

# HEALING WINGS



## **SOUTH AFRICA**

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Healing Wings South Africa is a drug and alcohol rehabilitation facility located in the forests of Sudwala, Mpumalanga, approximately 50 kilometres outside of Nelspruit.

### ***Mission Statement:***

To restore within an individual, the capacity to make informed life decisions which are not dictated by circumstance, addiction or compulsion

### ***Aims and Objectives:***

- To provide an environment conducive to assisting substance abusers who **willingly** commit and submit themselves to a holistic form of recovery.
- To focus on developing and maintaining an addiction-free lifestyle through the provision, facilitation and upholding of effective treatment protocols.
- To develop life skills, healthy coping mechanisms, self-esteem and routine, by involving participants in various groups designed to encourage and stimulate emotional, intellectual and spiritual growth.
- To encourage and develop individual gifts, skills and talents while preparing participants to re-enter successfully into society and the open job market.
- To help uplift the local community through the sharing of basic skills and primary healthcare, while supporting sustainable economic development in the region.

- To encourage the participation of parents/families/care givers in the recovery process through attendance at support groups to facilitate understanding of the treatment program and improve the process of reintegration into the family and society.

## 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	
• Assigned duties	• Drug Education
• Morning devotionals and quiet time	• Arts and Crafts Therapy
• Morning Work Therapy: kitchen, gardening, vegetable gardens, wood work, computer skills and further development opportunities.	• <b>Skills Development Programmes.</b>
• Individual Counselling: Therapists & Social Workers	• Nature Therapy
• Individual assistance with Step Work	• <b>Equine Assisted Activities &amp; Stable Management</b>
• Step Work Groups	• Sports Therapy – hiking, mountain biking, soccer, volleyball, baseball, swimming, jogging, Pilates, aerobics activities etc.
• Educational Lectures & Interactive Group Therapy	• Spiritual Counselling
• Small Focus Groups: eating disorders, anger management, grief, depression, abuse. (Groups subject to change)	• <b>*Outreach and Community services</b>
• Life Skills group discussions	• <b>Parental Skills Training</b>

*\*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.*

## Further Studies

For residents who, after an initial period of programme participation, wish to begin or continue their studies, Healing Wings South Africa facilitates correspondence studies. This will only be allowed provided that the resident has made sufficient progress in step-work and has been assessed by the team accordingly. Application and enrolment with the relevant correspondence institutions will need to be made on the resident's behalf, by the parent/sponsor. All course requirements and material is to be provided to the resident, by the institution, parent or sponsor. Please note that there will be a study facilitation fee payable, for residents studying at Healing Wings South Africa.

## Admission

All the below steps need to be taken before an applicant will be accepted for admission. Please read carefully.

### ***Steps to be taken by applicants:***

- The applicant must have a willingness to achieve recovery or should be ordered by the Court to be placed in Healing Wings South Africa (In the case of court sections or diversions, ensure that **all** relevant documentation is sent through to Healing Wings)
- Return signed application forms as well as a copy of his/her and **the sponsor's** ID via email or fax before arrival
- A brief background history of the applicant *must* be e-mailed to Healing Wings South Africa
- Submit a doctor's report (together with the medical protocol documentation) which should state any medical conditions together with a declaration that the applicant is "fit for rehab" and has been detoxed or does not require detoxification. (The applicant must undergo detoxification prior to admission - if and when necessary.)
- Completed DSM Form (obtained from medical aid) by your GP if required for medical aid purposes
- Relevant psychiatric reports or discharge summaries from other treatment centres, if applicable
- All residents are to be interviewed by a counsellor at Healing Wings prior to acceptance
- Proof of payment, signed documentation, ID and doctor's report required to prior admission
- Arrival details to be confirmed asap (please note that admission times are at 12pm and 4pm only)

**ALL MEDICAL REQUIREMENTS NEED TO BE ATTENDED TO AS FAR AS POSSIBLE PRIOR TO ADMISSION, UNLESS UNAVOIDABLE. THIS INCLUDES, BUT IS NOT LIMITED TO, DENTAL CARE, MEDICAL AND SURGICAL PROCEDURES. IN THE EVENT OF FURTHER TREATMENT BEING REQUIRED, PLEASE COMMUNICATE THIS ON ADMISSION.**

### **Medical Aid (in the event of a claim)**

- *Please note that Healing Wings South Africa does not claim directly from any medical aid scheme, however is able to assist with supplying provisioned invoices as required by Medical Aids. Residents are required to pay Healing Wings South Africa directly and then claim back from their medical aid on receipt of an official Healing Wings invoice.*
- *A R500.00 administration fee on the invoice total will be charged should the required information not be provided before admission.*

*The following is required for assistance with the claim*

- *A DSM IV form completed by your Doctor (obtainable from your medical aid). Ensure the following information on the form:*

- Medical Aid Name and Plan
  - Membership Nr and Dependant Code
  - ICD10 & Procedure codes (obtainable from medical aid or see below))
  - Doctor's Practice Nr.
- *Preauthorization needs to be obtained before admission using the following information which will be required by your medical aid:*
    - Healing Wings SA BHF Practice nr: 038 0091
    - Our treating Dr BHF Practice nr: Dr van Wyk & Wolfaard : 046 2225
    - Treatment & ICD Codes: CCSA – 99199. ICD10 codes: Z50.3 (Drug Rehabilitation) & Z50.2 (Alcohol Rehabilitation)

## 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 at 2, 4 and 6 months. 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.

### JOHANNESBURG / PRETORIA SUPPORT GROUPS

**HEAL:** Contact Graham Moore on 082 448 3351 or email [healgm@mweb.co.za](mailto:healgm@mweb.co.za). Website [www.healministries.com](http://www.healministries.com)

**H.E.A.L. Healing & Educating Addicted Lives:** Please refer to list below of support groups venues and times, for both addicts and their families:

**HEAL ALBERTON: Mondays at 7pm:** The Bridge Church, 69 Elizabeth Eybers St, Randhart, Alberton.

**HEAL BENONI: Mondays at 7pm:** St. Andrews Community Church, Miles Sharp St, Rynfield, Benoni.

**HEAL BEDFORDVIEW: Thursdays at 7pm:** Central Cornerstone Church, Batten & Bernard Rd East, Morninghill, Bedfordview.

**HEAL EDENVALE: Thursdays at 7pm:** New Day Church, 129 12<sup>th</sup> Ave. Edenvale.

**HEAL HONEYDEW: Tuesdays at 7pm:** New Harvest Christian Fellowship, 23 During Rd, Harveston AH.

**HEAL KEMPTON PARK: Tuesdays at 7pm:** Maranatha Church, Dann Rd, Glen Marais.

**HEAL PRETORIA: Mondays at 7pm:** St. Francis Church, Cnr Long & Albert Str, Waterkloof, Pretoria.

**HEAL RANDBURG: Mondays at 7:30pm:** New Creation Family Church, Cnr Gemsbok & Winston Ave., Robinhills.

#### *Cape Town Support Structures:*

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**UCAN:** Chris Missing 082 330 5637 [ucan.sixty3@gmail.com](mailto:ucan.sixty3@gmail.com) Tel: 021 979 4000. **Thursdays@7:30pm:** 24 Westerkim Rd, Schoongesig, Durbanville. Assistance with interventions & court orders.

#### *Durban Support Group & Representative:*

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**HEAL KZN SOUTH COAST:** Mondays at 7pm: South City Church, Ramsgate, KZN South Coast. Terence 071 442 8712

**HEAL KZN NORTH COAST / UMHLANGA:** Mondays at 7pm: The Rock Church, 1 Tamarind Close, Cnr Umhlanga Rocks Drive, Somerset Park, Umhlanga Rocks.

#### *Nelspruit Support Groups:*

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**CAD: CHRISTIAN ACTION for DEPENDENCE:** Tuesdays at 7pm: Carine Classen [carine.classen@gmail.com](mailto:carine.classen@gmail.com) SANCA Boardroom, Hope Str, Nelspruit.

**SANCA NELSPRUIT:** 013 75 24376

#### *Countrywide Support Groups*

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**TOUGH LOVE:** Contact Gordon Dewar on 0861 868 445 for info on 15 groups around the country.

**ALCOHOLICS ANONYMOUS:** <http://www.aanonymous.org.za>

*Please see website for details of groups around the country*

AL-ANON Family groups 021 595 4517 (09:00-13:00 Monday-Friday office hours) AL-ANON Family groups 011 683 8002

General Service Office (011) 869-9077 (088011) 869-9077 [info@aanonymous.org.za](mailto:info@aanonymous.org.za)

Cape Town (021) 510-2288 [aawestcape@telkomsa.net](mailto:aawestcape@telkomsa.net)

Durban (031) 301-4959 [events@aakzn.co.za](mailto:events@aakzn.co.za)

**Healing Wings South Africa Programme information**

**NARCOTICS ANONYMOUS:** <http://www.na.org.za>

*Phoneline: 083 900 69 62 / Email Helplines*

**EATING DISORDERS SOUTH AFRICA SUPPORT GROUP JHB**

**Eating Disorders on the Couch - Wednesdays at 7pm:** Suite 7, Denmar Psychiatric Hospital, 507 Lancelot Road, Garsfontein x16, Pretoria, Gauteng Province. Please call the number below to register before attendance at the group. **Telephone** (+27) 12 993 1060 **Email** [eatingdisorderssouthafrica@gmail.com](mailto:eatingdisorderssouthafrica@gmail.com)