

The Alcohol Rehabilitation Facility (Ward 13) programme:

The programme includes:

- **Occupational therapy sessions:** Life skills such as stress management, managing conflict, assertiveness, promoting a healthy self-image, maintain a balanced lifestyle and the setting of future goals is discussed during group sessions.
- **Psychology sessions:** Sessions assist clients to identify unhelpful thinking patterns that might increase their vulnerability to experience a relapse. Clients are trained how to change and avoid these thoughts.
- **Social worker:** Discussions focus on family violence, management of 'Triggers', the process of alcohol dependence, interaction with family members and referral to outside resources.
- **Nurses:** Host group sessions on healthy living.

Who is this service open to?

Individuals between the ages of 18 – 65 are welcome.

Admission Requirements:

Individuals are required to voluntarily admit themselves; this can be done via telephone. Individuals will then be placed on a waiting list; urgent admissions are able to phone the facility on a Monday between 08h00am - 16h00pm to check availability.

Alcohol Rehabilitation Facility waiting list:

The waiting time is generally 3 - 5 weeks, but this is dependent on cancellations.



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FOR MORE INFORMATION:

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Stikland Hospital
De la Haye Ave
Stikland

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Bellville 7535

STIKLAND HOSPITAL

ALCOHOL REHABILITATION FACILITY

WARD 13



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BETTER TOGETHER.



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The need for Alcohol Rehabilitation

Alcohol abuse is a major problem in society. It negatively impacts the workplace and economy due to a reduction of productivity, increased job turnover, interpersonal conflict and damage to property.

Social effects caused by alcohol abuse include:

- Crime (murder, assault, rape, robbery).
- Violence (including domestic).
- Sexual offences.
- Reckless driving (or walking) contributing to an increase of road accidents, deaths and injuries.
- Unsafe sex and sexual promiscuity.
- Vulnerability to sexually transmitted diseases (STDs).
- Fetal alcohol syndrome (FAS).
- Child neglect.

Health effects caused by alcohol abuse include:

- Liver damage and failure
- Cardiovascular problems
- Brain damage
- Diabetes
- A weakened immune system

Take it **One** day at a time....

What causes alcohol dependency?

Individuals consume alcohol for various reasons. This may include socialise, escape the demands of life, boredom, insomnia, anxiety, depression or peer pressure. Like many other drugs alcohol is addictive, both physically and psychologically.

Individuals who drink alcohol excessively find it hard to stop and experience withdrawal symptoms, ranging from shakes to confusion, hallucinations and convulsions. These individuals then become dependent on alcohol and no longer have control over the amount of alcohol they consume.

The only answer to assist these individuals is sobriety.

How does Alcohol Rehabilitation help?

Not everyone needs rehabilitation. Many individuals are able to stop drinking on their own when they realise the negative impact excessive drinking has on their lives. We do, however, recommend that such an individual sees a doctor, who can prescribe medication for the first few days, because withdrawal symptoms can be dangerous.

Other individuals find it hard to stop drinking on their own. These individuals are encouraged to seek assistance through an alcohol rehabilitation programme. This can be at an Inpatient Facility such as Ward 13 at Stikland Hospital or an Outpatient Programme such as South African National Council on Alcoholism (SANCA).

What does Alcohol Rehabilitation Facility (Ward 13) offer?

Ward 13's programme is founded on evidence based treatment.

- A Multi-Disciplinary Team consisting of a psychiatrist (with a special interest in addiction psychiatry), social worker, occupational therapist, psychologist, medical officer and nursing staff are available to assist individuals in the ward.
- Every Monday the facility admits a group of 7 - 8 clients. This group will attend Alcohol Rehabilitation Facility programme for 4 weeks.

God, grant me the **serenity** to accept the things I cannot change,

The **courage** to change the things I can,

And the **wisdom** to know the difference.

Alcoholics Anonymous