

ALCOHOL AND DRUG CONCERNS

Non-Profit Organisation Registration No: 000 – 618

16 Drogheda Road, Golflinks Estate, Wynberg, 7800

Tel: 021 797 0583 Fax: 021 762 4235

Email: adccape@telkomsa.net /Web site: www.adccape.co.za



RESOURCE LIST

Be Smart! Don't Smart!

About ADC

ADC Cape is an inter-denominational, Christian-based, Non-Profit Organisation based at 16 Drogheda Road, Golf Links Estate, Wetton.

Our mission is the prevention of drug experimentation and abuse amongst the youth. Through our challenging educational, audio-visual presentations and programmes we target schools, church groups, youth groups, support groups, as well as doing prison rehabilitation programmes, community outreach programmes and drug information seminars.

Mission & Vision

Our chief aim is to empower the youth in the prevention of drug experimentation and abuse by means of:

- Educating, informing and empowering young people to live an alcohol and drug-free life.
- Believe in themselves, irrespective of their status in life.
- Base their life on sound value systems.
- Be a rôle model to others.
- Embrace their freedom as enshrined in the Constitution by being responsible and tolerant towards others.
- They alone are responsible for the decisions they make and therefore must bear the consequences.

The variety of presentations catering for all ages, some portraying the realities of life if one is hooked, others dealing with those aspects which addicts have to deal with.

Let's face it, much confusion exists amongst the youth insofar as alcohol and drugs are concerned.

Youngsters as many as 7 years old have been addicted since the 80's. Many who experiment believe that it is merely a once off!

The stark reality is that untold numbers get hooked for life. Bombarded by advertisements which depict young adults as living it up – with alcohol freely flowing, billboards depicting alcohol as the 'man's drink', cigarettes as being "cool", TV shows and films flaunting sex as being groovy, cellphones being used to capture anything under the sun, etc, not to even mention peer pressure, youngsters today are prime targets for pushers, drug dealers, free sex, lurid relationships, drinks in the form alcopops, beer or hard drink, etc.

South Africa is the fastest growing drug market in the world! Our aim at ADC is to empower those who attend a presentation with the knowledge and life skills they need in order to live a life which will make them proud citizens and parents as well as to save their life loved ones the pain, suffering, despair and possible ruin which has confronted so many already

ALCOHOL AND DRUG CONCERNS RESOURCE LIST

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1. State Inpatient Treatment Centres

De Nova Treatment Centre	Kraaifontein	Tel	021 988 1138
		Fax	021 988 0426
		Email	Rkinnear@pgwc.gov.za
Kensington Treatment Centre	Maitland	Tel	021 511 9169
		Fax	021 510 1057
		Email	petula@kensingtintc.org.za

2. State-Subsidised Inpatient Treatment Centres

Toevlug (Adults and adolescents)	Worcester	Tel	023 342 1162
		Fax	086 7185090/1/2/3
		Email	rehab@toevlug.org
Hesketh King (Adults and adolescents)	Muldervlei	Tel	021 884 4600
		Fax	021 884 4640 (youth) 021 884 4602 (adult)
		Email	hkinginfo@mweb.co.za
Ramot	Parow	Tel	021 939 2033
		Fax	021 939 3123
		Email	admin@ramot.co.za
Stikland hospital Neurolinic D (Alcohol only)	<u>Stikland</u>	Tel	021 940 4496
		Fax	021 940 4494

3. Private Primary Care Inpatient Centres

Stepping Stones	Kommertjie	Tel	021 783 4230
		Fax	021 783 1816
		Email	info@steppingstones.co.za

Kenilworth clinic	Kenilworth	Tel	021 763 4500
		Fax	021 763 4557
		Email	psychiatricsservices@kenilworth.co.za
Khaya (Adolescents only)	Claremont	Tel	021 671 9626
		Fax	021 671 9994
		Email	khaya@kenilworthclinic.co.za
Crescent Clinic (Adults and adolescents)	Kenilworth	Tel	021 762 7666
		Fax	021 762 7669
		Email	shehnaaz@crescentclinic.com
Beth Rapha (Adult male)	Observatory	Tel	021 447 0908
		Fax	086 729 3347
		Email	rapha@telkomsa.net
Harmony Clinic	Hout Bay	Tel	021 790 7779
		Fax	086 6022 502
		Email	reception@harmonyclinic.co.za
Minnesota House (Adults and adolescents)	George	Tel	044 870 8585
		Fax	044 870 7213
		Email	info@minnesotahouse.co.za
False Bay TCC	Fish Hoek	Tel	021 782 6242
		Fax	086 620 5826
		Email	falsebaytc@telkomsa.net
Teen Challenge	Eerste River	Tel	021 904 0555
		Fax	082 525 6314
		Email	info@teenchallenge.co.za
Drakenstein Addiction Recovery Centre	Paarl	Tel	021 872 9464
		Fax	086 618 5251
		Email	clinic@malerehab.com

4. Private Secondary Care Inpatient Treatment Centres

Harmony House	Walmer Estate	Tel	021 448 8025
		Fax	0866276 221

		Email	20grandvue@gmail.com
Tharagay House	Kenilworth	Tel	021 797 7817
		Fax	0866 121 146
		Email	Info.tharagayhouse.co.za
Hope Again Recovery Home	Mitchell's Plain	Tel	021 371 3408
		Fax	086 659 3824
		Email	secretary@mounthope.co.za
Drakenstein Addiction Recovery Centre	Paarl	Tel	021 872 9464
		Fax	086 618 5251
		Email	clinic@malerehab.com

5. Private Tertiary Care Inpatient Treatment Centres

Tharagay House	Kenilworth	Tel	021 797 7817
		Fax	0866 121 146
		Email	info.tharagayhouse.co.za
Drakenstein Addiction Recovery Centre	Paarl	Tel	021 872 9464
		Fax	086 618 5251
		Email	clinic@malerehab.com

6. Outpatient Treatment Centres

SANCA Head Office		Tel	021 945 4080
		Fax	021 945 4082
		Email	sanca@sancawc.co.za
SANCA	Athlone/ Gugulethu	Tel	021 638 5116
		Fax	021 637 2832
		Email	athlone@sancawc.co.za
SANCA	Atlantis	Tel	021 572 7461
		Fax	021 572 8743
		Email	atlantis@sancawc.co.za
SANCA	Khayalitsha	Tel	021 364 6131

		Fax	021 364 5510
		Email	khayalitsha@sancawc.co.za
SANCA	Paarl	Tel	021 872 9671
		Fax	021 8725050
		Email	paarl@sancawc.co.za
SANCA	Tygerberg	Tel	021 945 2099
		Fax	021 945 3098
		Email	tygerberg@sancawc.co.za
MPDCC	Mitchells Plain	Tel	021 391 0216
		Fax	021 391 0218
		Email	ctdcc@iafrica.com
Crescent Clinic 3 nights a week	Kenilworth	Tel (Imran Muscat)	082 095 6442
		Fax	/
		Email	/

7. Outpatient Treatment for clients with Pending Court cases

Sultan Bahu	Bonteheuwel	Tel	021 694 9874
		Fax	021 694 9634
		Email	bahuct@yahoo.com
Sultan Bahu	Hanover Park	Tel	021 690 8042
		Fax	021 691 7900
		Email	bahuct@yahoo.com
Sultan Bahu	Mitchells Plain	Tel	021 3722945
		Fax	021 372 1838
		Email	bahuct@yahoo.com

8. Private assistance with committal

Andre Hugo	Call to make an appointment	Tel	021 843 3433 073 115 6968
		Fax	088 021 843 3433

Trudie Els	Call to make an appointment	Tel	072 294 7123
		Fax	/
		Email	/
Toni Shaked	Sea Point	Tel	082 331 5411
		Fax	/
		Email	tonishaked@telkomsa.net
Raella Abel	Vredehoek	Tel	021 462 1884
		Fax	/
		Email	/

9. Interventions

Toni Shaked	Sea Point	Tel	082 331 5411
		Fax	/
		Email	tonishaked@telkomsa.net

10. State Inpatient Heroin Detoxification

Stikland	Stikland	Tel	021 940 4400 (General) 021 940 4579 (Detox Unit)
		Fax	021 940 4597 (General) 021 940 4500 (Detox Unit)
		Email	tvbreda@westerncape.gov.za

11. Drug Testing

Path Care Urine test Only give a positive or negative result	CBD	Tel	021 464 5560
		Fax	021 422 0449
		Email	/
Tygerberg Toxicology Lab (Sample must be sent from	Tygerberg	Tel	021 938 6168
		Fax	021 938 9122

GP or Tygerberg hospital)		Email	jdbruyn@sun.ac.za
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12. Support Groups

NA	Narcotics Anonymous	083 900 9662 http://www.na.org.za
NAR ANON	NA support for family members	088 129 6791 www.naranon.org.za
SLAA	Sex and Love Addicts Anonymous	082 932 8373 (Willem) http://www.slaafws.org
COSA	SLAA support for family members	084 603 8264 (Rina) http://www.cosa-recovery.org/home.html
AA	Alcoholics Anonymous	www.aa.org 083 9006962
AL ANON	AA support for Family Members	www.alanon.org.za
GA	Gamblers Anonymous	www.gamblersanonymous.org
CODA	Co-dependents Anonymous	www.codasouthafrica.co.za

13. Shelters

Abused Women

Saartjie Baartman Centre Paralegal in counselling Shelter Gender dynamics ANEX (Trailing) TIBB Medical Centre Advanced Learning Academy NICDAM <i>(National Institute Of Community Development And Management)</i>	Surrey Estate	Tel	021 633 5287
		Fax	021 637 3487
		Email	info@womenscentre.co.za
St Anne's	Woodstock	Tel	021 448 67 92
		Fax	021 448 8518
		Email	info@stanneshomes.org.za

Sister's Inc	Kenilworth	Tel	021 797 4190
		Fax	021 797 4190
		Email	sistersinc@telkomsa.net

Children

Homestead Project for Street Children	Head office (Strand Street)	Tel	021 419 9763/4
		Fax	021 419 2600
		Email	info@homestead.org.za
Homestead Project for Street Children	Shelter (District 6)	Tel	021 461 7470
		Fax	021 461 7470
		Email	managerhs@homestead.org.za

Adults

Loaves and Fishes		Tel	
		Fax	
		Email	
Haven night shelter Head office	Green Point	Tel	021 425 4700
		Fax	021 425 4900
		Email	info@haven.org.za
Haven night shelter 1 st Phase (unemployed)	Claremont	Tel	021 671 4209
		Fax	086 657 5300
		Email	claremont@haven.org.za
Haven night shelter 1 st Phase (unemployed)	District 6	Tel	021 465 1310
		Fax	/
		Email	sheila@haven.org.za
Haven night shelter (Haven Homes) 3 rd phase (elderly and people with grant)	Woodstock	Tel	021 447 7422
		Fax	021 447 4870
		Email	havenhomes@telkomsa.net
Haven night shelter 1 st Phase (unemployed)	Kalk Bay	Tel	021 788 5820
		Fax	021 788 5820
		Email	heidi@haven.org.za
Haven night shelter 1 st Phase (unemployed)	Kensington	Tel	021 593 0276
		Fax	021 593 5272
		Email	kensington@haven.org.za
Haven night shelter	Kraaifontein	Tel	021 987 1967

1 st Phase (unemployed)		Fax	021 987 1967
		Email	charlene@haven.org.za
Haven night shelter 1 st Phase (unemployed)	Green Point	Tel	021 421 6219
		Fax	/
		Email	abe@haven.org.za
Haven night shelter 2 nd phase (workers)	Retreat	Tel	021 715 0817
		Fax	021 713 3936
		Email	carmen@haven.org.za
Haven night shelter 1 st Phase (unemployed)	Wynberg	Tel	021 762 8243
		Fax	/
		Email	wynberg@haven.org.za
Haven night shelter Moirra Henderson House 2 nd phase (workers)	Woodstock	Tel	021 461 2533
		Fax	086 508 4013
		Email	moirahenderson@haven.org.za
Haven night shelter 1 st Phase (unemployed) 2nd Phase (working) 3 rd Phase (elderly, pensioners & grant)	Paarl	Tel	021 862 1812
		Fax	021 862 3102
		Email	paarl@haven.org.za

14. Hospitals

Groote Schuur Hospital	Observatory	Tel	021 404 9111
		Fax	Specific to department
		Email	/
Karl Bremer	Bellville	Tel	021 918 1203
		Fax	/
		Email	/
Lentegeur Psychiatric Hospital	Mitchell's Plain	Tel	021 370 1111
		Fax	021 371 7359
		Email	/
Red Cross Hospital Child and family unit	Rondebosch	Tel	021 685 4103
		Fax	021 685 4103
		Email	/

Tygerberg Hospital Child psychiatry	Tygerberg	Tel	021 938 4571
		Fax	021 938 6111
		Email	/
Valkenberg Hospital	Observatory	Tel	021 440 3111
		Fax	021 447 6041
		Email	/

15. Family and marriage counselling

Famsa	Observatory	Tel	021 447 7951
		Fax	021 447 0174
		Email	famsa@famsawc.org.za
Famsa	Khayalitsha	Tel	021 361 9098
		Fax	021 364 0231
		Email	khayalitsha@famsawc.org.za
Famsa	Bellville	Tel	021 946 4744
		Fax	021 946 4793
		Email	tygerberg@famsawc.org.za
Famsa	Elsies River	Tel	021 933 0192
		Fax	/
		Email	/
Famsa	Facreton	Tel	021 593 8074
		Fax	021 593 8074
		Email	/
Famsa	De Noon	Tel	021 556 1945
		Fax	021 556 1945
		Email	/
Famsa	Mitchell's Plain	Tel	021 391 6015
		Fax	021 391 6015
		Email	/
Famsa Anger management Men's Group	Observatory	Tel	021 447 0170
		Fax	021 447 0174
		Email	/
Famsa	Khayalitsha	Tel	021 361 9098

Anger management Men's Group		Fax	021 364 0231
		Email	
Famsa Anger management Men's Group	Bellville	Tel	021 946 4744
		Fax	/
		Email	/

16. Child Protection Agencies

ACVV	CBD	Tel	021 462 1060
		Fax	021 465 0401
		Email	Acvv.msk3@gmail.com
ACVV	Mitchells Plain	Tel	021 392 4147/8
		Fax	021 392 4148
		Email	/
Badisa	Elsies River	Tel	021 938 6721
		Fax	086 539 2804
		Email	sdd@telkomsa.net

17. Social Development

Social development	Helpline	Tel	0800 220 250
Social development	Athlone	Tel	021 696 8038/9
		Fax	021 696 8072
Social development	Beafort West	Tel	023 414 3204
		Fax	/
Social development	Bellville	Tel	021 940 7100
		Fax	021 948 3024
Social development	Caledon	Tel	028 214 3000
		Fax	028 214 1780
Social development	Cape Town	Tel	021 481 9700
		Fax	021 423 8331
Social development	Eerste River	Tel	021 904 1021
		Fax	021 904 1164

Social development	George	Tel	044 801 4300
		Fax	044 873 5422
Social development	Gugulethu	Tel	021 638 5151
		Fax	021 638 5117
Social development	Khayalitsha	Tel	021 360 2100
		Fax	021 364 1337
Social development	Mitchell's Plain	Tel	021 370 4800
		Fax	021 376 1342
Social development	Paarl	Tel	021 871 1682
		Fax	021 872 0049
Social development	Vredendal	Tel	027 213 2096
		Fax	027 213 2142
Social development	Worcester	Tel	023 348 5300
		Fax	023 347 5181
Social development	Wynberg	Tel	021 763 6200
		Fax	021 763 6234

18. Other referrals

Rape Crisis	Observatory	Tel	021 447 1467
		Fax	021 447 5458
		Email	kath@rapecrisis.org.za
Rape Crisis	Athlone	Tel	021 684 1180
		Fax	/
		Email	nazma@rapecrisis.org.za
Rape Crisis	Khayalitsha	Tel	021 361 9228

		Fax	021 361 0529
		Email	joyce@rapecrisis.org.za
Triangle Project	Mowbray	Tel	021 448 3812
		Fax	021 448 4089
		Email	info@triangle.org.za
Lifeline Childline	Roeland street, Cape Town	Tel	021 461 11 11
		Tel	0800 055 5555.
Head office (To make appointments)		Tel	021 461 1113
Cape Mental Health <i>Workshops in:</i> <i>Khayalitsha</i> <i>Mitchells plain</i> <i>Retreat</i> <i>Learning for life</i> <i>program</i> <i>Erica Special</i> <i>And various other set</i> <i>projects</i>	Observatory	Tel	021 447 9040
		Fax	021 448 8475
		Email	info@cmhs.co.za
Child Welfare	Gatesville	Tel	021 638 3127
		Fax	021 638 52 77
		Email	/
Psychotherapeutic groups R210 (negotiable)	Claremont	Tel - Nina	082 458 8044
	Grassy Park	Tel- Fatima	074 469 3434
	Kenilworth	Tel - Enzo	073 356 5814
Assessment Centre	Observatory	Tel	021 447 1069
		Fax	021 447 1069
		Email	ememcel@gmail.com
Child and family Unit	Rondebosch	Tel	021 685 4103
		Fax	021 685 4107
		Email	Rodrick.anderson@uct.ac.za
Carpenter shop	Roeland street	Tel	021 461 5508/ 8766

(shelter)	CBD	Fax	021 461 5508
		Email	info@tcs.org.za
Child Guidance Clinic <i>Learning difficulties and behavioral/emotional difficulties</i>	Rosebank	Tel	021650 3900
		Fax	/
		Email	/
Division of child and adolescent psychiatry	Rondebosch	Tel	021 685 5116/ 4103
		Fax	021 685 4107
		Email	/
Fountain House	Observatory	Tel	021 447 7409
		Fax	021 447 0319
		Email	employmentfa@cmhs.co.za
Mosaic (domestic violence)	Wynberg	Tel	021 799 1902
		Fax	086 644 5527
		Email	/
Nel Hemming Medical Jaco Hennig (NHM)	Bloubergstrand	Tel	021 554 4961
		Fax	021 554 3968
		Email	ceri@nhmed.co.za
Nicro	CBD	Tel	021 422 1690
		Fax	021 424 6879
		Email	info@nicro.co.za
Parent Centre	Wynberg	Tel	021 762 0116
		Fax	021 762 5160
		Email	reception@theparentcentre.org.za
Rapcan (more research setting than counselling)	Diepriver	Tel	021 712 2330
		Fax	021 712 2365
		Email	eugene@rapcan.co.za
Serenity Clinic After hours 9-12	Observatory	Tel	021 447 5148
		Fax	086 546 4493
		Email	serenityclinics@gmail.com

2-6:30 negotiable			
Trauma Centre	Woodstock	Tel	021 415 7373
		Fax	021 462 3143
		Email	info@trauma.org.za
UCT Parent Infant Mental Health Service	Rondebosch	Tel	021 685 4103
		Fax	021 685 4107
		Email	/

19. Referrals to private therapists

- ☐ Addiction counseling is specialized thus we only recommended experts in the field.
- ☐ Cost per session ranges between approximately R400-|R500 per session.
- ☐ Medical aids may cover.

Name	Qualification	Suburb	Contact Number
Sheldon Brandt	Clinical psychologist	Kenilworth	021 762 7377
Clive Hartsman	Clinical Psychologist	Gardens	021 424 5662
Raella Abel <i>Service may include all addictions, committals and assessment for clients with court cases</i>	Clinical social worker	Vredehoek	021 462 1884
Jean Dixon	Family Counselor Registered Nurse	Wynberg	083 218 7186
Claire Evans <i>Specializes in play therapy as well as addiction counselling</i>	Clinical psychologist	Table View	021 557 6066
Neil McGibbon <i>Specializes in adolescents</i>	Clinical psychologist	Observatory	021 448 3013
Nici Partridge <i>Specializes in trauma</i>	Clinical Psychologist	Claremont	082 731 1377

<i>and addiction. Clients must be clean for at least two weeks</i>			
Cheryl Narunsky	Clinical Psychologist	Muizenberg	021 788 1273
Frances Ward <i>Specializes in addiction, trauma and co-dependency</i>	Registered Counselor	Wynberg Capri (Past Fish Hoek)	082 099 1830
Cathy Karassellos Supervision also included in services	Clinical Psychologist	Ronderbosch	021 685 2882

20. HIV/AIDS- Information and advice

AID Training, Information and Counselling Centre (ATTIC)	021 763 5320/1/2/3
AIDS Action Group	021 948 7699
ThetaJunction (Lovelife) (age 12-17)	0800 121 900

21. HIV/AIDS Facilities in Cape Town

Facility	Area	Contact Number
Tygerberg Hospital	Parow	021 938 4911
Red Cross Children's Hospital	Rondebosch	021 658 5111
GF Jooste Hospital	Manenberg	021 690 1000
Hout Bay Main Road Clinic	Hout Bay	021 790 2393
Groote Schuur Hospital	Observatory	021 440 9111
Hottentots Holland Hospital	Somerset West	021 850 4700
Michael Mapongwana	Khayalitsha	021 361 3353

Gugulethu clinic	Gugulethu	021 637 9075
Langa Washington Road Clinic	Langa	021 694 1740
Victoria Hospital	Wynberg	021 799 1111
Mitchell's Plain CHC	Mitchell's Plain	021 762 0223

22. HIV/AIDS Facilities in Cape Town for children

Facility	Area	Contact Number
Cotlands Hospice Baby Sanctuary	Somerset West	021 852 3527
Nazareth House	Vredehoek	021 461 1635

23. Drug Prevention

Alcohol and Drug Concerns	Fielworkers	Eddie Hendricks	084 7458470
		Mervin Joostenberg	078 3093493
	Office	Tel	021 7970583
		Fax	021 7624235
		Email	adccape@telkomsa.net
		Website	www.adccape.co.za



Choose your destiny!

Don't self-destruct!