

# Windana Health & Healing (WHH)

Thursday 2 November 2023

# Windana Health & Healing

Presented by:

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20-minute  
presentation. 5- minute  
question time. Please  
email if you have any  
outstanding questions

**Have you heard of Windana Health and Healing?**

# Windana locations



Community Services, St Kilda, VIC  
WHH Community Clinic



Windana Youth Community House, Dandenong, VIC



Barwon Therapeutic Community, Corio, VIC



Drug Withdrawal House, St Kilda, VIC



Grampians Therapeutic Community, Ballarat, VIC



Maryknoll Therapeutic Community, Nar Nar Goon North, VIC



# What is Windana Health and Healing?

Team of complementary therapies that support clients across our withdrawal and Therapeutic Community program, as well as clients in the local community.

**Naturopathy**

**Osteopathy**

**Acupuncture**

**Massage**

**Yoga**

**Meditation**

**Food as Medicine (nutrition)**

# Windana Health & Healing: Our Team

## Employed staff

- Naturopath- all sites
- Acupuncture supervisor - adult withdrawal unit, community clinic
- Program Coordinator



## Contractors

- Yoga instructor- adult & youth withdrawal units
- Meditation instructor – adult withdrawal unit

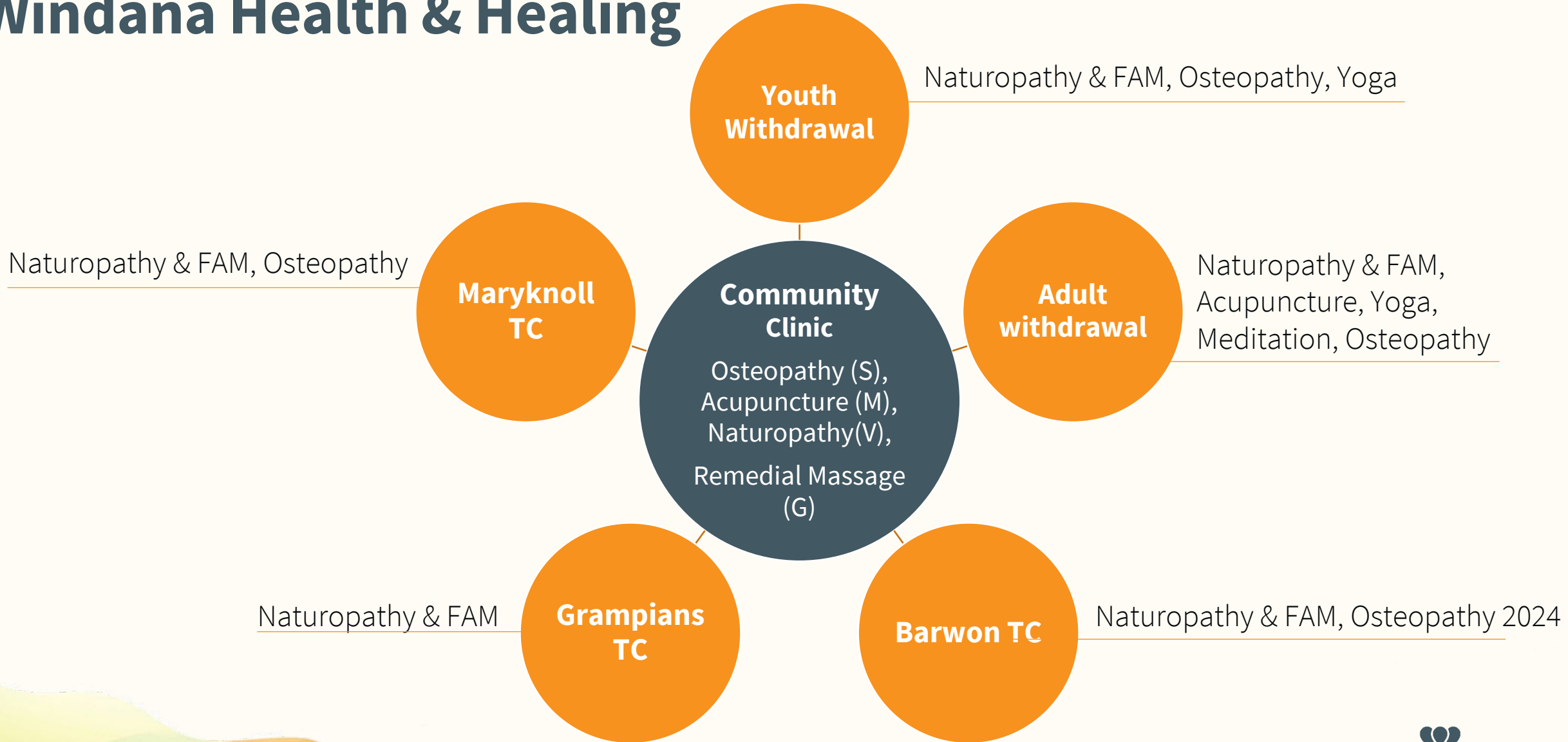
## Volunteers

- Naturopath - community clinic
- Acupuncture - community clinic, adult withdrawal unit

## Students

- Osteopathy (Victoria University Student Placement) - adult withdrawal unit, Maryknoll TC, community clinic
- Acupuncture - adult withdrawal, community clinic

# Windana Health & Healing



FAM - Food as Medicine

S= Student clinic, G= Grant, V = Volunteer, M = Mentor

# Treatment contacts by therapy across all sites

Modality (therapy)	FY 19-20	FY 20-21	Total
Naturopathy	3207	3116	6323
Naturopathy group client	569	396	967
Community naturopath	100	137	237
Acupuncture withdrawal	349	361	710
Community acupuncture	151	156	307
Yoga withdrawal	205	182	287
Community yoga	83		83
Osteopathy withdrawal	110	103	213
Osteopathy TC	132	120	252
Community osteopathy	144	148	292
Auricular therapy	104		104
Meditation	173	157	330
Total contacts	5327	4876	10,105

	= closed 3+ months
	= completely closed

# Holistic model from a Biopsychosocial perspective

## Biological

- Support of withdrawal symptoms
- Long term physical recovery
- Pain management

## Psychological

- Mood and sleep support in withdrawal & recovery.
- Support of neurotransmitter function
- Food as Medicine

## Social

- Community clinic
- Food as Medicine
- Nutrition education



# WHH Evaluation 2022

- Identify how WHH adds value to the Windana AOD treatment services

- Interviews with: WHH staff, contractors, volunteers, community clinic clients, adult withdrawal clients, TC residents

- Qualitative impact of complementary therapies for clients undergoing AOD treatment at Windana

## Quotes from evaluation:

*“The WHH program is unique to the AOD sector; and passionately valued by the Windana Community. It was reported the WHH program is addressing a gap in the AOD service system.”*

*“Education and supports empower people and assist long-term health literacy. Ongoing treatment and continuity of care are seen as vital.”*

*“Reported outcomes by clients strongly indicate the program has positively impacted clients’ health and wellbeing, and in some cases has been regarded as life changing.”*

*“The social aspect present at the community clinic gives people the opportunity to attempt ‘community life’, linking in with community services.”*

# What does a naturopath do?

Naturopaths are health practitioners who:

## **Prescribe:**

Evidence based herbal & nutritional supplements

## **Educate:**

Nutritional advice  
Lifestyle advice

## **-Develop:**

A treatment plan to prioritise short-term & long-term health goals



# Naturopathic treatment in AOD

## ACUTE WITHDRAWAL

- Reduce & relieve withdrawal symptoms
  - **Sleep & symptoms of anxiety**
  - **Digestive symptoms**
  - **Pain**
- Safe prescribing alongside pharmaceutical medications

## THERAPEUTIC COMMUNITY

- Address long term health conditions
  - Nervous system support
  - Digestive system repair
  - Major organ support
  - Food as Medicine
- Safe prescribing alongside pharmaceutical medications



# Food as Medicine Program (FAM)

## Menu developed by Windana naturopaths

- Nutrient rich diet to support:
  - Neurotransmitter function
  - Inflammation
  - Digestive health
- Health literacy for maintaining healthy diet





# Case study: John WHH treatment Windana Drug Withdrawal House

**John, Male, age, 54**

Allergies: None known

Pharmaceutical Medications: Diazepam for withdrawal, quetiapine, thiamine

DOC: Alcohol

DWH November 2022

Presented Day 3 of residential withdrawal

Main symptoms: Poor sleep, symptoms of anxiety, loose bowel motions

## WHH services accessed during treatment:

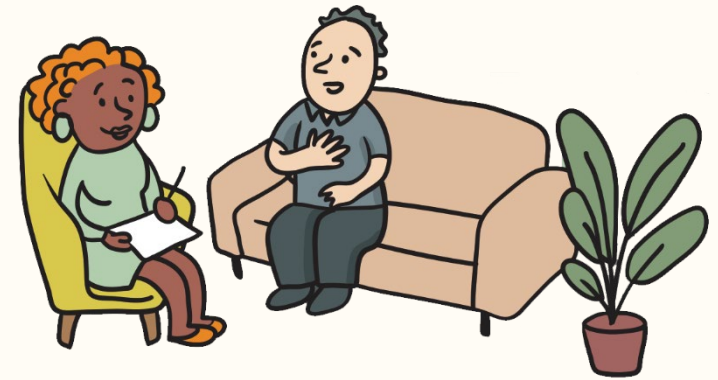
Yoga group

Naturopathy – 2 consultations

Acupuncture – 1 treatment

Meditation group

Education groups on anxiety and self-care, liver health



# John's naturopathic prescription to support withdrawal

Prescribed Supplement	Dosage
Anti-anxiety Mix (mixed at Windana- Alcohol free)	5mL four x daily
Daytime Magnesium	244mg morning
Night Magnesium	244mg night
Multivitamin	1 tablet morning
Herbal Calm- herbal capsule blend	2 capsules three x daily
Probiotic	1 capsule daily

PRN Naturopathic medications  
Ginger- nausea  
Nervagesic – skeletal muscle  
withdrawal pain, anxiety, sleep

# John's naturopathic review at Windana Drug Withdrawal House

## Day 7 of withdrawal:

- Client presented with improved sleep onset
- Less frequent bowel motions
- Improved appetite
- Significant reduction in symptoms of anxiety, however still present regarding moving to TC
- Naturopath continued with same prescription and encouraged use of PRN's as required
- DWH naturopath handed over to TC naturopath

# John's naturopathic consultation at Therapeutic Community

November 2022

Pharmaceutical Medications- quetiapine, thiamine

## Day 2 at TC:

- Mood: 'feeling anxious in new environment, and hectic'
- Sleep: Last night- slow onset, poor maintenance
- Digestion: Loose bowel motions yesterday
- Musculoskeletal: Lower back pain, client rated 3/10

# John's naturopathic prescription at Therapeutic Community

Prescribed Supplement	Dosage
Anti-anxiety Mix (Windana)	5mL twice daily
Night Magnesium	244mg night
B vitamin complex	1 tablet morning
N-acetylcysteine	1000mg night
Herbal Calm Capsule blend	2 capsules morning
Probiotic	1 capsule daily
Herbal Sleep Complex tablets	2 tablets night
Sleep and anxiety herbal capsules	2 capsules night



# John's Continued Care: Windana Community Clinic

- 2023: since leaving program, John has purchased 'Anti-Anxiety Mix' as prescribed by Windana naturopath

John is currently booked into Windana community clinic:

- Student osteopathic clinic for back pain
- Community naturopath appointment for dietary review

## To conclude...

- WHH is a unique holistic program using an evidence-based approach
- Our program supports our clients at all stages of recovery, and we aim to improve health outcomes as well as fostering social inclusion.
- Thanks for listening and please allow me to conclude with a client quote that speaks for itself.....



***“The naturopaths were amazing. I didn't know what I would have done without them. They are lovely. They help me get through everything and also provided emotional support.”***

**– WHH Client, 2022**



**Thank you for listening**

**Erika Wiseman**

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