

Barwon Therapeutic Community

Hello from Windana. In this leaflet we'll tell you about our residential alcohol and other drug rehabilitation program in Geelong, plus a bit about how a Therapeutic Community supports recovery.

A space for healing

Barwon Therapeutic Community (BTC) is Windana's newest community for residential alcohol and other drug rehabilitation.

It's in a quiet pocket of Corio, Wadawurrung Country.

Up to 30 residents live at BTC together in an environment that is fresh, modern and comfortable.

The grounds offer space to breathe, with gardens and recreational areas wrapping around the buildings. A central sweep of eucalyptus trees gives the setting a peaceful, natural feel.



What is a Therapeutic Community?

At Windana, residential rehabilitation takes place in our Therapeutic Communities (TCs).

The TC is a place where the community itself - through self-help and mutual support - sparks change in its residents' lives. The community gives people the space and structure to heal emotionally, and learn healthier ways to live.

Residents work together to run the TC, as it's their home. Work areas include administration, cleaning, grounds, kitchen and animal husbandry. Every activity and job contributes to personal growth.

Staff are there to support safety and well-being; physical, emotional, psychological and social.

As residents move through the program's phases, they become leaders and role models too.

The program

Residents stay at BTC for six months. During this time, you will move through phases as part of your rehabilitation program.

Orientation: Watch, listen, learn and engage

Phase 1: Participate in all aspects of the group

Phase 2: Step up as a role model to peers

Phase 3: Be a leader and prepare for the future

Phase 4: Integration for life after treatment

Aftercare: Move forward with ongoing support

Activities and support

- Group work (Art Therapy, nutrition, relapse prevention, harm minimisation and stress management)
- Complementary therapies (naturopathy, mindfulness, exercise and recreation)
- Food as Medicine (health-promoting meals)
- Case management and support services
- Aftercare for when you leave the TC.

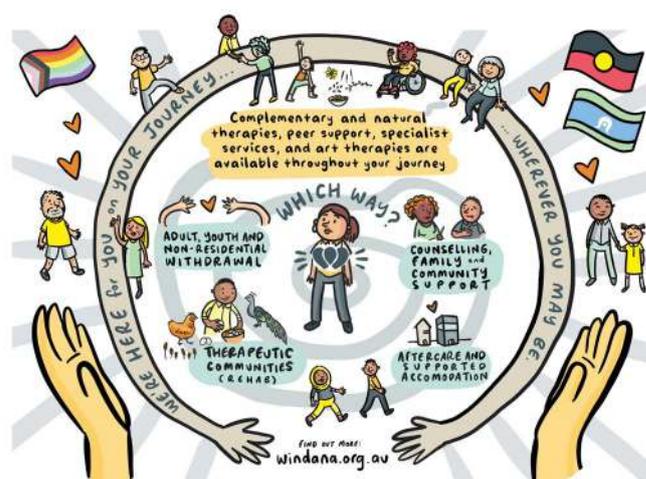


Client messages

Here are some words from people who have stayed at Windana's other TCs in the past. Whilst their life stories are as unique as yours, we're sharing their voices for insight into the experiences of residents who have worked on recovery in a TC environment.

"My life is healthier, freer. I am much more confident and optimistic facing life and its challenges. I have a better self-image, confidence and self-worth. I am a more positive person and not fearful or resistant to change."

"I utilise the five pillars each day to move forward: love, care and concern, responsibility, trust, honesty. I'm just grateful to wake up and be alive. To hear the birds and feel the sunshine on me, I really am because that's not how my life was, it was very cloudy and gloomy."



This illustration shows an overview of Windana's programs and services, of which Therapeutic Communities (inc. BTC) are 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. Windana provides a safe and welcoming environment for everyone.

Photos of BTC's buildings, rooms and grounds are by Kane Jarrod Photography, Kane Jarrod Thompson. Other photos (of food and activities) are from other Windana sites and give an impression of BTC.

Most common questions

What is the accommodation like?

Most people will stay in a double room with another resident. Single rooms are available for residents with certain accessibility needs.

What are the fees?

There is a \$115 non-refundable Admission Fee to pay when you first arrive. After that, you will need to make an ongoing contribution to your program of 78% of your base Centrelink benefit. If paying privately (not through Centrelink), fees will be negotiated before admission.

Do I need to do a withdrawal program first?

Yes. This can be through Windana or another organisation. You'll also need to tell us about any medication you take.

Can I smoke?

No. BTC is a smoke-free community.

What happens in a typical day at BTC?

What you do in a day at BTC will depend on the phase you are in. However as a rough idea a weekday includes groups, community beautification, works, assertions, community business and reflections.

For more info, ask us for the BTC detailed booklet, or find it at windana.org.au under *Publications*.

Referral

Contact DirectLine on **1800 888 236** (available 24/7), or visit directline.org.au to be referred to suitable services in your area.

An intake will be completed over the phone and an appointment will be booked to complete an assessment. During the intake and/or assessment a referral will be made to the most suitable services. You can mention that you're interested in Windana's Barwon Therapeutic Community.

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

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