



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.

Programme activities include:

- Daily devotionals and quiet time
- Daily group therapy which includes sharing, motivational support, and challenges
- Daily personal area and farm responsibilities
- Daily work therapy which includes skills development in our kitchen, wood yard, horse stables, agricultural and horticultural gardens, and carpentry workshop
- Individual and group counselling sessions
- Christian 12 Step written work and guidance
- Educational lectures, interactive groups, and small focus groups
- Bible studies, worship evenings and Church weekly
- Writing groups focused on relevant subjects
- Daily physical activity such as ball sports, swimming, running, aerobics, and
- Access to a coach and a powerlifting-focused gym
- Hiking and nature walks
- Visits to our lake and picnic spots
- Events such as Easter weekend and spring weekend festivals
- Community outreach activities
- Arts and crafts

ASSESSMENT AND ORIENTATION

Each resident will undergo a diagnostic assessment by a therapeutic team member and a medical assessment with one of our nurses post-admission. Residents are also introduced formally to the Healing Wings multi-disciplinary team and given an opportunity to discuss their treatment. Residents are allocated a case manager who will function as their primary counsellor, as well as a social worker to oversee their case. Financial sponsors will receive telephonic updates every two weeks from their case manager.

Financial sponsors will receive a written progress report including a globally recognized LOCUS assessment after residents have been in treatment for 3 months. Another report and assessment including a formal recommendation regarding further treatment will be made after 5 months.

FAMILY PROGRAMME

Healing Wings South Africa facilitates family sessions with residents and financial sponsors during their programs.

Financial sponsors are encouraged to participate and assist in the process of the recovery program. Financial sponsors are asked 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.

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. As part of all residents' after-care plan, put into place before residents leave Healing Wings, we make it clear to residents that attendance at support groups is mandatory. As such 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

LIST OF REQUIREMENTS

- 1 single bed duvet & cover
- 1 warm blanket (for winter only)
- 2 single bed fitted sheets and pillows with pillow cases
- 10 T-shirts / vests
- 5 pairs of shorts
- 4 long pants (jeans, cargo)
- 4 warm, long-sleeved jerseys or hoodies
- 1 plastic raincoat / wet weather jacket
- 1 warm jacket and vests for winter
- 10 sets of socks, underwear & bras
- 1 set of winter hat and gloves
- 1 pair of swimming shorts
- 2 pairs of outdoor shoes such as trail running shoes, hiking boots or work boots
- 1 pair of leisure / athletic shoes such as tekkies
- 2 pairs of sandals or flip flops
- 1 pair of gum boots
- 1 metal or plastic trunk with a lock (maximum 900mm long)
- 1 torch with spare bulb and batteries.
- 1 laundry bag
- 1 coffee mug
- 1 pair of working gloves
- 2 bath towels and 1x swimming towel
- 1 water bottle
- 1 sun hat or baseball cap
- 1 Bible (preferably ESV, Good News, NKJV or NLT)
- 1 set of pens, pencils, and highlighters
- 1 A4 hardcover book
- 2 A5 books / journals
- Toothpaste, toothbrush, face cloth, soap, roll-on deodorant, shampoo and conditioner, shower gel, Veet / wax strips, moisturizer, body lotion, sunscreen, minimal make-up

ITEMS NOT PERMITTED

- Liquids containing alcohol
- Off-script medication
- Spray-on deodorants
- Chewing / bubble gum
- Cell phones
- Laptops
- Kindles and tablets
- MP3 players, iPods or speakers
- Obstructive books and magazines
- Immoderate, excessively expensive, or formal clothing
- Excess toiletries, make-up, food, or clothing

We reserve the right to confiscate any items or materials that are inappropriate. These items may be stored, donated, or destroyed.

ADDITIONAL NOTES

We kindly ask that an overnight bag is packed with a change of clothes and toiletries or other essentials for the first night and next day in case of late arrivals due to delays or logistics.

We also ask that all items are new/unopened and be packaged in clear containers and sealed where possible. Our tuck shop on-site does stock toiletries.