

April 2017

Subscribe? / Unsubscribe?

Email us: info@stabilisc.co.za

**In this issue/
In hierdie uitgawe**

- City Of Tshwane takes hands with Stabilis
- Fetal Alcohol Syndrome
- Welcome / Goodbye
- Maintaining Sobriety
- Baie dankie...
- Did you know?

CITY OF TSHWANE TAKES HANDS WITH STABILIS

Last year, Stabilis Treatment Centre was privileged to be one of almost 40 substance rehabilitation centres to receive a donation from the City of Tshwane for their work in combating drug abuse.

"Stabilis did so well in utilizing this donation, that we were invited to share our modus operandi with the other rehabilitation centres", said Dr Michiel van der Merwe (director of Stabilis Treatment Centre).

During the past few years Stabilis have achieved significant financial growth. They

have also been able to offer many more options in rehab programs in addition to getting involved in several community projects.

Nicolene Milton a social worker from the City of Tshwane, said it is all about LEADERSHIP.

Nicolene initiated a workshop titled "Leadership in an NGO" in which she addressed all the NGO's within the City of Tshwane.

Dr M van der Merwe addressed the following themes at the workshop:

- a) The process of successful management and leadership;
- b) The purpose of a successful NGO in the environment of substance dependence;
- c) The effective utilizing of staff members, the manner in which clients should be approached; and
- d) The role of the manager.

Dr M van der Merwe concluded with the slogan: "Leadership is more BEING than doing".

The outcome of this workshop is that a series of smaller events will be arranged to address specific management issues in a rehabilitation environment. (Many thanks to the City of Tshwane, for their support and sponsorship!)

Contact Stabilis Treatment Centre if you need more information (012 333 7702/ info@stabilisc.co.za)



NPO: 182-968 | Practice Nr: 0043494

Tel/Fax: 012 333 7702
Email: info@stabilisc.co.za
Website: www.stabilisc.org.za
Address: Haarhoff Street East 1229, Môregloed
GPS: 25.423241 S, 28.150526 E
Postal: PO Box 32727, Waverley, 0135



FETAL ALCOHOL SYNDROME

Alcohol is harmful to unborn babies. Alcohol intake during pregnancy can cause babies to present with organ damage, abnormal facial features in addition to being mentally handicapped. These symptoms are typical of a condition known as Fetal Alcohol Syndrome. There is no known safe limit to alcohol in pregnancy; women are therefore advised not to drink at all.



WHO IS AT RISK?

Pregnant mothers with a history of alcohol abuse, and who continue to drink during their pregnancy are particularly at risk, especially during their first trimester.

WHAT ARE THE FEATURES OF FAS?

❖ **Growth deficiency**

- ✓ Poor growth in length, head circumference and weight, which starts in the womb and continues after birth.

❖ **Central nervous system**

- ✓ Delayed development which ranges from borderline to severe.
- ✓ Learning difficulties, poor school performance, deficits in receptive and expressive language, short concentration span, poor memory, hyperactive behaviour and poor judgement are some of the features of children with FAS.

❖ **Facial features**

- ✓ In the fully developed syndrome, there are characteristic facial features such as smoothed philtrum (flattening of the groove on the upper lip, smaller eyes (shorter distance between the two corners of the eye), a thin upper lip), and abnormally low nasal bridge.
- ✓ Other birth defects may be present, such as:
 - Heart defects, mainly in the walls which divide the chambers of the heart (the ventricles);
 - Minor joint and limb abnormalities, including some restriction in movement and altered creases in the palms of the hands;
 - Kidney anomalies; and many other.



HOW IS FAS TREATED? There is no specific treatment. FAS is irreversible. Children diagnosed with FAS will be required special care for all their lives, such as schooling and intervention to help them with coordination and problems with motor activities.

References: SANCA

**Date to remember for our next
Workshop:**

23 June 2017 – “The forgotten ones” Presented
by Peter Schultz from UNISA



NPO: 182-968 | Practice Nr: 0043494

Tel/Fax: 012 333 7702
Email: info@stabilistc.co.za
Website: www.stabilis.org.za
Address: Haarhoff Street East 1229, Môregloed
GPS: 25.423241 S, 28.150526 E
Postal: PO Box 32727, Waverley, 0135

WELCOME & GOODBYE at Stabilis...



It is an amazing place, every single individual be it the staff or the patients was and is always welcoming. It is a place of growth, a supportive environment and definitely a home. I am looking forward to all the challenges the world offers because I have a great team behind me.

Blessing Masola (Intern: Social Worker)



Dr Elca Erlank was 'n werknemer by Stabilis vir die afgelope 17 jaar. Haar toewijding en lojaliteit het haar geliefd gemaak onder haar pasiente en kollegas. Sy was 'n aanwinst vir Stabilis. Dr Elca is 'n Dokter in maatskaplike werk en ook 'n traumabesliser (TIR) waar sy in beide opleiding gegee het regoor die land. Sy was 'n groot aanwinst vir Stabilis en dit was 'n voorreg gewees om haar as werknemer te kon hê. Dr Elca het 'n nuwe seisoen in haar lewe betree en ons wens haar voorspoed toe in haar nuwe beroep as Senior Lektor by Unisa. Ons by Stabilis glo dat sy dit met net soveel deernis en passie sal aanpak soos net sy dit kan doen. Sterkte ons gaan jou mis.



MOUNT EVEREST uit ter wille van honde:

Dr. Michiel van der Merwe gaan die avontuur aandurf vanaf 28 April tot 12 Mei 2017.

MAINTAINING SOBRIETY – The Challenge of Challenges

One should view recovery as climbing a challenging yet extraordinarily beautiful mountain. The going is tough at times, you will stumble on rocks, feel lonely and tired, and at times wonder if the climb is worth it. But the views are spectacular, the air is fresh and clean, and, despite occasional bouts of pain and fear, you feel truly alive!

When the climbing is particularly tough, try to concentrate on putting one foot in front of the other, breathe deeply, watch the trees thinning, and look out at the scenery.

Take your time – don't push too hard. This is not a race, you're not competing against anyone. Feel confident that you will get to the top if you follow the trail, refuse to take shortcuts, and give yourself time to rest and reflect.

As the climb continues, you will learn to enjoy your increasing physical strength and mental sharpness. With each step upward you are stronger; with each step you have performed a small miracle will become less miraculous and more an accepted and essential part of your daily life. When you've reached the mountaintop, you will have gained a deep and abiding respect, both for the climb and for yourself. The respect will help to carry you through all the tomorrows that you have worked so hard to enjoy.

- L.A. Mueller and K. Ketcham -

NPO: 182-968 | Practice Nr: 0043494

Tel/Fax: 012 333 7702
Email: info@stabilisc.co.za
Website: www.stabilisc.org.za
Address: Haarhoff Street East 1229, Môregloed
GPS: 25.423241 S, 28.150526 E
Postal: PO Box 32727, Waverley, 0135

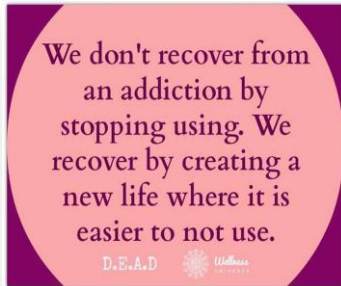


BAIE DANKIE...

Elke mens loop met 'n storie in sy of haar hart - by party lyk dit van buite nie altyd so nie - maar daar is 'n storie.

Almal sê seer is vir hom of haar pynlik. Wat jy daarmee maak, is jou besluit. Jy kan "beter of bitter" wees.

So het my lewe ook 'n storie. Ek het jare gelede al gevind dat om te "doen" en te "gee" my seer help gesond maak. So vind elkeen sy eie manier en dit gaan nie noodwendig oor hoeveel geld jy het nie, maar wat jy tot jou beskikking het.



My Seun was al twee keer in Stabilis opgeneem, en ek het net geweet dat ek hierheen terug sou kom, nie as pasiënt, maar om van myself te gee.

Gaan nooit vir my oor erkenning nie, dit is my manier om van my seer te genees, of om dit te kan hanteer. Toe juis hoor ek dat ek moet kom werk by die plek waar 'n groot deel van my seer lê.

Ek doen dit eerstens vir my HERE, maar ek kan dit nie doen, sonder die hulp en fisiese werk van my wonderlike man en sielsgenoot nie. Ons verf self en probeer die kamers nuut maak vir die pasiënte.

Dankie Stabilis, al kom 'n pasiënt weer terug, hanteer julle hom/haar soos die eerste keer, sonder oordeel, net met liefde en omgee.

Julle doen 'n wonderlike werk, meer as die buitewêreld ooit sal weet.

Dankie en Seën

Riette van Zyl



Did you know:

At Stabilis the support of significant others (family, friends and colleagues) are extremely important in the rehabilitation process.

NB: The patient decides who may know he/she is at Stabilis.
NO information may be disclosed to any person without written consent of the patient.

The following rules apply:

- ✓ The approved visitors may visit the patient on a daily basis during visiting times.
- ✓ Patients, depending on their program, are allowed to go out to be with their families during their rehabilitation program.
- ✓ Significant others are welcome to disclose any important information about the patient.
- ✓ Family sessions are available – free of charge – so that they can know how to support the person after their day of discharge.



NPO: 182-968 | Practice Nr: 0043494

Tel/Fax: 012 333 7702
Email: info@stabilisc.co.za
Website: www.stabilis.org.za
Address: Haarhoff Street East 1229, Môregloed
GPS: 25.423241 S, 28.150526 E
Postal: PO Box 32727, Waverley, 0135

