

**January 2017**

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**STABILIS TREATMENT CENTRE APPROVED AS MEMBER OF SANCA**



Stabilis Treatment Centre was recently approved to become an official member of SANCA.

It was a long process of evaluation as the criteria to become a member of SANCA is very high. Lots of rehabilitation processes, practical needs (facilities) and legal requirements had to be in place. All these investigations were done during 2016.

On 23 November 2016 the National Membership Board of SANCA approved that Stabilis Treatment Centre will be official a member of SANCA as from 1 April 2017 (new financial year).

Dr Michiel van der Merwe (director of Stabilis) said that he is very pleased to become a member of SANCA again. Some years ago Stabilis was a member of SANCA.

There are many advantages for Stabilis and SANCA to take hands in the field of substance dependency rehabilitation.

- ✓ Companies and medical funds work on national level. They want to negotiate with one national body about services and fees.
- ✓ A rehabilitation centre that was approved by SANCA guarantees a high level of competency, which may lead to peace of mind for the patient.
- ✓ Membership also gives the opportunity of training programmes which are registered for CPD-points for professionals. SANCA is registered at SETA also.
- ✓ Rehabilitation centres of SANCA have different focuses. Inter-referrals are now possible.
- ✓ Marketing as a huge organization with almost 60 service points throughout the country is much more effective.

SANCA Stabilis Treatment Centre is excited to be part of the vision of SANCA: "To be the most effective organization in the field of prevention and treatment of chemical dependence in South Africa".



Dr Michiel van der Merwe (Stabilis), Louina le Roux (National Coordinator of SANCA) and the Board members of SANCA

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# APPETITE SUPPRESSANTS

It is that time of the year when we all regret our indulgence over the festive season. It is time to shed a few kilos! Are you perhaps during this time tempted by the allure of appetite suppressants? ***Before you rush out and buy some, read the following information.***

## WHAT IS APPETITE SUPPRESSANTS?

- ❖ Usually tablets or capsules, but can also be a mixture.
- ❖ Common ones: Nobese, Redupon, Thinz, Xenical, Duromine etc.)

## EFFECTS

- ❖ Central nervous system stimulant (similar to amphetamines).
- ❖ Curbs appetite initially for several hours.
- ❖ Increases pulse rate and energy.
- ❖ Causes feelings of elation.
- ❖ Severe psychological addiction can develop.



## DANGERS OF ABUSE

- ❖ Malnutrition.
- ❖ Heart arrhythmias and cardiac arrest.
- ❖ Anorexia.
- ❖ Depression.
- ❖ Liver and kidney damage.
- ❖ Convulsions and death from overdose.
- ❖ Over confidence leading to crime or accidents.

## WITHDRAWAL (*has to be done under medical supervision*)

Appetite suppressants are potentially very dangerous products. The safest way to loose the weight you are concerned about is to eat healthy and to exercise.

***So instead of purchasing appetite suppressants, rush out and purchase a gym contract!***



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## WELCOME / WELKOM at Stabilis...



Ek voel baie bevoorreg om deel te wees van die Stabilis span. Vandat ek twee jaar terug gehoor het van die organisasie wou ek graag hier my internskap kom voltooi. Die afgelope twee weke was al klaar 'n wonderlike ervaring en ek dank al die personeel wat my met ope arms verwelkom het. Ek waardeer ook julle geduld met my wat nog my voete vind. Mag 2017 'n wonderlike jaar vir ons almal vorentoe wees.

**Lario Botha** (*Interne Sielkundige*)

My experience at Stabilis so far has met and exceeded all expectations. My colleagues have been welcoming and accommodating in all aspects, and they have all made my transition into this position as comfortable as possible. I thoroughly enjoy the challenges and experiences offered at Stabilis, and look forward to a great year to come.

**Dean Sutherland** (*Intern psychologist*)



*Dit is 'n groot vreugde om julle as deel van ons span te hê.*

## CONGRATULATIONS...

Blondi passed with 3 distinctions – *Congratulations!!*

I am doing my 2<sup>nd</sup> year level B.CUR (Management and Education) in Human Science at UNISA. I am studying so that I can develop and enhance my skills in strategic planning and organising. I also want to broaden my knowledge in problem solving, communication and team building. I will complete my studies next year (2018). I thank God who makes it possible for me.



Blondi Masiyapata – Matron

### NB! UPCOMING

#### Workshops for 2017!!

**10 February 2017 – Myths & Facts about Drugs**  
(Empower leaders in schools)

**24 February 2017 – Ethical challenges in a**  
**cultural diverse environment**

**“Education is the most powerful weapon we can use to change**  
**the world” – Nelson Mandela**

### Donations

We thank you for your support:

- Jannie van Zyl
- Pieter Roos
- Anonymous donations

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## GRATITUDE...



I'd like to extend a word of gratitude to the management and personnel of **Stabilis Treatment Centre** for the pleasant treatment that I received during the time I spent at the clinic for substance abuse/dependency. I found both the management and personnel (therapists, nursing staff, kitchen staff and everyone at the clinic), to be very professional in the execution of their duties and for that I'm very grateful. It was easy to relate to them and I felt like I've known them for a very long time.

My individual sessions with my therapist made me realise that he was that very straightforward and outright voice of reason that I didn't realise that I needed before I came to the clinic and for that I'm very grateful. Today, I can proudly say that I'm a better person to the one that I was before.

Our group sessions made me realise that one can never rely on one soldier to fight an enemy but an army of soldiers. My problems were their problems and their problems were mine.

Best wishes! *Khaya lethu Mcebisi Mabandla (Khaya)*



**Sarel Smit (CAD),**  
giving our  
Clinic some  
Christmas  
sparkle!

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

**Please find attached our Training Schedule for 2017, do not hesitate to contact us for your requirements.**

### **Did you know:**

How successful is the approach of Stabilis in the rehabilitation of substance dependence persons?

(Worldwide) the only official success that can be measured, is while the person is under observation. For example, if a person is tested on a weekly basis, it cannot prove that the person was clean/sober the entire week (if a urine test was done).

- ✓ Stabilis had during 2016 a success of 85% successful patients.
- ✓ Of the 15% unsuccessful patients, 9% themselves decided to quit the program.
- ✓ The remaining 6% patients were discharged, because of misbehavior
- ✓ Satisfaction of the treatment program was 89% (All the patients complete an anonymous questionnaire about all aspects of their stay in Stabilis).
- ✓ All the ex-patients who may have relapsed, accepted themselves responsibility and not because of any shortcoming in the program of Stabilis.

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