

September 2017

Subscribe? / Unsubscribe?

Email us: info@stabilisc.co.za

**In this issue/
In hierdie uitgawe**

- Ambassador Wellbeing-program
- Are you avoiding pain?
- Stabilis in ACTION !!
- Baie dankie / Thank you...
- Did you know?

term negative effects on the learner. The purpose of the AMBASSADORS WELLBEING-PROGRAM is to empower this learner to forget the mistake and remember the lesson he/she has learnt. Even more! – to become an ambassador for other high risk learners to guide them towards a positive lifestyle of wellbeing.

"Forget the mistake; remember the lesson!"

This is what the AMBASSADORS WELLBEING-PROGRAM for learners in schools is all about.

Sometimes it happens that a learner may be, for whatever reason, become involved in the use of drugs. This may have very long-term negative effects on the learner. The purpose of the AMBASSADORS WELLBEING-PROGRAM is to empower this learner to forget the mistake and remember the lesson he/she has learnt. Even more! – to become an ambassador for other high risk learners to guide them towards a positive lifestyle of wellbeing.



The AMBASSADORS WELLBEING PROGRAM addresses the following themes:

- ✓ Identify high risk teenagers for using drugs
- ✓ Perceptions about drugs
- ✓ The effects of drugs
- ✓ Decision making and skills needed
- ✓ Peer pressure and assertiveness
- ✓ Problem solving and taking responsibility
- ✓ Well-being lifestyle

Dr Michiel van der Merwe, director of Stabilis, confirmed that this positive approach with the so-called "problem learner" already showed positive results where it was implemented. Acknowledgement, with great thanks, is given to the MEC of the CITY OF TSHWANE who sponsors this initiative because of its extraordinary outcome.

Contact Stabilis Treatment Centre if you are interested that this life-changing program must be presented in your area and/or school.

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



Although it is very normal to want to escape pain, it's important to understand why you are using chemical substances – and to find a safer way. Oscar Ichazo rates the drugs most damaging to our vital energy in the following order, from most damaging to the least: Alcohol, heroin opiates, tobacco, cocaine, barbiturates, anti-depressants, amphetamines, marijuana and caffeine.

Understanding how we use the doors of compensation helps to identify sources of stress and allow us to develop healthier ways of staying in balance to support a productive and happy life.

1. Toximania - The use of toxic substances, including cigarettes, alcohol and cannabis.
2. Psychosomatic illness - Being preoccupied with one's mental and physical health and illness.
3. Over exertion - Which might manifest as work holism or excessive sport
4. Crime - Ways of getting even because you don't feel you got a fair deal
5. Phobia - From dislikes to aversions
6. Panic - Always being in a high-anxiety state and then spreading it to others
7. Debauchery (excess) - Which could manifest as excessive intake, for example, with food
8. Cruelty - Which includes being mean, using abusive language and behaviour?
9. Sensuality - This includes excessive sex and over preoccupation with the pleasures of the senses.

By the third stage such behaviour denotes addiction and represents a continual dissipation of energy and consequent brain chemistry imbalances, which are worsened by poor nutrition. From the point of view of nutrition, the foods and drinks that are associated with dissipating energy, if used regularly or habitually, are sugar, alcohol, coffee and chocolate. Nutritionally, it is best to avoid all the energy consumers and not to overeat. This will give you more energy to deal with the stress in your life.

Holford, P., Miller, D. & Braly, J., 2008. *How to QUIT without feeling S**T*. Piatkus Books. London. 501p.

Stabilis in ACTION !!



Sr. Makoena congratulations on your birth of your baby girl! There's no doubt that she is going to be the most amazing and gorgeous part of your lives. Wishing you the best of luck with your new princess!



NEXT CPD-WORKSHOP – 20 October 2017

ENHANCING CHANGE IN SUBSTANCE ABUSE TREATMENT (dr Marili Williams, UNISA)



Dr Taetske Calitz (Unisa) presenting workshop at Stabilis about Trauma debriefing.



Dr Michiel, receives donation from Tshwane MEC, Sakkie du Plooy.



Welcome, **Ilse Booysen**, as our social worker on our team!



Berno on TV!
("S-Leer")



NPO: 182-968 | Practice Nr: 0043494

Tel/Fax: 012 333 7702
Email: info@stabilis.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



We at (CARBOSS Gym) are very pleased to donate equipment for the Stabilis gym to form a part of the recovery process.

Manie Steyn

EX - PATIENT

Testimonial!

I had my first follow-up session with my therapist. Seeing you all was like being amongst old friends. Your smiles and friendly greeting just made my day. My session with my therapist was fantastic and she helped me find and reinforce some insights that I can work on. Thank you!

You are all stars and your dedication and caring and commitment are the reason that I'm still around today, sober and growing.



Pieter Joubert en Wanda van Schoor (Gideon Bybels) saam met Ds. Braam le Roux by die oorhandiging van die Bybels vir pasiënte by Stabilis.

Did you know:

Stabilis Treatment Centre offers two types of **aftercare** for patients who received treatment at Stabilis.

- ✓ **Individual follow-up sessions** (of which some are free of charge) are available to all patients who completed a rehabilitation program at Stabilis. These sessions are available for an indefinite time and can be arranged at any time with the therapist of the patient. The purpose of these sessions is to address specific needs of the individual.
- ✓ **Group sessions**, conducted, by a therapist of Stabilis, are also available – free of charge. These sessions are on Wednesday evenings – as from September 2017. Please contact the centre if you are interested in these sessions. The purpose of these sessions is to empower the individual to stay sober and clean, and to identify possible problems at an early stage.



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