

## SECTION 2: Treatment Centre data

### 2a: Treatment Centres: Cape Town

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Data were collected from 25 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)**

	Jan-Jun 2002	Jul-Dec 2002	Jan-Jun 2003	Jul-Dec 2003	Jan-Jun 2004	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005
	%							
Acron/Loyolu	-	-	-	-	<1	2	<1	-
Beth Rapha	-	-	2	1	1	<1	-	-
Crescent	5	5	6	<1	3	3	4	1
CTDCC	21	18	18	19	14	13	14	19
De Novo	2	6	7	5	7	8	5	7
De Novo Youth	3	4	3	3	5	5	3	4
Durbanville	1	2	1	-	-	-	-	-
Families Against Substance Abuse (FASA)	-	-	-	-	-	-	1	5
Forest Lake	-	-	-	-	-	1	-	-
Hesketh King	3	3	2	2	4	3	3	1
Hesketh King Youth	-	-	-	-	-	-	-	<1
Horizon	1	2	2	2	1	4	3	3
Kenilworth	4	3	5	4	4	5	4	4
Kenilworth out-patient	-	-	-	-	1	1	1	2
Lifeskills	1	<1	1	<1	-	<1	1	-
Orient	-	1	3	1	1	1	2	1
Pathways	-	-	-	-	-	<1	-	-
Ramot	9	10	9	10	9	8	9	5
SANCA (6)	25	20	16	17	16	19	24	27
Stepping Stones	10	8	9	9	9	8	7	8
Stikland	6	11	10	10	8	7	6	3
Toevlug	9	5	8	12	11	9	10	11
Tabankulu	1	1	1	1	<1	<1	-	-
Teen Challenge	-	-	-	1	1	1	1	-
Tijger Clinic	-	-	-	3	4	4	4	-
<b>Total in treatment</b>	<b>1608</b>	<b>1552</b>	<b>1724</b>	<b>1659</b>	<b>2255</b>	<b>2308</b>	<b>2469</b>	<b>2131</b>

Overall 2131 patients were treated across all treatment centres for the period July to December 2005, as compared to 2469 for the previous six-month period (Table 1).

**Table 2: First time admissions (Cape Town)**

	Jul-Dec 2000	Jan-Jun 2001	Jul-Dec 2001	Jan-Jun 2002	Jul-Dec 2002	Jan-Jun 2003	Jul-Dec 2003	Jan-Jun 2004	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005
	%	%	%	%	%	%	%	%	%	%	%
<b>Yes</b>	68	67	67	67	67	67	70	71	71	74	81
<b>No</b>	32	33	33	33	33	33	30	29	29	26	18

In Table 2 ‘Yes’ indicates a first time admission and ‘No’ indicates a repeat admission. The proportion of new admissions has increased slightly in the latest reporting period.

**Table 3: Type of treatment received (Cape Town)**

	Jan-Jun 2001	Jul-Dec 2001	Jan-Jun 2002	Jul-Dec 2002	Jan-Jun 2003	Jul-Dec 2003	Jan-Jun 2004	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005
	%	%	%	%	%	%	%	%	%	%
<b>Inpatient</b>	66	65	58	62	67	64	68	66	61	48
<b>Outpatient</b>	34	35	42	38	33	36	32	34	39	52
<b>Both</b>	-	-	<1	<1	-	-	-	-	-	-

Table 3 indicates a slight increase in the proportion of patients treated on an outpatient basis.

**Table 4: Referral sources (Cape Town)**

	Jul-Dec 2001	Jan-Jun 2002	Jul-Dec 2002	Jan-Jun 2003	Jul-Dec 2003	Jan-Jun 2004	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005
	%	%	%	%	%	%	%	%	%
<b>Self/family/friends</b>	41	39	38	43	47	42	47	47	44
<b>Work/employer</b>	14	15	14	14	13	10	12	10	8
<b>Doctor/psychiatrist/nurse</b>	14	10	8	10	10	11	11	14	13
<b>Religious body</b>	4	3	4	3	3	4	4	3	2
<b>Hospital/clinic</b>	2	4	4	5	3	3	2	3	3
<b>Soc services/welfare</b>	14	12	14	14	16	16	15	14	18
<b>Court/correctional</b>	6	7	6	6	5	7	5	5	5
<b>School</b>	2	4	6	3	3	4	1	1	3
<b>Other e.g. radio</b>	3	4	4	3	2	2	3	2	4
<b>Unknown</b>	-	<1	1	<1	-	1	-	-	-

Table 4 shows that all referral categories have remained fairly stable, with a slight decrease in referrals from schools in the last two periods.

**Table 5: Population profile (Cape Town)**

	Jul-Dec 2001	Jan-Jun 2002	Jul-Dec 2002	Jan-Jun 2003	Jul-Dec 2003	Jan-Jun 2004	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005
	%								
<b>GENDER</b>									
Male	84	83	80	81	82	80	78	78	75
Female	16	17	20	19	18	20	22	22	25
<b>ETHNIC GROUP</b>									
Asian	3	2	1	3	1	2	1	2	1
Black	11	14	14	10	11	7	7	6	7
Coloured	59	52	52	56	57	59	64	68	72
White	27	32	33	31	31	32	28	24	20
<b>EMPLOYMENT STATUS</b>									
Working full-time	37	39	36	37	36	35	37	35	29
Working part-time	5	5	6	5	7	5	5	5	5
Not working	35	33	34	37	39	39	37	39	45
Apprentice/internship	<1	<1	<1	<1	<1	<1	<1	1	<1
Student/pupil	18	17	18	15	14	16	17	16	18
Disabled: not working	1	2	2	2	1	2	2	2	1
Housewife	1	2	1	2	1	1	1	1	1
Pensioner/retired	2	2	2	2	1	2	1	2	1
Other	2	<1	2	2	1	1	<1	<1	1
<b>MARITAL STATUS</b>									
Married, living with spouse	27	27	25	25	24	23	22	23	19
Married, not living with spouse	4	4	4	5	4	4	3	4	3
Living together	6	7	6	7	6	7	7	6	5
Divorced	9	9	11	10	10	8	8	8	5
Widowed	2	2	2	1	2	2	1	1	1
Never married	51	50	52	52	54	55	58	57	67
Other	<1	<1	1	1	1	2	<1	<1	<1
<b>EDUCATION</b>									
None/pre-primary	2	1	3	2	1	1	<1	<1	<1
Primary	23	28	25	21	26	16	16	15	14
Secondary	65	57	58	63	60	69	71	72	73
Tertiary	11	14	15	14	12	15	13	12	12

\*Highest school education completed

As can be seen in Table 5, males continue to predominate consistently around 80% of patients. Coloured patients, consistent with local demographics, are in the majority. Those working either full- or part-time total 34%. The category 'Other' includes persons suspended from work pending the successful outcome of treatment. More unmarried persons (67%) are in treatment, consistent with previous data. Most patients have secondary level education or more (85%). About 1 in 6 patients treated during July - December 2005 were students/pupils.

**Table 6: Age distribution (Cape Town)**

Age in years	Jul-Dec 2002		Jan-Jun 2003		Jul-Dec 2003		Jan-Jun 2004		Jul-Dec 2004		Jan-Jun 2005		Jul-Dec 2005	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%
10-14	60	4	63	4	48	3	71	3	92	4	91	4	98	5
15-19	303	20	315	18	313	19	500	22	527	23	546	22	576	27
20-24	209	14	233	14	261	16	376	17	405	18	464	19	505	24
25-29	179	12	217	13	187	11	250	11	260	11	319	13	257	12
30-34	187	12	220	13	204	12	256	11	280	12	254	10	200	9
35-39	198	13	210	12	231	14	258	11	221	10	223	9	159	8
40-44	154	10	169	10	155	9	216	10	204	9	226	9	137	6
45-49	106	7	125	7	99	6	130	6	123	5	168	7	89	4
50-54	75	5	89	5	89	5	88	4	96	4	92	4	61	3
55-59	44	3	51	3	31	2	59	3	47	2	49	2	27	1
60-64	19	1	11	<1	14	1	30	1	32	1	22	1	10	<1
65-69	5	<1	10	<1	7	<1	5	<1	10	<1	9	<1	4	<1
70-74	3	<1	2	<1	1	<1	7	<1	-	-	6	<1	4	<1
75+	2	<1	2	<1	3	<1	4	<1	3	<1	-	-	-	-

The age range of patients in treatment was from 10 years to 73 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. In 2003 the proportion of under 20 year olds in treatment was 22%, the last reported proportion was 26% and this has now increased again to 32%.

**Table 7: Primary substance of abuse (Cape Town)**

	Jan-Jun 2001	Jul-Dec 2001	Jan-Jun 2002	Jul-Dec 2002	Jan-Jun 2003	Jul-Dec 2003	Jan-Jun 2004	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005
	%	%	%	%	%	%	%	%	%	%
Alcohol	46	46	48	47	44	39	38	34	34	25
Dagga/Mandrax	20	25	21	17	20	24	17	16	9	11
Dagga	12	12	13	18	15	15	12	11	10	6
Crack	6	4	3	4	6	6	6	6	5	8
Cocaine	3	2	3	3	2	3	3	3	3	-
Heroin	7	6	7	6	7	7	9	8	10	14
Ecstasy	1	1	2	1	<1	1	<1	1	<1	<1
OTC/PRE	3	2	2	2	3	2	2	2	2	<1
Other (solvents etc.)	2	2	<1	1	1	<1	<1	<1	<1	-
Speed/crystal methamphetamine	-	-	-	-	2	2	11	19	26	35

For the first time alcohol is not the most commonly abused substance among people in treatment. In the previous report alcohol was the primary substance of abuse reported by 34% of patients and methamphetamine by 26%. This has reversed now. The proportion of heroin patients again increased (to 14%).

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

	Jan-Jun 2001	Jul-Dec 2001	Jan-Jun 2002	Jul-Dec 2002	Jan-Jun 2003	Jul-Dec 2003	Jan-Jun 2004	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005
	%									
<b>Alcohol</b>	62	62	59	61	60	55	53	48	47	39
<b>Dagga/Mandrax</b>	30	35	27	28	34	37	30	29	23	16
<b>Dagga</b>	23	24	24	32	29	31	27	25	29	32
<b>Crack/cocaine</b>	20	15	14	11	18	22	22	20	19	18
<b>OTC/PRE</b>	12	9	5	6	8	6	8	8	5	6
<b>Ecstasy</b>	9	9	8	9	10	11	10	6	8	7
<b>Heroin</b>	8	7	8	8	8	9	11	10	13	16
<b>Methamphetamine</b>	-	-	-	-	5	7	19	29	36	47

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

The overall proportion of the primary, secondary and/or tertiary drug of abuse is shown in Table 8. Methamphetamine, alcohol and dagga, are the most common drugs used. Ecstasy and cocaine also seem to be used more commonly as secondary drugs of abuse than as primary drugs, with as many as 18% of patients reporting the use of cocaine.

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

	Jul-Dec 2001	Jan-Jun 2002	Jul-Dec 2002	Jan-Jun 2003	Jul-Dec 2003	Jan-Jun 2004	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005
	%								
<b>Swallowed</b>	50(8)	52(7)	51(8)	47(6)	43(6)	41(6)	37(5)	37 (4)	27(3)
<b>Snorted</b>	3(5)	3(7)	4(7)	3(6)	4(6)	4(6)	4(7)	4(6)	5(6)
<b>Injected</b>	2(3)	2(4)	2(4)	3(5)	3(5)	3(5)	2(3)	1(2)	1(2)
<b>Smoked</b>	44(80)	41(79)	42(80)	46(81)	50(82)	51(83)	56(83)	56(86)	67(90)
<b>Other/Combination</b>	2(4)	2(3)	1(2)	2(3)	1(2)	1(1)	1(2)	1(2)	<1 (<1)
Figures in brackets above exclude alcohol									
<b>Injected Heroin</b>	51	45	34	38	44	28	24	15	8

In looking at the mode of usage of the primary drug, 27% of patients reported swallowing their substances. When alcohol is excluded about 90% report smoking as their mode of use. This falls in line with the prevalent smoking culture of South Africa. If alcohol is excluded, 2% of patients reported that they injected drugs. It appears that while the proportion of patients with heroin as a primary drug is increasing, the proportion who are injecting is decreasing dramatically (Table 9).

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

	Years									
	Jan-Jun 2001	Jul-Dec 2001	Jan-Jun 2002	Jul-Dec 2002	Jan-Jun 2003	Jul-Dec 2003	Jan-Jun 2004	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005
Alcohol	39	39	40	39	40	40	40	40	41	39
Dagga/Mandrax	25	26	26	25	25	26	25	26	27	25
Dagga	19	19	19	21	20	21	20	21	21	20
Crack	29	31	30	30	29	30	30	30	30	30
Cocaine	28	28	30	31	30	29	29	31	29	
Heroin	23	23	24	23	24	24	24	23	22	22
Ecstasy	19	22	22	21	21	22	23	24	21	18
OTC/PRE	39	36	41	38	41	39	43	42	40	41
Methamphetamine	-	-	-	-	-	-	20	20	21	21
Overall mean age	31	31	31	31	31	31	30	30	30	27

The mean age was 27 years for this period, the lowest mean yet reported. The data continue to show that patients whose primary substance of abuse is alcohol are older, 39 years of age, 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 2002		Jul-Dec 2002		Jan-Jun 2003		Jul-Dec 2003		Jan-Jun 2004		Jul-Dec 2004		Jan-Jun 2005		Jul-Dec 2005	
	%		%		%		%		%		%		%		%	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
Alcohol	79	21	79	21	77	23	77	23	77	23	76	24	76	24	75	25
Dagga/Mandrax	95	5	92	8	93	7	95	5	95	5	95	5	96	4	93	7
Dagga	91	9	87	13	87	13	88	12	87	13	88	12	86	14	87	13
Crack	84	16	82	18	84	16	82	18	81	19	82	18	77	23	72	28
Cocaine	74	26	56	44	76	24	78	22	76	24	68	32	72	28		
Heroin	72	28	70	30	77	23	66	34	72	28	68	32	76	24	74	26
Ecstasy	72	28	59	41	46	54	74	26	64	36	75	25	64	36	60	40
OTC/PRE	32	68	39	61	39	61	42	58	43	57	36	64	27	73	42	58
Methamphetamine	-	-	-	-	-	-	-	-	73	27	72	28	76	24	71	29

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, methamphetamine and Ecstasy than for other drugs.

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

	AFRICAN			COLOURED			ASIAN			WHITE		
	%			%			%			%		
	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005
Alcohol	9	11	16	49	51	47	1	1	<1	41	37	37
Dagga/ Mandrax	8	9	8	88	85	90	<1	1	0	3	5	3
Dagga	18	12	17	62	68	67	1	2	1	19	18	15
Crack/ Cocaine	2	4	4	40	47	47	4	4	1	53	45	48
Ecstasy (n=5)	0	0	0	50	73	40	0	9	0	50	18	60
Heroin	1	2	2	58	68	84	3	4	3	38	26	11
Methamphetamine	1	1	1	88	91	92	1	1	1	10	7	6

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.

**Table 13: Multiple substance use (Cape Town)**

	Jan-Jun 2003		Jul-Dec 2003		Jan-Jun 2004		Jul-Dec 2004		Jan-Jun 2005		Jul-Dec 2005	
	n	%	n	%	n	%	n	%	n	%	n	%
Primary substance only	914	53	854	52	1151	51	1205	52	1267	51	1091	51
Primary +2 <sup>nd</sup> substance	433	25	416	25	555	25	594	26	626	25	1040	49
Primary+2 <sup>nd</sup> +3 <sup>rd</sup> substance	204	12	213	13	319	14	315	14	326	13	451	21
Primary +2 <sup>nd</sup> +3 <sup>rd</sup> +4 <sup>th</sup> substance	170	10	176	11	230	10	194	8	250	10	222	10
<b>Total no. of patients</b>	<b>1721</b>	<b>100</b>	<b>1659</b>	<b>100</b>	<b>2255</b>	<b>100</b>	<b>2308</b>	<b>100</b>	<b>2469</b>	<b>100</b>	<b>2131</b>	<b>100</b>

Table 13 shows that 51% of patients report using more than one primary substance of abuse.

**Table 14: Source of payment (Cape Town)**

	Jul-Dec 2001	Jan-Jun 2002	Jul-Dec 2002	Jan-Jun 2003	Jul-Dec 2003	Jan-Jun 2004	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005
	%								
Self only	13	15	15	14	16	16	14	17	19
Medical Aid only	14	16	11	17	16	17	20	20	13
State	14	11	14	16	13	16	16	12	14
Family/friends only	28	26	30	28	34	29	32	34	38
State & self	8	6	7	7	8	6	4	3	2
Work/employer only	4	4	4	4	4	4	4	4	3
Unknown	2	3	2	2	1	1	2	1	2
Other/combinations	17	19	17	12	8	11	8	9	5

Patients often report a combination of sources of funding for treatment. The category 'Family/Friends only' (38%) remains the most common source of payment for treatment. More people appear to be paying for their own treatment (19%) as opposed to medical aids (13%). This also increases if combined with other methods of payment.

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

	Frequency of use in past month											
	Not used in past month			Once per week or less often			2-6 days per week			Daily		
	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005
	%			%			%			%		
<b>Alcohol</b>	4	6	4	6	8	6	19	19	25	71	67	64
<b>Dagga</b>	11	11	12	7	11	14	16	20	21	65	59	52
<b>Mandrax</b>	6	9	7	1	7	3	19	22	11	74	62	74
<b>Cocaine</b>	3	1	10	4	7	9	49	37	29	44	52	51
<b>Crack</b>	4	8		4	6		18	32		74	52	
<b>Heroin</b>	2	5	4	3	3	4	10	8	11	86	83	81
<b>Methamphetamine</b>	13	15	14	14	13	8	34	29	28	40	44	48
<b>OTC/PRE</b>	7	8	13	2	0	0	4	5	0	87	88	88

Table 15 shows that heroin is the drug used daily most commonly by patients reporting for treatment. Methamphetamine had the lowest proportion of patients reporting daily use (in the past month).

### ***Cape Town – Patients younger than 20 years***

**Table 16: Gender and race profile of patients <20 years (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
	%	%	%	%	%	%	%	%
<b><i>GENDER</i></b>								
Male	85	84	84	83	79	77	77	71
Female	15	16	16	17	21	23	23	29
<b><i>ETHNIC GROUP</i></b>								
African	23	27	15	19	11	9	6	7
Coloured	57	58	70	68	73	81	85	87
Asian	3	1	2	1	2	1	1	<1
White	17	15	12	13	14	10	9	6

Table 16 above shows that Coloured patients constituted 87% of the patients younger than 20 years during the second half of 2005. The proportion of female adolescent patients also increased slightly.

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

	Jul-Dec 2003		Jan-Jun 2004		Jul-Dec 2004		Jan-Jun 2005		Jul-Dec 2005	
	n	%	n	%	n	%	n	%	n	%
Alcohol	15	4	29	5	14	2	16	3	21	3
Cannabis	152	42	189	33	151	24	156	25	149	22
Cannabis/Mandrax	118	33	133	23	109	18	59	9	45	7
Cocaine	6	2	8	1	6	1	2	<1	9	1
Crack	11	3	13	2	12	2	10	2		
Heroin	27	7	47	8	53	9	73	12	87	13
Ecstasy	13	4	5	<1	4	1	5	1	3	<1
OTC/PRE	1	<1	-	-	-	-	-	0	0	0
Inhalants	2	1	2	<1	10	2	6	1	2	<1
Other	1	<1	3	<1	-	-	-	0	1	<1
Speed/Methamphetamine	17	5	142	25	260	42	309	49	357	53
<b>Total</b>	<b>363</b>	<b>100</b>	<b>571</b>	<b>100</b>	<b>619</b>	<b>100</b>	<b>637</b>	<b>100</b>	<b>674</b>	<b>100</b>

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, while the proportion treated for heroin has also increased.

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

	Jan-Jun 2003		Jul-Dec 2003		Jan-Jun 2004		Jul-Dec 2004		Jan-Jun 2005		Jul-Dec 2005	
	%		%		%		%		%		%	
	M	F	M	F	M	F	M	F	M	F	M	F
<b>Alcohol</b>	59	41	73	27	48	52	79	11	44	56	62	38
<b>Cannabis</b>	85	15	84	16	88	12	84	16	87	13	86	14
<b>Cannabis/Mandrax</b>	94	6	92	8	96	4	95	5	92	8	87	13
<b>Cocaine</b>	33*	67	33	67	50	50	17	83	100	0	67	33
<b>Crack</b>	100	0	73	27	62	38	83	17	80	20		
<b>Heroin</b>	78	22	70	30	72	28	64	36	71	29	71	29
<b>Ecstasy</b>	43	57	77	23	40	60	50	50	40	60	33	67
<b>OTC/PRE</b>	0	100*	100*	0	-	-	-	-	-	-	-	-
<b>Inhalants</b>	100*	0	100*	0	100	0	100	0	87	13	-	-
<b>Methamphetamine</b>	-	-	-	-	63	37	67	33	72	28	64	36

\* (n<5)

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