

# ST GEORGES

## **Reintegration and life skills facility**

**181 St Georges Rd Observatory Estate, Observatory, JHB**

**(072)1163863 (076)7812720 [www.healingwings.co.za](http://www.healingwings.co.za)**

### **Introduction**

St Georges is a “halfway house” with the core aim of reintroducing recovering substance abusers back into normal society. We are a life skills and sober living facility specializing in persons who have successfully completed a long term substance rehabilitation program (3 months or longer) At St Georges our sole objective to aid the individual in utilizing the skills they acquired in primary care. This is achieved by further counselling, educating and supporting the individual in the practical application of their new found skills.

### **Location**

The house is conveniently and centrally situated in the upmarket boomed off neighbourhood of Observatory estate and overlooks the well-established golf course (5 minutes from the Gillooly’s interchange, Bedfordview and Eastgate shopping centre)

### **Our Staff**

The staff at St Georges are committed, passionate and driven individuals who have decades of experience in both inpatient treatment and the medical fraternity and have utilized this experience to develop a fully in compassing, thorough reintegration program. The house is managed and the program overseen by Jody and Bronwyn Van Jaarsveldt who between them have two decades of experience working in-patient treatment and are explicitly aware of the challenges facing individuals on their departure from in-patient primary treatment.

### **Costing:**

#### **Stay-in residents of St Georges (after in-patient treatment ony):**

*The basic cost of R9,000.00 per month includes (deposit of R 3,000.00 payable on admission):*

- Secure Accomodation.
- 2 x meals per day (breakfast and dinner). Kitchen facilities are available for lunch preparation. (breakfast on weekends).

- 1 x formal counselling session per week with case manager.
- 1 x formal session per month with Social Worker.
- 1 x family session per 6-week period.
- Weekly personal step work monitoring and overview.
- 2 x interactive group sessions per week.
- Transport to prescribed support groups weekly.
- Full use of all facilities. (See breakdown of full list and extras).

**Individuals not staying-in but requiring Individual Treatment/Reintegration Plan development, Individual sessions and Group attendance:**

*Cost of R 2,000.00 per month includes the following:*

- Development of a personal Individual Treatment/Reintegration Plan (3-month plan utilising the core structure of the individual's aftercare plan if available for practical treatment, reintegration and accountability)
- Weekly urine drug and alcohol testing
- 1 x individual session weekly (general therapeutic assistance, individual Step-work progress and I.R.P follow-up)
- 1 x interactive group session attendance (topics are reintegration-relevant and follow a set therapeutic programme)
- 1 x group step-work session weekly (general group interaction based on the foundations of the 12-Step model)
  - It is the individuals responsibility to attend all groups available on the programme.
  - The individual will be required to attend one external Support Group session each week and this will form part of the accountability structure.

**Individuals wishing to partake in groups and sessions adhoc (this option does not apply to stay-in residents):**

- **Development of personal Reintegration Plan:** Once-off R 1,000.00 once-off  
(it will be the responsibility of the individual and accountability team to implement and monitor the conditions of the reintegration plan).
- **Interactive Group Work sessions** R 200.00 per session
- **Individual counselling sessions** R 250.00 per session
- **7-panel Drug tests** R 50.00 per test
- **Alcohol Tests:** R 40.00 per test

## **Our Program**

Our program is set over 12 weeks, with specific themes for each week related to recovery and of course reintegration. Focus is placed on aiding the resident to deal with day to day stresses and apply the fundamentals, skills and theory they were taught in primary recovery. Seeking employment (should a resident not have an active job once leaving primary treatment) studying and family reconciliation are equally important and emphasis and time is afforded to the individual to engage in this. All groups and program activities are **compulsory**.

## **Security**

- Fully encompassing electric fence.
- 24 hour Armed response.
- Boomed off guarded estate (the estate is exclusively patrolled and guarded by Stallion security)

## **Extras**

- Pool and entertainment area.
- DSTV Premium.
- Wi-Fi and computer access. (exclusively to seek employment within set times)
- Basic gym and exercise equipment.

St George's is committed to insuring the safe, transparent and accountable transition into everyday life for the individual. Accountability and community is the very backbone of the recovery process and is something we promote, teach and adhere to ourselves. Being a reintegration facility freedom is granted and of course is the reason for our facility, additional freedom is granted on an individual basis and at the discretion of the St Georges management team (please read our full program page for a better understanding of our processes)