



Day Program

Participant Information

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1. What is the Day Program?

The Day Program is a non residential alcohol and other drug rehabilitation program. It is structured as a twelve-week program that operates for up to twelve adults, five days per week.

All activities in the holistic program aim to assist you in designing a healthy schedule to address the negative effects that alcohol and other drug use have on your life. While remaining part of the community, you'll be supported to commence a healthy restructuring of your life and learn ways of coping with the triggers you are exposed to in everyday living.

The program is provided free of charge and offers incentives such as lunch, public transport vouchers and child care assistance.

The program is not a 'drop-in' centre and a minimum of 90% attendance is expected.

2. Who is the person most interested in you being in treatment?

Significant others can play a very important, supportive role in your recovery and we encourage you to invite them to attend weekly educational groups with you.

Significant others can be friends, acquaintances, neighbors, siblings, parents or other relatives. The role of these groups is more educational than therapeutic.

3. Who is eligible?

In order for you to participate in the program, you must have a stable Accommodation Plan for the 12 week period of the program. You also need to be able to travel to Ormond five days a week.

It is also a requirement that all new clients will have completed a withdrawal program, or provided two clean urine drug screen results in the week prior to entry.

As there is written material, basic literacy skills form part of the eligibility criteria.

You will need to attend at least one Day Program Information session prior to starting the program.

4. What is the process to enter the program?

If you are interested in attending the Day Program, you can request an assessment through the Windana Duty Worker on (03) 9529 7955. From there, you will be assisted to arrange either for a withdrawal, or two Urine Drug Screens.

Each Wednesday at 11am there will be an Information Group Session at St Kilda (88 Alma Road) that runs for 20 to 30 minutes. Anyone may attend these sessions.

5. What happens at the Day Program?

➤ Checking out groups

While 'Checking out' at the end of the day, all participants write down and discuss with peers the activities planned for the evening. People are encouraged to plan a balance between social, family, recreational and recovery based activities.

➤ Checking in Groups

At the beginning of each day we hold 'Checking in' groups, where you can share with other Day Program peers, ie:

- What did you plan/What did you achieve?
- What worked well/What didn't work so well?
- How are you travelling?
- What could you do differently?
- What was challenging?
- Who did you contact/Who contacted you -How did it go?

Average weekly timetable

Time	Monday	Tuesday
9.30am 10.20am	Morning Check in Group	Morning Check in Group
10.20 10.35	Short Break	Short Break
10.35am 12.15pm	Early Recovery Skills Scheduling 1. Meaning & Goals	The importance of Relapse Prevention 2. An overview.
12.15pm 1.15pm	Prep & eat Lunch	Prep & eat Lunch
1.15pm 2.30pm	Twelve Step Introduction Spiritual Meeting	Art Therapy
2.30pm 2.40pm	Short Break	Short Break
2.40pm 3.10pm	Evening plan and Check out group.	Evening plan and Check out group.

Wednesday	Thursday	Friday
	Morning Check in Group.	Morning Check in Group.
	Short Break	Short Break
	Early Recovery Skills 3. Boredom.	Triggers and Cravings 5. Internal & external
	Prep & eat Lunch	Prep & eat Lunch
Family Edu: Triggers and Cravings PPD 3 (afternoon group)	Mindfulness. Qui Gong	Vocational / Goal Planning ITP group
Short Break	Short Break	Short Break
Family Edu: Triggers and Cravings PPD 3 (evening group)	Evening plan and Check out group.	Weekend Check out group.

5. What happens at the Day Program?, cont...

➤ Educational and Therapeutic Groups

Day Program structured sessions include:

- Relapse Prevention,
- Qui Gong,
- Triggers and Cravings,
- Art Therapy,
- Mindfulness,
- Auricular Therapy,
- Early Recovery Skills, and many others.

The program promotes a peer based model and senior peers are provided with the opportunity to facilitate some of the structured groups.

➤ Lunch and duties

Basic housekeeping is maintained by participants and includes:

- Tidy room
- Prepare lunch
- Wash dishes
- Dry dishes
- Vacuuming
- Sweeping the entrance
- Cleaning toilet

The Windana Philosophy

We believe that **change** and **growth** are possible in all individuals as long as they so choose.

We acknowledge the **diversity** in the nature of **individuals** and the many aspects of their lives – physical, psychological, spiritual and social.

We therefore will be **holistic** in our attitudes, **universal** in our approach and provide as many facilities, options and stratagems as possible. We will ensure that not just one aspect of life or one single basis for change will dominate the whole.

We believe that growth is an on-going learning process and that it will be sustained by providing a **safe, caring** environment where new behaviour and ideas can be freely experienced in an **open, honest interaction** with the whole Windana Community.



ABN 68 398 137 238

To discuss the **Windana Day Program**
please contact the Duty Worker
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***Windana is a fully registered not for profit organisation
with no religious or political affiliations.***

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