

# Struggling with an addiction? The right help, helps everyone.

Your addiction is not your own. If you're struggling with a substance use disorder the right help is vital. A registered substance use disorder facility can help you get better, so you can be there for your loved ones.

Call **0800 220 250** or visit [www.heretohelp.co.za](http://www.heretohelp.co.za) to find a registered facility.



Western Cape  
Government

Social Development





**I reached out  
for help.**



**She reached  
her goals.**

## **Finding the right help.**

If you or someone you care about has a substance use disorder problem or if you feel that you can't cope with the symptoms of substance use disorder in your home or place of work, getting help is the first step.

## **Treatment.**

Before starting treatment, you'll attend an assessment session.

Assessment will determine the type of treatment that is required and is conducted by a trained healthcare professional or social worker. You'll be able to have an assessment done at a local office of the Department of Social Development, or any community-based organisation with substance use disorder services.

## Treatment options are based on your evaluation:

- **Early intervention services:** The person would've started experimenting with substances but hasn't developed a dependency. Early intervention services are rendered within the community.
- **Community-based treatment:** A service rendered to a person who is engaging in harmful drug and alcohol use. Treatment involves attending regular sessions, the person can maintain his/her employment, have the support of their family and it's less costly than inpatient treatment.
- **Inpatient treatment services:** A social worker may recommend inpatient treatment to a substance user. The affected person would spend an extended period of time away from loved ones in a residential facility and treatment services may only be provided by a registered treatment facility.
- **Aftercare:** After treatment, the substance user is provided with aftercare services to manage and maximise the benefits gained. To continue recovery from harmful use of substances, users are encouraged to attend aftercare sessions for as long as possible.

## Roles and responsibilities.

Clients will likely be subjected to the same environment and circumstances after their treatment. A support structure and the family's involvement in the programme is of great importance. Practicalities to consider as family/caregiver are:

- Attend sessions and become involved in the therapeutic programme.
- Provide moral and emotional support.
- Be clear about rules and boundaries.
- Help the family member to follow treatment recommendations.
- Encourage abstinence from alcohol and other drugs.
- Encourage sober peer relationships.
- Encourage involvement in structured activities.
- Encourage participation in support groups.
- Help the family member to build good coping skills.
- Promote effective communication within the household.

- Reduce family friction, but do not avoid conflict. Deal with conflict in an appropriate manner.
- Understand and know the signs of relapse.
- Understand and know your family member's triggers and assist in avoiding them.
- Be mindful of negative support e.g., over-involvement in decision making.

## Registered facilities:

- Inpatient Treatment facilities are exclusively registered by the Department of Social Development.
- The registration certificate should be clearly displayed at the facility. If not, service users reserve the right to demand to see the registration certificate.
- Registration certificate is only valid for five years from the date of issue.
- This date should be clearly visible on the certificate with the maximum amount of service users.
- Services are prescribed for service users according to the individual's treatment needs.



### Unregistered treatment facilities:

Unregistered treatment centres may not comply with the prescribed norms and standards, hence people accessing such services should be aware that they run the risk of being swindled out of money. In worst case scenarios they may have their rights violated, run the risk of injury, even death. Unregistered facilities may not have trained staff, expertise or resources to deal with crises and/or complications associated with addiction.

The Department of Social Development maintains a provincial database for all registered treatment options within the province. Contact the provincial office, substance abuse programme to check the registration status of any service providers treating substance use disorders within the province.

For more information on how to get the right help call **0800 220 250**, visit our local offices at the Department of Social Development or visit [www.heretohelp.co.za](http://www.heretohelp.co.za)

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