

SECTION 2: Treatment Centre data

2a: Treatment Centres: Cape Town

Ms Pam Cerff

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 2002	Jan-Jun 2003	Jul-Dec 2003	Jan-Jun 2004	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005	Jan-Jun 2006
	%							
Acron/Loyola	-	-	-	<1	2	<1	0	3
Beth Rapha	-	2	1	1	<1	0	0	<1
Crescent	5	6	<1	3	3	4	1	4
CTDCC	18	18	19	14	13	14	19	15
De Novo	6	7	5	7	8	5	7	7
De Novo Youth	4	3	3	5	5	3	4	3
Families Against Substance Abuse (FASA)	-	-	-	-	-	1	5	2
Hesketh King	3	2	2	4	3	3	1	3
Hesketh King Youth	-	-	-	-	-	-	<1	1
Horizon	2	2	2	1	4	3	3	3
Kenilworth	3	5	4	4	5	4	4	3
Kenilworth out-patient	-	-	-	1	1	1	2	1
Orient	1	3	1	1	1	2	1	0
Ramot	10	9	10	9	8	9	5	4
SANCA (8)	20	16	17	16	19	24	27	20
Stepping Stones	8	9	9	9	8	7	8	7
Stikland	11	10	10	8	7	6	3	6
Sultan Baha	-	-	-	-	-	-	-	2
Toevlug	5	8	12	11	9	10	11	10
Teen Challenge	-	-	1	1	1	1	0	<1
Tijger Clinic	-	-	3	4	4	4	0	7
Total in treatment	1552	1724	1659	2255	2308	2469	2131	2660

Overall 2660 patients were treated across all treatment centres for the period January to June 2006, as compared to 2131 for the previous six-month period (Table 1).

Table 2: First time admissions (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	Jan-Jun 2006
	%	%	%	%	%	%	%	%	%	%	%
Yes	67	67	67	67	67	70	71	71	74	81	76
No	33	33	33	33	33	30	29	29	26	18	24

In Table 2 ‘Yes’ indicates a first time admission and ‘No’ indicates a repeat admission. The proportion of new admissions has decreased slightly in the latest reporting period, compared to the previous 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	Jan-Jun 2006
	%	%	%	%	%	%	%	%	%	%	%
Inpatient	66	65	58	62	67	64	68	66	61	48	61
Outpatient	34	35	42	38	33	36	32	34	39	52	39
Both	-	-	<1	<1	0	0	0	0	0	0	0

Table 3 indicates that the increase in the proportion of patients treated on an outpatient basis noted in the second half of 2005 may have been an anomaly.

Table 4: Referral sources (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
	%	%	%	%	%	%	%	%	%
Self/family/friends	39	38	43	47	42	47	47	44	42
Work/employer	15	14	14	13	10	12	10	8	11
Doctor/psychiatrist/nurse	10	8	10	10	11	11	14	13	14
Religious body	3	4	3	3	4	4	3	2	2
Hospital/clinic	4	4	5	3	3	2	3	3	3
Soc services/welfare	12	14	14	16	16	15	14	18	17
Court/correctional	7	6	6	5	7	5	5	5	5
School	4	6	3	3	4	1	1	3	3
Other e.g. radio	4	4	3	2	2	3	2	4	4
Unknown	<1	1	<1	0	1	0	0	0	2

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

Table 5: Population profile (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
	%	%	%	%	%	%	%	%	%
GENDER									
Male	83	80	81	82	80	78	78	75	74
Female	17	20	19	18	20	22	22	25	26
ETHNIC GROUP									
Asian	2	1	3	1	2	1	2	1	1
Black	14	14	10	11	7	7	6	7	7
Coloured	52	52	56	57	59	64	68	72	67
White	32	33	31	31	32	28	24	20	25
EMPLOYMENT STATUS									
Working full-time	39	36	37	36	35	37	35	29	33
Working part-time	5	6	5	7	5	5	5	5	6
Not working	33	34	37	39	39	37	39	45	43
Apprentice/internship	<1	<1	<1	<1	<1	<1	1	<1	<1
Student/pupil	17	18	15	14	16	17	16	18	15
Disabled: not working	2	2	2	1	2	2	2	1	1
Housewife	2	1	2	1	1	1	1	1	1
Pensioner/retired	2	2	2	1	2	1	2	1	1
Other	<1	2	2	1	1	<1	<1	1	1
MARITAL STATUS									
Married, living with spouse	27	25	25	24	23	22	23	19	20
Married, not living with spouse	4	4	5	4	4	3	4	3	3
Living together	7	6	7	6	7	7	6	5	5
Divorced	9	11	10	10	8	8	8	5	7
Widowed	2	2	1	2	2	1	1	1	1
Never married	50	52	52	54	55	58	57	67	64
Other	<1	1	1	1	2	<1	<1	<1	<1
EDUCATION									
None	1	3	2	1	1	<1	<1	<1	<1
Prim.	Gr 1-6	28	25	21	26	16	16	15	14
	Gr 7								5
Second.	Gr 8-11	57	58	63	60	69	71	72	73
	Gr 12								46
Tertiary	14	15	14	12	15	13	12	12	14

*Highest school education completed

As can be seen in Table 5, males continue to predominate consistently around 75-80% of patients. Coloured patients, consistent with local demographics, are in the majority. Those working either full- or part-time total 39%. The category 'Other' includes persons suspended from work pending the successful outcome of treatment. More unmarried persons (64%) are in treatment, consistent

with previous data. Most patients have secondary level education or more (88%). About 1 in 7 patients treated during January to June 2006 were students/pupils.

Table 6: Age distribution (Cape Town)

Age in years	Jan-Jun 2003		Jul-Dec 2003		Jan-Jun 2004		Jul-Dec 2004		Jan-Jun 2005		Jul-Dec 2005		Jan-Jun 2006	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%
10-14	63	4	48	3	71	3	92	4	91	4	98	5	77	3
15-19	315	18	313	19	500	22	527	23	546	22	576	27	647	24
20-24	233	14	261	16	376	17	405	18	464	19	505	24	579	22
25-29	217	13	187	11	250	11	260	11	319	13	257	12	340	13
30-34	220	13	204	12	256	11	280	12	254	10	200	9	284	11
35-39	210	12	231	14	258	11	221	10	223	9	159	8	239	9
40-44	169	10	155	9	216	10	204	9	226	9	137	6	174	7
45-49	125	7	99	6	130	6	123	5	168	7	89	4	134	5
50-54	89	5	89	5	88	4	96	4	92	4	61	3	80	3
55-59	51	3	31	2	59	3	47	2	49	2	27	1	51	2
60-64	11	<1	14	1	30	1	32	1	22	1	10	0	27	1
65-69	10	<1	7	<1	5	<1	10	<1	9	<1	4	<1	19	1
70-74	2	<1	1	<1	7	<1	0	0	6	<1	4	<1		
75+	2	<1	3	<1	4	<1	3	<1	0	0	0	0	0	0

The age range of patients in treatment was from 11 years to 84 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 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	Jan-Jun 2006
	%	%	%	%	%	%	%	%	%	%
Alcohol	46	48	47	44	39	38	34	34	25	30
Dagga/Mandrax	25	21	17	20	24	17	16	9	6	3
Dagga	12	13	18	15	15	12	11	10	11	8
Crack	4	3	4	6	6	6	6	5	8	6
Cocaine	2	3	3	2	3	3	3	3		
Heroin	6	7	6	7	7	9	8	10	14	14
Ecstasy	1	2	1	<1	1	<1	1	<1	<1	<1
OTC/PRE	2	2	2	3	2	2	2	2	<1	1
Other (solvents etc.)	2	<1	1	1	<1	<1	<1	<1	0	<1
Speed/crystal methamphetamine	-	-	-	2	2	11	19	26	35	37
'CAT' (methcathinone)	-	-	-	-	-	-	-	-	-	<1

For the second time alcohol is not the most commonly abused substance among people in treatment. Methamphetamine was again the most common substance. The proportion of heroin patients remains high at 14%. Mandrax continued to decline.

Table 8: Overall proportion of substances used (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	Jan-Jun 2006
	%									
Alcohol	62	59	61	60	55	53	48	47	39	41
Dagga/Mandrax	35	27	28	34	37	30	29	23	16	14
Dagga	24	24	32	29	31	27	25	29	32	28
Crack/cocaine	15	14	11	18	22	22	20	19	18	16
OTC/PRE	9	5	6	8	6	8	8	5	6	4
Ecstasy	9	8	9	10	11	10	6	8	7	6
Heroin	7	8	8	8	9	11	10	13	16	16
Methamphetamine	-	-	-	5	7	19	29	36	45	46

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

The overall proportion of the primary, secondary and 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 16% of patients reporting the use of cocaine.

Table 9: Mode of usage of primary drug (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
	%	%	%	%	%	%	%	%	%
Swallowed	52(7)	51(8)	47(6)	43(6)	41(6)	37(5)	37 (4)	27(3)	32(2)
Snorted	3(7)	4(7)	3(6)	4(6)	4(6)	4(7)	4(6)	5(6)	3(4)
Injected	2(4)	2(4)	3(5)	3(5)	3(5)	2(3)	1(2)	1(2)	1(2)
Smoked	41(79)	42(80)	46(81)	50(82)	51(83)	56(83)	56(86)	67(90)	63(90)
Other/ Combination	2(3)	1(2)	2(3)	1(2)	1(1)	1(2)	1(2)	<1(<1)	1(2)
Figures in brackets above exclude alcohol									
Injected Heroin	45	34	38	44	28	24	15	8	10

In looking at the mode of usage of the primary drug, 32% of patients reported swallowing their substances. When alcohol is excluded 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 (Table 9).

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

	Years									
	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	Jan-Jun 2006
Alcohol	39	40	39	40	40	40	40	41	39	41
Dagga/Mandrax	26	26	25	25	26	25	26	27	25	27
Dagga	19	19	21	20	21	20	21	21	20	20
Crack	31	30	30	29	30	30	30	30	30	31
Cocaine	28	30	31	30	29	29	31	29		
Heroin	23	24	23	24	24	24	23	22	22	23
Ecstasy	22	22	21	21	22	23	24	21	18	0
OTC/PRE	36	41	38	41	39	43	42	40	41	43
Methamphetamine	-	-	-	-	-	20	20	21	21	22
Overall mean age	31	31	31	31	31	30	30	30	27	28

The mean age was 28 years for this period, similar to the previous period. The data continue to show that patients whose primary substance of abuse is alcohol are older, 41 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)

	Jul-Dec 2002		Jan-Jun 2003		Jul-Dec 2003		Jan-Jun 2004		Jul-Dec 2004		Jan-Jun 2005		Jul-Dec 2005		Jan-Jun 2006	
	%		%		%		%		%		%		%		%	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
Alcohol	79	21	77	23	77	23	77	23	76	24	76	24	75	25	74	26
Dagga/Mandrax	92	8	93	7	95	5	95	5	95	5	96	4	93	7	90	10
Dagga	87	13	87	13	88	12	87	13	88	12	86	14	87	13	86	14
Crack	82	18	84	16	82	18	81	19	82	18	77	23	72	28	75	25
Cocaine	56	44	76	24	78	22	76	24	68	32	72	28				
Heroin	70	30	77	23	66	34	72	28	68	32	76	24	74	26	76	24
Ecstasy	59	41	46	54	74	26	64	36	75	25	64	36	60	40	0	0
OTC/PRE	39	61	39	61	42	58	43	57	36	64	27	73	42	58	27	73
Methamphetamine	-	-	-	-	-	-	73	27	72	28	76	24	71	29	73	27

No <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)

	AFRICAN			COLOURED			ASIAN			WHITE		
	Jan-Jun 2005	Jul-Dec 2005	Jan-Jun 2006	Jan-Jun 2005	Jul-Dec 2005	Jan-Jun 2006	Jan-Jun 2005	Jul-Dec 2005	Jan-Jun 2006	Jan-Jun 2005	Jul-Dec 2005	Jan-Jun 2006
	%	%	%	%	%	%	%	%	%	%	%	%
Alcohol	11	16	15	51	47	42	1	<1	1	37	37	42
Dagga/Mandrax	9	8	12	85	90	81	1	0	0	5	3	8
Dagga	12	17	16	68	67	67	2	1	2	18	15	16
Crack/Cocaine	4	4	5	47	47	39	4	1	4	45	48	53
Ecstasy (n=11)	0	0	0	73	40	0	9	0	0	18	60	0
Heroin	2	2	1	68	84	73	4	3	2	26	11	24
Methamphetamine	1	1	1	91	92	92	1	1	<1	7	6	7

No <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.

Table 13: Multiple substance use (Cape Town)

	Jul-Dec 2003		Jan-Jun 2004		Jul-Dec 2004		Jan-Jun 2005		Jul-Dec 2005		Jan-Jun 2006	
	n	%	n	%	n	%	n	%	n	%	n	%
Primary substance only	854	52	1151	51	1205	52	1267	51	1091	51	1458	55
Primary +2 nd substance	416	25	555	25	594	26	626	25	1040	49	698	26
Primary+2 nd +3 rd substance	213	13	319	14	315	14	326	13	451	21	279	11
Primary +2 nd +3 rd +4 th substance	176	11	230	10	194	8	250	10	222	10	225	9
Total no. of patients	1659	100	2255	100	2308	100	2469	100	2131	100	2660	100

Table 13 shows that 55% of patients report using more than one primary substance of abuse.

Table 14: Source of payment (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
	%	%	%	%	%	%	%	%	%
Self only	15	15	14	16	16	14	17	19	16
Medical Aid only	16	11	17	16	17	20	20	13	19
State	11	14	16	13	16	16	12	14	21
Family/friends only	26	30	28	34	29	32	34	38	36
State & self	6	7	7	8	6	4	3	2	0
Work/employer only	4	4	4	4	4	4	4	3	3
Unknown	3	2	2	1	1	2	1	2	2
Other/combinations	19	17	12	8	11	8	9	5	3

Patients often report a combination of sources of funding for treatment. The category 'Family/Friends only' (36%) remains the most common source of payment for treatment. The proportion of payment by the state increased to over 20%.

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

	Frequency of use in the past month											
	Not used in past month			Once per week or less often			2-6 days per week			Daily		
	Jan-Jun 2005	Jul-Dec 2005	Jan-Jun 2006	Jan-Jun 2005	Jul-Dec 2005	Jan-Jun 2006	Jan-Jun 2005	Jul-Dec 2005	Jan-Jun 2006	Jan-Jun 2005	Jul-Dec 2005	Jan-Jun 2005
	%			%			%			%		
Alcohol	6	4	5	8	6	5	19	25	21	67	64	69
Dagga	11	12	5	11	14	8	20	21	25	59	52	62
Mandrax	9	7	9	7	3	3	22	11	15	62	74	72
Cocaine	1	10	7	7	9	5	37	29	26	52	51	62
Crack	8			6			32			52		
Heroin	5	4	4	3	4	1	8	11	9	83	81	86
Methamphetamine	15	14	7	13	8	6	29	28	29	44	48	58
OTC/PRE	8	13	3	0	0	0	5	0	8	88	88	89

Table 15 shows that heroin and OTC/PRE medicines are the drugs 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)

	Jul-Dec 2002	Jan-Jun 2003	Jul-Dec 2003	Jan-Jun 2004	Jul-Dec 2004	Jan-Jun 2005	Jul-Dec 2005	Jan-Jun 2006
	%	%	%	%	%	%	%	%
<i>GENDER</i>								
Male	84	84	83	79	77	77	71	72
Female	16	16	17	21	23	23	29	28
<i>ETHNIC GROUP</i>								
African	27	15	19	11	9	6	7	5
Coloured	58	70	68	73	81	85	87	89
Asian	1	2	1	2	1	1	<1	<1
White	15	12	13	14	10	9	6	6

Table 16 above shows that Coloured patients constituted 89% of the patients younger than 20 years during the first half of 2006. The proportion of female adolescent patients has increased in the last two periods.

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		Jan-Jun 2006	
	n	%	n	%	n	%	n	%	n	%	n	%
Alcohol	15	4	29	5	14	2	16	3	21	3	12	2
Cannabis	152	42	189	33	151	24	156	25	149	22	126	17
Cannabis/ Mandrax	118	33	133	23	109	18	59	9	45	7	28	4
Cocaine	6	2	8	1	6	1	2	<1	9	1	4	1
Crack	11	3	13	2	12	2	10	2				
Heroin	27	7	47	8	53	9	73	12	87	13	111	15
Ecstasy	13	4	5	<1	4	1	5	1	3	<1	0	0
OTC/PRE	1	<1	0	0	0	0	0	0	0	0	0	0
Inhalants	2	1	2	<1	10	2	6	1	2	<1	7	1
Other	1	<1	3	<1	0	0	0	0	1	<1	0	0
Speed/ Methamphetamine	17	5	142	25	260	42	309	49	357	53	436	60
Total	363	100	571	100	619	100	637	100	674	100	724	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, while the proportion treated for heroin has also increased.

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

	Jul-Dec 2003		Jan-Jun 2004		Jul-Dec 2004		Jan-Jun 2005		Jul-Dec 2005		Jan-Jun 2006	
	M	F	M	F	M	F	M	F	M	F	M	F
	%		%		%		%		%		%	
Alcohol	73	27	48	52	79	11	44	56	62	38	100	0
Cannabis	84	16	88	12	84	16	87	13	86	14	85	15
Cannabis/ Mandrax	92	8	96	4	95	5	92	8	87	13	82	18
Cocaine	33	67	50	50	17	83	100	0	67	33	75	25
Crack	73	27	62	38	83	17	80	20				
Heroin	70	30	72	28	64	36	71	29	71	29	71	29
Ecstasy	77	23	40	60	50	50	40	60	33	67	0	0
OTC/PRE	100*	0	0	0	0	0	0	0	0	0	0	0
Inhalants	100*	0	100	0	100	0	87	13	0	0	100*	0
Metham- phetamine	-	-	63	37	67	33	72	28	64	36	66	34

* (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.