

## What are the rules?

All residents will need to sign an agreement with Windana before they can move into the first phase of the program. This agreement contains all the rules in detail. However put simply they are:

- No violence
- No stealing
- The minimisation of behaviour that interferes with the way other people want to live their lives (eg. no loud music)
- No illicit drugs or illegal activities
- Attendance at a weekly support group, house meetings and a one-to-one with the support worker is mandatory

## Staffing

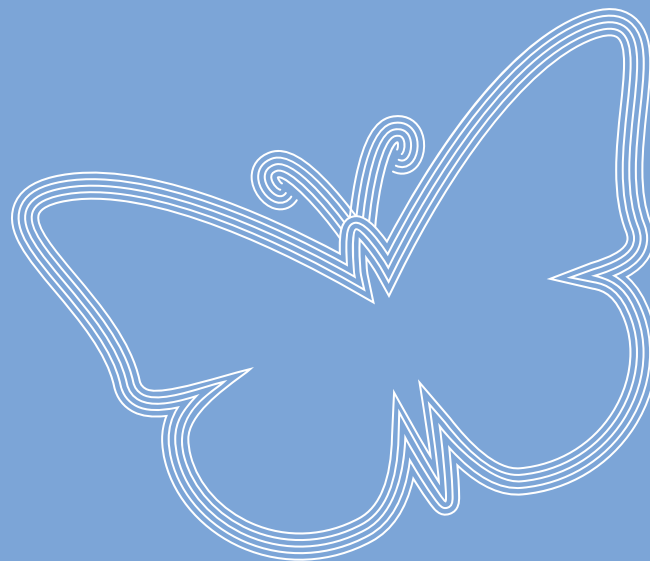
Staff do not reside at any of the properties, but visit clients in their homes on a weekly basis.

## Cost

The rent is 25% of your income. There is also a weekly charge for amenities.

## Visitors

Overnight visitors are not permitted during the first phase of the program. Visitors at other times must be drug free and their visits negotiated with co-tenants and staff.



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## Supported Accommodation

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Drug & Alcohol Recovery

**Windana Society Inc.**

ABN 68 398 137 238

### Head Office

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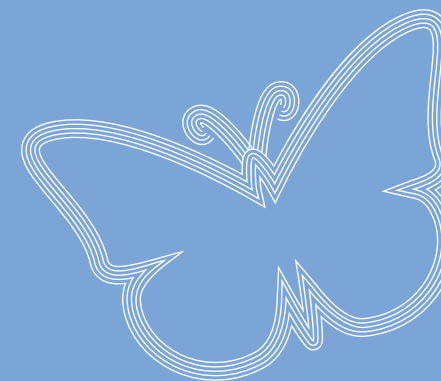
### Supported Accommodation

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*Windana is a fully registered not for profit organisation  
with no religious or political affiliations.*

# Supported Accommodation

**Windana Supported Accommodation offers a community-based program for adults and families whose lives have been affected by drug and alcohol use.**

The program aims to:

- provide short term transitional accommodation (average length of stay 6 – 12 months) to alcohol and drug service clients who have undergone a drug withdrawal program or who require assistance in addressing drug and alcohol related issues;
- negotiate an Individual Treatment Plan with each person participating in the program;
- create new networks to support employment, education, training, recreation, housing, mental health, personal and social needs of each person – opening up opportunities for positive new directions; and
- support people with practical assistance to enhance each person's quality of life through skill acquisition, counselling and relapse prevention in safe, secure and affordable accommodation that promotes a drug and alcohol free living environment.

People in The Windana Supported Accommodation Program can maintain their existing commitments in the broader community such as employment, education or relationships with their children. However, potential clients should note that, for the first 5 weeks during the Intensive Support Phase, there are group activities every day and these are a compulsory part of the program.

Supported Accommodation participants are encouraged to access the range of programs available through Windana – such as naturopathy, massage, personal counselling, family counselling, parenting groups, art therapy and peer groups – as well as the many other services on offer throughout the community.

## Where is it located?

Houses, flats and units are located across the Southern Region of Melbourne.

## What does the Intensive Support Phase mean?

When people first enter the program, they reside for approximately 5 weeks in a four bedroom property in the southern region. This phase has compulsory daily and weekly requirements, such as groups every morning, art therapy weekly, social activity weekly, weekly larger group session with general client mix and the requirement for two supervised drug and alcohol screens weekly. Once this phase is complete, participants may apply to enter the second phase.

The second phase involves residing in the southern region and sharing with one other person. Clients with children are housed as a family. Clients are allocated a case worker, work on treatment goals, attend a weekly group and link into other support networks.

## Who is the Supported Accommodation program for?

The program is open to people over the age of 21 - including women (or men) with children and families who need safe, affordable accommodation while they explore solutions to drug and alcohol related problems.

People on some substitute Pharmacotherapy, such as Methadone and Buprenorphine medication, may also be eligible.

## How do people access Supported Accommodation?

- Step 1.** Phone 9584 2834 for a referral. Further details of the program will be discussed.
- Step 2.** Provide two supervised urines which must be drug and alcohol free, or have an admission date for a withdrawal program.
- Step 3.** When there is a vacancy within the program, an assessment will take place.
- Step 4.** If there is no vacancy, you may be asked to make phone contact until a place becomes available.