

Are you affected by someone's drugging?

Do you spend nights worrying about them?

FAMILY WORKSHOP

**Do you feel ashamed or guilty?
Is your own health suffering?**

If so, the Family Program offers you the opportunity to gain a better understanding of addiction and how it affects you as well as an opportunity to share your experiences.

When is it?

The first Wednesday of every month.

At what time?

8.00 a.m. – 1.30 p.m.

Where to go...

The Cape Town Drug Counselling Centres
(Contact the branch nearest you.)

What's the cost?

The cost is based on the family's income.

Do I have to book?

Places are limited, so booking with full payment is required early to avoid disappointment. **Contact us for further information.**



MISSION STATEMENT

Our mission is to provide effective, accessible and innovative treatment, prevention and training services that enable South Africans to respond appropriately to the challenges of substance abuse.

As a non-profit organisation in the Western Cape, we aim to lead by promoting an awareness and understanding of substance abuse as an issue that affects us all.

CONTACT US

Observatory

PO Box 56

Cape Town 7935

Tel: 021 447 8026

Fax: 021 447 8818

E-mail: ctdcc@iafrica.com

Web: www.drugcentre.org.za

Mitchell's Plain

P O Box 4

Mitchell's Plain 7789

Tel: 021 391 0216

Fax: 021 391 0218

E-mail: ctdcc@iafrica.com

Web: www.drugcentre.org.za

ENQUIRIES

- For confidential information and advice, ask to speak to a counselor.
- For enquiries regarding youth outreach work, ask to speak to someone in the Youth Outreach department.
- For enquiries regarding training, speak to the Training Co-ordinator.



It's closer to home than you think

SERVICES OFFERED BY THE CAPE TOWN DRUG COUNSELLING CENTRE

NPO No: 008-168

Treatment Programme

Our centres are equipped to treat addictions to both legal drugs (e.g. tranquillisers, codeine) or illegal drugs (e.g. dagga, tik, heroin).

Assessment: An orientation DVD about our program is shown to clients and significant others at the initial visit. This is followed by an assessment session with a qualified therapist, to explore the drug problem and plan treatment. Assessment clinics by appointment only. **(Contact numbers are on the back of this pamphlet).**

Referral: Some clients may be referred either to an inpatient drug treatment centre or to another facility more suited to their needs. Referrals are only made with the clients' consent.

Outpatient treatment: If the client is motivated for outpatient treatment, a programme is planned according to his/her needs.

Compulsory sessions include:

- Group, individual, and **family counselling**
- **Lectures** covering topics useful to addicts in recovery, e.g. understanding addiction, denial, relapse, HIV etc.
- **Family workshop** – family of client must attend this – more information further on in the pamphlet

Optional/ as required services include:

- **Acupuncture** to reduce withdrawal and re-energize the body
- **Aromatherapy massage** using aroma oils to help the client feel relaxed and nurtured
- **Art therapy** – to help client connect with underlying emotions in a supportive group setting
- **Medical / psychiatric consultations** for withdrawal medication or evaluation of more serious psychiatric symptoms

HIV/Aids information and advice is included throughout the program, and **Voluntary Counselling and Testing** is available free of charge, to all drug users whether in the treatment programme or not.

Clients attend 3–4 sessions per week over a 6–week period and may later attend aftercare sessions.

Fees

We have found that the clients' commitment to treatment increases when he/she has to pay fees. Client fees are also an important source of income to maintain this service in the community. Clients pay a reasonable fee per session, based on their or their family's income.

Youth Outreach Programmes

We offer effective prevention programmes designed to provide schools with the skills, resources, expertise and experience necessary to face the challenge of substance abuse themselves; rather than rely on outside agencies for once off sessions that are often ineffective and expensive. Substance abuse prevention is not a case of 'anything is better than nothing' as some approaches have been shown to do harm and run the risk of increasing drug use.

We have consulted on various schools drug and alcohol policies as well as provincial and national prevention programmes. In addition we have written a joint publication entitled **Conducting Effective Substance Abuse Prevention Work Amongst Youth in South Africa**.

Youth Outreach is focused primarily on 13–18 year olds in a wide variety of communities, both urban and rural, but we also work with tertiary institutions.

Having provided services since 1985 the Cape Town Drug Counselling Centre is well established in the Western Cape and we continually provide support to schools and work closely with them when individual treatment of school learners is required.

Primary Prevention

- Parents Information Session
- Teachers' Training Course
- Student workshops
- Ongoing support
- Web Page
- Resources
- School drug & alcohol policies

Secondary Prevention – Intervention

For learners who require more individual attention we offer intervention workshops for adolescents who are experimenting with mood altering substances. The objective for these is to encourage help seeking behaviour and for the participants to enter out treatment programme.

Tertiary Prevention – Treatment

An outpatient treatment programme for adolescents.

Training Programmes

We design and implement training programmes that enable people to effectively rise to the challenge of substance abuse where they live and work, by equipping them with the knowledge and skills they need to make an impact.

All training incorporates interactive styles, making use of presentations, discussions and activities e.g. role play, to facilitate skills development. Participants benefit from the rich experience of our dedicated team who are directly involved in prevention and treatment work. Contributions by experts from a variety of other resource organisations make networking possible.

Some of our most popular topics include:

- Understanding substance abuse and dependence
- Why adolescents use drugs
- Information on the latest drugs of abuse
- Identify signs of substance abuse
- Early intervention and referral
- Counselling skills – Motivational Interviewing
- Principles for effective prevention work
- Developing effective policies
- Understanding your role and avoiding problematic helping roles
- Connecting with supportive resources

FOR TRAINING SOLUTIONS FOR WORKPLACES

Substance abuse is costing businesses millions of rands annually in lost productivity, workplace crime, increased sick leave, on-site accidents, staff turnover and transmission of HIV. Our workplace programme seeks to provide training and consultation to meet the specific needs of companies.

FOR ACCREDITED TRAINING FOR PROFESSIONALS

We offer training courses for psychologists and social workers which are accredited with the appropriate bodies to enable participants to attain CPD points.

FOR TRAINING SOLUTIONS FOR YOU

Training can take place throughout South Africa and beyond. Parents, youth workers, community workers, students, health care practitioners and many other interested persons have benefited from our training services. Speak to the training co-ordinator about your specific needs.