearby, as well as people connected to Windana's services.

Therapies include:

- Acupuncture
- Naturopathy
- Osteopathy
- Remedial massage
- Yoga



The Community Clinic is located at **88 Alma Road, St Kilda** (corner of Chapel Street).

Find the timetable at windana.org.au. Or, scan the QR code here.



Community Services

Counselling

This involves meeting with one of our experienced counsellors, talking through what's going on in life and working together to create positive change.

We see clients in St Kilda, at SECADA and via Telehealth.

Care and Recovery Coordination

Assisting clients with complex needs by setting goals, planning treatment pathways and linking to services.

Family Program

Families can connect with a range of supports including parenting support, education, information, referral pathways and ongoing support. We offer:

- *Tuning into Kids (TIK)* - six-week program for parents to build emotional intelligence for kids
- *Yarning Group* - for clients of Winja Ulupna Women's Recovery Centre to talk about family
- *Parenting Group* - helping to build skills across a broad range of topics that parents face
- *Family Days* - regular social events for families connected to Windana's services.



Withdrawal Services

Youth Residential Withdrawal

At our Windana Youth Community House (WYCH) in Dandenong, young people stay for supported withdrawal over 10-15 days. The program includes:



- Medical and nursing support
- Naturopathy
- Sessions with a Case Worker
- Group sessions in Art Therapy, Nutrition, Yoga and Meditation
- Education in Relapse Prevention, Harm Reduction and Stress Management
- Light daily exercise and recreation.

Adult Residential Withdrawal

Drug Withdrawal House in St Kilda supports adults in a seven to ten-day program. It involves the activities above, plus osteo and acupuncture.



Non-Residential Withdrawal

Supporting adults to withdraw at home or in another safe place, with care from our nurses who visit or make regular phone contact. We work with clients to identify goals that shape personal withdrawal plans. The service is available in Casey, Cardinia, Greater Dandenong, Mornington Peninsula and Barwon.

Harm Reduction

Providing support and education around Harm Reduction strategies to clients in our withdrawal programs and others in the broader community. This includes Naloxone training and other overdose-prevention strategies for opioid and non-opioid drugs.



Residential Rehabilitation

We run rehabilitation programs in three Therapeutic Communities (TCs). Each TC is a place where the community itself - through self-help and mutual support - creates change. Residents help run the TCs by participating in the Works Program, attend education, therapy and behaviour change groups and access holistic treatment that includes nursing support and naturopathy.

Maryknoll TC

Our largest TC, also called 'The Farm' is located in Maryknoll. It offers a nine to twelve-month program for up to 77 residents.



Grampians TC

Located in Ballarat, this is our most close-knit TC. It offers a three-month program for up to 20 residents.



Barwon TC

Our newest TC is in Corio and opened in early 2022. It offers a six-month program for up to 30 residents.



Integration Housing and Aftercare is available after leaving TCs to encourage sustainable, healthy routines and connections whilst participating in meaningful activities such as education, volunteering and employment.

Referrals

To book into any of our *Health & Healing* (Community Clinic) therapies, Contact Windana directly on **03 9529 7955** Monday to Friday, 9am-5pm. You can also call us for general enquiries and extra info.

For all other services, contact your local Intake and Assessment Service to discuss your treatment options and ask for a referral to Windana. To find your local Intake and Assessment Service, call DirectLine (24/7) on **1800 888 236** or visit directline.org.au.

Ways you can help Windana:

- To volunteer, email volunteer@windana.org.au
- To donate, visit windana.org.au/make-a-donation

Windana acknowledges the Traditional Custodians of Australia and we welcome all Aboriginal and Torres Strait Islander people to our service. Windana provides a safe and welcoming environment for everyone.

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