



White Oaks Rehabilitation Centre



Rehabilitation from
Alcohol, Drugs & Gambling
www.whiteoaksrehabcentre.com

Introduction

White Oaks is a purpose built Centre ideally situated on a 35 acre site in the Donegal hills, about half a mile from Derry City. The site also includes the **IOSAS Centre**, and the **Celtic Prayer Garden**. These three facilities have sprung from the work of the Columba Community founded by Fr Neal Carlin.

Mission Statement

The purpose of White Oaks is to aid the recovery of people suffering from addictions. We will do that by improving their well being, their independence, and their self reliance and by addressing the core nature of their addiction problem.



Aims

- To provide a realistic, holistic care programme for recovering alcoholics and other chemically dependent people.
- To provide a “home-like” stress free environment that is conducive to recovery.
- To provide counselling and help for residents and their families.
- To empower those in recovery to form part of the rehabilitation team.
- To provide ongoing training for all personnel involved in the rehabilitation programme.
- To monitor the quality of the service and to ensure effective and efficient use of resources.

Ethos

White Oaks provides a peaceful therapeutic environment where addicts and their families may safely confront the impact addiction is having on their lives, and find a spiritual way to develop the skills within themselves to turn their lives around.

All staff work towards creating an atmosphere of respect, concern and care, emphasising the importance of personal growth and spirituality in the shared search for a new life, free from active addiction.

White Oaks is the only treatment centre of this kind in the North West region of Ireland.



“Excellent in White Oaks...
changed our lives and her life.”

Treatment

The core treatment programme is derived from the approach pioneered by the Hazelden Foundation, Minnesota. It combines counselling and group therapy with support for **12-Step Recovery programmes** such as **Alcoholics Anonymous, Gamblers Anonymous, Narcotics Anonymous**.

Programme Content

- 30 day residential programme
- Group therapy daily and individual counselling at least once a week.
- Morning and evening meditation and reflection
- Daily tasks on how to apply the Twelve Steps to everyday life and also talks on treatment related topics i.e. denial, anger, self awareness etc.
- Family participation one full day every week – this enables the client to obtain a clear picture of how their behaviour is impacting on their family members as well as providing support and information to those who attend.
- The programme includes exposure to therapeutic work in the form of light household duties, arts and crafts, gardening and yoga, while our rural location and the prayer garden provide opportunities for walking and quiet reflection.

“Treated with 100% respect by White Oaks and White Oaks were always there to answer any questions.”



Aftercare

The 30-day course of residential treatment is followed by **3 weekly one to one sessions with the clients** designated counsellor.

Aftercare consists of a weekly group meeting for a period of two years as a support system for ongoing recovery. Aftercare is based at White Oaks, Letterkenny, Donegal Town and Sligo.

“Found White Oaks a lovely place, great people...
the centre was excellent”



Our Success

White Oaks is committed to the ongoing monitoring of the quality of the service it provides.

The Department of Health Medicine, HSE West, conducted a review of the outcomes and effectiveness of treatment in the period 2001-2005. Some of its findings are summarised here to indicate the potential of this approach to treatment.

Findings

- 69% of clients were abstinent at the time of the survey
- 38% had never relapsed since leaving treatment
- 89% of clients completed treatment
- 68% attendance at aftercare support
- 81% post treatment showed that those who achieved abstinence had not subsequently attended a general or psychiatric hospital
- 54% had been treated for their addiction by their GP prior to treatment
- Unemployment status for the overall group reduced from 46% to 20%.
- 71% felt their quality of life had improved since leaving treatment

“I’d advertise White Oaks to anyone who has a problem. Lot’s of support there for her.”

Referral & Admission

Treatment Costs

There is a standard cost of treatment for private clients but methods of payment are assessed according to the individual's ability to pay. White Oaks is grant aided by the HSE North West for medical card holders in this region.

We are recognised by the main health insurers VHI and Quinn Direct as well as St Paul's Garda Medical Aid Society and Prison Officers Medical Aid Society, ESB, Eircom, An Post and a number of other large employers.

Referrals

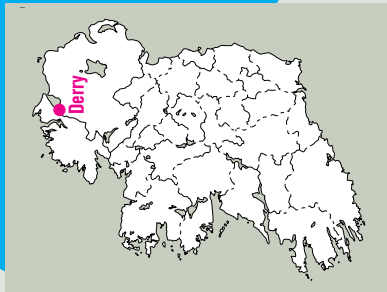
For Medical Card Holders all referrals come through the HSE Community based Addiction Service. Private referrals may come from the GP, as well as from the individual or from family or friends.

Persons Eligible for residential treatment will:

- Be 18 years or over
- Have family or concerned person willing to participate in the programme
- Be willing to be safely withdrawn from alcohol and other mood altering substances prior to admission

“Home is now a happy place and our family are ever so grateful to White Oaks.”





City of Derry Airport



White Oaks Treatment Centre

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