

## Admission & treatment arrangements during the Covid- 19 period

### Welcome to Elim Clinic

*Taking charge of your addiction is a brave step! Using the lock down period is courageous!*

Thank you for choosing Elim Clinic. The Clinic has been rendering professional treatment services to people with addiction problems since 1958. Elim Clinic adheres to the minimum norms and standards for treatment as required by the regulatory bodies in South Africa and is an affiliated member of SANCA.

The Corona pandemic is creating very uncertain and unnerving times for all of us. The government has approved the continuation of services and Elim Clinic is ready to resume to provide inpatient treatment to the community of people we serve.

Elim Clinic's team/service users/service providers & stakeholders being our prime asset have always been our priority and paramount care. Elim Clinic therefore want to ensure that this period of uncertainty will be dealt by all with responsibility, strength and courage.

*To those battling with substance abuse withdrawals or postponing to stop or those stuck with a behavior addiction.....now is the time.... spend your lock down in an environment that will assist you to unlock your way to a new life.....*

Herewith information to assist with preparation for admission:

### **Arrangements for admission**

- Arrangements/enquiries for admission should be made in advance with the admission officer. Please call 011 975 2951 or send an email to [admission@elimclin.co.za](mailto:admission@elimclin.co.za) or use the Chat link on the website [www.elimclin.co.za](http://www.elimclin.co.za).
- Prior to admission we require a Covid -19 screening.
- The medical staff in consultation with the medical practitioner will continue to monitor your health and make decisions accordingly.
- The *Declaration of citizen's movement in exceptional cases document* should you travel beyond the borders of Gauteng will be provided by Elim Clinic.
- Covid -19 regulation as directed by the Government applies to the treatment environment of Elim Clinic.
- On admission a contract will be provided pertaining to the Terms and Conditions of Admission, which with the Rules of Elim Clinic and the Code of Conduct are binding on the service user.

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#### **Board of Directors:**

Mr NJ Duvenhage – Chairperson, Mr M Venter – Vice Chairperson, Ms LJ le Roux – Managing Director, Mr WD Lamont, Ms GP Kganyago, Mr FH Havinga, Mr ZW5 Mahlutshana, Mr J Wilkinson, Ms N Ntshoko

**Registration Number:** 001-848 NPO

**Practice Number:** 0470010037877

**Accredited by** COHSASA

### **Treatment periods**

- Substance abuse between 3 – 5 weeks
- Behaviour addiction (gambling, hyper- sexuality, pornography, gaming etc) 3 weeks

### **Treatment programme**

During treatment the service user will take part in a programme which addresses the problem on a physical, emotional, social and spiritual level. The attendance of the treatment programme is compulsory. Treatment during this period will provide the following:

### **Medical services**

- Specialised medical assistance during the detoxification process
- Individualized medication regime
- 24 Hour medical care, seven days per week
- Medical lectures on substances of abuse
- Health education on HIV, sleep and eating habits and lifestyle management
- Drug testing
- Opioid replacement as recommended

### **Therapy**

- Psychoeducation
- Psycho-social group therapy
- Individual therapy
- Pastoral counselling (group and individual)
- Significant other involvement via Skype

### **Visitors**

For the duration of your treatment period no visitors will be allowed.

### **Cell phones**

You will be allowed to bring your cell phone.

It will be locked away for the first 3 days in the security office while you are in isolation.

There after you can schedule appointments with the security officer to use your phone under their supervision.

### **Support groups**

Elim Clinic encourages ongoing investment in recovery. The therapists at the Clinic will provide information regarding support groups.

### **Chemical substances (alcohol, medicine, drugs, gas)**

For the protection of all service users there will be no tolerance for the use/dealing/distribution of any chemicals, medicine or other substance on the premises of Elim Clinic other than those administered by the nursing staff. Non-compliance could lead to discharge.

### **Chronic medication**

**Please bring with all chronic & other medication and/or scripts should you need renewal of medication during the treatment period.** All medication should be declared

and handed in on admission to the nursing staff. No medicine, not even vitamins may be kept by a service user.

**A drug screening test** will be done on all service users on admission. Random drug tests are done. **Possession of illicit drugs is a criminal offence and will be dealt with accordingly.**

### **Problematic behaviour**

Significant others will be informed about problematic behaviour displayed by a service user. This will be dealt with according to the discretion of the staff of Elim Clinic.

### **Security**

Admission to Elim Clinic is voluntary. Elim Clinic operates on an open system, and a certain amount of freedom is allowed. This enhances the responsibility on the service user's side. It is not the responsibility of the Clinic to trace a service user who absconds, nor take responsibility for the safety of such a person.

### **Rules**

All clinics have rules. All service users should familiarize themselves with the Rules of Elim Clinic and the Code of Conduct which are posted on the notice board. Service users are expected to adhere to rules and to attend the full treatment programme.

### **What to bring to Elim Clinic**

***Please make sure that you bring with all you would need for the duration of the treatment as no drop off items, including washing will be allowed.***

- Enough clothes for casual wear for the duration of the programme. Make sure that you bring sufficient warm clothes.
- Pyjamas, slippers, and dressing gown
- Coat hangers should you wish to hang your clothes
- "One size fits all" bath plug
- Hairbrush and comb
- Facecloth, soap, shampoo, toothbrush & toothpaste
- Shaving cream & razor
- Roll-on deodorant
- Towel
- Washing powder
- I.D. document
- Medical aid card & pre-authorization number from the medical aid
- **Cash for mobile tuck shop purchases and/or chronic medication renewal.**
- Cash for washing machine tokens, R10 per token
- **3x padlock and keys for female service users**
- **2x padlock and keys for male service users**
- Bible (optional)
- Pen & writing pad
- Tea, coffee, Milo, and milk powder/long life milk should the service user wishes to enjoy a soft drink at times other than specified tea times
- Cell phone, charger, ear phones & adapter plug. **No Wi-fi available.** Arrange for sufficient data and airtime

- Reading material, crosswords, art & hobby material to use for recreational purposes
- Sealed plastic container for storing edibles
- At present no cigarettes are for sale. Either bring your own or consider quitting.

### **What not to bring to Elim Clinic**

- **Please do not deposit money into Elim Clinic's bank account for personal use**
- Hair spray
- Lighter fluid and "Zippo" lighters
- Mouthwash
- Fire arms, knives or weapons
- Laptop/iPod/iPad/Tablet/MP3 player/TV
- Jewellery and other valuables. Please leave these in the safety of your home

**Please note that Elim Clinic does not take responsibility for any stolen or damaged valuables.**

Elim Clinic creates a supportive and caring environment that is conducive to change. Mutual respect and trust form the basis of the relationship between staff and service users. Service users are requested to report any hindrances which they may encounter during their recovery process. This empowers the staff to assist in the most effective way. Elim Clinic is a safe haven, but it is still part of a broken world. Access to negative influences in the "world out there" is possible, but not necessary if the service user focuses on his/her recovery.

We are proud of our treatment programme. We have living proof in many ex-service users' lives of the effectiveness of the programme. It was developed with balance, structure, discipline and participation in mind. Compliance to the total programme ensures success. We reserve the right to take action should an individual find it difficult to comply. Together we can fight addiction. Allow us to walk this exciting road to a new life with you and your loved one.

### **Management**

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