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SUBSTANCE DEPENDENCE challenge for all ages!

In this issue/ In hierdie uitgawe

- Substance Dependence
- 2015 JCP Project: UP
- Dagga
- Impact of diet and nutrition for recovery
- Stabilis in action...
- Did you know?

Dr Michiel vd Merwe, director of **Stabilis**, recently made the statement that substance dependence is not a problem for the younger person only. It is a challenge for all ages, in which Stabilis saw an opportunity to deliver a positive contribution. According to the statistics of **Stabilis** for the past year (a) at the one hand, the number of patients older than 65 almost tripled, and (b) at the other hand, about two-thirds of the patients used drugs, already when they were at school.

The problem with the elderly people is most probably (a) a retirement-problem – becoming bored, (b) having more money to spend, and (c) become more senile. This tendency resulted in new ground breaking

projects which **Stabilis** initiated at some old age homes in The Moot area - with a great success! Suddenly people has a new reason to wake up every morning. They are more positive about life.

At the other hand, the demand for knowledge and working with teenagers (having a dependency problem) escalated to such an extent that **Jacaranda Children's Home** and **Stabilis** are taking hands in presenting a workshop on "Teenagers and substance dependency". This will be held on 27 November 2015. Social workers and psychologists qualify for CPD points. Contact Charlene at 012 800 4700 to secure your booking.

Stabilis also offers (a) outpatient programs for teenagers and (b) is available for the empowerment of new leaders at schools on their premises. Please contact Michelle Louw (012 333 7702/info@stabilistc.co.za) for more information.



2015 JCP community project (University Pretoria).

MANY THANKS to Melissa Capriati (photo), Amy van der Walt, Ninke Opperman and Annafre de Villiers for creating another therapy room! We really appreciate!

Watch the video

<https://www.youtube.com/watch?v=f0fYvWPSt40>.

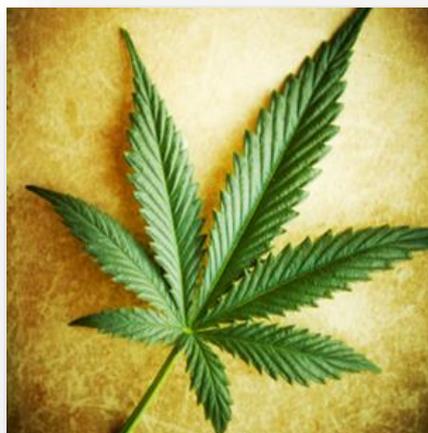


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CANNABIS (Dagga)



STREET NAMES: *Bhang, black, blast, blow, blunts, bob hope, bush, chronic, drop, dagga, draw, ganja, grass, hash, hashish, hemp, herb, marijuana, pot, puff, lights, resin, sensi, sensemilla, skunk, smoke, backy, weed, zero.* Some names are derived from where the Cannabis is grown: *Afghan, home-grown, Moroccan, Durban Poison, Swazi, etc.*

DID YOU KNOW?

Cannabis is considered a hallucinogen and distorts the user's perception of reality. The THC-content of cannabis (psycho-active ingredient) bought on the street has increased since the late sixties from 0,5% to more than 20% presently.

SIGNS OF USE

Users respond in different ways to the different strains of Cannabis. For some it has a calming effect which includes deep relaxation, loss of motivation and coordination, memory loss, confusion and emotional detachment. For others it does the opposite and could include excitability, giggling, unprovoked aggression, panic, mood swings and depression. Lastly, users can experience a Cannabis induced psychosis (experiencing things that does not exist) with or without aggression. Cannabis users often have red rims around their eyes and dry red eyes. A smoky, sweetish smell on the person and clothing can also signify Cannabis use.

HOW IS DAGGA USED?

Normally it is smoked in hand rolled cigarettes or in pipes. Hand rolled cigarettes, known as "*joints*" or "*splifs*" are made by combining dagga with a small quantity of cigarette tobacco (mix) and rolling it in one or more cigarette papers. A variety of pipes, like the hubbly-bubbly and broken-off bottlenecks are used. When Mandrax is added to the dagga in the bottleneck, it is referred to as a "*white pipe*". Dagga can be detected in your system for a period of 21 days and up to 30 days after initial use.



WHY SHOULD YOU RECONSIDER USING DAGGA?

THC is fat-soluble and therefore accumulates in the fatty tissue of the body like the brain and sex glands. Chronic and regular users have been shown to have 50 percent or less brain cell energy. Brain cells become clogged, having difficulty in functioning properly. This explains impaired memory capacity, co-ordination and concentration impairment. In males and females a delay in developing secondary sexual characteristics are caused. Decrease in sperm production can cause decreased fertility in the dagga user. A dagga cigarette contains more cancer-causing agents than the strongest tobacco cigarette. Dagga users suffer from **a motivational syndrome** which is characterised by apathy, lethargy and reduced ambition.

PARAPHERNALIA (Drug using tools)

Unsmoked, broken-off cigarettes; loose "pips" (dagga seeds); broken-off bottlenecks; see-through plastic bank pockets; smoky, sweetish smell on person and clothing; and bottles of eye drops.

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STABILIS in action...

"Your Joy of living is Our Aim"

Die slagspreek van Stabilis het definitief in ons lewens waar geword - die vreugde om te lewe is terug in ons gesin se lewens. Raymond is opgeneem in Stabilis as 'n dranksugtige, selfsugtige, agressiewe, traakmy-nie-agtige man en pa. Hy was baie maer, het nie omgee oor sy voorkoms nie en het in alles en almal fout gevind, almal beskuldig en niks wat ons gesê of gedoen het, was vir hom reg nie. Hy wou altyd alleen ry en wou nêrens saam met ons gaan nie. Sy verhouding met die kinders was pateties en hy was 'n verleentheid vir hulle. Die ergste was dat hy ontken het dat hy 'n probleem het en ons as die probleem gesien het.



Na 'n maand van behandeling in Stabilis het alles verander. Die ou Raymond, wat ander se belange in agneem en wat omgee en sy bes doen om almal gelukkig te maak en wat almal wil en wou help was weer terug. Die staatmaker en persoon wat sy vrou en kinders eerste gestel het, het teruggekom. Sy verhouding met die kinders is beter as ooit en hy vat die seuns saam na mannekampe en gaan uit sy pad om die dogters gelukkig te maak. Hy is weer die man op wie ek kan staatmaak en kan vertrou, geduldig en geliefd. Ons as gesin gaan weer met vakansies en uitstappies, ons braai en kuier saam en lag en gesels weer saam, sonder vrees en met vreugde.

Baie dankie aan die personeel van Stabilis vir die wonderlike werk wat julle doen. Dankie dat julle weer die vreugde om te lewe, in ons gesin se lewens teruggesit het. Gaan voort met die goeie diens wat julle lewer. Baie dankie aan dr. Elca Erlank vir alles wat jy vir Raymond gedoen en beteken het, en dat jy altyd daar is om te help en te ondersteun.

Wilma du Preez (*Dankbare vrou*)



SAFARI Tuinsentrum (Barbara van Niekerk & Karabo Mfola)

Thank you very much for the donation of the seedlings for our patients on Springday.



DID YOU KNOW?

Stabilis empowers communities and/or companies by presenting workshops

- It can be presented at any place – we come to you
- Workshops are registered at different professional councils - high quality information
- Each delegate receives a neatly ring-binded manual – for future reference
- Professional people qualifies for CPD points – everyone receives a formal certificate
- Subjects may be according to your specific needs – contact us

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