

TREATMENT CENTRE FOR SUBSTANCE DEPENDENCE



Substance abuse and dependence affects the total person and sometimes with the devastating consequences for the person and their significant others. When the totality of a person is threatened by substance abuse or dependence, a multi-dimensional approach towards intervention and treatment is required.

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"Your joy of living is our aim"



Stabilis is an accredited and registered treatment centre which provides treatment programs for alcohol, medication and drug dependence. It is registered as an inpatient, detoxification and as an outpatient facility (by the Department Social Development).

Detoxification is facilitated by a general medical practitioner as well as by a psychiatrist. The patient's withdrawal process is closely monitored by our 24/7 medical staff. The duration of a treatment program varies between 24 and 35 days depending on the substance dependence. Treatment for detoxification varies between 7 and 14 days. Out-patient treatment may be considered after completion of an inpatient detox program and/or if the person is younger than 18 years of age.

The rehabilitation program consists of group- and individual therapy, which includes the following multi-disciplinary team members: *A psychiatrist, medical practitioner, a minister of religion, occupational and art therapists; registered psychologists and social workers; and full-time nursing staff,*

available 24 hours per day.

The program also consists of an on-site adventure therapy facility and includes psycho-educational sessions where medical lectures render information on the negative effects of substances on the human body. Psycho-educational sessions aim to empower persons to make informed and sustainable decisions. Therapeutic consultations and interventions aim to empower the service user towards change, growth and REGAIN JOY OF LIVING!

Voluntary devotional meetings are held in the chapel each day as well as personal pastoral consultations. During the last week of treatment the patient's spouse or "significant other" are integrated into group therapy and/or individual sessions if needed.

Aftercare programs. Stabilis Treatment Centre has support programs presented by the CAD, AA and NA. Anyone may join them voluntarily.

Treatment costs. Enquire at Stabilis Treatment Centre regarding the rates. Most medical aids will pay the cost for

at least a three week treatment.

Location & Accommodation. Stabilis is situated in the quiet Moot area of Pretoria, has easy access to the N1 and N4 highways, bus routes, churches and shopping centres. The patient's stay is made as comfortable as possible by creating a relaxed homely atmosphere. Exclusive VIP private rooms are also available on request.

Leisure time. Use of leisure time is encouraged and the following activities are available: *snooker, darts, DSTV, volley-ball, table tennis, gymnasium, board games putt-putt course, and a tuck shop is also on the premises.*

A balanced diet (specifically designed by a dietician) is followed and we make provision for diabetic, low cholesterol, vegetarian and Halaal diets.

We are proud of the work we do at Stabilis Treatment Centre and we treat our patients not as patients or substance dependents, but rather as human-beings with unique needs and the self-determination to change, heal and grow...