

The City's Community based Alcohol and Drug Treatment Sites utilise the Matrix Model™ for intensive out patient treatment.

The Matrix Model™ is an evidence-based programme that has been implemented in a number of countries world-wide.

For further assistance or information, please contact the treatment sites or log onto:
<https://www.capetown.gov.za>



DO YOU NEED HELP?

FREE ALCOHOL AND DRUG TREATMENT IS AVAILABLE

AT CITY OF CAPE TOWN'S COMMUNITY BASED ALCOHOL & DRUG TREATMENT SITES (not operated by the Matrix® Institute on Addictions, LA)

based at :

ALBOW GARDENS MATRIX® SITE

ALBOW GARDENS COMMUNITY DAY CENTRE
Koeberg Road, Brooklyn Tel: 021 444 5963 / 4

DELFT SOUTH MATRIX® SITE

DELFT SOUTH COMMUNITY DAY CENTRE
Cnr Boyce Street and Delft Main Road, Delft
South Tel: 021 444 8444 / 5 / 6

EERSTERIVIER MATRIX® SITE

EERSTERIVER CLINIC, Bobs Way,
Eersteriver Tel: 021 444 7147

PARKWOOD MATRIX® SITE

PARKWOOD CLINIC Cnr Walmer Rd and Parkwood Ave,
Parkwood Tel: 021 444 4212 / 3

RUIIMTE ROAD MATRIX® SITE

RUIIMTE ROAD SATELLITE CLINIC Ruimte Road,
Manenberg Tel: 021 444 3539 / 40 / 41

SCOTTSDENE MATRIX® SITE

Scottsdene Clinic Eoan Street, Scottsdene,
Kraaifontein 021 444 8777 / 497 / 518

TAFELSIG MATRIX® SITE

TAFELSIG COMMUNITY DAY CENTRE Cnr
Kilimanjaro & Pyreneze Streets, Tafelsig,
Mitchells Plain Tel: 021 444 4464

TOWN 2 MATRIX® SITE

TOWN 2 COMMUNITY DAY CENTRE Cnr Japhta Masemola &
Charles Mokoena Streets, Town 2, Khayelitsha
Tel: 021 444 2919 / 20 / 21

Substance Abuse Treatment



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

IS THERE A PROBLEM?

Only you can answer this question, and it may not be an easy thing to do. Answer the following questions as honestly as you can and if you do decide you need help, the City of Cape Town Helpline is there for you.

Do you ever drink or use drugs alone?	YES	NO
Have you ever tried to stop or control your drinking or drug use?	YES	NO
Are family and friends worried about your drinking or drug use?	YES	NO
Do you ever feel ashamed or guilty about your drinking or drug use?	YES	NO
Is your drinking or drug use making your home life unhappy?	YES	NO
Has your work/school performance ever suffered because of your drinking or drug use?	YES	NO
Have you ever lied about how much you've had to drink or what drugs you've used?	YES	NO
Have you ever stolen to buy alcohol or drugs?	YES	NO
Have you ever stolen alcohol or drugs?	YES	NO
Have you ever been arrested because of an alcohol- or drug-related incident?	YES	NO
Have you ever put buying alcohol or drugs ahead of other financial responsibilities?	YES	NO
Have you ever seen a doctor or had health problems because of drinking or drug use?	YES	NO
Do you often drink or use drugs first thing in the morning?	YES	NO

Do you think about alcohol or drugs a lot?	YES	NO
Do you avoid people or places that don't like your drinking or drug use?	YES	NO
Does the thought of not drinking or using drugs frighten you?	YES	NO
Do you keep on drinking and using drugs despite the bad things that happen?	YES	NO
Do you ever think you might be crazy?	YES	NO
Do you feel it would be impossible for you to live without alcohol or drugs?	YES	NO
Do you think you might have an alcohol or drug problem?	YES	NO

If you answered yes to:

- 5 questions - you may be at risk
- more than 5 questions - there is a problem, please consider seeking help

If you do decide you need help, the City of Cape Town Matrix® sites are there for you.



THE FOLLOWING ARE SAYINGS THAT HELP PEOPLE IN RECOVERY:

- **One day at a time**
Just focus on staying drug free today.
- **Turn it over**
Let go of problems you do not need to focus on now.
- **Keep it simple**
Keep recovery simple, don't complicate it.
- **Take what you need and leave the rest**
Focus on what is helpful for you.
- **Bring your body and the mind will follow**
Attend treatment and meetings, even if it takes a while for you to be comfortable.
- **Be smart, not strong**
Recovery is about staying away from relapse situations and not about being strong (testing yourself).

"This programme has given me a chance to live life free of drugs and alcohol. I have hope today for a better future."

- Quote from a past client.

"If it was not for this programme I would not have found the tools to make the changes I so desperately needed to."

- Quote from a past client.

"Placing alcohol/drug treatment in a healthcare setting is a futuristic model that can be replicated around the world"

- Jeanne Obert, co-founder of Matrix