



TREATMENT INNOVATION

CHAIR: CAROLINE LONG

1. Guanfacine extended-release randomised controlled trial for adolescents with cannabis use: The GRACE study
2. Approach bias modification during alcohol withdrawal treatment increases duration of post-discharge abstinence
3. The Windana Health and Healing Program, a holistic complementary treatment approach, unique to Windana

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The Windana Health and Healing Program, a holistic complementary treatment approach, unique to Windana

Erika Wiseman, Windana Louise Bodycomb, Windana

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Windana Health & Healing (WHH)

Friday 10 February 2023

Windana Health & Healing

Presented by:

Erika Wiseman

Program Coordinator Community Services

Louise Bodycomb

Naturopath, Maryknoll Therapeutic Community

25-minute
presentation,
five-minute
question time

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

Windana locations



Community Clinic, St Kilda



Windana Youth Community House, Dandenong



Drug Withdrawal House, St Kilda



Maryknoll Therapeutic Community, Nar Nar Goon North

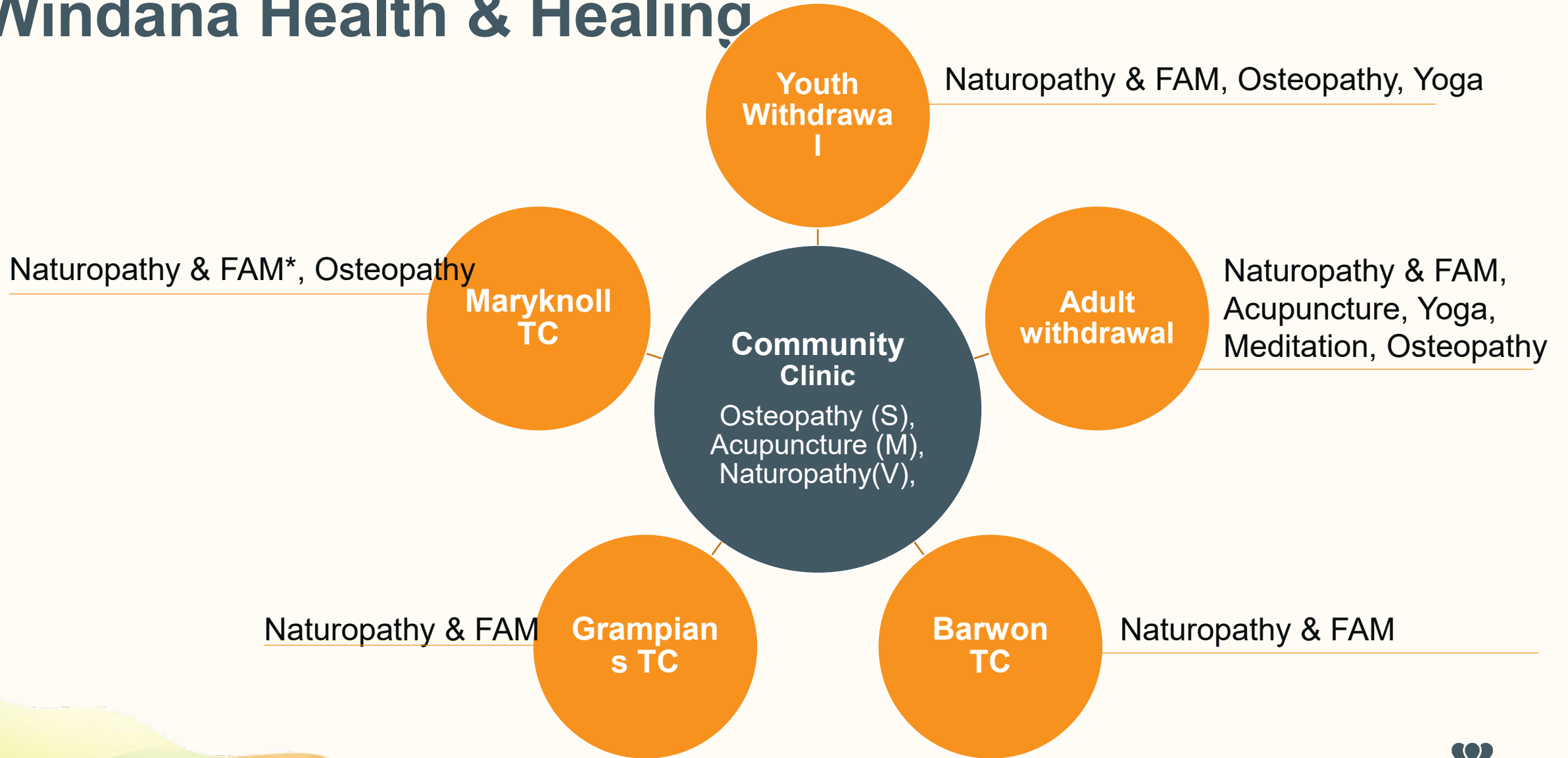


Barwon Therapeutic Community, Corio



Grampians Therapeutic Community, Ballarat

Windana Health & Healing



*Food as Medicine (FAM)

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

Treatment contacts by therapy across all sites

	= closed 3+ months
	= completely closed

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

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

LONG TERM RESIDENTIAL

- 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)

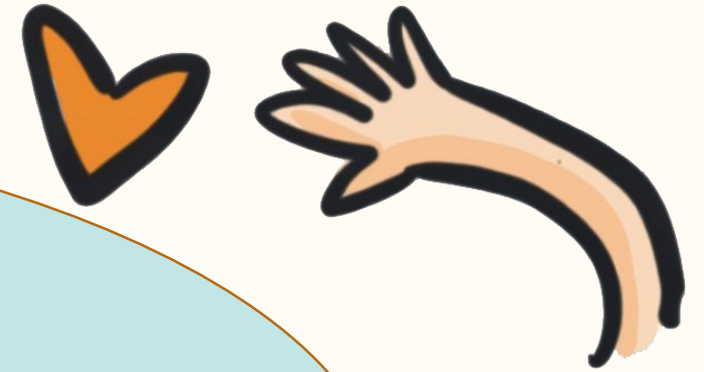
Menu developed by Windana naturopaths

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



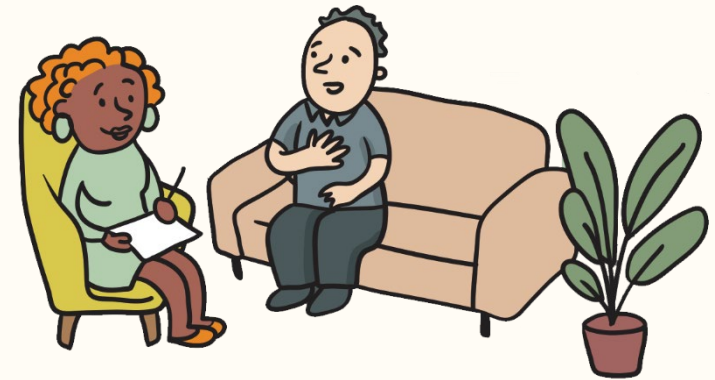
Integration with medical model & professional disciplines

WHH naturopaths work in coordination with:



- Nurses at TCs & withdrawal
- Case workers
- Practitioners from Windana Community Clinic
- Harm Reduction & Dual Diagnosis practitioners
- Chefs

Case study: John WHH treatment Residential Withdrawal



John, Male, age 54

Allergies: None known

Pharmaceutical Medications: Diazepam for withdrawal, quetiapine, thiamine

DOC: Alcohol

DWH November 2021

Presented Day 3 of residential withdrawal

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

WHH services accessed during treatment:

Yoga

Naturopathy

Acupuncture

Meditation

Education groups on anxiety and self care, liver health

John's naturopathic prescription to support withdrawal

Prescribed Supplement	Dosage
Anti-anxiety Mix (Windana)	5mL four x daily
Daytime Magnesium	244mg morning
Night Magnesium	244mg night
Multivitamin	1 tablet morning
Lipids – fish oil	1000mg twice daily
Vitamin C	1000mg twice daily
Zinc	30mg daily
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 residential withdrawal

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 naturopathy

John's naturopathic consultation at Therapeutic Community

November 2021

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

- 2022: since leaving program, John has purchased 'Anti-Anxiety Mix' as prescribed by Windana naturopath

John is currently booked into Windana community clinic:

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

Our 'Windana Anti-Anxiety Mix'

- Evidence based herbal liquid formulated by Windana naturopaths
- Regularly prescribed at Windana withdrawal units and TC's
- Blended onsite at our community clinic and frequently purchased by prescription, post-residential treatment



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 us 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 and caring you can call anytime. They help me get through everything and also provided emotional support.”

— WHH Client, 2022

A large, abstract graphic on the left side of the slide, featuring a vertical gradient from bright yellow at the top to a darker orange at the bottom, with a torn-paper-like edge.

Thank you for listening

Erika Wiseman
Louise Bodycomb