Windana

Celebrating Complexity
Our Community

- Beautiful 42 acre rural retreat
- 32+ adult beds, 30% forensic
- Originally 12 month program, now 4 - 6 months
- 80% residents with co-existing MH
The need for change

• Average of 55 days
• Complex & forensic residents leaving early
• Unstructured program
• Under-resourced team
• Unrealized potential
The potential for growth

- Redefining staff skill sets
- Structured day
- “Working with the now” therapeutic process
- Education for recovery
The potential for growth (contd)

Phase one
- The change process (wheel of change)
- Cycle of addiction
- 10 Characteristics of addiction (DeLeon)
- Change though the lifespan
- Relapse process
- Continuums
- Thoughts become things

Structure:
Group basics, Feelings wheel, journals, check-outs
Life is complex and so are we

- Staff mix and training
- Anticipating complexity
- Talking mental health in community
- Resident centred flexible responses
Celebrating diversity

• Acknowledging our own values
• Addressing assumed heterosexuality
• Creating a safe environment and enabling conversations
• Understanding barriers
A community for all people

Prayer rugs and fasting
“What about my family”?
All colours and sizes
“I built that terrace”
Viewing the world with a wider angle lense
Nurturing Community

• Re-authoring service narratives
• Celebrating alternatives
• “I’m in it for me ... and I need your help”
Community as method

- Keeping community alive
- A commitment to complexity and diversity conversations
- Results so far - A place to grow together
The next steps

- Increased funding
- Pharmacotherapy withdrawal
- Diversity in team
- Potential for greater reintegration support
- Community responsiveness
Contacts

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