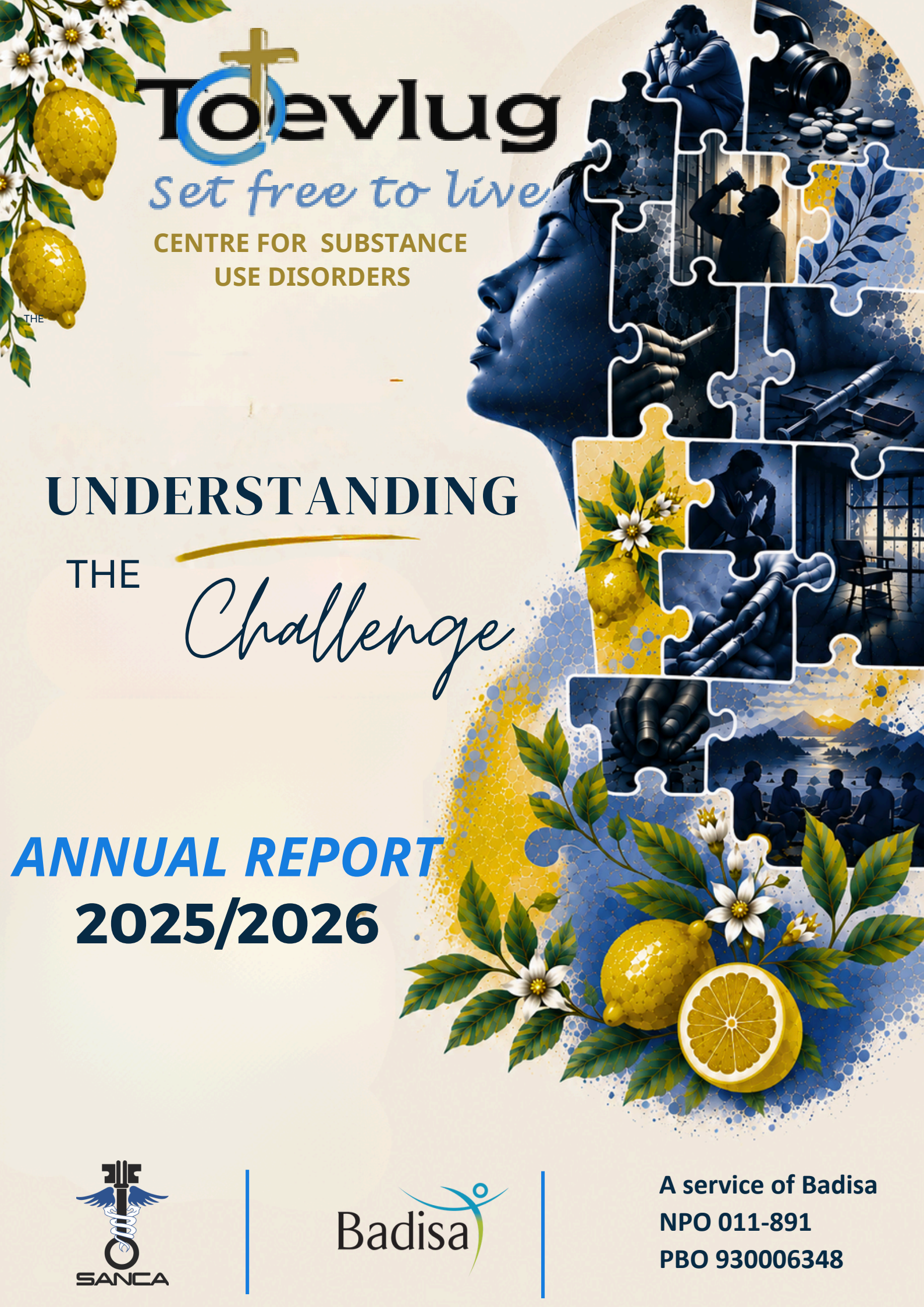




Toevlug

Set free to live

CENTRE FOR SUBSTANCE
USE DISORDERS

UNDERSTANDING
THE
Challenge

ANNUAL REPORT
2025/2026



A service of Badisa
NPO 011-891
PBO 930006348

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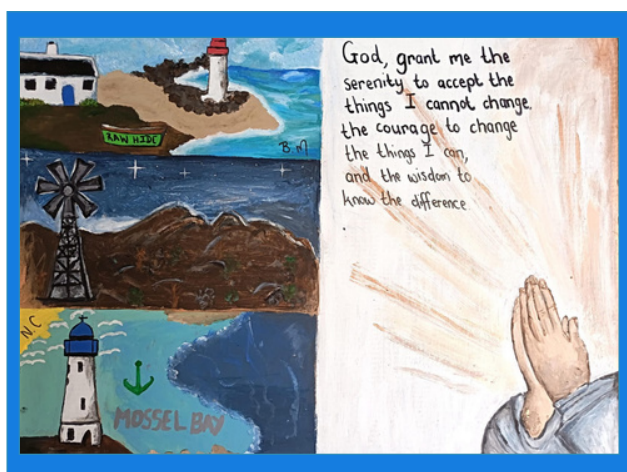
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Vision And Mission

Vision

Together towards a drug-free and healthy community
-Set Free to Live-

Mission

At Toevlug, our mission is to deliver expert, compassionate care to individuals and communities affected by substance use disorders. We provide comprehensive services in prevention, treatment, and aftercare, empowering individuals to achieve lasting recovery and improved wellbeing.

Values



Toeplug Board

2026-2029

UNDERSTANDING THE CHALLENGE

Different portfolios. Shared responsibility.



Hendrienne Pool

Chairperson LEADERSHIP AND STRATEGY



Providing direction and ensuring that Toeplug remains responsive to changing needs.



Agatha Atkins Du Plessis

LEGAL ASPECTS AND RISK MANAGEMENT



Navigating legal, regulatory and operational risks.



Malcolm James

COMMUNITY ENGAGEMENT AND NETWORKING



Strengthening relationships, partnerships and community support.



Christo Cordier

FACILITIES AND OPERATIONAL SUPPORT



Maintaining a safe, functional and supportive treatment environment.



Lizette Nortje

Vice Chairperson FINANCES AND SUSTAINABILITY



Responding to rising costs and strengthening long-term sustainability.



Elizabeth Verwoerd

HUMAN RESOURCES AND STAFF WELLNESS



Supporting staff and strengthening the skills needed for quality service delivery.



Theresa Rossouw

CENTRE MANAGER



Translating strategy into effective operations and quality service delivery.



Nelia van Deventer

DEPUTY MANAGER AND SECRETARY



Supporting governance through accurate records, communication and follow-up.

Understanding the Challenge

Restoring lives. Strengthening communities

As we reflect on the past year at Toevlug Rehabilitation Centre, we are reminded that substance use is about far more than the individual who struggles with addiction. It is a challenge that reaches into families, relationships, workplaces and communities. Its effects can be felt long after the substance itself has been used — through broken relationships, lost opportunities, financial hardship, trauma and the loss of hope.

This is why our mission, **“Set free to live,”** is so important.

At Toevlug, we understand that recovery is not simply about stopping substance use. It is about restoring lives. It is about helping people rediscover their dignity, rebuild relationships, develop the skills and confidence to participate meaningfully in society, and ultimately find the freedom to live a purposeful life.

Because we study and work within the field of substance use disorders, we understand that we must look beyond the substance use disorder itself and see the person behind it with greater compassion.

People living with substance use disorders are often carrying deep hurt. Their lives may have been shaped by difficult circumstances, painful experiences and broken relationships. For many, substances become a way of coping with pain they do not yet know how to carry in any other way. This does not remove personal responsibility or the consequences of substance use, but it reminds us that behind the behaviour is a person who needs help, dignity, accountability and an opportunity to heal.

In many instances, the pain carried by individuals is also connected to the pain present in the communities in which they live. When families break down, when people face poverty, trauma, unemployment, exclusion or a lack of support, vulnerability increases. Substance use can then become one of the ways in which people attempt to cope with that pain.

This is where rehabilitation plays a vital role in society.

A rehabilitation centre such as Toevlug does not only provide treatment to individuals. It provides a valuable service that contributes to the health and wellbeing of the broader community. Through rehabilitation, people are supported as they return to their families, workplaces and communities with renewed purpose, responsibility and hope.

Restoring one life can have a lasting impact beyond the individual. It can bring hope back into families, rebuild relationships and strengthen the communities in which people live. In this way, rehabilitation becomes an investment in the wellbeing and future of our society.

For this reason, rehabilitation should not be viewed simply as a cost associated with treating addiction. It is an investment in people, families and the future of society.

The work of Toevlug creates lasting value because it addresses not only substance use, but also the wider impact it has on families and communities. By walking alongside people in recovery, Toevlug helps create the possibility of restored relationships, renewed responsibility and healthier community life.

This is also why we believe rehabilitation centres should be recognised as worthy recipients of society's support, including donations and funding. Organisations such as Toevlug provide a meaningful social service and make a tangible contribution to the well-being of the communities they serve. Supporting this work is not simply giving to an organisation — **it is investing in the restoration of lives and the strengthening of communities.**

As we look to the future, we want to deepen our understanding of substance use disorders and help broaden the conversation around recovery. Substance use is often connected to many of the challenges faced in our communities, and responding to it requires more than treatment alone. It requires compassion, collaboration and a long-term commitment to restoring people, supporting families and strengthening the environments in which they live.

Our work would not be possible without the commitment of our staff, the courage of those who choose recovery, the support of families, and the generosity of our partners, donors and supporters. Each contribution, whether through service, encouragement, partnership or funding, helps create an opportunity for another life to be restored.

As Toevlug moves forward, our vision remains clear: to continue helping people become **set free to live by understanding the challenge, restoring lives and strengthening communities.**

Because when one person is set free to live, hope reaches beyond that one life — into families, communities and the future we are building together.
Set free to live.

Toevlug Centre concluded the 2025/2026 financial year with a modest surplus of R15,733, compared with a deficit of R163,488 in the previous financial year. This result reflects careful financial management and disciplined expenditure control within a demanding economic environment.

Income under pressure

Patient-fee income decreased from R2,342,094 to R2,036,643. The difficult economic climate and **rising cost of living** affect the ability of individuals and families to pay for inpatient treatment. This places pressure on the Centre's income while the need for affordable substance-use treatment remains high.

Government subsidies continue to provide the foundation for the Centre's services. The subsidy for the adult programme increased to R4,671,000, while the youth programme subsidy decreased to R1,461,112. The outpatient programme subsidy increased to R431,000.

Donations increased from R232,424 to R299,692, while additional grants of R141,000 were received. This support played an important role in helping the Centre maintain and strengthen its services.

The value of donations in kind

Donations in kind valued at R42,660 were recorded during the year. However, their importance extends beyond their recorded financial value. Donations of clothing, food, equipment, furniture and other essential items reduce the amount the Centre must purchase from its limited operational funds.

These contributions also enable Toevlug to respond to the practical needs of patients, many of whom arrive for treatment without sufficient clothing or personal necessities. Every useful item donated releases financial resources that can instead be directed towards treatment, care and programme delivery.

The effect of the rising cost of living

The increasing cost of food, electricity, transport, maintenance and other essential goods and services continues to place pressure on the Centre.

At the same time, individuals and families have less disposable income available to pay for treatment.

Toevlug must therefore balance two realities: the cost of delivering quality services is increasing, while the ability of many people to contribute towards their treatment is decreasing. Careful budgeting, effective financial controls, donor partnerships and the development of sustainable income streams remain essential.

Responsible financial stewardship

The year's small surplus should not be interpreted as an absence of financial challenges. Rather, it demonstrates the Centre's commitment to using every available resource responsibly while protecting the quality and accessibility of its services.

Every donation, grant and contribution helps Toevlug continue its mission of enabling people to be set free to live.

The Centre's financial records are audited annually by Theron du Plessis Chartered Accountants. All financial matters are managed in accordance with Badisa's financial policy.



INKOMSTE EN UITGAWES VIR DIE BOEKJAAR 2025/2026

Inkomste			Uitgawes		
	2025/2026	2024/2025		2025/2026	2024/2025
Pasiëntgelde	2 036 643	2 342 094	Huishoudelike Uitgawes	779 930	833 910
Subsidie: Volwassenes	4 671 000	4 579 000	Kantoor Uitgawes	645 228	614 312
Subsidie: Jeugdiges	1 461 112	1 580 000	Personeelkoste	6 728 066	6 449 057
Subsidie Buitepasiënte	431 000	401 112	Program uitgawes	135 728	209 694
Subsidie: Ander	0	0	Vervoeruitgawes	35 161	41 884
Donasies	299 692	232 424	Grond & Geboue	1 258 920	1 267 561
Huur Inkomste	26 400	57 696	Spesialiteitsdienste	64 894	608 025
Rente en Dividende	127 368	119 672	Waardevermindering	17 117	20 259
Ander Inkomste	192 474	210 970	Surplus	15 733	0
Opleiding en kursusse	121 369	98 224			
Etes	933	1 748			
Versekeringseise	50 312	103 520			
Toename in Markwaarde van aandele	78 814	93 548			
Toekennings Ontvang	141 000	0			
Goedere in Natura	42 660	61 206			
Tekort	0	(163 488)			
	R9 680 777	R10 044 702		R9 680 777	R10 044 702



Our Staff: People Who Understand the Challenge

At Toevlug, we believe that our people are our greatest strength.

Our staff members combine professional knowledge and experience with a genuine passion for supporting people affected by substance use disorders.

They are willing to go the extra mile, ensuring that the care provided is not only professional, but also compassionate and person-centred.

Continuous learning remains central to our team culture. Staff members are encouraged to pursue further studies, training and professional development to strengthen their knowledge and skills. This commitment enables Toevlug to respond to increasingly complex challenges and to provide patients and their families with evidence-based support throughout the recovery journey.

Creativity and innovation are also important strengths within our team. Staff members continually seek new ways to improve and enrich the programme in response to the changing needs of our patients.

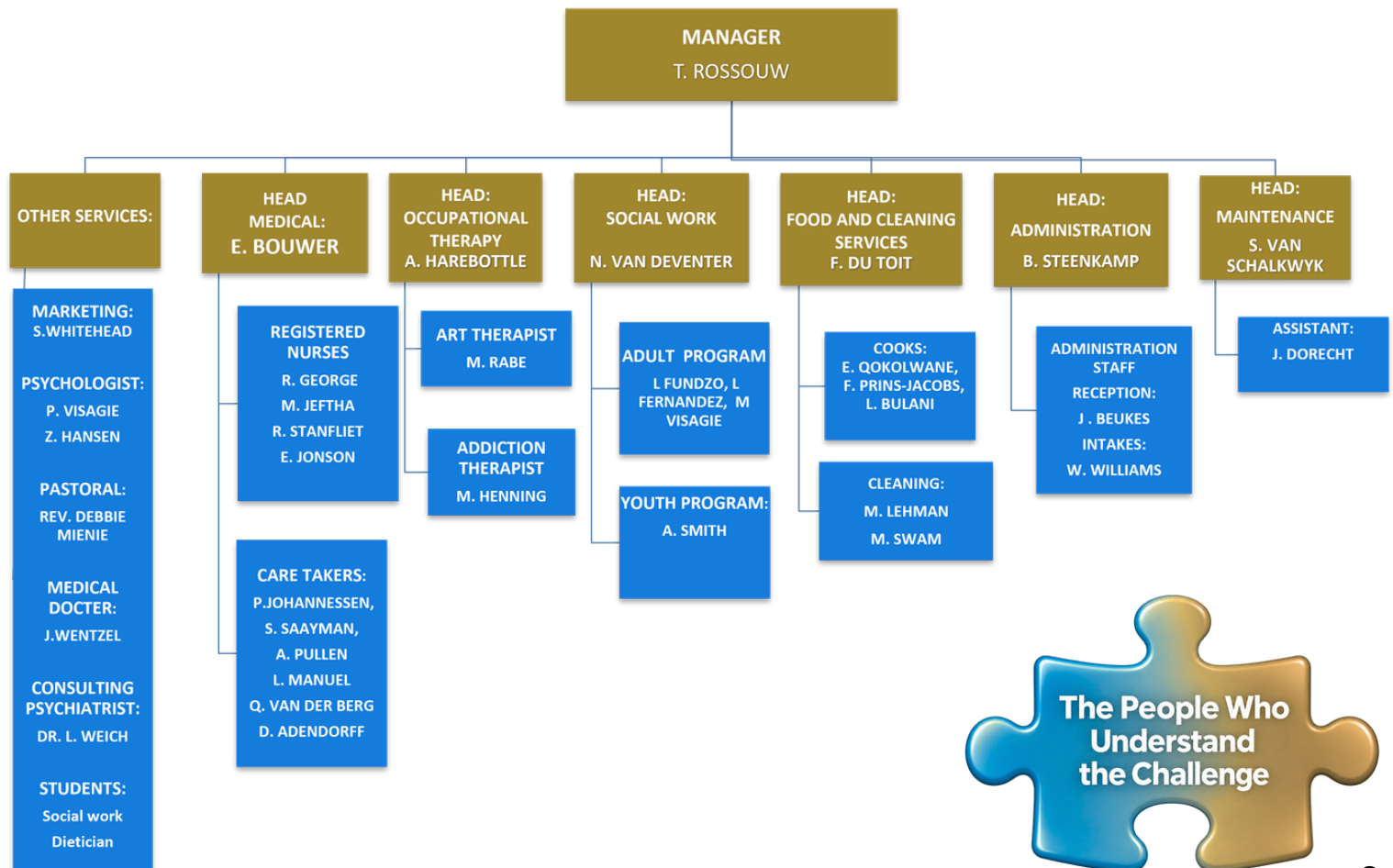
Their willingness to think differently, introduce new ideas contributes to a treatment environment in which meaningful growth and lasting recovery are possible.

During the year, we also experienced several staff changes. We welcomed **RN R. Stanfliet** and **CNP E. Johnson** to our medical team, both bringing valuable experience and a passion for caring for people.

We said farewell to social worker Ms Karla Lerm-Murray and welcomed **Ms Lauren Fernandez**, an experienced social worker who is well known within the substance use treatment field through her previous work at SANCA.

We also welcomed **Ms M. Swam** and **Ms L. Bulani** to our kitchen and cleaning team, **Mr J. Dorecht** to our maintenance team, and **Ms Janey Beukes** as our receptionist.

Through every transition, one truth remains: our staff are the beating heart of Toevlug. Their knowledge, compassion and resilience enable us to understand the challenges our patients face and to help them piece together lives of recovery, dignity and hope.



Opleiding en voortgesette ontwikkeling is 'n **hoeksteen van kwaliteit dienslewering** in die veld van substansverwante uitdagings. Omdat die aard van afhanklikheid voortdurend verander - met nuwe tendense, nuwe middels en nuwe sosiale konteks - moet professionele spanlede voortdurend hul kennis en vaardighede opdateer. Dit verseker dat die sentrum internasionale en nasionale riglyne nakom, en dat pasiënte die mees effektiewe en bewysgebaseerde behandeling ontvang.

Opleiding is egter nie net vir kliniese personeel van belang nie. Ondersteunende personeel, soos administratiewe, huishoudelike en logistieke spanne, speel 'n ewe belangrike rol in die skep van 'n veilige, ondersteunende en professionele omgewing. Wanneer almal in die span toegerus is met die nodige insig en vaardighede, dra dit by tot beter samewerking, verhoogde werkstevredenheid en 'n sterker kultuur van respek en begrip.

Om die uitdagings binne die voortdurend veranderende veld van substansie te verstaan en doeltreffend daarop te reageer, belê Toevlug doelbewus in opleiding. Hierdie belegging in mensepasiënte sowel as personeel bevorder professionele groei, versterk die gehalte van ons dienslewering en dra by tot die volhoubaarheid van die sentrum en die verwesenliking van ons visie: "Set Free to Live."

PG Dip Addiction Care - Universiteit van Stellenbosch

Die volgende personeel/konsultante het reeds hul PG Dip aan die Universiteit van Stellenbosch voltooi:

- Me. Z. Hansen (Sielkundige)
- Me. N. van Deventer, Me. M. Visagie, Me. L. Fundzo (Maatskaplike Werk)
- Me. T. Rossouw (Bestuurder)

Die volgende persone is besig met hul Nagraadse diploma in Verslawingsorg:

- Me. Amber Smith (Maatskaplik),
- Me. L. Fernandez (Maatskaplik)
- Me. A. Harebottle (Arbeidsterapeut)

Addiction Academic Meeting

Personeel woon die maandelikse lesings by wat aangebied word onder die leiding van Dr. L. Weich van Stikland hospitaal.

Al die terapeutiese personeel is lede van **ISSUP**. Personeel voltooi ook die aanlyn **UTC** kursusse.

Fokusopleiding vir 2025/2026

In die boekjaar is twee behoeftes geïdentifiseer deur die multidissiplinêre span wat deur in diepte opleiding aangespreek is, nl:

- Opleiding: Identifisering en behandeling van **dobbel verslawing**
- DBT: **Dialectical Behaviour Therapy**

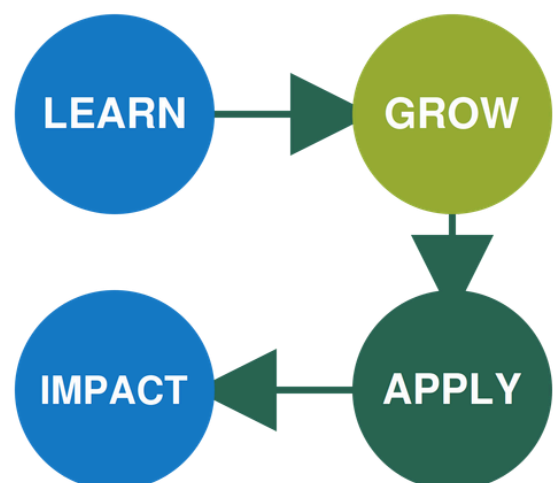
SANCA Opleiding

- Die terapeutiese span het die "Power of Purpose" opleiding bygewoon.
- Personeel het ingeskakel by die opleiding van die "I Can" projek en deurlopende supervisie ontvang.

Ander terapeutiese opleiding

- Trauma Informed Workshop
- Sexual Offenses Act & Domestic Violence
- Trauma volunteer training

FROM LEARNING TO IMPACT



**UNDERSTANDING THE CHALLENGE
BEGINS WITH EQUIPPING THE PEOPLE
WHO RESPOND TO IT.**

OUR CONTINUUM OF SERVICES

FROM PREVENTION TO RECOVERY

OUR SERVICES



Treatment

INPATIENT TREATMENT

Youth | Adult

OUTPATIENT TREATMENT

Youth | Adult

COMMUNITY BASE

Youth | Adult



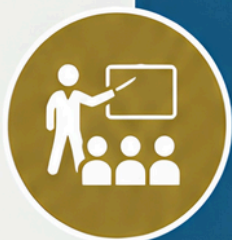
Drug Testing

RAPID TESTING



Screenings

ASSESSMENT: SEVERITY OF SUBSTANCE USE PROBLEM
SCREENINGS AND BRIEF INTERVENTIONS
MENU OF TREATMENT OPTIONS



Awareness and Prevention

INFORMATION SESSIONS

EXHIBITIONS / WELLNESS DAYS

SANCA PREVENTION PROGRAMS – PUPPETS

SANCA 'I CAN' EARLY INTERVENTION PROGRAM



Special Programs

SANCA 'TAKE A BREATH' – SMOKING CESSATION
SUBSTANCE WORKPLACE PROGRAMS



Support Groups

REFERRALS TO SUPPORT GROUPS
ZOOM SUPPORT GROUP MEETINGS



Training and Research

TRAINING IN SUBSTANCE USE DISORDERS
UKWANDA STUDENTS, OTHER
SACENDU AND OTHER RESEARCH



INPATIENT TREATMENT

STABILISE | HEAL | DEVELOP | PREPARE FOR LIFE

UNDERSTANDING
THE CHALLENGE
GUIDES OUR
RESPONSE

Toevlug Centre is registered with the Department of Social Development according to the Prevention of and Treatment for Substance Abuse Act, 2008 (Act 70 of 2008) for the following services:



Inpatient Treatment

Section 19(3) to accommodate a maximum of 80 clients (63 adult males and adult females and 17 adolescent males between 13 and 17 years).



Outpatient Treatment Services

Worcester. For adult and adolescent males and females.



Community-Based Treatment Services



Prevention Services

The Centre is licensed at the Department of Health to render detoxification services.

The Centre is registered with **SANCA National**.

Toevlug Centre offers two separate inpatient programs:



Youth Program

Adolescent males (13 – 17 years)



Adult Program

Adult males and females

Both inpatient programs extend over a treatment period of five weeks.

Provision is made for the full spectrum of substance use disorders and includes prescription and over-the-counter medication.

The programs consist of specifically scheduled activities provided by therapists from the disciplines of Social Work, Occupational Therapy, Creativity, Psychology, Medical/Nursing, and Pastoral Care.



ADMISSION ASSESSMENT

Admission assessment takes place within 24 hours of the patient's admission.



MEDICAL CARE

Provision is made for medical care in accordance with legislation.



PSYCHIATRIC DIAGNOSIS

Psychiatric diagnoses are assigned according to the DSM V. Evaluate for dual diagnosis.



CASEMANAGER

Patients are assigned a 'case manager' for the duration of treatment.



MULTIDISCIPLINARY TEAM

Results of comprehensive assessments are reviewed and communicated to the 'case manager' and the multidisciplinary team.



MOTIVATIONAL INTERVIEWING

Motivation sessions ('motivational interviewing') take place. Rapport is developed between the patient and the multidisciplinary team to help patients stay in the program for the full duration of treatment.



REVISION OF TREATMENT PROGRAM

Treatment program models are regularly reviewed and renewed in accordance with outcome-based research.



TOXICOLOGY

Urine tests are conducted on all patients on an ongoing basis and documented.



EDUCATION

Psychoeducation is provided for patients and their families. Health education, e.g. information on sexually transmitted diseases, cancer, etc., takes place.



THERAPY

Family therapy, individual therapy, group therapy, and lecture. Relaxation activities and creativity. Life skills and future planning. Relapse prevention activities are integrated into the treatment program.



SPECIAL NEEDS

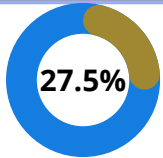
Interventions are appropriate in terms of the patient's age. Special services for patients with special needs, e.g. trauma counselling and services for pregnant women. 11

VOLWASSE BINNEPASIËNTE BEHANDEL

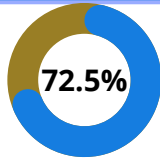
Aantal pasiënte opgeneem: 247

Primêre Afhanklikheid

Alkohol



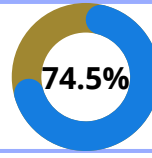
Dwelms



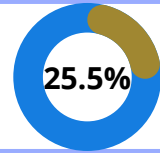
Die persentasie pasiënte wat hoofsaaklik van alkohol gebruik gemaak het, het die afgelope jaar gedaal van **29,5%** tot **27,5%**. Daarteenoor het die persentasie pasiënte wie se primêre middel dwelms was, toegeneem van **70,5%** tot **72,5%**.

Geslagsverdeling

Manlik



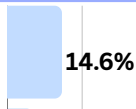
Vroulik



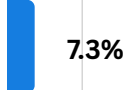
Die aantal vroue pasiënte behandel het gestyg in die afgelope boekjaar vanaf **24,8%** tot **25,5%**.

Bevolkingsverspreiding

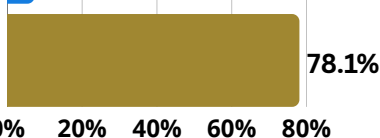
Black African



White



Coloured



Van die volwassenes wat gedurende die verslagjaar opgeneem is, was **14.6% Black African**, **7.3% White** en **78.1% Coloured**. Hierdie samestelling weerspieël dat Toevlug se dienste oop en toeganklik is vir mense uit verskillende gemeenskappe en agtergronde, ongeag ras of kultuur.

Indeling volgens betalingsmetode

Subs Vrywillige



Privaat



Mediese Fonds



Subs Gekommitteerd



Die indeling van pasiënte volgens betalingsmetode het gedurende die verslagjaar soos volg uitgesien: **56,7% gesubsidieerde vrywillige pasiënte**, **15% gesubsidieerde gekommitteerde pasiënte**, **17% privaat pasiënte** en **11,3% pasiënte wat deur mediese fondse gedek is**. Hierdie verdeling is in ooreenstemming met die vorige boekjaar. Vir die langtermyn **finansiële volhoubaarheid** van die sentrum is dit noodsaaklik om die opname van meer mediese fonds- en privaat pasiënte te verhoog, terwyl ons steeds toegang tot dienste vir gesubsidieerde pasiënte verseker.

Geografiese Verspreiding

Wes-Kaap



Oos-Kaap



NNoord-Kaap



Gauteng



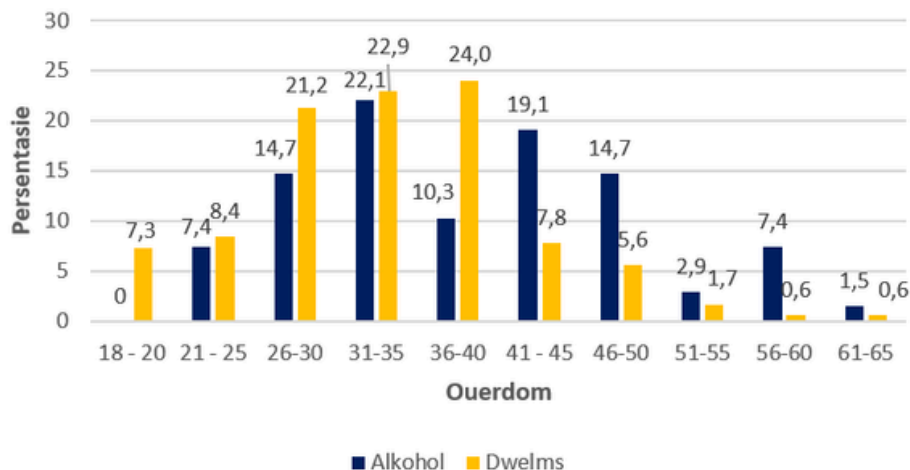
Aantal kinders geraak: 236



Gedurende die verslagjaar is 236 kinders direk geraak deur hul ouers se afhanklikheid. Hierdie werklikheid onderstreep die verreikende impak van middelafhanklikheid op gesinne en die noodsaaklikheid om kinders en gesinne saam met die individu te ondersteun.

VOLWASSE BINNEPASIËNTE BEHANDEL

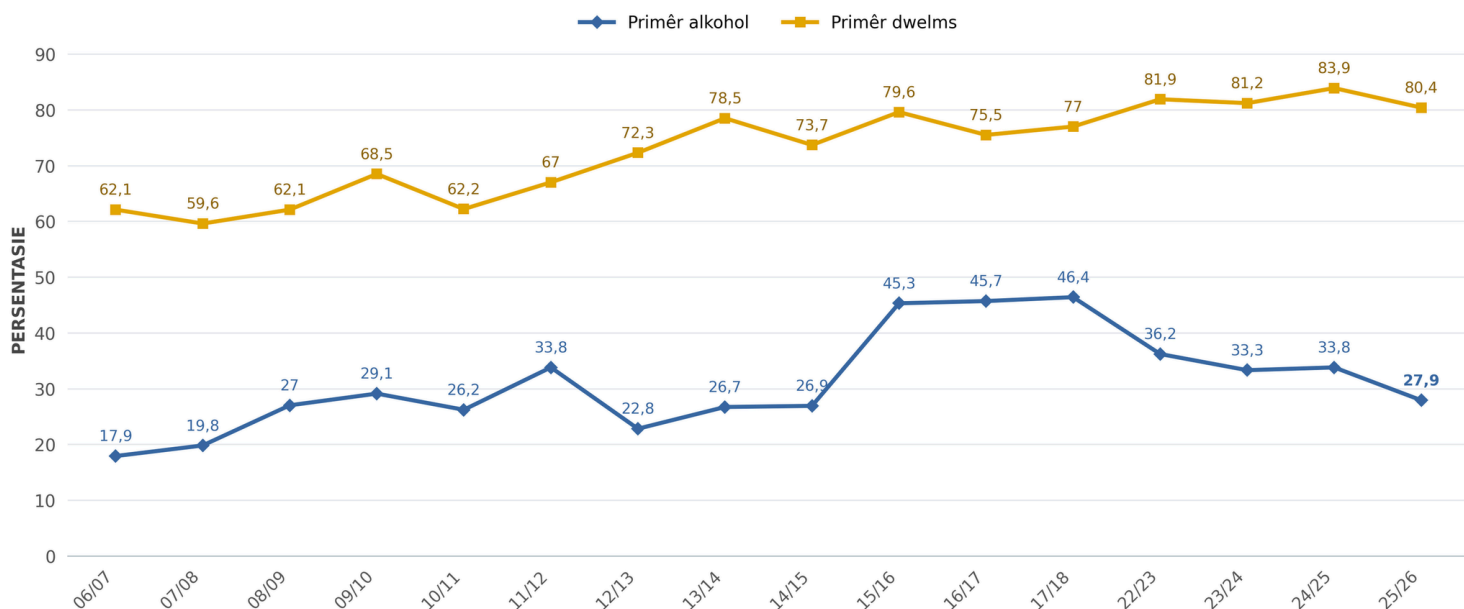
Ouderdomsverspreiding



Die dwelmafhanklikes op die volwasse program was oor die algemeen jonger as die alkohol afhanklikes. **59,8%** van die dwelmafhanklikes was 35 jaar en jonger, terwyl slegs **44,1%** van die alkohol pasiënte in hierdie groep was. 11,8% van die alkoholaafhanklikes was ouer as 51 jaar, terwyl slegs **2,8%** van die Primêr Dwelmafhanklikes in hierdie kategorie val.

Verskillende ouderdomme.
Verskillende uitdagings.
Dieselfde behoefte aan hoop.

WERKLOOSHEID



In die 2025/26-boekjaar was 163 van die 247 pasiënte (**66,0%**) werkloos. Onder pasiënte met alkohol as primêre middel was 19 van 68 (**27,9%**) werkloos: **61,1%** van die vroue en **16,0%** van die mans in dié groep. Onder pasiënte met dwelms as primêre middel was 144 van 179 (**80,4%**) werkloos: **93,3%** van die vroue en **76,1%** van die mans in dié groep.

VERSTAAN DIE UITDAGING

Werkloosheid is meer as 'n syfer.

Hoë werkloosheid beïnvloed die bekostigbaarheid van behandeling en die sentrum se inkomsteprofiel. Dit beperk toeganklikheid vir pasiënte wat finansiële behandeling kan bekostig nie. Daarom moet ons program verder strek as herstel alleen, met 'n sterker fokus op werksvoorbereiding, vaardigheidsontwikkeling en herintegrasie.



HERSTEL

Nugterheid lê die fondasie.



VAARDIGHED

Nuwe kennis en praktiese vaardighede bou selfvertroue.



GELEENTHEDE

Toegang tot werk en inkomstegenerering.



HERINTEGRASIE

Deelname aan gemeenskap, 'n beter toekoms.

VOLWASSE BINNEPASIËNTE BEHANDEL

Die onderstaande tabel gee 'n uiteensetting van wat die persone behandel beskou het as hulle Primêre middel. Die meerderheid (**40,5%**) van alle pasiënte behandel se Primêre middel was tik. Neem in ag dat die meeste persone nie slegs een middel gebruik nie, maar 'n kombinasie van middels.

Primêre Middel van Gebruik	Manlik	Vroulik	Totaal	%
Alkohol	50	18	68	27,5
Heroïen	5	2	7	2,8
Kokaïen	5	1	6	2,4
Dagga, Mandrax	12	4	16	6,5
Dagga	26	5	31	12,6
Mandrax	8	6	14	5,7
Kalmeermiddels, Pynstillers	3	2	5	2,0
Tik	75	25	100	40,5
Totaal	184	63	247	100

Die onderstaande tabel gee 'n uiteensetting van al die middels wat die persone behandel gebruik het. Die meerderheid (**59,5%**) van alle pasiënte behandel, het tik (metamfetamien) gebruik.

Uiteensetting van alle middels gebruik	Manlik	Vroulik	Totaal	%
Alkohol	65	25	90	36,4
Heroïen	6	3	9	3,6
Kokaïen	11	2	13	5,3
Dagga	84	21	105	42,5
Mandrax	76	31	107	43,3
Tik	111	36	147	59,5
Kalmeermiddels/Pynstillers	5	2	7	2,8

Geld spandeer op middels

Die onderstaande uiteensetting gee 'n aanduiding van die gemiddelde bedrag wat pasiënte spandeer het aan afhanklikheidsmiddels. Die inligting word deur die pasiënte verskaf tydens hul voorassesseringsonderhoude, die moontlikheid van minimalisering of oordrywing van inligting kan dus voorkom. Opvallend in die boekjaar is die klein verskil tussen die primêr alkohol en en primêr dwelmgroep.



Nasorg via WhatsApp: Volwasse Program

Die WhatsApp-foon is ingestel as 'n brug tussen die sentrum en ons voormalige pasiënte. Die doel hiervan is om kontak te behou en vir persone die geleentheid te bied om terugvoer te gee oor hoe dit met hulle gaan, watter uitdagings hulle ervaar, en watter ondersteuning hulle moontlik benodig. Wanneer probleme na vore kom, verwys ons hulle na hul nasorgwerkers of ander toepaslike rolspelers in die gemeenskap wat kan bystaan. Net so deel ons ook in die vreugde van herstel – foto's van families wat weer saam kuier en braai, individue wat nuwe werk kry, en ander positiewe mylpale wat hul vordering en groei uitbeeld. Hierdie foon dien dus nie net as 'n kanaal vir hulp nie, maar ook as 'n viering van hoop en sukses.

Deur die WhatsApp-foon kon ons in die boekjaar waardevolle kontak behou met 258 persone, en só deel wees van hul uitdagings, maar ook van hul oorwinnings en vreugdes.

Inskakeling op die program: Laaste week van Behandeling

In die laaste week van behandeling word families en ander betekenisvolle persone uitgenooi om by die proses aan te sluit. Hierdie deelname bied aan hulle die geleentheid om self terapeutiese ondersteuning te ontvang en saam met die pasiënt gesamentlike sessies by te woon wat fokus op die pad vorentoe. Die program sluit af met 'n afsluitingsseremonie waar families kan inskakel om die suksesvolle voltooiing van die behandeling te vier. Hierdie seremonie skep nie net 'n gevoel van trots en erkenning nie, maar versterk ook die verbintenis tussen pasiënte en hul ondersteuningsnetwerk vir die uitdagings en geleenthede wat ná Toevlug op hulle wag.

In die laaste week van behandeling het 63 families en betekenisvolle persone saam met pasiënte ingeskakel.

Voorligting op dag van opname Volwasse Program

Op die Maandag van 'n pasiënt se opname word daar 'n voorligtingssessie aangebied aan hul families en betekenisvolle persone in hul lewe.

Die doel van hierdie geleentheid is om emosionele ondersteuning te bied, 'n veilige ruimte te skep waar hulle hul vrae en bekommernisse kan deel, en hulle te oriënteer en gerus te stel oor die behandelingstydperk wat voorlê.

Tydens die sessie verduidelik die terapeut hoe kontak met die pasiënt en die sentrum gehandhaaf kan word, asook hoe die inskakeling van families in die laaste week van behandeling plaasvind.

Die sessie dien ook as 'n belangrike geleentheid om kollaterale inligting in te samel wat bydra tot die pasiënt se behandelingsplan. Ongelukkig kan nie alle families hierdie sessies bywoon nie, aangesien finansiële beperkings en werksverpligtinge dikwels die deelname bemoeilik.

Gedurende die boekjaar kon 73 families en betekenisvolle persone deur ons voorligtingssessies tydens opname bereik word.

Eie aanmeldings

Benewens verwysings uit die gemeenskap en ander instansies, ontvang Toevlug ook **eie aanmeldings** – persone wat self ons deure instap in soeke na hulp. Wanneer iemand hom- of haarself aanmeld, word daar 'n assessering gedoen om die aard en omvang van die probleem vas te stel. Op grond hiervan bepaal ons saam met die individu watter hulpverlening die mees geskikte is – hetsy binne die sentrum se programme of deur verwysing na ander toepaslike dienste.

Gedurende die verslagjaar het 118 individue hulle eie aanmelding gedoen en om ondersteuning by Toevlug aansoek gedoen. 15

From Brokenness to Freedom

From addiction to healing, hope and a new way of life

Before Toevlug

I grew up in what seemed like a normal home, where alcohol was part of every weekend. I had my first beer at 13, and it felt amazing - but that was the start of numbing my pain.

Over the years, drinking became heavier, until I was blacking out and losing memory of entire nights. About seven years ago, I was introduced to drugs. At first it was social, then weekends, then midweek until Sunday without sleep. Eventually, I needed drugs just to get through the day. My health, my relationships, and my spirit were broken.

My rock bottom came when I was suspected of using at work. I denied it, manipulated, and got angry — but deep down I was tired of living that way. In that moment, I found the courage to admit the truth and ask for help.

My Experience of the Program

Walking into Toevlug was terrifying. I didn't know what to expect, but I knew I couldn't go on as I was.

The program gave me structure, tools, and most importantly, hope.

Through group sessions, counseling, and learning about addiction, I began to understand myself better. I realized that recovery wasn't just about stopping drugs - it was about healing the pain I had been numbing for years. The staff and fellow patients showed me compassion and accountability, and I started to believe that change was possible.

How I Have Changed

Since entering treatment, I have changed in ways I never thought possible.

I've learned **honesty** - with myself and others. I've learned **humility** - that I cannot do this alone. And I've learned **responsibility** - to take ownership of my choices. I am no longer the broken person who only lived to get high. Today, I am someone who **values life, health, and connection.**

What I Am Most Proud Of

I am proud that I **admitted** I had a problem. That moment of honesty saved my life. I am proud that I completed treatment and that I continue to live clean, one day at a time. I am proud of the trust I've rebuilt with my family, my workplace, and myself. Most of all, I am proud that I can now stand as an example of **hope** for others who are still suffering.

My Message to Someone Struggling

If you are struggling with substance use, I want you to know this: **you are not alone.** I know the fear of admitting the truth, the shame of feeling powerless, and the hopelessness of thinking nothing will change. But reaching out for help was the best decision I ever made.

Recovery is not easy, but it is worth it. If you take that first step - admitting you need help - you open the door to a new life. Just for today, you don't have to use. And if you keep choosing that, one day at a time, you will find freedom too.



Daar is Hoop

Ek kon wegstap van 'n lewe wat my gevange gehou het...

My naam is Werner (Skuilnaam)

Drie jaar gelede het ek die deure van Toevlug ingestap. Vandag kan ek met dankbaarheid sê dat ek sedertdien sober is.

Met die hulp van **Toevlug** en, bo alles, deur die genade van **God**, het ek vyftien lang jare van dwelmmisbruik agter my gesit.

Ek kon uiteindelik wegstap van 'n leefwyse wat my vir so lank gevange gehou het.

As ek terugkyk, besef ek dat oor tyd het my middelmisbruik al hoe erger geword. My optrede het my ouers en familie baie seergemaak. Daar het 'n tyd gekom waar hulle nie meer geweet het hoe om my te hanteer nie. Ek was op 'n baie donker plek in my lewe. Ek kon nie eens my ouerhuis betree sonder toestemming nie.

Toe ek by Toevlug aankom, was ek gebroke. Ek het nie meer kans gesien om die lewe in die oë te kyk nie. **Maar by Toevlug is ek ontvang met waardigheid, liefde en respek.**

Daar het ek geleer om weer nader aan my Maker te beweeg. Ek is weer bewus gemaak van die goeie dinge in die lewe. Ek het geleer om verantwoordelikheid vir myself en my keuses te aanvaar. Ek het geleer dat die lewe roetine, struktuur en verantwoordelikheid nodig het.

Ek is opreg dankbaar vir Toevlug.

Ek was nie net 'n pasiënt by Toevlug nie. Toevlug het vir my 'n plek geword waar ek weer kon leer leef.

Wanneer jy die deure van Toevlug instap, hoop jy soms dat die tyd vinnig sal vlieg en dat die dag wanneer jy huis toe kan gaan, gou sal aanbreek. Maar wanneer daardie dag uiteindelik aanbreek, huil ons almal saam en wens ons ons kon nog net 'n bietjie langer bly.

Dit was vir my 'n absolute voorreg om my rehabilitasie by Toevlug te ontvang.

Vandag maak ek beter en meer ingeligte keuses. Ek dink voordat ek reageer. Ek dink voordat ek besluite neem. Ek leer om nie meer op elke situasie impulsief te reageer nie.

Vandag het ek 'n vaste werk. Ek leef in harmonie saam met my ouers en familie. Die verhoudings wat eens deur my keuses beskadig is, is vandag vir my kosbaar.

My keuses vandag is daarop gerig om my 'n beter mens te maak as die mens wat ek gister was.

Ek weet nou dat herstel nie beteken dat alles oornag perfek word nie. Dit beteken om elke dag beter keuses te maak, verantwoordelikheid te aanvaar en aan te hou vorentoe beweeg.

DANKBAARHEID!

*Ek is dankbaar vir waar ek vandag is.
Ek is dankbaar vir my ouers en familie.
Ek is dankbaar vir Toevlug.
En ek is dankbaar vir God wat my deur
hierdie reis gedra het.
Alles in goeie tyd.*



What the Addiction Stole, Recovery Restored



Loved and Trusted

I don't know where to even begin I used heroin
buttons and tik for 22 years.

From someone who had it all I lost it all I went to
about 14 rehabilitation centres, but nothing helped. I
Went in and out of Pollsmoor.

I then ended up living on the streets for many years.
My children were taken away from me. My best
friend, my mother passed away. I was broken and
alone.

One day I woke up living in a bush I looked around
and realized that I wanted more for my life. I reached
out to my sister. The next week I went to Toevlug.

I remember sitting on the bed in the ladies' room and
I told myself that this was going to be my last time in
a rehabilitation centre.

In Toevlug I was introduced to the Lord. Today I can
tell you that I'm a Christian. I have my kids back living
with me. I have a job.

Today everything that addiction stole from me, I have
it back.

**I'm loved and trusted by people again
I'm going on 4 years clean by the grace of God.**

Believe in yourself and take note of what they are
telling you in Toevlug they managed to save my life. I
will always be grateful

It's not Worth it

We might think - now that we made it
It's done
But not yet - it can't be over it's now that
the work has begun

Triggers and invites and friends and drugs
We cannot go back - can't even try once
it's not worth it
I'm sure you know
It's not worth it
Whilst high we cannot grow

We must rebuild and fix what we broke
When we were high we did not think
before we spoke
Finances were ruined and jobs were lost
When we were using - we didn't know the cost

. Triggers and invites and friends and
Drugs
We cannot go back - can't even try once
It's not worth it
I'm sure you know
It's not worth it
We need sobriety in order to grow

-Poem by patient_



UNDERSTANDING THE CHALLENGE

Helping young people piece together their future



UNDERSTANDING THE CHALLENGE

— Building a road to resilience —

CHALLENGES IDENTIFIED



Individual needs



Family relationships



Trauma



Need for referral to a psychologist or pastoral counsellor



Self-image



Peer pressure



Variety of presenting concerns



Individual Development Plan



Need for family therapy



Assessment

HOW THE PROGRAMME RESPONDS



Individual sessions



Group sessions

- Orientation and rules
- Bridge Model
- Self-portrait
- Information on substance use disorders



Insight and motivation

- Stress management
- Relaxation therapy
- Choices
- Emotions
- Physical damage
- Cross-addiction
- Problem-solving
- Leisure activities



Day planning

- Conflict management
- I-message
- Aggression
- Communication
- Making new friends
- Peer pressure and temptations
- Triggers and cravings
- Five general challenges in recovery



Family roles

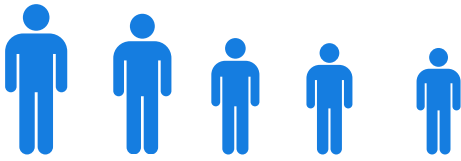
- Negative effects of substance use
- Equal but different
- Boosters and busters
- Relapse prevention
- Aftercare
- Programme evaluation



— INPATIENT YOUTH PROGRAMME —

JEUGPROGRAM

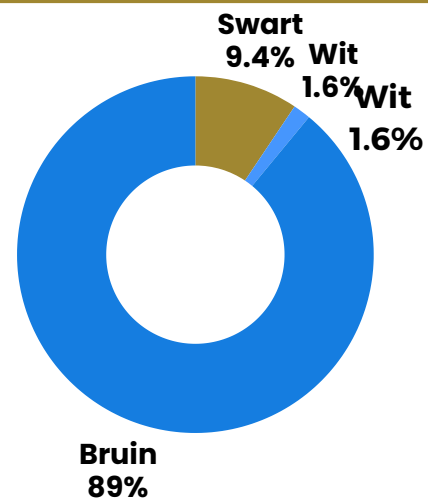
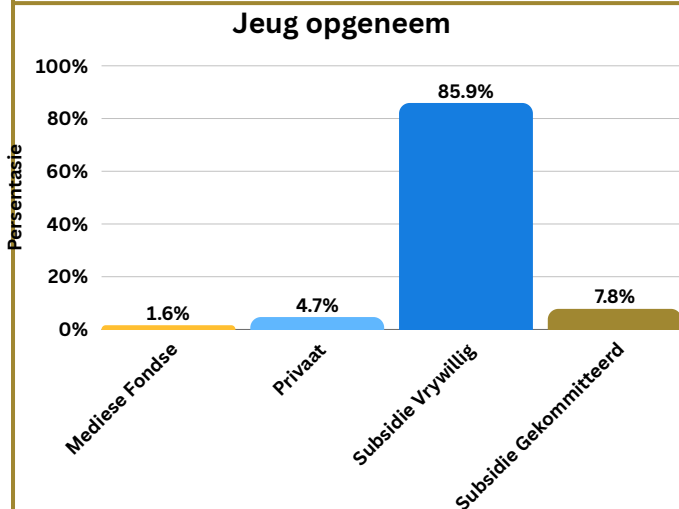
AANTAL JEUG BEHANDEL: 64



Slegs seuns tussen die ouderdom van 13 - 17 jaar.

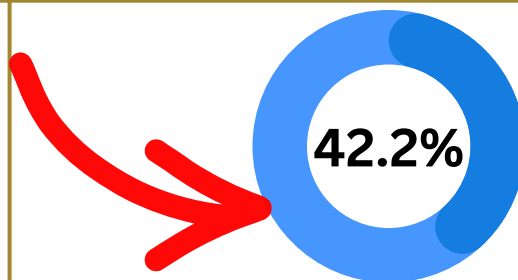
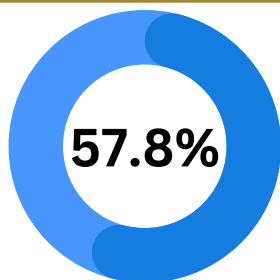
Kategorie Indeling

Bevolkingsamestelling



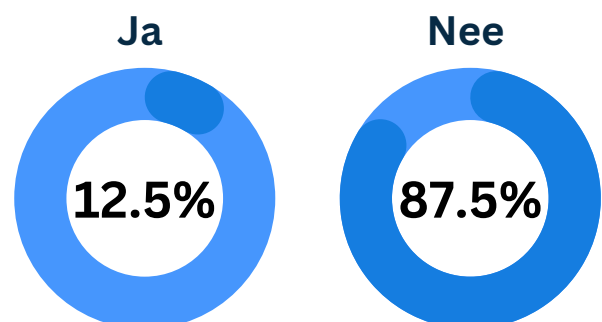
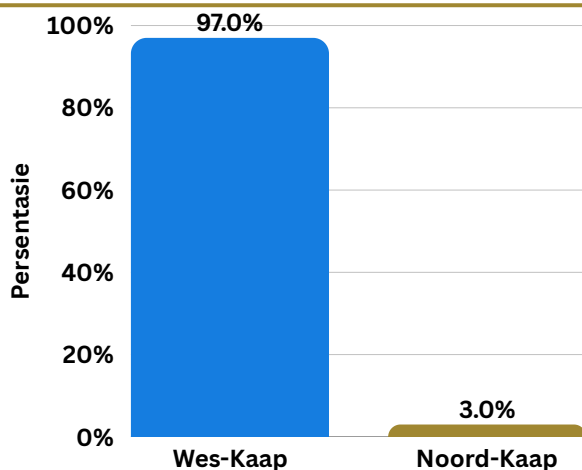
Skoolgaande

Nie Skoolgaande



Geografiese Verspreiding

Vorige Behandeling



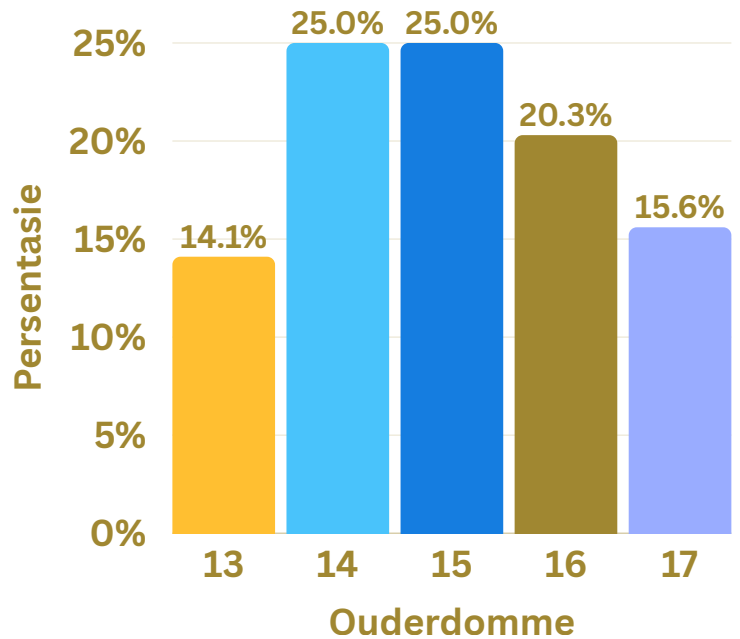
JEUGPROGRAM

Ouderdomsverspreiding

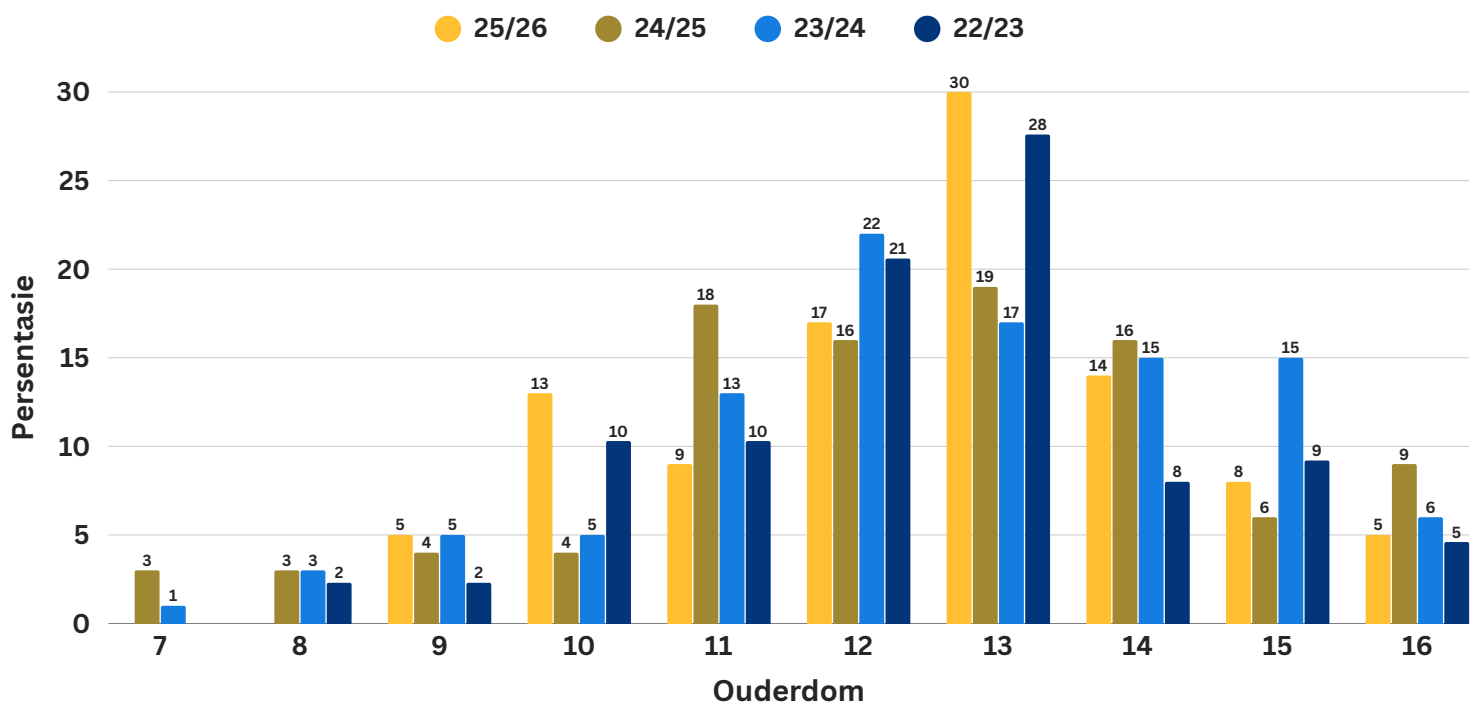
Die ouderdomsverspreiding van die jeugdiges wat gedurende die verslagjaar by Toevlug opgeneem is, wys dat die grootste groep steeds in die middel-adolessente jare val.

Die data toon dat die meeste pasiënte tussen **14 en 16 jaar oud** is, met kleiner groepe in die jonger (13 jaar) en ouer ouderdomsgroepe (17 jaar).

Hierdie tendens bevestig die belangrike rol van vroeë intervensie in 'n lewensfase waar jongmense besonder kwesbaar is vir groepsdruk, eksperimenteer met middels en gedragsrisiko's. Dit onderstreep die noodsaak van 'n gestruktureerde jeugprogram wat beide behandeling en voorkoming integreer.



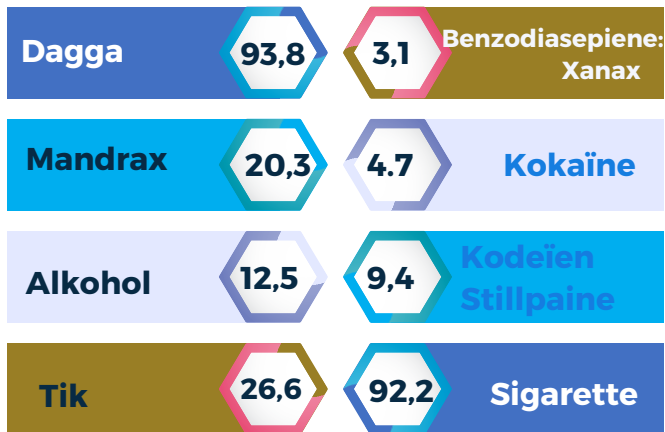
Ouderdom waarop jeudiges begin het om middels te gebruik



Die bostaande grafiek gee 'n uiteensetting van die **ouderdom** waarop die jeugdiges begin het om middels te gebruik oor vier boekjare. Die vergelyking van die vier afgelope boekjare toon 'n konsekwente patroon waarvolgens die grootste groep jeugdiges reeds tussen die ouderdom van 11 en 13 jaar met middelgebruik begin. Hierdie tendens het in 2025/2026 onveranderd gebly en dui op 'n voortgesette hoë risiko in die vroeë adolessente fase. Alhoewel daar geringe verskuiwings tussen die jare voorkom, bevestig die data dat vroeë aanvang van gebruik 'n oorheersende en volgehoue uitdaging bly.

Die persentasie jeugdiges wat eers later, tussen 15 en 16 jaar, begin gebruik het, bly relatief kleiner. Hierdie volhoubare neiging beklemtoon die noodsaaklikheid dat voorkomings- en opvoedingsprogramme reeds voor die hoërskoolfase geïmplementeer moet word, sodat kinders bereik word nog voordat hulle die kritieke risiko's betree.

Middelgebruikspatrone onder jeugdiges behandel



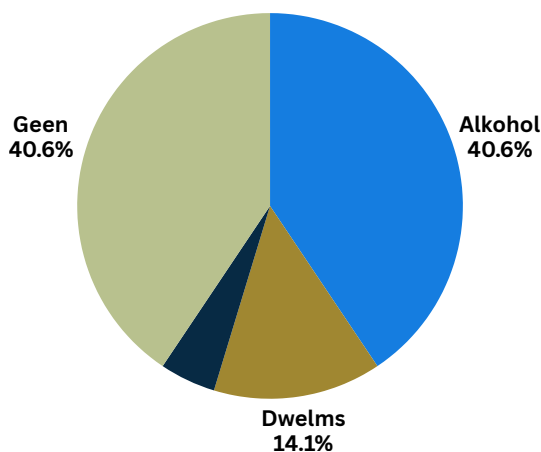
WAT BETEKEN DIT VIR VOORKOMING?

- **BEGIN VROEG**
Voorkomingsprogramme moet jeugdige bereik voordat eksperimentele gebruik 'n gevestigde patroon word.
- **KYK VERDER AS DAGGA**
Die hoë voorkoms van nikotiengebruik en die toename in tikgebruik moet spesifiek aangespreek word.
- **BETREK GESINNE EN SKOLE**
Ouers, versorgers en opvoeders moet gehelp word om waarskuwingstekens vroeg te herken en toepaslik op te tree.

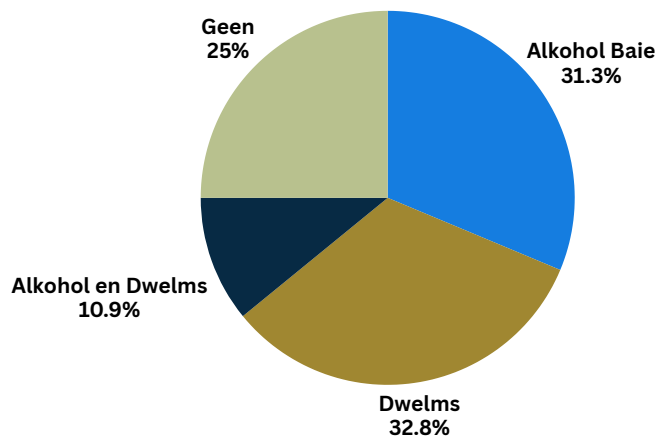
Die ontleding bevestig dat dagga steeds die middel is wat die meeste deur jeugdige gebruik word. Die besonder hoë gebruik van sigarette en ander tabak- of nikotienprodukte dui verder op 'n vroeë en reeds gevestigde patroon van verslawingsgedrag. Die merkbare toename in **tikgebruik** is veral kommerwekkend, aangesien die gebruik daarvan op 'n jong ouderdom met ernstige psigologiese, sosiale en gedragsgevolge gepaard kan gaan. Die voorkoms van **Mandrax, alkohol, kokaïne, kodeïenbevattende** pynmedikasie en bensodiasepiene soos Xanax bevestig dat die middelgebruikspatrone van jeugdige uiteenlopend is en voortdurend gemonitor moet word. Hierdie bevindinge beklemtoon die noodsaaklikheid van vroeë intervensie, toepaslike voorkomingsboodskappe en behandeling wat die jeugdige se volledige middelgebruikspatroon in ag neem.

Middelgebruik van ouers

Substansgebruik: Ma



Substansgebruik van Pa



Die data toon dat substansgebruik ook binne die gesinsomgewing van 'n beduidende groep jeugdige voorkom. Alkohol- en dwelmgebruik onder ouers beklemtoon die komplekse omgewingsfaktore waaraan sommige jeugdige blootgestel word en bevestig die belangrikheid van 'n gesinsgerigte benadering tot voorkoming en behandeling.

Geld Spandeer op middels

Jeugdige het aangedui dat hulle gemiddeld ongeveer **R1 291** per maand aan dwelms bestee. Hoewel selfgerapporteerde bedrae nie noodwendig 'n presiese weerspieëling van werklike besteding is nie, bied dit 'n belangrike aanduiding van die omvang van die finansiële impak van substansgebruik onder jeugdige.



Wie verwys die jeugdiges?

Die grootste gedeelte van die jeugdiges is deur die Departement van Maatskaplike Ontwikkeling (42,2%) en welsynsorganisasies (34,4%) verwys. Die Veld van Alkohol en Dwelms (14,1%) vorm die derde grootste bron van verwysings, met kleiner getalle wat deur die Departement van Onderwys, City of Cape Town, privaat praktyke en kerke/moskees verwys is.

Die verwysingsprofiel beklemtoon dat behandeling nie in isolasie plaasvind nie. Goeie voorbereiding vóór opname, asook voortgesette ondersteuning en nasorg ná ontslag, vorm 'n belangrike deel van die herstelproses. Sterk samewerking met verwysers en ander diensverskaffers is daarom noodsaaklik om kontinuïteit van sorg te bevorder.

DIE HERSTELPAD

SAAM • VANDAG • VIR MÔRE



VOORBEREIDING

Verwysers en diensverskaffers help met identifikasie, motivering en voorbereiding vir behandeling.



BEHANDELING

Toevlug bied 'n veilige, ondersteunende omgewing waar verandering kan begin.



NASORG

Voortgesette ondersteuning deur verwysers en gemeenskapsdiensverskaffers help om volhoubare herstel te bevorder.

Herstel begin vóór opname en eindig nie by ontslag nie.

DANKBAAR

MENSE • VERANDERING • HOOP



'n Ouer se woorde

“My child has changed a lot in a good way, thanks to Toevlug. He can now even do house chores and do his school work and his behaviour is good. Your job is marvellous, God bless you. Thank you very much from the bottom of my heart.”



'n Jeugdige se woorde

“Ek is dankbaar vir Toevlug dat hulle altyd vir ons 'n bordkos en warm bed kon aanbied. Ek is dankbaar vir die toesighouers wat ons dag en nag beskerm het. Ek is dankbaar dat ons voogde en maatskaplike werkers altyd daar was as ons hul nodig gehad het. Ek is dankbaar vir Toevlug dat ek my lewe kon verander het. Ek is dankbaar vir al die klasse wat ons bygewoon het wat ons baie dinge geleer het.”



'n Ouer se woorde

“Liewe Toevlug families. Baie dankie vir wat jul vir ons familie beteken het en ook vir Baie ander. Toevlug was nie net vir ons n rehabilitasie sentrum nie, maar n plek van hoop, genesing en n nuwe begin. Jul het ons gehelp om weer heel en een te word in familie. Julle het nie net een lewe verander nie, maar n hele familie gered. Ons sal jul altyd dankbaar wees. Baie dankie, Toevlug.”



MENSE
VERANDERING
NUWE BEGIN
BETER TOEKOMS

OUTPATIENT PROGRAM

SUPPORTING RECOVERY IN THE COMMUNITY

UNDERSTANDING THE CHALLENGE

Different people.
Different circumstances.
The same need for hope.

Toevlug's outpatient and community-based programmes offer a **valuable and effective** approach to treating substance use disorders, especially for those in the early stages of addiction. They provide a balanced mix of flexibility, accessibility and support, enabling individuals to recover within their own communities while maintaining their daily lives. Investing in these programmes can lead to **healthier populations**, reduced long-term costs, and a more supportive and resilient community fabric.



**SET FREE
TO LIVE.**

PEOPLE • SUPPORT
COMMUNITY • HOPE



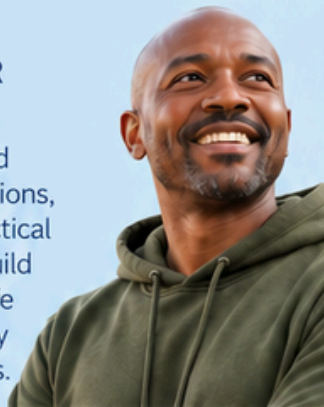
UNDERSTANDING THE CHALLENGE

means recognising that recovery does not look the same for everyone.

ADULT PROGRAM

18 YEARS AND OLDER

The adult program focuses on behaviour change, life skills and relapse prevention. Group sessions, individual counselling and practical support help participants to build a healthier, more meaningful life while fulfilling their work, family and community responsibilities.



- Group and individual counselling
- Life skills and coping strategies
- Relapse prevention
- Support with work, family and daily responsibilities

YOUTH PROGRAM

UP TO 17 YEARS

The youth program offers a safe and supportive space where young people can make better choices, develop their potential and rebuild hope for the future. Sessions are age-appropriate and focus on emotional regulation, life skills and school reintegration.



- Age-appropriate group sessions
- Emotional regulation and coping skills
- Life and social skills
- Support with school and future goals



FAMILY INVOLVEMENT

Families play a vital role in the recovery journey. We involve families through guidance sessions, communication support and practical tools to strengthen relationships and create a supportive home environment.

- Family guidance and support
- Improved communication
- Stronger relationships
- A more supportive home environment



COMMUNITY INTEGRATION AND CONTINUITY OF CARE

We work closely with schools, social workers, welfare organisations and other community partners to ensure continuous support. Our goal is to help each participant maintain progress after the program and build a meaningful, drug-free life in the community.

- Collaboration with community partners
- Referrals and follow-up support
- Access to additional services
- A smoother transition to everyday life

**STRONGER
TOGETHER**

HEALTHIER PEOPLE
BRIGHTER COMMUNITIES

SUPPORT • CONNECTION • OPPORTUNITY



OUTPATIENT PROGRAMME

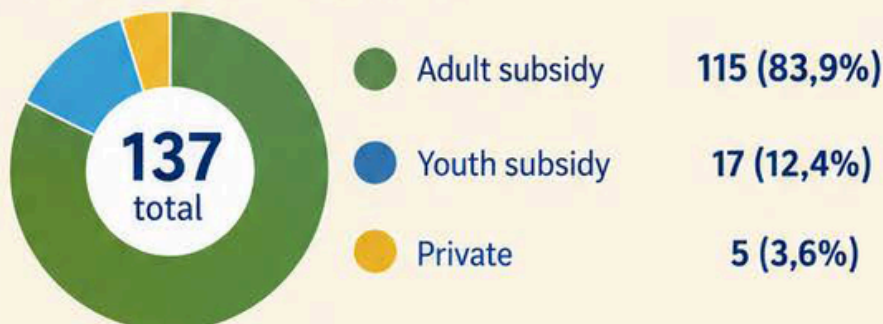
AT A GLANCE

UNDERSTANDING THE CHALLENGE

Different people.
Different circumstances.
The same need for hope.


**TOTAL
ADMISSIONS**
137

ADMISSION CATEGORY



GENDER DISTRIBUTION



DEMOGRAPHIC DISTRIBUTION



PRIMARY SUBSTANCE USED



AGE DISTRIBUTION



OCCUPATION



Baie Dankie

Vir die Buitepasiënte Program

Ek het vir 36 jaar gedrink. Ek het my familie baie teleurgestel en vriende in die proses verloor. Ek het ook my werk verloor. Ek het gedink dat ek nie 'n probleem het nie. Ek het net die Rehabilitasie proses gedoen om my werk terug te kry.

Tydens die program het my siening verander. Ek het dit vir myself gedoen. Ek was ontnugter vir die feite rondom dit. Vriende wat vir 30 jaar my vriende was, was nooit my vriende nie.

Ek het myself ondersoek en geskrik vir dit wat ek gesien het tydens die praat sessies by my terapeut.

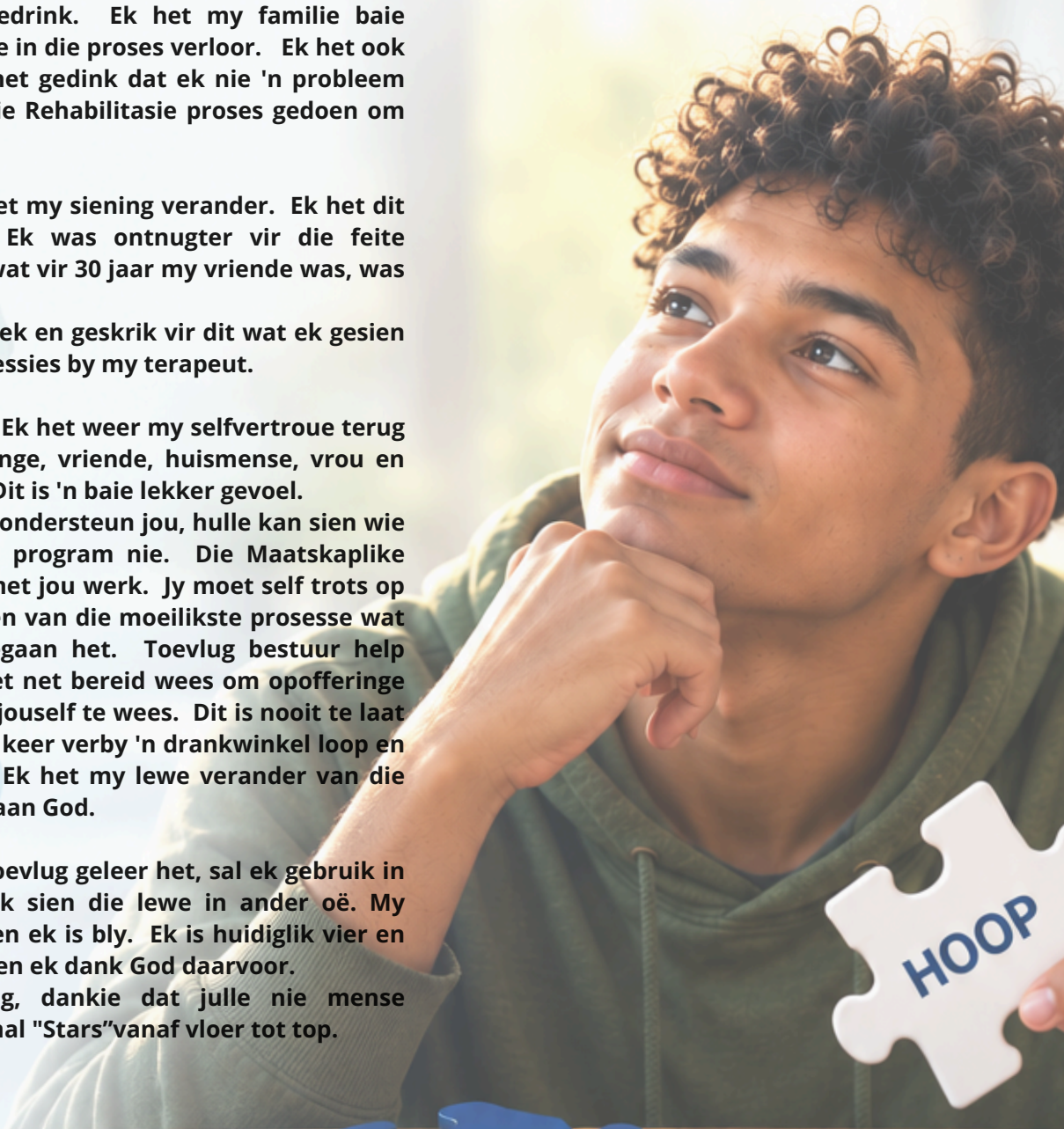
My oë het oopgegaan. Ek het weer my selfvertroue terug gekry. Mens se sieninge, vriende, huismense, vrou en kinders het verander. Dit is 'n baie lekker gevoel.

Die mense by Toevlug ondersteun jou, hulle kan sien wie is nie ernstig oor die program nie. Die Maatskaplike Werkers is goed wat met jou werk. Jy moet self trots op jouself wees. Dit is een van die moeilikste prosesse wat ek tot dusver deurgedaan het. Toevlug bestuur help geweldig baie. Jy moet net bereid wees om opofferinge te doen en eerlik met jouself te wees. Dit is nooit te laat nie. Ek kan die eerste keer verby 'n drankwinkel loop en is gevoelloos. Dood. Ek het my lewe verander van die ver van God na nader aan God.

Alles wat ek hier by Toevlug geleer het, sal ek gebruik in alledaagse handel. Ek sien die lewe in ander oë. My siening het verander en ek is bly. Ek is huidiglik vier en 'n half maande skoon en ek dank God daarvoor.

Vir almal by Toevlug, dankie dat julle nie mense "judge" nie. Julle is almal "Stars" vanaf vloer tot top.

Anthony (Skuilnaam)



SANCA - I CAN PROJECT

To provide the best possible treatment for children with Substance Use Disorders, SANCA National developed the **I CAN project** consisting of four programmes:

1. Early Intervention Programme for Adolescents with a SUD (**I CAN Programme**)
2. Individual Counselling Programme for Adolescents with a SUD (**Together We Can**)
3. Workshop for Parents (**We Can Parents and Caregivers**)
4. Workshop for Educators (**We Can for Educators**)

Target Group

This programme is designed for school-going children, 13 to 17 years

Level of intervention

The programme has been designed as an **early intervention programme** focused on behaviour change.

With funding provided by **SANCA National**, Toevlug was able to implement the "I CAN" programme at Langerug School, reaching 22 **young participants**. The school was highly supportive, offering office space and allowing sessions to be presented during school hours. This ensured consistent attendance from all group members.

Contingency management was incorporated into the sessions, with small rewards such as sweets used to celebrate participation and completion. At the certificate ceremony, learners were further acknowledged with cake as a gesture of appreciation and encouragement.

Terugvoer deur "I can" Leerder

Wat ons uit die program geleer het, is dat baie mense in ons gemeenskap met verslawing sukkel en dat dit nie net die persoon self raak nie, maar ook almal rondom hulle.

Ons het gesien dat mense weer **hoop en selfvertroue** kan vind wanneer hulle die regte hulp aanvaar. Hierdie ervaring het ons geleer om meer **respek en begrip** vir ander te hê.

Ons kan dit wat ons geleer het, in die toekoms in die skool en breë gemeenskap toepas, ander aanmoedig om **gesonde keuses** te maak en te wys dat daar altyd hoop is.

Ons kan ander help deur te **luister en ondersteuning** te bied. Ons kan hulle aanmoedig om hulp by organisasies soos Toevlug te soek. Ons kan jongmense inspireer om sterk te bly en positiewe keuses te maak, sodat ons gemeenskap saam kan groei.

Toevlug het ons geleer dat elke mens **waardevol** is en dat ons saam sterker word wanneer ons mekaar ondersteun.

Toevlug het vir ons "tools" gegee wat ons saam met ons kan dra, soos **kennis, raad en wysheid**. Dit help ons om die **regte besluite te neem**, en so kan ons 'n verskil maak, nie net vir onself nie, maar ook vir ander.



SANCA eSBI Pilot Programme

CONCERNED ABOUT YOUR DRINKING?
Take the first step.

QUICK
Takes only a few minutes.

CONFIDENTIAL
Your answers are private and secure.

SUPPORTIVE
Personalised feedback and guidance.

Speak to a healthcare facilitator about eSBI screening.

011 892 3829 | info@sancaoffice.org.za | www.sancanational.info

SCREEN EARLY. SUPPORT EARLY. CHANGE EARLY.

The Need for Alcohol Screening

Alcohol misuse remains a major public health and social concern in South Africa. Harmful drinking, especially binge drinking, is linked to violence, road accidents, chronic illness, mental health problems, and premature death. It also places significant pressure on families, workplaces, communities, and public services.

Alcohol misuse can have a serious impact in the workplace, including employees reporting for duty under the influence, drinking during working hours, absenteeism, poor performance, and increased safety risks. South African workplace safety legislation requires employers to ensure that employees are not under the influence of alcohol while on duty.

How eSBI Can Help

The Electronic Screening and Brief Intervention (eSBI) tool provides a simple way to identify risky alcohol use early. Using the validated AUDIT screening tool, eSBI assesses an individual's drinking patterns and level of risk.

Participants receive immediate, personalised feedback about their alcohol use, possible health risks, and ways to reduce harm. The intervention also encourages individuals to set realistic goals and make healthier choices. Where necessary, participants can be referred for further treatment and support.

The SANCA eSBI Pilot Programme

To help address the impact of alcohol misuse, AB InBev has partnered with SANCA National to pilot the eSBI programme over eight months starting from May 2026 till December 2026 in the Western Cape. Trained SANCA Toevlug staff will visit participating workplaces and use electronic devices to screen employees, provide brief interventions, and make referrals where additional support is needed.

Toevlug looks forward to partnering with local businesses in implementing this important initiative. Through these partnerships, we aim to make early alcohol screening and brief intervention more accessible within the workplace, while supporting employers in promoting safer, healthier and more productive working environments. By identifying risky alcohol use early and connecting individuals with appropriate support, we can work together to strengthen employees, families and the wider community.

SBI
ELECTRONIC SCREENING AND BRIEF INTERVENTION

HAVE YOU TAKEN YOUR eSBI SCREENING?

SPEAK TO A HEALTH CARE FACILITATOR

BENEFITS OF CUTTING DOWN YOUR ALCOHOL INTAKE

- BETTER SLEEP
- HIGHER ENERGY
- BETTER RELATIONSHIPS
- BETTER WEIGHT LOSS
- BETTER MOOD
- SAVING MONEY
- IMPROVEMENT IN MEMORY
- REDUCES A WHOLE RANGE OF DISEASES

ALCOHOL DEPENDENCE IS A TREATABLE MEDICAL CONDITION
People who receive treatment can see their lives transformed and their health and well-being restored.

As soon as possible, please set up an appointment with a qualified healthcare provider for a confidential discussion about your drinking, the immediate steps you should take to protect your health, and which treatment option could work best for you.

YOUR NEAREST CENTRE

"I ONLY DRINK TO RELAX AFTER WORK."
That's how it starts for many people.

SBI
ELECTRONIC SCREENING AND BRIEF INTERVENTION

Stress, Pressure, Long days. Sometimes what feels "normal" slowly becomes risky.

The eSBI Project helps identify unhealthy alcohol habits early — before they become something bigger.

Confidential. Quick. Supportive.

TAKE THE FIRST STEP | **SCREEN EARLY, CHANGE EARLY** | **TALK TO SOMEONE** before alcohol starts taking for you. | **BECAUSE** IT'S EASIER TO RELAX CAN BECOME DEPENDENCE.

70 YEARS
OF HEALING, HOPE, AND RECOVERY

SANCA NATIONAL
011 892 3829
info@sancaoffice.org.za
www.sancanational.info

CONNECTED IN RECOVERY: SUPPORT GROUPS

The Centre encourages all patients to join a support group of their choice.

- Patients are taken to the Monday evening **CAD groups** each week to gain exposure to support groups.
- During treatment, the **NA visits the Centre**

332

Number of people who attended the zoom meetings

TOEVLUG ZOOM GROUP

Understanding the challenge of recovery means recognising that completing an inpatient treatment programme is not the end of the journey. After returning home, former patients continue to face triggers, relationship difficulties, social pressures and the risk of relapse - often without easy access to specialised support.

Toevlug's Zoom Support Group plays an important role in addressing this challenge. It provides a safe, familiar and confidential space where former patients can meet weekly to receive support, encouragement and guidance. Because the sessions are held online, participants with an internet connection can join regardless of distance, transport limitations or other practical barriers.

Each session is facilitated by a trained staff member who guides the discussion, helps participants work through ongoing challenges and motivates them to remain committed to their recovery. Discussions focus on personal experiences, successes, relapse-prevention strategies and the practical realities of maintaining recovery after treatment. Participants are encouraged to contribute, ask questions and learn from one another.

The group is intended primarily for patients who have completed Toevlug's inpatient programme, while close family members are also welcome to participate. This shared space strengthens connection and creates a valuable sense of community among people who understand one another's experiences.

Participants report that the group helps them remain focused on their recovery, reduces feelings of isolation and provides a place where they can speak openly about their experiences. In this way, the Zoom Support Group extends Toevlug's care beyond discharge and contributes to the sustainability of long-term recovery.

Recovery continues. Connection matters. Support remains within reach.

SUPPORT THAT CONTINUES



PEER SUPPORT

Sharing experiences and encouragement



ACCOUNTABILITY

Remaining focused and committed



PRACTICAL GUIDANCE

Information and healthy coping strategies



RELAPSE PREVENTION

Strengthening recovery skills



EMOTIONAL SAFETY

A welcoming, non-judgemental space



CONNECTION

Community beyond treatment

**RECOVERY CONTINUES.
SUPPORT REMAINS WITHIN REACH.**

ZOOM SUPPORT GROUP MEETINGS



Meeting ID:
824 0016 8987



Passcode: 892184



Every Wednesday



19:00

JOIN US

www.toevlug.org



MORE INFO
023 3421162

Beyond the Result: Understanding the Full Picture

Toevlug introduced 9-panel rapid tests to provide broader, accessible and cost-effective screening for a range of substances. These tests provide rapid preliminary results, allowing our professional team to respond promptly and identify whether further assessment, support or referral may be required.

Drug testing forms part of Toevlug's inpatient and outpatient services. The Centre also provides a paid testing service to walk-in clients, children and adolescents referred for testing, and employees referred by workplaces.

To protect the integrity of the testing process, urine specimens are collected under appropriate supervision and in accordance with established protocols. Procedures relating to identification, collection, labelling, handling and testing are carefully followed to ensure that the specimen belongs to the correct person and was obtained under the required conditions. Throughout this process, the individual's privacy, dignity and confidentiality are respected.

However, a drug test is only one component of the screening process. A positive or negative result does not, on its own, explain the person's pattern of substance use, level of risk, personal circumstances or need for intervention. For this reason, each result is followed by a session.

During this session, the result is discussed in a supportive and non-judgemental manner. The therapist considers the result together with the person's history, circumstances and presenting concerns. Where appropriate, guidance is provided to the individual, family or referring party, and recommendations are made regarding further assessment, early intervention or treatment.

By combining rapid testing with professional therapeutic support, Toevlug moves beyond simply identifying substance use. We seek to understand the broader challenge and guide each person towards the most appropriate next step.

TOXICOLOGY & DRUG TESTING

Understanding the result



WHO DO WE TEST?

- Inpatients and outpatients
- Walk-in clients
- Children and adolescents referred for testing
- Employees referred by workplaces



WHY DO WE TEST?

- Early identification
- Treatment planning and monitoring
- Workplace requirements
- Guidance and appropriate referral

9-PANEL RAPID
SCREENING

PROFESSIONAL
FOLLOW-UP
SESSION

GUIDANCE,
INTERVENTION
OR REFERRAL

SUPERVISED COLLECTION • CORRECT IDENTIFICATION • DIGNITY & CONFIDENTIALITY

Workplace Programme: Empower Your Workplace

During the past financial year, Toevlug Centre was privileged to provide workplace services to Cape Lime, Pool Transport and several other local businesses.

At the heart of every thriving workplace is the well-being of its people. **Substance use disorders can silently undermine this foundation, contributing to absenteeism, reduced productivity, workplace accidents, strained relationships and lower staff morale.** Understanding these challenges is essential to creating workplaces where employees feel supported and are able to seek help without fear of judgement or stigma.

Through expert-led training, Toevlug equips employers and employees to recognise the impact and **warning signs of substance use**, understand the importance of early identification, and respond appropriately when concerns arise.

Our practical and compassionate approach empowers businesses to support affected employees and facilitate access to professional services where needed. By investing in awareness, early intervention and employee well-being, businesses contribute to safer workplaces, healthier families, stronger communities and a more productive workforce.



Puppet Show

Children are increasingly exposed to substance use, peer pressure and harmful messages at a young age. The challenge is not only to provide accurate information, but to **communicate it in a way that children can understand**, remember and apply in real-life situations. Traditional presentations do not always capture young learners' attention or create a space in which sensitive issues can be discussed openly.

Toevlug uses puppetry as a **creative and age-appropriate** response to this challenge. Through engaging stories, relatable characters and humour, difficult topics become less intimidating and more accessible.

The puppet show encourages children to think about consequences, recognise unsafe situations and develop the confidence to make healthier choices.

The team has also developed original content suited to the needs of local communities, addressing practical themes such as **"How to Say No,"** peer pressure and the risks associated with cannabis use.

The performances continue to be presented at schools, where teachers have noted their value in initiating important conversations and learners have responded enthusiastically to the characters and stories.

By combining education with creativity, the puppet show strengthens knowledge, resilience and decision-making skills- helping children build a protective foundation before substance use becomes part of their story. Through stories they remember, children learn to make choices that protect their future.



Taking Understanding into the Community

Understanding the challenge of substance use requires more than providing treatment - it also requires communities to recognise the risks, know where to seek help and understand that recovery is possible.

Toevlug therefore places strong emphasis on engaging with the wider community. Through awareness activities, we highlight the harmful effects of alcohol and other drug use while making Toevlug's prevention, treatment and aftercare services more widely known and accessible.

Information Sessions

Information sessions on alcohol, substance use and related social and health concerns are presented upon invitation. These sessions are adapted to the needs of each audience and provide practical information on prevention, early identification, available support and referral options. Target groups include schools, clinics, farms, correctional facilities, hospitals, municipalities, churches, the Department of Agriculture and local businesses.

Awareness Exhibitions

Over the years, Toevlug has developed a colourful and informative exhibition that communicates important alcohol- and drug-related messages visually. The exhibition makes complex information easier to understand and creates opportunities for conversation, questions and early help-seeking. Exhibitions are presented upon request at workplaces, community events, churches, schools and other public platforms.



Visitors Groups

During the past financial year, several groups visited the Centre. Visitors were introduced to the work and services of Toevlug and received information on alcohol and substance use disorders.

Sobriety Celebration - A Symbol of Hope and Perseverance

One of Toevlug's annual highlights is the Sobriety Celebration, traditionally held on the first Sunday of December.

This family event, hosted just before the festive season, offers patients, their families, and the community a space of hope, gratitude, and celebration.

The celebration of sobriety and a drug-free life is profoundly significant, especially when service users light a candle to mark their years of sobriety. This act not only symbolises victory over substance use disorders, but also highlights the personal growth, perseverance, and hope they have built over the years.

By celebrating these milestones, they are reminded of how far they have come, and it inspires them to continue their recovery journey. It is a powerful moment of recognition and self-affirmation, which also serves to motivate others to follow the same path of recovery.

The atmosphere is further enriched when the moving song "Hold up your candle for all to see it – come light your world" is played, symbolising light and hope.

Patients are also allowed to share their testimonies – a powerful reminder of the journey of healing and endurance.

The 2025 Sobriety Celebration was very well attended. **Toevlug is particularly encouraged by the growing involvement of stakeholders in the Sobriety Festival.**

During the financial year, representatives from the Department of Social Development (DSD) and Narcotics Anonymous (NA) once again attended the event. The event also brings patients symbolically back to the grounds of Toevlug, where their recovery journey began.

To further enhance the day, entertainment is arranged for children, and various stakeholders in the field of addiction care are invited to celebrate alongside us.



BY UNDERSTANDING THE CHALLENGES OF RECOVERY, THE SOBRIETY CELEBRATION REMINDS US THAT LASTING CHANGE IS POSSIBLE WHEN PEOPLE ARE SURROUNDED BY HOPE, ENCOURAGEMENT AND A SUPPORTIVE COMMUNITY.

SKILLS DEVELOPMENT

Understanding the challenge. Developing skills, confidence and opportunity.

THE CHALLENGE



DIGITAL SKILLS



ECO-THERAPY GARDEN



NEEDLEWORK



NAIL SKILLS



Knitting and Sewing Skills Development Programme

In February 2026, the Occupational Therapy Department, together with volunteer Mrs. Sonja Van Deventer, introduced a Knitting and Sewing Skills Development Programme to help patients learn practical skills, build confidence, and participate in positive and enjoyable activities during rehabilitation.

Generous donations of wool and fabric from the local community have helped sustain the programme. To date, the programme has reached over **80 patients**, providing them with opportunities to learn and practise these skills.

The programme has helped patients develop confidence, improve social interaction, and learn practical sewing and knitting skills that may provide opportunities to earn an income after leaving the centre.

It also encourages patients to spend their free time in healthy and productive ways. Participants have shared positive feedback about their experience, describing the programme as enjoyable, rewarding, and a valuable part of their rehabilitation.

Add a little bit of body text

Looking ahead...

Future plans include introducing new sewing projects, teaching additional skills, and continuing to build partnerships with community donors to support the programme.



Patient Testimonials

- "I have learned to think out of the box, to be creative and to fix things."
- "I have learned that I can do anything I put my mind to."
- "From now on, I will be more helpful around the house and repair clothes that are torn or damaged."
- "I will use these skills to fix my clothes and to make my own designs."
- "I have learned to be patient and that it is okay to make mistakes because I can learn from them."
- "I have learned how to make flowers and pillows. I will do this in my free time, as I find it very therapeutic."



Every stitch tells a story of learning, confidence and creativity.

Polished with Purpose

Toevlug's Nail Skills Development Project

During the year, the Nail Project was presented as part of Toevlug's skills development and empowerment programme. Participants received practical training in basic nail care and gel nail techniques, including proper hygiene, nail preparation and the correct application of products.

The project develops more than a practical skill that could potentially generate an income. It also strengthens participants' confidence, self-image and sense of personal achievement. The hands-on training encourages active participation within a supportive and therapeutic environment.

The project was made possible through the support of the **Cape Empowerment Trust**. At the end of the training, each participant receives a complete nail kit to take home. This allows participants to continue practising, develop their skills and potentially explore future income-generating opportunities.



The project does more than care for nails—it builds confidence, develops skills and creates new possibilities.



Growing Skills, Nurturing Recovery

At Toevlug, we believe that recovery is strengthened not only through therapeutic intervention, but also through meaningful interaction with nature.

Our **vegetable garden** forms a valuable part of the Centre's eco-therapy and skills-development programme, offering patients the opportunity to **participate in planting, caring for and harvesting a variety of vegetables**.

Through these practical activities, patients develop useful **gardening skills** while learning the importance of **responsibility, patience, teamwork and consistency**. Watching something grow through their own care and effort creates a meaningful sense of achievement and restores confidence in their ability to complete purposeful tasks.

The vegetables harvested from the garden are used in the Centre's kitchen, contributing fresh produce to patient meals while supporting the principles of food security and greater self-sustainability.

The garden also provides a calm, therapeutic environment where patients can connect with nature and experience the positive value of routine, hard work and perseverance.

This programme is made possible through the valued support of **Johan Marx, Keletso** and **Agrisure**. Their contributions help sustain the eco-therapy programme and enrich the rehabilitation experience of our patients.

Through the vegetable garden, practical skills development and therapeutic growth come together - reminding patients that, much like recovery, lasting growth requires patience, consistent care and hope.

FROM SOIL TO STRENGTH



PATIENCE

Growth takes time



RESPONSIBILITY

Care through consistency



TEAMWORK

Growing together



PRACTICAL SKILLS

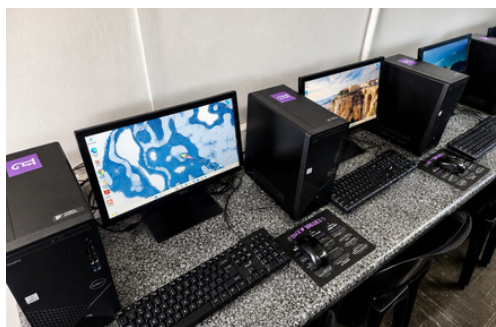
Learning by doing



PURPOSE

Harvesting hope

Digital Skills, New Possibilities



The establishment of Toevlug's Digital Lab represents an important expansion of our skills-development programme. Its goal is to equip patients with practical digital knowledge, improve their readiness for life after treatment and create greater access to learning, employment opportunities and ongoing recovery support.

Many of the people entering treatment come from communities where access to computers, reliable internet and digital learning opportunities is limited. High levels of unemployment, interrupted schooling, literacy challenges and a lack of work-related skills can make successful reintegration particularly difficult. In an increasingly digital world, limited computer skills can become yet another barrier to independence and sustainable recovery.

The Digital Lab, equipped with 12 computers, will be used to introduce patients to essential computer skills, including using email, completing online forms, searching for information and working with basic Microsoft programmes. Patients will also receive support with compiling CVs, exploring employment and training opportunities, developing reading and writing skills, and preparing for further education or entry into the workplace.

For adolescents, the Lab will provide additional learning support and opportunities to develop digital literacy in a safe and structured environment. Interactive recovery activities and educational resources will further strengthen their understanding of substance use, decision-making and healthy coping skills.

The Digital Lab will also support Toevlug's aftercare programme. During treatment, patients will be taught how to use Zoom and other relevant digital platforms, enabling them to join Toevlug's weekly online support group after discharge. This will help former patients overcome barriers such as distance, transport costs and limited digital experience, while remaining connected to continued recovery support.

By combining technology, education and recovery, the Digital Lab addresses more than a shortage of computer access. It responds to the broader challenges of digital exclusion, unemployment, limited educational opportunities and difficulty accessing continued support. It creates a space where patients can rebuild confidence, discover new abilities and prepare for a more independent future.

The project was made possible through the valued support of TFG, with the assistance of Nirvani Dhevcharran, Marius Byleveld and Francois Hugo, as well as the technical support and involvement of Fanus Rautenbach from BNIT.

Their contribution has helped Toevlug create a practical bridge between treatment, skills development and successful reintegration.



ACCESS



SKILLS



OPPORTUNITY



CONNECTION

Toevlug Centre's Charity Shop

Understanding the challenge means recognising the practical needs that surround treatment. Some patients arrive at Toevlug without adequate clothing, shoes or personal necessities, while the Centre continues to face increasing financial pressure. At the same time, many people in the community have useful household items they no longer need. The charity shop brings these needs and resources together, transforming donated goods into affordable items for the community, essential support for patients and additional income for Toevlug's services.

The charity shop remains an important contributor to the sustainability of Toevlug Centre. We express our sincere appreciation to **Ms Susan Saayman** and **Ms Sandra van Schalkwyk**, whose dedication and hard work ensure that the shop continues to support both our patients and the wider community.

During the past financial year, the shop generated **R66 706,58**, demonstrating how teamwork and community support can be transformed into meaningful financial assistance for Toevlug's services.

Considerable effort was also devoted to improving the shop's visibility and creating a more welcoming experience for visitors. These improvements aim to attract greater community support and strengthen the shop's contribution to the Centre's long-term sustainability.

Restoring Dignity and Self-Confidence

The shop provides more than essential clothing and personal items. Patients who need assistance can visit the shop and choose clothing that fits their needs and personal preferences. **Being able to make this choice for themselves promotes dignity, strengthens self-esteem and helps them feel more confident during treatment.** In this way, the charity shop makes a meaningful contribution to both their practical wellbeing and their recovery.

Gratitude for Continued Support

We sincerely thank the individuals, businesses and members of the public who donate goods and support the charity shop. Your contributions reflect a meaningful understanding of the practical challenges faced by our patients and the financial pressures experienced by the Centre. Every donated item, purchase and act of support helps us meet essential needs, sustain Toevlug's services and create a more caring and compassionate community.



Toevlug wil graag die volgende persone en instansie bedank:

Baie Dankie

Badisa	Ondersteuning, Opleiding, Leiding, Strategie, Netwerke
SANCA Nasionaal	Programme, Opleiding, Netwerke, Befondsing
Dept Maatskaplike Ontwikkeling	Finansiële ondersteuning en vennootskap
Toevlug Beheerraad	Tyd, kundigheid, lojaliteit teenoor die sentrum, rigtinggewing, ondersteuning
Verwysers	Maatskaplike Werkers, Sielkundiges, Dokters en Psigiaters wat verwysings- en ondersteuningsdienste lewer
UKWANDA	Universiteit van Stellenbosch - Studente: Dieëtkunde en Maatskaplike Werk
Dokters, Psigiaters en Tandarts	Dr. Wentzel wat die ekstra pad stap met elke pasiënt. Dr. Jarvis en Dr. Weich vir die lewering van psigiatriese dienste. Dr. Crotz vir tandheelkundedienste. Worcester Hospitaal, GGS40, Brewelskloof apteek en Avian Park Kliniek.
Pastorale konsultante	Ds. Debbie Mienie/Rosemarie Coert - Individuele terapie; Woensdag en Sondag span vir bidure en boodskap; Kevin Daly, en Shaun White; Moslem konsultante.
Vrywilligers	Alle vrywilligers wat dienste lewer op die jeugprogram: Rosemarie Coert, Marlyke Le Rouc, SGT Jansen, A/O Stynder, en A/O Jacobs, Marise De Wet, Kevin Faily, Tannie Nannie asook Ashley Moses vir die lewering van tromterapie. Christo Cordier vir al die harde werk in die tuin. Danie Fourie vir kreatiwiteitsprogram.
CAD, CAB en NA	CAD: Die inskakeling van ons pasiënte by die CAD. NA: Die besoek aan die Sentrum CAB: Samewerking
Kerke	VGK en NGK gemeentes, Christen gemeente, Ringe van Worcester asook alle ander gemeentes en denominasies vir bydraes, voorbidding en ondersteuning
Rolspelers	Departement Korrektiewe Dienste - "Peers accompany", Famsa, Mosaïek, SAPD, SAVTI, Kleinplasie, Worcester Brandweer

Toevlug wil graag die volgende persone en instansie bedank:

Vrugte, Groente, Kruideniersware, Kos

Pool Vervoer
JAT Foods
RCL Foods
SASKO
Fish and Catering
Alfalfa Melkery
Albany
W Stemmet Pinda Vervoer
Johan Pieterse
Jean Le Roux
Wilhelm Naude
APD
Bollieland
Alwyn Naude
Pieter Viljoen
Annatjie Botes
Petrus van Rensburg
Osie Oosthuizen
Donnie Du Plessis
Hannes Rabie
Stiaan Rabe
Daniel Victor
Carel van der Merwe
APL Kartonne
Hendrienne Pool
Hendry Du Plessis
Wihan Stemmet
NJ Phillips
Josua Joubert
Hein Scheun
Malouise Pieterse
NGK Worcester-Vallei
JP Stofberg
Langeberg/Ashton Canning
Brandvlei DSD
A Rabie
Lions Klub
Kookwater

Dienste

ADT
Melinda Brand
Verkeersafdeling
VGK Worcester-Suid
Pinda Vervoer
Eugene Henning - My Players
Susan J van Rensburg
Breërvier Koeriers
NGK Worcester Moedergemeente
Hoërskool Montana
Victoria Baths
Johan Boshoff
El Shaddai
Hoërskool Breërvier
Dr. Crotz

Toiletware

Anthony Kouter
Senior Groep Worcester-Noord
Gemeente
VGK Worcester
Badisa
Departement Gesondheid
NGK Worcester-Oos
Menstruation Foundation
NGK Worcester Brandwag
Worcester Senior Sportklub

Toevlug Winkel

Baie dankie aan elkeen wat 'n skenking tot die winkel maak het.

Finansiële Bydrae

APL Kartonne
JJ De Jager Trust
Grandslots
Karino Homeland Distributions
Pool Stigting
Anna Beleef
Breedevallei Munisipaliteit
Cape Empowerment Trust
Shoprite Checkers
Collura
Davel Trust
Community Chest Western Cape
Six Dogs Distillery
My Fathers' House
Hendrienne Pool
Marinda Dordley
Nelia Cronje
Sakkie Majiedt
Ulrich Pool
A Jansen
C April

Grond en Geboue/Tuin

Loekie Olivier

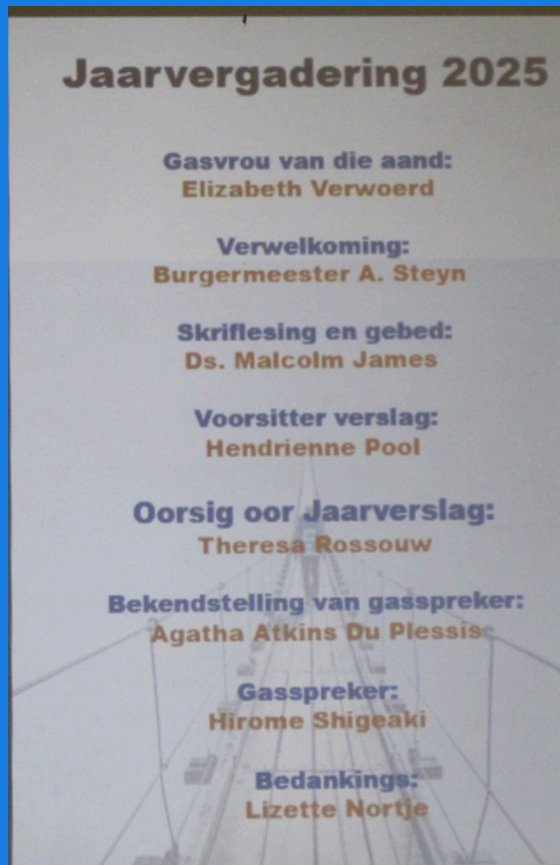
Skryfbehoeftes

Worcester Christen Gemeente
APL Kartonne
Hoërskool Montana
Christo Cordier
Boland Skryfbehoeftes

Kerke: Kollekte

VGK Worcester
VGK Worcester-Suid
VGK Hamlet
NGK Audensberg
NGK Worcester-Vallei
NGK Montagu
NGK Moedergemeente Worcester

Soli Deo Gloria





CENTRE FOR SUBSTANCE USE DISORDERS
Prevention | Treatment | Aftercare

Contact Us



023 3421162



<https://toevlug.org>



rehab@toevlug.org



40 Noble Street Worcester

Please Donate



SnapScan



6x772J8m



110-891-NPO



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