

windana

Drug Withdrawal House

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Drug & Alcohol Recovery

Windana Society Inc.

ABN 68 398 137 238

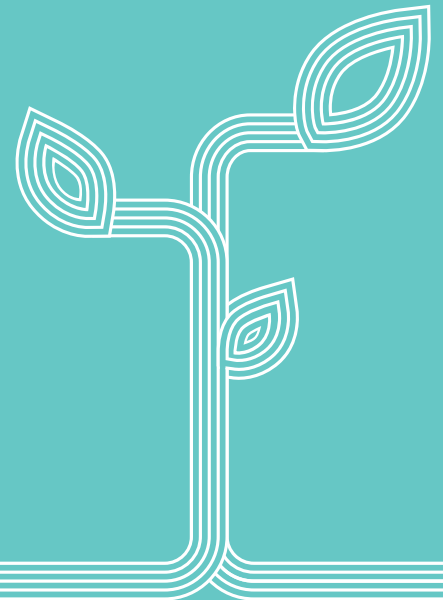
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*Windana is a fully registered not for profit organisation
with no religious or political affiliations.*



Windana Drug Withdrawal House (DWH)

What is DWH?

Windana provides a 24 hour supervised withdrawal program in St. Kilda, which is designed to address the physiological, psychological and sociological needs of the residents. Caring and experienced staff deliver a holistic program in a safe, homelike environment. If required, medication for withdrawal is prescribed by our visiting doctor on the day of admission. We also offer a wide range of complementary therapies and treatments to assist with the withdrawal process.

Like all Windana programs, the Drug Withdrawal House (DWH) focuses on each person and their individual needs.

Who is DWH for?

The Drug Withdrawal House is open to adults over the age of eighteen. Admissions are handled by our Intake and Assessment team.

How do I find out more?

To talk about the program please contact:

The DWH Intake and Assessment Co-Ordinator
Telephone 03 9529 7955

"Thank God You're Here! You restored my physical and more important my mental health, allowed me time to refocus on what is important – me. Thanks heaps."

About the DWH program

- All Windana residents are assigned counsellors for the duration of their stay to assist them with the development of a post withdrawal plan and with any issues that arise during withdrawal.
- Groups are run on most days and cover such topics as: relapse prevention, harm minimisation, health/diet and nutrition, spirituality, anger management and self awareness.
- Windana offers complementary therapies including: a full range of herbal remedies, homeopathics and vitamin and mineral supplements tailored to each withdrawal (as prescribed by our staff naturopath). Other treatments offered include: acupuncture, massage, physiotherapy, meditation, reiki, art therapy, yoga and auriculartherapy.
- The resident group shares daily household duties. These duties include meal preparation and basic cleaning. Residents take an active role in the day to day running of the house.
- The Windana diet is specifically designed for withdrawal, offering healthy well balanced meals. Products containing caffeine or added sugars are not provided or permitted in the program.
- Exercise is an important part of the Windana program and residents are given the opportunity to participate in daily swimming (on weekdays), regular walks, volleyball and badminton.