

Healing Wings

YOUTH CENTER

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Purpose College
Healing Wings

Healing Wings Youth Centre 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 and facilitating substance abusers who commit and submit themselves to a holistic form of recovering.
- Focus on developing and maintaining an addiction-free lifestyle through the provision, facilitation and upholding of effective treatment protocols.
- To strengthen the capacity of young people at risk of substance abuse or dependency to substances through the integration of education and life skills in their daily lives, to equip them to take charge of their own wellbeing through building their values and assets and ultimately realizing their full potential and purpose.
- To help youth at risk of substance abuse to become responsible adults who care for their families and others while acknowledging existence of diverse circumstances and needs by providing opportunities to address these.
- To develop life skills, self-esteem and routine, by involving service users in various groups designed to encourage and stimulate emotional and spiritual growth.
- To encourage education as to allow children and adolescence the best opportunity in life.
- To encourage and institute the participation of parents/families/care givers in the recovery process involving integration of the treatment programme and ultimate reintegration into the family and society.
- To develop a wider range of learning pathways and scholastic opportunities, to provide young people with substance dependency or young people at risk with multiple routes and exit opportunities for making the transition from youth to adulthood without substances.

Disclaimer:

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- To provide a safe rehabilitation environment free from discrimination and abuse, in which young people are protected from being exposed to forced or voluntary participation in substance abuse, crime and violence.
- To provide health care in a timely, assessable, efficient, safe and cautious manner using proper nursing procedures.

Interventions:

The following interventions will be offered to youth residents:

- Healing Wings will offer access to a youth-friendly rehabilitation centre, program and related services.
- Youth will receive counselling and mental health (cognitive) services.
- Youth will receive information on risky behaviour and age-appropriate information packages.
- Youth will receive life – skill training group sessions.
- Youth will receive spiritual guidance and mentorship and assistance during step work.
- To render sound health care as well as available for Voluntary Counselling and testing services.
- Youth to be involved in outreach services to other peer groups in prevention work.
- Youth who have experienced sexual abuse and domestic violence while abusing substances will be protected in a healthy environment.
- Children will receive access to education, schooling and educational assistance.
- The youth will experience social cohesion, this allows youth people to participate and engage in activities and to strengthen the relations of learning from one another and this binds people together.
- The youth will receive individual sessions to strengthen their identity, build their self-esteem, develop a sense of belonging, and contribute to building a better life for all.
- Healing Wings programme will foster a sense of belonging that will propel young people to reach their personal goals and develop their full capacity.
- Healing Wings will encourage the youth residents to take part in community service, volunteering and in so doing moving away from self-destructive behaviours, because these activities inculcate a clear sense of purpose.
- Healing Wings will provide constructive use of leisure time promoting sport and animal therapy as well as arts, gardening and music.
- Healing Wings will also provide guidance for the family members involved and reintegration services.
- Healing Wings will elect a youth resident to be the representative of the youth in the Centre, ensuring fairness and dignity at all times and the youth's voice to be heard.

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ACTIVITIES

The Healing Wings programme is based on a daily routine designed to encourage the resident 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 whether in one on one session, are done in English, as our primary language.

Programme routine	
• Assigned duties	• Drug Education
• Morning devotionals and quiet time	• Arts and Crafts Therapy
• Schooling: Through the Brainline curriculum. This is an Internet based school registered with the Independent Education Board. Private/ Public School Transfer	• Health Care Assistance
• Individual counselling	• Nature Therapy
• Individual Educational assistance	• Equine Assisted Therapy
• Step Work Groups	• Sports Therapy – hiking, mountain biking, soccer, volleyball, baseball, swimming, jogging, Pilates, aerobics etc.
• Discussions, Lectures, Interactive Group therapy	• Spiritual Development
• Focussed groups	• *Outreach and Community services
• Life Skill group discussions	

**As part of the Healing Wings' ongoing 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*

Admission

All the below steps need to be taken before an applicant will be accepted for admission

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)
- A social workers report and referral letter needs to accompany any application.
- A report and letter from the last school attended.
- Return signed application forms as well as a copy of his/her ID via email or fax before arrival
- A background history of the applicant *must* be e-mailed to Healing Wings South Africa
- Submit a doctor's report/psychiatric report, kindly note that the doctor's report should state any medical conditions together with a declaration that the applicant has been detoxed or does not require detoxification. (The applicant must undergo detoxification prior to admission - if and when needed)
- Proof of payment to be sent through before admission
- Arrival details to be confirmed (please note that admission times are at 12pm and 4pm only)
- The resident needs to be signed in by the parents and, if possible, the social worker who submitted the written report.
- The relevant reports for the last two Grades passed.

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Assessment and Orientation

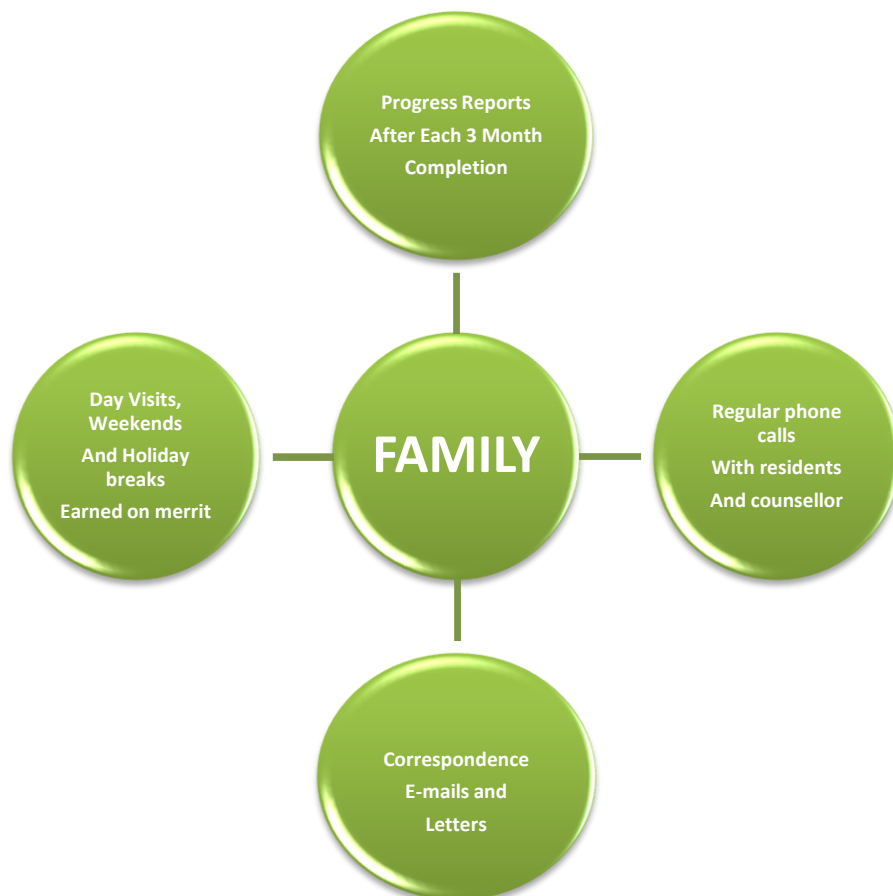
Each service user will undergo a background assessment with a social worker and a medical assessment with a professional nurse and will be introduced to the Healing Wings Programme in a thorough orientation session. In this orientation session, the full process ahead will be explained and the resident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

Assessments are conducted by a multi-disciplinary team and individual counsellors, with the focus being on assisting the resident in developing treatment goals. Parents/caregivers will receive a written progress report every 3 months and are encouraged to contact the resident counsellor directly on a regular basis.

Family Programme

Healing Wings South Africa facilitates a family programme for families/care givers of service users.

Families/Care givers are encouraged to participate and assist in the process of the recovery programme. The following resources are put into place for families/caregivers to maintain involvement for the duration of the residents programme and to assist in the reunification of the resident into the family and society:



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SUPPORT GROUPS

We believe that the service user is not the only one who requires help. Families/Care givers are often in need of healing from the emotional effects that addiction has. It is our recommendation that families/care givers seek support from the following resources:

Johannesburg	Cape Town	Durban	Nelspruit
Mighty Wings Support Group Rod and Carol Keyzer 011 465 0595 carol.keyzer@vodamail.co.za		Wilma Yates 083 2501998	Narcotics Anonymous Nelspruit: 0734057755 Hazyview: 0828581915 Whiteriver:0828581915
Tough Love 15 groups around the country Cordon Dewar: 0861868445 HEAL Graham and Judi Moore: e-mail: crimebusters@mweb.co.za	DRUGLINE 0860 change / 242643	Nicholas Graham 031 206 0151	Christelike Afhanklike Diens 0834610604 0827448212
AL-ANON Family groups 011 683 8002	AL-ANON Family groups 021 595 4517		Alcoholics Anonymous Nelspruit: 0834082139 Barberton: 0794485264 White River: 0842853887 Sabie: 0828152687
			Compassionate Friends Debbie: 0137457886
			Family Drug support group Anne: 0846730856 SANCA: 013 75 24376

Please contact the Healing Wings Office, should you not have a support group in your area and we will assist you with finding the right support and encouragement.

Alcoholics Anonymous (contact numbers for national Alcoholics Anonymous Centres):

General Service Office	(011) 869-9077 (088011) 869-9077	info@aanonymous.org.za
Cape Town	(021) 510-2288	aawestcape@telkomsa.net
Durban	(031) 301-4959	events@aakzn.co.za
East Rand	(011) 421-1748	aaeastrand@gmail.com
Jhb & West Rand	(011) 683-9101	aanonymous@telkomsa.net
Port Elizabeth	(041) 452-7328	aape@intekom.co.za
Pretoria	(012) 331-2446	npareaassy@yahoo.com
Northern Provinces	(012) 331-2446	npareaassy@yahoo.com
Vaal Triangle	(016) 455-2986	

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RECOMMENDED LIST OF REQUIREMENTS FOR MALES AND FEMALES:

2 x ID photo NB + medical report. Should the new resident have a valid passport, please send this along.

Males	Females
<p><u>Recommended Clothing:</u> 10 x T-shirts/Vests 5 x Collared shirts (For School) 5x long pants (jeans, cargo) (For School) 4x pairs of shorts, 4 x Long Pants 5x warm, long sleeved tops 1x plastic rain coat/ wet weather jacket Warm jacket and vests for winter Underwear & socks Beanie (winter) and gloves (winter)</p>	<p><u>Recommended Clothing:</u> 10 x T-shirts- <i>No skimpy, see through or cropped tops please.</i> 4x pairs of knee-length (3/4) shorts. 5x long pants (cargo pants/jeans are best) 5x warm, long sleeved tops 1x plastic rain coat/ wet weather jacket Warm jacket and vests for winter Underwear, socks & bras Beanie (winter) and gloves (winter) 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 if possible 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 if possible Tekkies- for sport and work Boots- similar to hiking boots that cover ankles.</p>
<p><u>Toiletries; (All items to be new/unopened and be packaged in clear containers and sealed where possible)</u> 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; (All items to be new/unopened and be packaged in clear containers and sealed where possible)</u> Toothpaste, toothbrush, face cloth, soap, roll-on deodorant, shampoo and conditioner, shower gel, Veet / wax strips (no razors), moisturiser, body lotion, sunscreen. <i>Minimal make up necessary, please keep it simple.</i> No spray-on deodorants will be allowed.</p>
<p><u>Sleeping requirements:</u> 1x Single Bed Duvet & cover 1x warm blanket for winter only 2x single bed fitted sheets and pillows with pillow cases.</p>	<p><u>Sleeping requirements:</u> 1x Single Bed Duvet & cover 1x warm blanket for winter only 2x single bed fitted sheets and pillows with pillow cases.</p>
<p><u>Other items of importance:</u> Small trommel, i.e. Big Jim toolbox 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 meal times Working gloves and plastic gloves for cleaning / washing dishes 2x bath towels and or 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 Highlighters/ pens and pencils A4 Hardcover notebook/ Writing pad/envelopes and Ring binder file x1 or 2. 2 x A5 soft covered books School Stationary: diary, books, writing utensils, files, Girls: 1 x skipping rope / Equine Equipment – chaps, helmet, gloves etc.</p>	
<p>On arrival please pack PJ's, a change of clothes and toiletries or other essentials for the first night and next day separately.</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 and iPods will be allowed. Music may be played on portable radios except during quiet times. You may bring wholesome DVD's if you wish to, at your own risk.
- Please refrain from bringing products containing alcohol. Only alcohol-free mouthwash will be allowed.
- At Healing Wings our primary focus is recovery, we do not recommend that the resident bring any books or additional literature.
- No foodstuffs will be allowed upon arrival, therefore do not pack items such as coffee, sugar, milk powder, cereals, sweets etc
- We reserve the right to confiscate any items or material deemed inappropriate. **All these items will be locked away until the departure date.**

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