

SECTION 2: Treatment Centre data

2a: Treatment Centres: Cape Town

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Data were collected from 27 specialist treatment centres on a monthly basis. Some of the data were collected by professional staff and others were collected from patient records by administrative staff.

Table 1: Proportion of treatment episodes (Cape Town)

	Jul-Dec 2003	Jan-Jun 2004	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005	Jan-Jun 2006	Jul-Dec 2006	Jan-Jun 2007
	%							
Acron/Loyola	-	<1	2	<1	0	3	3	-
Beth Rapha	1	1	<1	0	0	<1	<1	-
Crescent	<1	3	3	4	1	4	3	3
CTDCC	19	14	13	14	19	15	17	10
CTDCC M/Plain	-	-	-	-	-	-	-	5
De Novo	5	7	8	5	7	7	7	8
De Novo Youth	3	5	5	3	4	3	3	3
Families Against Substance Abuse (FASA)	-	-	-	1	5	2	1	<1
Hesketh King	2	4	3	3	1	3	2	2
Hesketh King Youth	-	-	-	-	<1	1	2	1
Horizon	2	1	4	3	3	3	1	2
Kenilworth	4	4	5	4	4	3	4	4
Kenilworth out- patient	-	1	1	1	2	1	1	1
Orient	1	1	1	2	1	0	1	<1
Ramot	10	9	8	9	5	4	7	7
SANCA (8)	17	16	19	24	27	20	19	19
Stepping Stones	9	9	8	7	8	7	6	6
Stikland	10	8	7	6	3	6	2	6
Sultan Bahu	-	-	-	-	-	2	4	4
Sultan Bahu – Hanover Park	-	-	-	-	-	-	-	1
Toevlug	12	11	9	10	11	10	9	8
Toevlug Youth	-	-	-	-	-	-	2	2
Tijger Clinic/Claro	3	4	4	4	0	7	5	5
Total in treatment	1659	2255	2308	2469	2131	2660	2798	2864

Overall 2864 patients were treated across all treatment centres for the period January to June 2007, as compared to 2798 for the previous six-month period (Table 1).

Table 2: First time admissions (Cape Town)

	Jan-Jun 2002	Jul-Dec 2002	Jan-Jun 2003	Jul-Dec 2003	Jan-Jun 2004	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005	Jan-Jun 2006	Jul-Dec 2006	Jan-Jun 2007
	%	%	%	%	%	%	%	%	%	%	%
YES	67	67	67	70	71	71	74	81	76	79	78
NO	33	33	33	30	29	29	26	18	24	21	22

In Table 2 ‘Yes’ indicates a first time admission and ‘No’ indicates a repeat admission. The proportion of new admissions remained stable.

Table 3: Type of treatment received (Cape Town)

	Jul-Dec 2002	Jan-Jun 2003	Jul-Dec 2003	Jan-Jun 2004	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005	Jan-Jun 2006	Jul-Dec 2006	Jan-Jun 2007
	%	%	%	%	%	%	%	%	%	%
Inpatient	62	67	64	68	66	61	48	61	57	59
Outpatient	38	33	36	32	34	39	52	39	43	41

Table 3 indicates that the majority of patients are treated on an inpatient basis.

Table 4: Referral sources (Cape Town)

	Jan-Jun 2003	Jul-Dec 2003	Jan-Jun 2004	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005	Jan-Jun 2006	Jul-Dec 2006	Jan-Jun 2007
	%	%	%	%	%	%	%	%	%
Self/family/friends	43	47	42	47	47	44	42	42	42
Work/employer	14	13	10	12	10	8	11	10	10
Doctor/psychiatrist/nurse	10	10	11	11	14	13	14	14	14
Religious body	3	3	4	4	3	2	2	3	3
Hospital/clinic	5	3	3	2	3	3	3	3	3
Soc services/welfare	14	16	16	15	14	18	17	18	18
Court/correctional	6	5	7	5	5	5	5	5	5
School	3	3	4	1	1	3	3	3	3
Other e.g. radio	3	2	2	3	2	4	4	4	3
Unknown	<1	0	1	0	0	0	2	0	0

Table 4 shows that all referral categories have remained fairly stable.

Table 5: Population profile (Cape Town)

	Jan-Jun 2003	Jul-Dec 2003	Jan-Jun 2004	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005	Jan-Jun 2006	Jul-Dec 2006	Jan-Jun 2007
	%	%	%	%	%	%	%	%	%
GENDER									
Male	81	82	80	78	78	75	74	75	76
Female	19	18	20	22	22	25	26	25	24
ETHNIC GROUP									
Asian	3	1	2	1	2	1	1	1	1
Black	10	11	7	7	6	7	7	6	5
Coloured	56	57	59	64	68	72	67	69	72
White	31	31	32	28	24	20	25	23	22
EMPLOYMENT STATUS									
Working full-time	37	36	35	37	35	29	33	33	31
Working part-time	5	7	5	5	5	5	6	5	4
Not working	37	39	39	37	39	45	43	44	46
Apprentice/internship	<1	<1	<1	<1	1	<1	<1	<1	<1
Student/pupil	15	14	16	17	16	18	15	14	14
Disabled: not working	2	1	2	2	2	1	1	1	2
Housewife	2	1	1	1	1	1	1	1	1
Pensioner/retired	2	1	2	1	2	1	1	1	1
Other	2	1	1	<1	<1	1	1	1	1
MARITAL STATUS									
Married, living with spouse	25	24	23	22	23	19	20	18	18
Married, not living with spouse	5	4	4	3	4	3	3	4	4
Living together	7	6	7	7	6	5	5	5	6
Divorced	10	10	8	8	8	5	7	7	7
Widowed	1	2	2	1	1	1	1	1	1
Never married	52	54	55	58	57	67	64	66	65
Other	1	1	2	<1	<1	<1	<1	<1	<1
EDUCATION									
None	2	1	1	<1	<1	<1	<1	<1	<1
Prim.	Gr 1-6	21	26	16	16	15	14	5	6
	Gr 7							6	7
Second.	Gr 8-11	63	60	69	71	72	73	46	46
	Gr 12							28	27
Tertiary	14	12	15	13	12	12	14	14	12

*Highest school education completed

As can be seen in Table 5, males continue to predominate consistently around 75% of patients. Coloured patients, consistent with local demographics, are in the majority. Those working either full- or part-time total 35%. The category 'Other' includes persons suspended from work pending the successful outcome of treatment. Most patients have secondary level education or more (87%). About 1 in 7 patients treated during January to June 2007 were students/pupils.

Table 6: Age distribution (Cape Town)

Age in Years	Jul-Dec 2004		Jan-Jun 2005		Jul-Dec 2005		Jan-Jun 2006		Jul-Dec 2006		Jan-Jun 2007	
	n	%	n	%	n	%	n	%	n	%	n	%
10-14	92	4	91	4	98	5	77	3	108	4	112	4
15-19	527	23	546	22	576	27	647	24	652	23	688	24
20-24	405	18	464	19	505	24	579	22	683	24	661	23
25-29	260	11	319	13	257	12	340	13	342	12	357	13
30-34	280	12	254	10	200	9	284	11	279	10	253	9
35-39	221	10	223	9	159	8	239	9	241	9	230	8
40-44	204	9	226	9	137	6	174	7	182	7	226	8
45-49	123	5	168	7	89	4	134	5	143	5	149	5
50-54	96	4	92	4	61	3	80	3	75	3	85	3
55-59	47	2	49	2	27	1	51	2	47	2	56	2
60-64	32	1	22	1	10	0	27	1	25	1	25	1
65-69	10	<1	9	<1	4	<1	19	1	18	1	13	1
70-74	0	0	6	<1	4	<1						
75+	3	<1	0	0	0	0	0	0	0	0	0	0

The age range of patients in treatment was from 8 years to 71 years. Table 6 shows that there were more patients in treatment in the under 20-year old age group than any other age group during this reporting period, a trend which has become consistent.

Table 7: Primary substance of abuse (Cape Town)

	Jul-Dec 2002	Jan-Jun 2003	Jul-Dec 2003	Jan-Jun 2004	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005	Jan-Jun 2006	Jul-Dec 2006	Jan-Jun 2007
	%	%	%	%	%	%	%	%	%	%
Alcohol	47	44	39	38	34	34	25	30	26	30
Dagga/Mandrax	17	20	24	17	16	9	6	3	3	3
Dagga	18	15	15	12	11	10	11	8	10	10
Crack	4	6	6	6	6	5	8	6	5	4
Cocaine	3	2	3	3	3	3				
Heroin	6	7	7	9	8	10	14	14	10	11
Ecstasy	1	<1	1	<1	1	<1	<1	<1	<1	<1
OTC/PRE	2	3	2	2	2	2	<1	1	2	1
Other (solvents etc.)	1	1	<1	<1	<1	<1	0	<1	<1	1
Speed/crystal methamphetamine	-	2	2	11	19	26	35	37	42	41
'Cat' (Methcathinone)	-	-	-	-	-	-	-	<1	<1	<1

Methamphetamine was again the most common primary substance of abuse, accounting for over 40% of patients.

Table 8: Overall proportion of substances used (Cape Town)

	Jul-Dec 2002	Jan-Jun 2003	Jul-Dec 2003	Jan-Jun 2004	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005	Jan-Jun 2006	Jul-Dec 2006	Jan-Jun 2007
	%									
Alcohol	61	60	55	53	48	47	39	41	41	44
Dagga/Mandrax	28	34	37	30	29	23	16	14	13	13
Dagga	32	29	31	27	25	29	32	28	33	32
Crack/cocaine	11	18	22	22	20	19	18	16	12	10
OTC/PRE	6	8	6	8	8	5	6	4	7	4
Ecstasy	9	10	11	10	6	8	7	6	4	3
Heroin	8	8	9	11	10	13	16	16	12	12
Methamphetamine (‘Tik’)	-	5	7	19	29	36	45	46	52	49

Note: The table shows the proportion reporting each drug either as primary or secondary drug.

The overall proportion of the primary and secondary drugs of abuse is shown in Table 8. Methamphetamine, alcohol and dagga, are the most common drugs used. Ecstasy and over-the-counter or prescription drugs seem to be used more commonly as secondary drugs of abuse.

Table 9: Mode of usage of primary drug (Cape Town)

	Jan-Jun 2003	Jul-Dec 2003	Jan-Jun 2004	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005	Jan-Jun 2006	Jul-Dec 2006	Jan-Jun 2007
	%	%	%	%	%	%	%	%	%
Swallowed	47(6)	43(6)	41(6)	37(5)	37(4)	27(3)	32(2)	28(3)	31(2)
Snorted	3(6)	4(6)	4(6)	4(7)	4(6)	5(6)	3(4)	3(4)	3(4)
Injected	3(5)	3(5)	3(5)	2(3)	1(2)	1(2)	1(2)	1(2)	1(1)
Smoked	46(81)	50(82)	51(83)	56(83)	56(86)	67(90)	63(90)	67(91)	65(92)
Other/ Combination	2(3)	1(2)	1(1)	1(2)	1(2)	<1(<1)	1(2)	1(1)	1(1)
Figures in brackets above exclude alcohol									
Injected Heroin	38	44	28	24	15	8	10	11	8

In looking at the mode of usage of the primary drug, 31% of patients reported swallowing their substances. When alcohol is excluded 92% report smoking as their mode of use. Only 1% of patients reported that they injected drugs.

Table 10: Mean age by primary substance (Cape Town)

	YEARS									
	Jul-Dec 2002	Jan-Jun 2003	Jul-Dec 2003	Jan-Jun 2004	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005	Jan-Jun 2006	Jul-Dec 2006	Jan-Jun 2007
Alcohol	39	40	40	40	40	41	39	41	41	40
Dagga/Mandrax	25	25	26	25	26	27	25	27	28	30
Dagga	21	20	21	20	21	21	20	20	20	20
Crack	30	29	30	30	30	30	30	31	32	31
Cocaine	31	30	29	29	31	29				
Heroin	23	24	24	24	23	22	22	23	24	23
Ecstasy	21	21	22	23	24	21	18	-	-	-
OTC/PRE	38	41	39	43	42	40	41	43	40	44
Methamphetamine ('Tik')	-	-	-	20	20	21	21	22	22	22
Overall mean age	31	31	31	30	30	30	27	28	28	28

The mean age was 28 years for this period. The data continue to show that patients whose primary substance of abuse is alcohol are older, 40 years on average, than those with other primary substances of abuse (see Table 10). The mean age for patients with dagga and methamphetamine as primary substance of abuse remains low.

Table 11: Gender, by primary substance of abuse (Cape Town)

	%													
	Jan-Jun 2004		Jul-Dec 2004		Jan-Jun 2005		Jul-Dec 2005		Jan-Jun 2006		Jul-Dec 2006		Jan-Jun 2007	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F
Alcohol	77	23	76	24	76	24	75	25	74	26	75	25	73	27
Dagga/Mandrax	95	5	95	5	96	4	93	7	90	10	91	9	94	6
Dagga	87	13	88	12	86	14	87	13	86	14	86	14	87	13
Crack	81	19	82	18	77	23	72	28	75	25	79	21	80	20
Cocaine	76	24	68	32	72	28								
Heroin	72	28	68	32	76	24	74	26	76	24	77	23	78	22
Ecstasy	64	36	75	25	64	36	60	40	0	0	100	0	60	40
OTC/PRE	43	57	36	64	27	73	42	58	27	73	37	63	28	72
Methamphetamine ('Tik')	73	27	72	28	76	24	71	29	73	27	72	28	74	26

N <3 not reported

Dagga and the dagga/Mandrax combination remain mainly male substances of abuse as indicated in Table 11. Proportionately more females are treated for the use of cocaine, heroin and methamphetamine.

Table 12: Race by primary substance of abuse (Cape Town)

	BLACK			COLOURED			ASIAN			WHITE		
	Jan-Jun 2006	Jul-Dec 2006	Jan-Jun 2007	Jan-Jun 2006	Jul-Dec 2006	Jan-Jun 2007	Jan-Jun 2006	Jul-Dec 2006	Jan-Jun 2007	Jan-Jun 2006	Jul-Dec 2006	Jan-Jun 2007
	%	%	%	%	%	%	%	%	%	%	%	%
Alcohol	15	13	10	42	43	47	1	1	1	42	43	42
Dagga/Mandrax	12	11	3	81	85	91	0	1	4	8	3	3
Dagga	16	15	10	67	67	71	2	<1	1	16	18	18
Crack/Cocaine	5	4	4	39	31	42	4	6	3	53	59	52
Ecstasy (n=4)	0	0	0	0	75	75	0	0	0	0	25	25
Heroin	1	0	1	73	77	80	2	4	<1	24	20	18
Methamphetamine ('Tik')	1	1	2	92	90	91	<1	1	1	7	8	8

N <3 not reported

The percentages shown in Table 12 total across the rows. The percentage of Asians in treatment remains small. The proportion of Coloureds in treatment for heroin is now greater than that of any of the other groups, with Whites previously dominating admissions for heroin. Most methamphetamine patients are coloured (91%).

Table 13: Multiple substance use (Cape Town)

	Jul-Dec 2004		Jan-Jun 2005		Jul-Dec 2005		Jan-Jun 2006		Jul-Dec 2006		Jan-Jun 2007	
	n	%	n	%	n	%	n	%	n	%	n	%
Primary substance only	1205	52	1267	51	1091	51	1458	55	1457	52	1598	56
Primary +2 nd substance	594	26	626	25	1040	49	698	26	789	28	762	27
Primary+2 nd +3 rd substance	315	14	326	13	451	21	279	11	329	12	339	12
Primary +2 nd +3 rd +4 th substance	194	8	250	10	222	10	225	9	223	8	163	6
Total no. of patients	2308	100	2469	100	2131	100	2660	100	2798	100	2862	100

Table 13 shows that 44% of patients report using more than one substance of abuse.

Table 14: Source of payment (Cape Town)

	Jan-Jun 2003	Jul-Dec 2003	Jan-Jun 2004	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005	Jan-Jun 2006	Jul-Dec 2006	Jan-Jun 2007
	%	%	%	%	%	%	%	%	%
Self only	14	16	16	14	17	19	16	15	15
Medical Aid only	17	16	17	20	20	13	19	19	18
State	16	13	16	16	12	14	21	17	22
Family/friends only	28	34	29	32	34	38	36	34	30
State & self	7	8	6	4	3	2	0	1	3
Work/employer only	4	4	4	4	4	3	3	3	4
Unknown	2	1	1	2	1	2	2	1	2
Other/combinations	12	8	11	8	9	5	3	10	6

Patients often report a combination of sources of funding for treatment. The category 'Family/Friends only' (30%) remains the most common source of payment for treatment.

Table 15: Frequency of use by primary drug (Cape Town)

	Frequency of use in the past month											
	Not used in the past month			Once per week or less often			2-6 days per week			Daily		
	%			%			%			%		
	Jan-Jun 2006	Jul-Dec 2006	Jan-Jun 2007	Jan-Jun 2006	Jul-Dec 2006	Jan-Jun 2007	Jan-Jun 2006	Jul-Dec 2006	Jan-Jun 2007	Jan-Jun 2006	Jul-Dec 2006	Jan-Jun 2007
Alcohol	5	2	3	5	7	6	21	23	26	69	68	64
Dagga	5	6	8	8	8	7	25	27	28	62	59	58
Mandrax	9	5	7	3	1	4	15	13	17	72	81	72
Cocaine/Crack	7	2	4	5	8	7	26	25	26	62	65	64
Heroin	4	6	4	1	<1	2	9	3	5	86	91	89
Methamphetamine ('Tik')	7	3	6	6	5	5	29	34	30	58	56	60
OTC/PRE	3	0	3	0	2	0	8	4	7	89	94	90

Table 15 shows that heroin and OTC/PRE medicines are the drugs used daily most commonly by patients reporting for treatment.

Cape Town – Patients younger than 20 years

Table 16: Gender and race profile of patients <20 years (Cape Town)

	Jul-Dec 2003	Jan-Jun 2004	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005	Jan-Jun 2006	Jul-Dec 2006	Jan-Jun 2007
	%	%	%	%	%	%	%	%
GENDER								
Male	83	79	77	77	71	72	75	77
Female	17	21	23	23	29	28	25	23
ETHNIC GROUP								
Black	19	11	9	6	7	5	8	6
Coloured	68	73	81	85	87	89	86	85
Asian	1	2	1	1	<1	<1	1	<1
White	13	14	10	9	6	6	6	8

Table 16 above shows that Coloured patients constituted 85% of the patients younger than 20 years during the first half of 2007.

Table 17: Primary substance of abuse of patients <20 years (Cape Town)

	Jul-Dec 2004		Jan-Jun 2005		Jul-Dec 2005		Jan-Jun 2006		Jul-Dec 2006		Jan-Jun 2007	
	n	%	n	%	n	%	n	%	n	%	n	%
Alcohol	14	2	16	3	21	3	12	2	22	3	29	4
Cannabis	151	24	156	25	149	22	126	17	198	26	196	24
Cannabis/ Mandrax	109	18	59	9	45	7	28	4	20	3	19	2
Cocaine	6	1	2	<1	9	1	4	1	3	<1	5	<1
Crack	12	2	10	2								
Heroin	53	9	73	12	87	13	111	15	54	7	77	10
Ecstasy	4	1	5	1	3	<1	0	0	0	0	1	<1
OTC/PRE	0	0	0	0	0	0	0	0	0	0	0	0
Inhalants	10	2	6	1	2	<1	7	1	0	0	21	3
Other	0	0	0	0	1	<1	0	0	1	<1	0	0
Speed/ Methamphetamine	260	42	309	49	357	53	436	60	446	59	454	57
Total	619	100	637	100	674	100	724	100	761	100	803	100

Most young patients are treated for the abuse of methamphetamine, cannabis or heroin. Methamphetamine is now dominantly the most common primary substance for under 20s.

Table 18: Primary substance by gender of patients <20 (Cape Town)

	Jul-Dec 2004		Jan-Jun 2005		Jul-Dec 2005		Jan-Jun 2006		Jul-Dec 2006		Jan-Jun 2007	
	%		%		%		%		%		%	
	M	F	M	F	M	F	M	F	M	F	M	F
Alcohol	79	11	44	56	62	38	100	0	71	29	69	31
Cannabis	84	16	87	13	86	14	85	15	87	13	91	9
Cannabis/ Mandrax	95	5	92	8	87	13	82	18	95	5	95	5
Cocaine	17	83	100	0	67	33	75	25	67*	33*	80	20
Crack	83	17	80	20								
Heroin	64	36	71	29	71	29	71	29	74	26	75	25
Ecstasy	50	50	40	60	33	67	0	0	0	0	100	0
OTC/PRE	0	0	0	0	0	0	0	0	0	0	0	0
Inhalants	100	0	87	13	0	0	100*	0	88	12	95	5
Metham- phetamine (‘Tik’)	67	33	72	28	64	36	66	34	68	32	70	30

* (n<5)

Table 18 shows that almost a third of adolescent methamphetamine patients are female, a higher proportion than for those aged 20 or older.