



Adolescent Residential Withdrawal Unit

The Adolescent Residential Withdrawal Unit at Western Health offers a safe, supportive environment for adolescents (ages 12-25) withdrawing from alcohol and other drugs.

Through medical and non-medical support, we empower young people on their recovery journey with therapeutic programs and a focus on positive lifestyle changes.

About Us

Located at Western Health, our 4-bed state-wide facility provides support from a multidisciplinary team, including medical professionals, AOD Clinicians and registered nurses.

What to know

Smoking: Our facility is smoke-free, including vaping. Nicotine replacement therapy (NRT) is available and can be discussed with your AOD worker prior to admission.

Mobile Phones: Phones are stored in a staff office overnight from 8:30 PM to 8:30 AM to promote and improve sleep hygiene.

Visits:

- **Social Visits:** Permitted from day 3, with a limit of 4 visits (2 visitors at a time).
- **Professional Visits:** Allowed from day 1, with no limit on visits.

Healthy Eating: We provide 3 meals daily, with fruit and snacks available.

What to know

Therapeutic Support: A range of therapeutic groups focus on personal growth, including but not limited to harm reduction, relapse prevention, anger management, cognitive behavioural therapy, and mindful meditation. We also offer goal setting, and safety planning sessions.

Health and Wellbeing: Topics such as healthy relationships, sexual health, sleep hygiene, and stress management are covered to support overall wellness.

Recreational Activities: Participants can engage in gym workouts, swimming at the Maribyrnong aquatic center, and local outings (e.g., Maribyrnong River walks, Williamstown Pier, Cherry Lake).

Creative Expression: Art therapy, offers a unique opportunity for self-expression and healing.

Support Groups: External support includes Alcoholics Anonymous (AA) and other community-based recovery programs who attend the unit every Friday night.

Program eligibility

- Ages 12-25 years of age
- Completed a comprehensive drug and alcohol assessment.
- Be able to provide informed consent and actively participate in treatment.

Contact us

(03) 8345 6666
www.westernhealth.org.au

your Culture | your Ability | your identity

We welcome you at Western Health

