

## What are the rules?

All participants will need to sign an agreement with Windana before they can enter the program.

This agreement contains all the rules in detail.

However, put simply they are:

- No Violence
- No stealing
- Respect other residents/staff and adhere to housing obligations whilst in the program.
- No illicit drugs/alcohol or illegal activities
- Attendance at a weekly support group, house meetings and weekly meetings with your support worker

## Visitors

No visitors are permitted in the first phase of the program. Visitors in the second phase must be drug and alcohol free and their visits negotiated with co-tenants and staff.

## Staffing

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

The logo for Windana, featuring the word "windana" in a stylized, lowercase, white font with multiple parallel lines forming the letters.

## Windana Women and Women With Children Supported Accommodation Program

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Drug & Alcohol Recovery

**Windana Society Inc.**

ABN 68 398 137 238

**Windana Women and  
Women With Children Supported  
Accommodation Program**

P.O. Box 532 Mentone 3194

Tel (03) 95842834 Fax (03) 9584 9377

Hours : 9am to 5pm

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



# Windana Women and Women With Children Supported Accommodation Program

Windana Supported Accommodation is a community based program for women and women with children, whose lives have been affected by drugs and/or alcohol. The program aims to:

- Provide short term transitional housing (average length of stay 6 - 12 months) to women who are in the process of addressing their drug and alcohol use.
- Negotiate an individual treatment plan with women participating in the program.
- Create new networks to support housing, parenting, legal matters, health, employment, education, personal and social needs to encourage opportunities for positive new directions.
- Provide support and assistance to enhance the client and their children's quality of life through skill acquisition, counselling and relapse prevention.

Supported Accommodation participants are encouraged to access a range of services and supports available through Windana and the broader community. The Windana community centre offers therapies such as Naturopathy, massage, personal counselling, family counselling, parenting groups and peer groups.

## Where is it located?

Houses, flats and units are located across the southern region of Melbourne.

## Who is eligible?

Women over the age of 21, with or without children who need safe secure and affordable accommodation while they explore solutions to their drug/alcohol related issues.

Women on pharmacotherapies may also be eligible.

## What does the intensive support phase mean?

Entry to the program is via the intensive support house, which is a four-bedroom property located in the southern region. This is a five week structured program with daily commitments. Women with full time parenting responsibilities may bypass this phase of the program.

Once people have completed the intensive support phase they can apply to enter the next part of the program. The second phase involves residing in the southern region and possibly sharing with one other person (if you have children you will be housed as a family). You will be allocated a support worker, work on treatment goals, attend a weekly group and link into other support networks in the local community.

## How do people access supported accommodation?

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

## Cost

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

