

Tel: (018) 4624568/9  
Fax: (018) 4644742  
email:  
sanpark@tantic.net



002 004 NPO  
www.sanpark.co.za  
P.O. BOX 491  
KLERKSDORP, 2570

**NEWS LETTER**

**THE HOW AND WHAT OF TREATMENT**

**APRIL 2015**



### EDITORIAL

There is so many myths regarding people addicted to substances & their treatment, that we decided to devote this whole newsletter to giving people a glimpse at the "inside circles" We are presenting from the staff as well as the patient's view.

Our treatment is done over a period of 21 -28 days for adults and 42 days for children. People not able to afford can apply through the Department Social Development for sponsorship of treatment in our Centre. As a SANCA Centre we are a preferred service provider of most Medical Aids.

Please contact us for a free assessment; quotation or more information

– Marina de Lange

### TREATMENT THROUGH THE PATIENT'S EYES

I was so scared when I decided to go to Sanpark for treatment, I imagined a place that would be like a jail or place for mentally disturbed people like we used to see in movies.

Great was my surprise when I was greeted with warm and kind-hearted professionals who made my stay feel like home away from home. Detox was not nice and I was faced with many challenges: For the first time in many years I had to look at my life through sober eyes, and honestly the future did not look very promising.

During my first week I learnt very quickly that rules and structure are there for a reason. The staff showed me, that however negative I might be, I still deserved to be treated with compassion and respect. When I expected the worst they enabled me to recognise the positive and enabled me to change the negative thoughts. The regular prayer meetings allowed me to remember the important things that I neglected. At first one expects the classes to be long and boring, but I gained so much knowledge and skills, and even managed to have some fun!

I had the opportunity to interact with people from all walks of life. There was plenty of time to socialize and the weekly "braai" was really the highlight of every week. I discovered that I am not alone. The food, hospitality and attention to individual care made my stay pleasant and allowed me to grow.

Although I won't miss the injections, the experience has taught me the importance of values, my self-worth and I am able to see the world through new eyes. I would like to motivate others not to waste time; there is still a new tomorrow and a lot of living to do!

### WHAT TO EXPECT DURING ADMISSION AT SANPARK:

#### Before admission

- ✓ A helpful Admission Officer does your booking; answer all your questions; tell you what to bring with and give the date & time for admission.
- ✓ Your room and bed are prepared for your admission

#### During admission

- ✓ Served with coffee while waiting to be admitted
- ✓ Taken to admission office where all admission documents are completed and signed
- ✓ Taken to the patient ward where a caregiver helps the person to unpack and settle in
- ✓ Bed rules are explained (Strict bed rest is necessary to avoid complications while using medication for control of withdrawal symptoms)
- ✓ Client is shown the bathrooms and served something to eat as preparation to start medication
- ✓ The professional nurse on duty starts the administration of withdrawal medication. (Please note: Strait jackets & "knockouts" are myths.)
- ✓ Patients are not allowed to watch TV, play games or make and receive phone calls for the first 3 days. The purpose for these measures are to ensure maximum rest
- ✓ Meals & medication are served in bed



**ANTI DRUG DAY**  
**26 JUNE 2015**



**LEARN MORE OF OUR "QUIT A  
HABIT FOR A WEEK" CAMPAIGN  
ON THE NEXT PAGE**



## A DAY IN THE LIFE OF A THERAPIST

Whooooo..... Where do I start? This can go from a much relaxed morning to a very hectic afternoon. The diverse nature of all human beings (OUR SERVICE USERS) plays a big role in the turn of events for each day! As difficult as it may be, the love and passion we have for our job, makes each and every moment worth all its struggles. There are days in which one feels like our people are really making a change and that we are having a positive contribution to the lives of the service users. Then there are days where you may be tempted to switch careers because of all the challenges that this job comes with.

With all that said, it is very difficult to say what a day in the life of a therapist is like, but the one thing I am certainly sure of, is that it is UNPREDICTABLE and that is the one thing that makes it so interesting and enjoyable.....**a constant presentation of endless opportunities for learning!**

## TYPICAL DAY IN THE YOUTH CENTRE (Children under 18 yrs)

How is it like to work for eight (8) – twelve (12) hours a day in the Youth Centre where:

- There is frequent negative attitude and responses
- The long arguments, conflicts and fights are a way of life style for some of this young people.
- Complaints are never-ending
- Using substance was the norm of handling unpleasant emotions and this coping mechanism is no off limits, leaving them irritated and vulnerable
- Where behaviour is determined by irrational thoughts like “Life is boring” which to them is very rational and real.
- Many come from unfavourable life circumstances were crime and substances abuse is normal behaviour.
- There is also those whose only reactions are a shrug of the shoulders or “I don’t know”
- And then there is the “show off’s” whose only purpose is to impress others

These tendencies make the long hours challenging and exhausting. Somebody working here should be highly motivated, energetic and flexible. While abusing their substances, these kids adhered to almost no rules or structure. As professionals we need to understand where they come from. We constantly need to encourage fun and joy, which they believe is forever gone with their substances. And then there is the great pretending that they so often hide behind. They will provide positive feedback and cooperate well; however when you are not around they cause havoc and the following day deny everything.

As challenging as it may be we always try to remember is that behind all these difficult behaviour hides a vulnerable and hurting child!



**Don't be intimidated ...  
take one step at a time**

## AN INSPIRATIONAL NOTE BY A PATIENT AFTER TREATMENT (with his permission):

*Be a man* 04-05-2015

*Go just go now - leave - just leave now*  
*Go and spread your wings*  
*Go out into the world and show your face*  
*Go show the world who you are*  
*Go and let the world get to know you*  
*Go and get to know the world*  
*Go and show the world what you are worth*  
*Go and see what the world is worth to you*  
*Go, it's never too late to be what you want to be*  
*Go and stand up for yourself*  
*Go and fight for what you want*  
*Go and let your voice be heard*  
*Go and be the very best you can be*  
*Go and be a man*  
*Go and be the Man*

Written By *Shawn J. Greydenbach*  
*Sanpark 2015*

## ANTI DRUG DAY – 26 JUNE 2015

**Quit 1 habit for 1 week**

We are **challenging** the community to quit 1 strong habit just for 1 week, e.g. coffee, sugar, smoking. Then write about your experience and email it to us at Sanpark @lantic.net. Please remember to include your **name**, head & shoulder **photo** and **contact details**. You may be the winner of the R200.00 cash prize.  
**Closing date 19 June 2015**