

**May 2016**

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## NATIONAL AUDIT OF STABILIS TREATMENT CENTRE



**social development**

Department:  
Social Development  
REPUBLIC OF SOUTH AFRICA

**Stabilis** recently passed a national audit (done by an outsourced company on behalf of The Department Social Development) with flying colours!

*"Stabilis Treatment Centre appears to be an organised and well run centre. The management team at the centre is hands on, and a close relationship between management and patients was observed during the visit. The director of the treatment centre was well informed on all the patients and it was apparent that*

*there is an emphasis on making patients feel comfortable. The multidisciplinary management team is well staffed and meets often to review and discuss the progress of the patients.*

*The Centre has an Environmental Health Certificate and an assessment of the indoor and outdoor facilities of the centre revealed that the facilities are neat, clean, adequately equipped and well maintained. Food menus are nutritious, and the related food storage and preparation areas were found to be hygienic.*

*The building and physical infrastructure of the centre were found to be in good condition with no structural defects.*

*Prevention, early intervention, treatment services and aftercare services are provided by the centre. Programmes are documented, and are in line with the models of the DSD.*

*The centre also offers psychiatric services by qualified psychiatrists.*

*In conclusion, in overall terms, **Stabilis Treatment Centre** was found to be **COMPLIANT** with the legislative prescripts and norms and standards governing the delivery of services by a substance dependency centre."*



Dr Michiel van der Merwe, director of Stabilis, emphasized that this is the result of teamwork done by all the staff members of Stabilis. Persons with substance dependence problems may contact Stabilis 24/7/365 with confidence that they will be helped by a highly committed and multi-professional team.

**(Have you booked for our next WORKSHOP on 17 May 2016 @ Stabilis?  
"SUBSTANCE DEPENDENCY TO SUBSTANCE IN-DEPENDENCE" )**

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## BATH SALTS ABUSE

**STREET NAMES:** *Blue silk, Zoom, Ivory Wave, Purple Wave, Red Dove, White Lightning, Cloud Nine*

### DID YOU KNOW?

These drugs have nothing to do with bathing. The only reason they are called "bath salts" is that they are usually packaged as a product "for a soothing bath, not for human consumption."

### HOW IS IT USED?

Bath salts may be ingested, snorted or injected. You may find small foil packages left behind after bath salts consumption.

There's a variety of chemicals making up bath salts. These include mephedrone, pyrovalerone and methylenedioxypropylamphetamine (MPDV). The most serious results come from snorting or injecting. While these are three of the most common chemicals sold as bath salts, there are dozens of others that may be used. This makes treatment in the case of overdose or adverse affect very difficult.

They act as strong stimulants and may be sought by a person who normally uses cocaine or methamphetamine. They are strongly addictive and trigger intense cravings. Therefore even persons who recognize that they are experiencing harm from abusing these drugs, may not be able to stop themselves. They need professional help.

### SYMPTOMS OF BATH SALTS ABUSE

There have been serious and even fatal results from using bath salts. In some cases, a person may die directly from the abuse of this drug, and in others the person may die as a result of his/her actions.

#### **The signs of abusing bath salts may include:**

- Increased blood pressure
- Chest pains
- Increased heart rate
- Agitation
- Hallucinations
- Kidney pain
- Increased body temperature or chills
- Muscle tension
- Nausea
- Confusion
- Reduced need for food or sleep
- Paranoia
- Suicidal ideas
- Delusions



A person abusing bath salts may overheat and therefore tear his/her clothes off. Their paranoia may drive them to aggressive, uncontrolled attacks on others, or self-destruction. The paranoia and delusions associated with this type of drug can trigger a wide range of violent or suicidal behaviors, since the drug user is completely disassociated from reality.



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## STABILIS in action... "Your Joy of living is Our Aim"



### WEDDING BELLS @ STABILIS

**Shaun Landsberg** (*Intern psychologist*)

Congratulations... Shaun got married on the 19<sup>th</sup> March 2016 to Roelandi Smit @ Kwalafa Lodge in the Dinokeng Game reserve. She is a dietician at Kalafong hospital.



### STORK @ STABILIS...

The Stabilis staff held a surprise baby shower for colleague, Maria Mahlangu. The "stork" is expected to "land" on 11 May. Good luck Maria!



### FIGHT AGAINST CRIME @ STABILIS

Stabilis Treatment Centre received an appreciation for their fight against crime, signed by Lt-Col A. J. Mostert from the South African Police Services.

Marouscha Origa handed the certificate to dr Michiel van der Merwe, executive director of Stabilis.

### TRAUMATIC INCIDENT REDUCTION (TIR) @ STABILIS

**Dr Elca Erlank**, Social worker at Stabilis Treatment Centre, published an article on the application of Traumatic Incident Reduction (TIR) for a child who experienced a traumatic burn accident. The article offers suggestions for practices to apply TIR as a treatment modality for traumatized children.

Dr Elca said that TIR is a simple person-centered trauma approach, which is directive, and structured and proved to have positive outcomes – an approach which she also applies on traumatized patients at Stabilis.

*"Not everything that can be counted counts,  
and not everything that counts can be counted." – Albert Einstein*



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## PASTORAL SERVICES...

### AVAILABLE FOR EX-PATIENTS AND FAMILIES



Faith is a personal choice: A commitment. This commitment is also a hermeneutic and existential tool which humans use to make sense of their world. In a pastoral program, which is part of a holistic approach to therapy, this understanding of spirituality and faith is essential. Healthy spirituality relates directly to the patient's ability to make sense and therefore pastoral care is about evaluating whether patients experience their beliefs as meaningful (or not).

At Stabilis pastoral care is motivated by the basic belief that God is ultimately a loving reality and therefore pastoral care is loving care. In this sense pastoral care includes a process of influencing the patient to experience God in terms of love and to integrate love as the most important value of his/her life. The focus of the pastoral program is therefore ultimately the creation of a community that shares love as constituting value.

With this in mind, Stabilis wants to stay part of a patient's journey to a better quality of life and therefore ex-patients and family are welcomed to find a spiritual home at Stabilis and to join our Sunday morning church service at 08:15.

Braam le Roux  
Pastoral Consultant

**NB!** Stabilis is available for *Wellness*  
/ *Open days* / *Workshops* @  
companies and schools.

Our *Training Schedule for 2016* is on  
our website OR contact us for your  
specific requirements.

#### Ex-patients' feedback ...

*I've everlasting laughter and happiness.  
Thanx u stabilis*

*Ja dit is wonderlik ek is nog nugter en dit gaan  
goed. Ek dank julle en veral die Here vir 'n  
nugter lewe.*

*Oh yes , I can only thank God and Stabilis for this  
wonderful true joy of living - I am still dry and  
clean and enjoy life so much more.*

*Hi, I am doing very well, and I am grateful for  
the time I spend in Stabilis and for all the help.  
Thanks again.*

#### Did you know:

The staff of Stabilis is available to do tests on the premises of companies to determine if a person has used illegal substances (like drugs and alcohol)

- We have qualified and trained staff members to do the testing.
- We provide all the necessary equipment (documents, breathalyser and testing cups).
- It must be arranged in time where and on what date to be done.
- We provide a written report about the results about each person tested.
- It is the responsibility of the company to decide what must be done with the results.
- We are also available for advice regarding the legal issues about the testing of employees.
- A call-out fee, travel costs and cost per person tested are applicable.



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