



## HOUSE RULES

Welcome to Rustenburg. We would like to help with your drug addiction, alcoholism or any other addictive behaviours. This will require your participation in the treatment process. We have some rules to make the community functional and your stay successful. We understand that rules are always a challenge to people with addictive disorders. Patients who break the rules are generally trying to tell us something about how they are feeling or thinking. We ask that you **just tell us** how you are feeling directly rather than breaking the rules, which might have unpleasant consequences, including being asked to leave. If you do not understand a rule or feel a rule is unfair, please discuss this with your counselor.

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### 1. RUSTENBURG IS A CLEAN AND SOBER CENTRE

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- 1.1. No alcohol and/or illicit drugs of ANY nature may be brought into the Centre or consumed at any other location while you are a resident at Rustenburg.
- 1.2. The Centre reserves the right to discharge any resident who uses alcohol or drugs or brings them into the facility or is party to their procurement. If you would like to use drugs or alcohol, please inform your counselor.
- 1.3. All residents may be asked to undergo searches and/or alcohol breathalyzer/ blood test or urine testing at any time. If refused, this will be regarded as sufficient grounds for discharge.
- 1.4. ALL medicines (vitamins, headache pills, scheduled medication, homeopathic medications, cough mixture, protein and energy supplements) in the possession of residents are to be handed over to staff on admission. Those that you still require on completion of the programme will be returned on departure.
- 1.5. No “replacement” beverages like alcohol-free beer, Red Bull (or any energy drinks) may be used during your stay. We seek a natural high.

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### 2. PLEASE FOLLOW THE PROGRAMME

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- 2.1. The programme at Rustenburg is presented in English. Dutch-speaking individual therapists are on the staff for non-English first language clients. Rustenburg will do the best to accommodate your language needs but cannot guarantee this. A basic English literacy is required in order to achieve the maximum benefit from the programme. If you have difficulty following the programme for language or other reasons, you must inform your counselor.
- 2.2. Residents are expected to attend ALL activities of the programme. Nothing is optional without permission of your counselor or the nurse. Please be punctual.
- 2.3. A Housekeeping meeting on Tuesdays will allow residents to discuss housekeeping and any maintenance issues that may arise.

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### 3. CHANGING BEHAVIOUR

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- 3.1. A resident commits a transgression, which might have a disciplinary consequence, if he/she does the following:
  - Dishonest behaviour
  - Violent or threatening behaviour which includes, but is not limited to any abuse towards staff, health practitioners, fellow patients or visitors.
  - Any behaviour that constitutes a criminal offence for example theft and/or malicious damage to property
  - Disrespects the human dignity of any other person or demonstrates abusive behaviour. This includes inappropriate sexual or racial comments or jokes.
  - Intimidates or participates in intimidation in a way that infringes upon another’s rights
  - Helps another person to commit or conceal a transgression of the centre’s rules
- 3.2. Please be careful with your words. The use of dirty language is unacceptable.
- 3.3. No resident may be in the possession of a fire-arm, weapon or a dangerous object.



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## 4. BE HERE

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- 4.1. No resident may leave the Centre without permission from a member of staff.
- 4.2. **Local Currency:** Rustenburg does not have banking or foreign exchange facilities on site. Patients from abroad are advised to purchase ZARands prior to their departure or at the airport on arrival. We do not provide transport to the bank so please ensure you have sufficient ZARands for the first two weeks. R400 to R600 per week is usually sufficient. Patients are only allowed on the mall shopping outing on the weekend after their first full completed weekend in the facility.
- 4.3. **Telephone:** There are dedicated outgoing telephones available for patient use. These may be used after dinner on weekdays and after lunch on weekends. Kindly consider others who may want to use the telephone and restrict your calls to 15 minutes. Worldcall Cards are available for purchase from the admin office.
- 4.4. **Computer Access:** We do not allow unauthorised computer access. Access to a computer for email or internet use purposes e.g. banking can be arranged with permission from your individual counsellor
- 4.5. **Cell Phones:** These must be handed in on admission to Rustenburg. They can be accessed, by agreement with your individual counsellor, in order to retrieve phone numbers.
- 4.6. On arrival, we would like clients from abroad to call home to inform your family you have arrived safely. Thereafter, for the first 5 days, we restrict contact with home. This means no Skype, internet or phone time for the first 5 days. We find this rule encourages a more rapid integration into the Rustenburg community and is not meant as a punishment.
- 4.7. No laptops or personal portable music systems, including iPods, are allowed. We want you to communicate, not isolate.
- 4.8. Facebook and the use of other social media are prohibited.

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## 5. TAKE RESPONSIBILITY FOR YOUR IMMEDIATE ENVIRONMENT

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- 5.1. Queries: admin problems can be solved at the admin office from Monday to Friday 08:30 to 09:00 and 12:00 to 13:00. Please respect these time limits. Admin staff will do their best to solve your problem but please remember that their primary task is to run the facility. Pocket money will only be issued every Friday.
- 5.2. No littering. This requires no further explanation.
- 5.3. If you have to smoke, smoking in any buildings, bedrooms and bathrooms is prohibited at all times. You are only allowed to smoke in designated areas where ashtrays will be provided. All cigarette butts must be properly extinguished and placed in ashtrays. Do not throw your cigarette butts on the ground. Please note that the roofs of all the buildings are very flammable thatch. There are hydrants, hoses and extinguishers throughout the facility.
- 5.4. Residents will be responsible for the tidiness of their bedrooms and bathrooms. You will have to make your bed every morning. We employ domestic staff but you are responsible for your personal space. On Tuesdays, new bedding is provided. Please strip your beds and leave the bedding in your bathrooms.
- 5.5. The majority of rooms have two beds. Three rooms have three beds and there are three “dormitory” rooms with more beds. We allocate rooms according to operational requirements but we will do our best to make you comfortable. New patients are admitted to The Main House and may then migrate with time to The Cottage or Annex.
- 5.6. Rustenburg contracts out a laundry service. If you would like to use this service, a deposit of ZAR400 is required. The admin staff will monitor your laundry account weekly and refund all remaining funds upon departure.
- 5.7. One hand and bath towel will be allocated to each resident, which will be replaced on Tuesdays and Fridays. Please hang your wet towels on the outside washing line to dry when the weather is fine. Please do not hang your washing over the heaters. Towels must be returned on departure. Failure to do so will incur the cost of the towels.
- 5.8. Swimming towels are permitted at the swimming pool only. Blankets, pillows and sheets are not to be used outside of the bedrooms or buildings.
- 5.9. Residents are to ensure their own personal hygiene at all times.

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## 6. HEALTH

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- 6.1. Rustenburg is not a hospital. However, we do have a nursing team and a doctor available. Medical or dental problems that require referral to the local private hospital or GP for further investigation or treatment will be for the patient’s own account. If the cost of medical expenses exceeds the patient’s medical deposit, the excess will automatically be deducted from patient’s pocket money, unless any other acceptable arrangement is made.



- 6.2. Medication is dispensed at fixed times every day by the nurse. Do not change your medication without authorization or self-medicate. You may not distribute your medication to other patients.
- 6.3. Any medical or dental problem should be brought to the attention of the nurse who will arrange an appointment with the doctor.

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## **7. RELATIONSHIPS**

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- 7.1. At Rustenburg Addiction Care you have the opportunity to develop recovery relationships. Romantic relationships, exclusive relationships and/or sexual conduct is prohibited.
- 7.2. Residents are not allowed in each other's rooms or bathrooms. The only bedroom you should enter is your own.

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## **8. RECREATION IS IMPORTANT**

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- 8.1. No cameras are allowed in order to protect the confidentiality of the residents at Rustenburg. You may not use cellphones to take photos or videos or gamble.
- 8.2. Walks on the property: Please remain on Rustenburg estate, you are not allowed to walk off the property unless accompanied by a member of staff. If you want to go for a walk in your free time, it must be in a group of no less than 4 people. Please consult a Recovery Assistant.
- 8.3. The swimming pools can be used by residents. Please consult your daily programme or a Recovery Assistant. Refrain from entering any of the dams on the property as it is unsafe. Use of the pool is at your own risk.
- 8.4. Do not touch the electrical fences around the property and refrain from contact with any wild animals on the premises. Please do not feed the animals.
- 8.5. Supervised transport to a nearby mall is provided to residents on Saturday morning for shopping purposes. Punctuality by all residents from and to the mall is of the utmost importance. Shopping will be searched by counselors/nursing staff and will be placed in safety, if inappropriate. This includes any medication/over the counter medication or any substances regarded as unacceptable. No magazines containing pornographic or sexual content will be allowed. Please ask if you are unsure.  
New arrivals to Rustenburg will only be allowed to go to the shopping mall on the weekend after they have completed one full weekend in the facility. The mall outing is always at the discretion of your counselor, which permission may be withheld if your counselor is of the opinion that your condition is unstable.
- 8.6. Before leaving the premises and after returning, please sign the temporary discharge forms.
- 8.7. No lending of money to other residents is allowed.
- 8.8. Gambling games, whether for money or not, are not permitted.
- 8.9. Television is permitted Monday to Sunday after dinner until lights out at 11:00pm.
- 8.10. Outings: Rustenburg will organize an optional supervised outing on Sundays to points of interest in the Cape Peninsula. Residents wishing to participate in these outings will incur the cost. A minimum of eight residents are required for each outing.

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## **9. DRESS FOR RECOVERY**

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- 9.1. Clothing must be presentable and appropriate. Clothing and accessories that are sexually explicit or suggestive of a drug/alcohol branded nature are inappropriate. Please remove hats, caps and sunglasses in group sessions. Footwear is required for group sessions.
- 9.2. Female and Male residents are to ensure that their swimming attire is not of a revealing nature. Residents are to refrain from walking around in towels, or to be shirtless unless at the large swimming pool.

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## **10. RESEARCH**

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- 10.1. Rustenburg has agreed to participate in ongoing academic addiction research. You may be asked to participate in this programme. Although all research is anonymous, participation is at your discretion. You may decline any request for this purpose.



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## 11. CONFIDENTIALITY

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11.1. What we share in this community will be kept confidential.

**I hereby acknowledge that I understand and accept the above mentioned House Rules as a condition of my stay at Rustenburg. I also understand and accept that my not adhering to these rules could lead to my discharge from the facility.**

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Case Manager: \_\_\_\_\_ Date: \_\_\_\_\_

Admissions Officer: \_\_\_\_\_ Date: \_\_\_\_\_