



NPO-071-312 BHF Pr No: 047 001 038 0091 VAT Reg No: 4590255016

## THE PROGRAMME

The Healing Wings programme is based on a daily routine designed to encourage the residents to contribute to all facets of social interaction and normal behavioural patterns, with the aim of gaining self-confidence and respect. Guidance is provided in a personal and caring environment in which the residents receive unconditional support in their recovery. All counselling and therapies, whether in group meetings or one-on-one sessions, are primarily in English, although individuals can elect to be counselled in Afrikaans if necessary.

Programme routine	
<ul style="list-style-type: none"> <li>• Assigned duties</li> </ul>	<ul style="list-style-type: none"> <li>• Drug Education</li> </ul>
<ul style="list-style-type: none"> <li>• Morning devotionals and quiet time</li> </ul>	<ul style="list-style-type: none"> <li>• Arts and Crafts Therapy</li> </ul>
<ul style="list-style-type: none"> <li>• Morning Work Therapy: kitchen, gardening, vegetable gardens, woodwork, computer skills and further development opportunities.</li> </ul>	<ul style="list-style-type: none"> <li>• Skills Development Programmes.</li> </ul>
<ul style="list-style-type: none"> <li>• Individual Counselling: Therapists &amp; Social Workers</li> </ul>	<ul style="list-style-type: none"> <li>• Nature Therapy</li> </ul>
<ul style="list-style-type: none"> <li>• Individual assistance with Step Work</li> </ul>	<ul style="list-style-type: none"> <li>• Equine Assisted Activities &amp; Stable Management</li> </ul>
<ul style="list-style-type: none"> <li>• Step Work Groups</li> </ul>	<ul style="list-style-type: none"> <li>• Sports Therapy – hiking, mountain biking, soccer, volleyball, baseball, swimming, jogging, Pilates, aerobics activities etc.</li> </ul>
<ul style="list-style-type: none"> <li>• Educational Lectures &amp; Interactive Group Therapy</li> </ul>	<ul style="list-style-type: none"> <li>• Spiritual Counselling</li> </ul>
<ul style="list-style-type: none"> <li>• Small Focus Groups: eating disorders, anger management, grief, depression, abuse. (Groups subject to change)</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Outreach and Community services</i></li> </ul>
<ul style="list-style-type: none"> <li>• Life Skills group discussions</li> </ul>	<ul style="list-style-type: none"> <li>• *Parental Skills Training</li> </ul>

*\*As part of the Healing Wings' on-going commitment to the community, a development project has been initiated whereby persons in the latter stage of recovery pass on individual skills and services to the local community. Service to society forms an integral part of a successful recovery lifestyle.*

## ASSESSMENT AND ORIENTATION

Each resident will undergo a background assessment with a social worker and a medical assessment with a professional nurse and will be introduced to the Healing Wings Program in a thorough orientation session, where the full process ahead will be explained and the resident will be introduced to his/her individual counsellor and social worker.

Assessments are conducted by a multi-disciplinary team and individual counsellors, with the focus being on assisting the resident in developing and achieving treatment goals. Parents/caregivers will receive a written progress report at 1, 3 and 5 months (followed by quarterly reports) with telephonic updates every two weeks. A recommendation regarding further treatment will be made in the 5-month report. Parents/caregivers are also encouraged to contact the relevant individual counsellor directly on a regular basis.

## FAMILY PROGRAMME

Healing Wings South Africa facilitates a family program for families/care givers of residents, involving feedback on damage letters, con-joint family sessions and attendance at external support groups.

Families/Care givers are encouraged to participate and assist in the process of the recovery program. The following resources are in place for families/caregivers to maintain involvement for the duration of the resident's program and to assist in the successful reintegration of the resident back into the family structure and society.

## SUPPORT STRUCTURES

The management team of Healing Wings recommends that all family members attend a support group. Experience teaches us that those family members who have a better understanding of the recovery process are better equipped to deal with and assist their loved ones in remaining sober and drug- free, and in successfully reintegrating into society. Attendance at support groups is mandatory as part of a relapse prevention plan, and it is advised that families begin attendance prior to the resident's departure. There are often separate groups for family support and for the addict that run simultaneously. For a list of support groups please go to our website [www.healingwings.co.za](http://www.healingwings.co.za)

## RECOMMENDED LIST OF REQUIREMENTS FOR MALES AND FEMALES

Males	Females
<p><u>Recommended Clothing:</u>            10 x T-shirts/Vests            4x pairs of shorts, 5x long pants (jeans, cargo)            5x warm, long sleeved tops            1x plastic raincoat/ wet weather jacket            Warm jacket and vests for winter            Underwear &amp; socks            Beanie (winter) and gloves (winter)            Swimming shorts</p>	<p><u>Recommended Clothing:</u>            10 x T-shirts- <u>No skimpy, see-through or cropped tops please.</u>            4x pairs of knee-length (3/4) shorts.            5x long pants (cargo pants/jeans are best)            5x warm, long sleeved tops            1x plastic raincoat/ wet weather jacket            Warm jacket and vests for winter            Underwear, socks &amp; bras            Beanie (winter) and gloves (winter)            Gym clothing            1 x full costume, goggles and swimming cap</p>
<p>NB: CASUAL CLOTHING, no smart clothes needed.            The winter is very cold, warm clothing and extra blankets will be necessary.</p>	
<p><u>Shoes:</u>            Sandals or slops—2 pairs at least            Tekkies- for sport and work, -Boots- similar to hiking boots that cover ankles and Gum Boots.</p>	<p><u>Shoes:</u>            Sandals or slops—2 pairs at least            Tekkies- for sport and work            Boots- similar to hiking boots that cover ankles. Gumboots for wet weather.</p>
<p><u>Toiletries:</u> (All items to be new/unopened and be packaged in clear containers and sealed where possible) No liquids containing alcohol.            Toothpaste, toothbrush, face cloth, soap, roll-on deodorant, shampoo, shower gel, moisturiser and shaving equipment, sunscreen. No spray-on deodorants will be allowed.</p>	<p><u>Toiletries:</u> (All items to be new/unopened and be packaged in clear containers and sealed where possible) No liquids containing alcohol.            Toothpaste, toothbrush, face cloth, soap, roll-on deodorant, shampoo and conditioner, shower gel, Veet / wax strips, moisturiser, body lotion, sunscreen. Razors will be stored safely. <u>Minimal make up necessary, please keep it simple.</u> No spray-on deodorants will be allowed.</p>
<p><u>Sleeping requirements:</u>            1x Single Bed Duvet &amp; cover            1x warm blanket for winter only            2x single bed fitted sheets and pillows with pillowcases. (New, sealed items preferable)</p>	<p><u>Sleeping requirements:</u>            1x Single Bed Duvet &amp; cover            1x warm blanket for winter only            2x single bed fitted sheets and pillows with pillowcases. (New, sealed items preferable)</p>
<p><u>Other items of importance:</u>            Large Trommel, i.e. Trunk as found at Builders Warehouse with a padlock (to keep essentials locked away)            Torch with spare bulb and batteries.            Laundry Bag            Coffee mug/ Enamel bowl/teaspoon – for personal use outside of mealtimes            Working gloves and plastic gloves for cleaning / washing dishes            2x bath towels and swimming towel            Water bottle and sun block factor 20 and higher and hat or cap for the sun            BIBLE- NKJV/NIV/ The Life Recovery Bible / Celebrate Recovery Bible / Spirit-filled Life Bible            Highlighters/ pens and pencils            A4 Hardcover notebook/ Writing pad and Ring binder file x1 or 2.            2 x A5 soft covered books / journals</p>	
<p>On arrival: please pack an OVERNIGHT BAG separate: PJ's, a change of clothes and toiletries or other essentials for the first night and next day.</p>	

### What to leave behind:

- Please resist packing tremendous amounts of baggage. The items on the list are sufficient.
- You will not need trinkets, excess toiletries, clothing accessories, **cell phones** or wallets.
- No chewing gum or bubble gum will be allowed.
- No walkmans, MP3 Players, iPods or Bluetooth Speakers will be allowed.
- Please refrain from bringing products containing alcohol. Only alcohol-free mouthwash will be allowed.
- Basic foodstuffs will be allowed upon arrival. Items such as coffee, sugar, milk powder, cereals, sweets, limited to 2 packets
- We reserve the right to confiscate any items or materials deemed inappropriate. These items will be donated or destroyed.