

STATISTICS 2014



Transformed individuals in a transformed environment
It's closer to home than you think

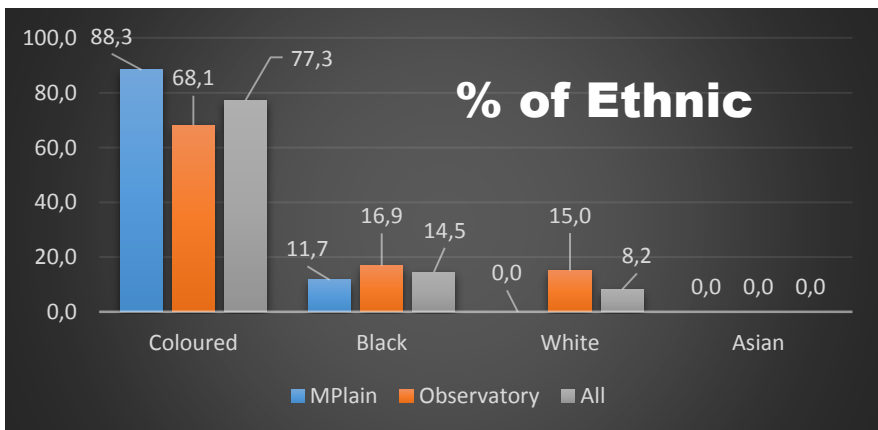


The statistics reflected in this report are an accurate reflection as captured by those responsible for treatment at the Cape Town Drug Counselling Centre [CTDCC]. The report includes statistics regarding the 963 new clients who entered the CTDCC treatment programme during 1st January – 31st December 2013, in terms of:

- **Demographic profile** – referral, age, gender, residential area;
- **Drugging profile** – commonly reported drugs of choice;
- **Financial profile** – employment status, spending patterns on drugs, crime.
- **Associated Risk** – Job loss, involvement in crime, HIV & Aids

The CTDCC is a community based organisation that provides intensive and comprehensive outpatient treatment to clients from disadvantaged, lower income, and under resourced areas in Cape Town and surrounds. These statistics need to be viewed in this context. In all, 963 new clients entered our treatment programmes, 436 at Mitchell's Plain (MP), and 527 at Observatory (Obs). Returning clients are excluded from the totals reflected in this report.

DEMOGRAPHIC PROFILE



Ethnic Groups

While the majority of our clients remain Coloured (>88%; n=744), the percentage of Black clients has slightly increased again this year (>14%; n=140), with the remainder being White which has seen a drop in the number accessing treatment (>8%; n=79) and no Asian persons has been seen by us. The treatment service offered at the CtdCC is rendered in English, Afrikaans and Xhosa. Although every effort is made to ensure treatment is offered in the preferred language, the percentage of Black clients remains low. Both centres - Observatory as well as Mitchell's Plain - have Xhosa speaking registered counsellors.

No. Ethnic Group					
	Coloured	Black	White	Unknown	All
MPlain	385	51	0	0	436
Observatory	359	89	79	0	527
All	744	140	79	0	963

Residential Areas

Overall we drew clients from 151 suburbs during the period reported on. The residential areas most represented overall during 2013 (in order of frequency) were: Central/Cape Flats (excl. Mitchell's Plain)]. 'Central' accounts for (42%; n=402) including areas such as Athlone, Manenberg, Woodstock, Cape Town, Observatory, Salt River, Khayalitsha, Lansdown, Retreat, Wynberg, Hanover Park and Plumstead. Mitchell's Plain accounted for (34%; n=326).

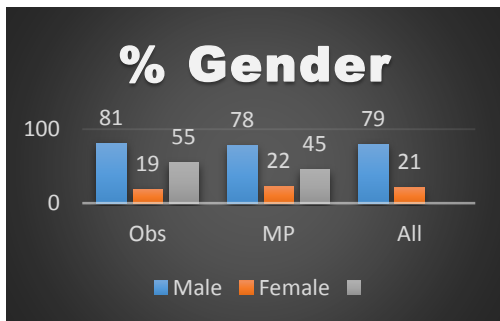
The residential areas most represented in the **Mitchell's Plain branch during 2013** (in order of frequency) were: Mitchell's Plain (remaining the highest) and includes 71 suburbs (45%; n=436) of neighbouring communities.

Residential areas most represented in the **Observatory branch during 2013**, having a total client intake of (55%; 527=n) of the total intake.

Residential Areas			
	Obs	MP	All
Central	334	68	402
Mitchells Plain	21	305	326
Township	54	51	105
Cape Town	61	3	64
Northern Subburbs	27	4	31
Country	10	4	14
Southern Subburbs	20	1	21

Gender

The number of female (21%; 199=n) service users has dropped during the reporting period. The number of male intake were (79%; 764=n), this number reflect an increase from previous reporting period. The number of male service users remains the highest by a small margin compared to previous year. Gender specific treatment services remains a priority to the CtdCC. Gender ratios between the two centres may have differed, but not significantly.



No. Gender 2013			
	Obs	MP	All
Male	426	338	764
Female	101	98	199
	527	436	963

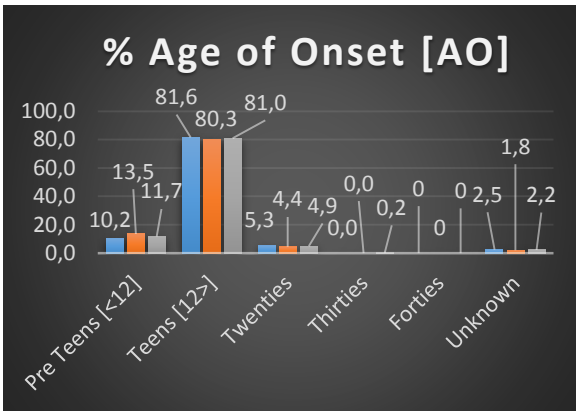
DRUGGING PROFILE

Here we looking at the age of onset (AO) for drug use compared to the presenting age (PA) of service users to define the gap between these two dimensions. The service user is seldom able to acknowledge the extent of the damage done till long after s/he actually is ready to admit there is a problem. For us providing treatment, we hope to see this gap reduced so that full blown addiction could be prevented in the earliest possible stages of use/abuse. The AO is often about five (5) to ten (10) year before the PA. The PA is however getting younger and this adds to the risk of addiction in service users.

Age of Onset [AO]

The highest AO category was amongst the teens (81%; n=780) but (>11%; n=113) started taking drugs before the age of 12, with an additional (>2%; n=21) unable to recall when they started with. This reflects the continuing trend over the years of a decreasing age of onset. This is a worrying factor to all, as the younger one starts using for the first time, the greater the impact and subsequent danger of becoming addicted.

No. Age of Onset [AO]			
	Obs	MP	All
Pre Teens [<12]	54	59	113
Teens [12>]	430	350	780
Twenties [<20]	28	19	47
Thirties	2	0	2
Unknown	13	8	21
Total	527	436	963



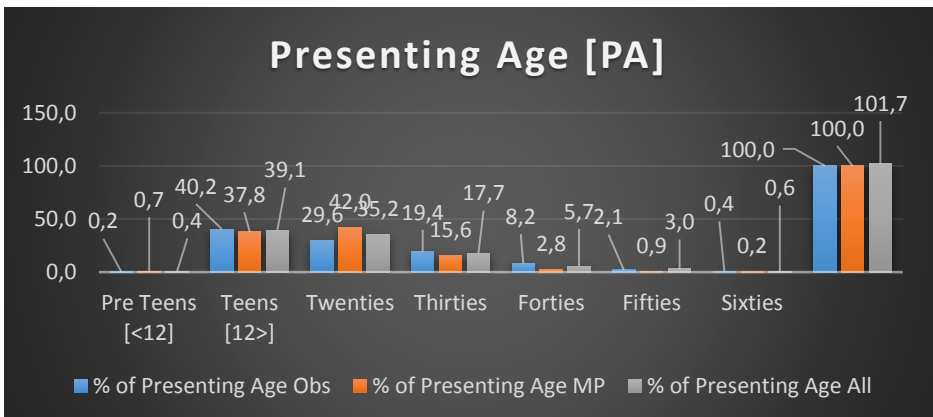
Onset Drug 2013			
	Obs	MP	All
Dagga	209	147	356
Methamph	153	134	287
Heroin	79	121	200
Alcohol	36	15	51
Mandrax	9	15	24
Cocaine	11	1	12
Ecstasy	7	0	7
Crack	6	0	6
Other	17	3	20
Total	527	436	963

Presenting Age [PA]

The majority of our service users' main drugs of choice for the reporting period reflects the following; Dagga [various forms of Cannabis]

Amphetamines (mainly Crystal Methamphetamine or Tik) remains the highest drug of choice (34%;n=311). This is followed closely by Dagga; (30%; 278=n) and then Heroin, (24%;n=221). Treatment of Heroin addiction is especially difficult, due to the severe withdrawal symptoms experienced. We depend heavily on the detoxification unit at Stickland Hospital for inpatient detox. We are also able to prescribe Subutex, a non-opiod detox medication, on an outpatient basis. This is closely monitored by our GP. However the recommended treatment for Heroin addiction is inpatient (with which we assist).

From the PA, it is clear that CtdCC's clients comprises mostly of young people (11yrs – 29yrs), with the highest represented age-group being the twenties (42%; n=386) followed by teens (32%; n=288). The CtdCC places a strong emphasis on adolescents and has a specialised adolescent programme



FINANCIAL PROFILE

Drug spending patterns

Approximately 94% (n=910) of new clients reported the amount of money they spent on drugs on a monthly basis. The average monthly expenditure on drugs was R2660.98. Extrapolating this figure to our whole client base, we estimate that our clients, if still drugging, would have spent over R30 million on drugs alone during 2013. Though this amount is more than previous years. We are acutely aware of the impact it has on our country. The impact, considering that only (<20%; n=141) of our clients are actively employed, is that most of our clients are involved in illegal activities to fund their use of substances.

Drug Spending	
<R 1 000	422
R 1 000 – R 4 999	337
R 5 000 – R 9 999	105
>R 10 000	46
Unknown	53



Employment status

Employment levels amongst our clients have dropped significantly (14%; n=137); with the majority of clients being either unemployed (49%; n=475). This pushes up the number of scholars/students (36%; n=347) >10% more than the previous year.

Fees at our Observatory branch is set according to the family income, and our Mitchell's Plan centre is offered at NO cost to the client. CTDC was able to fully subsidise our Mitchell's Plain branches services and part subsidise the treatment fees due to the ongoing support we receive from our donors. The fact that so few are employed greatly reduces the contribution which clients make to the financial sustainability of our services. 49% of all CtdCC service users were offered treatment at NO charge, while a further 33% (n=321) paid only R20per visit. A large number of service users has unveiled their current unemployment status as a direct result of their drugging habit. This number appears to be growing year after year and needs urgent attention if we going to realise a growing economy.

Employment Status			
	Obs	MP	All
Unemployed	216	259	475
Student	207	140	347
Employed	102	35	137
Self Employed	2	2	4
Total	527	436	963

Involvement in Crime

The close association between Crime and Substance abuse is profound. Many of CTDC clients accessing treatment has informed us of this reality. Of all clients in 2013, 57% (n=545) admitted to stealing to support their use. A further 12% said they were convicted as a result thereof. An alarming 38% (n= 362) reported spending time in holding cells for some form of crime due to the use of substances.

HIV/AIDS

While we do not collect data on the HIV prevalence rate amongst our clients, ongoing research in South Africa suggests that drug use is associated indirectly with HIV transmission. Research indicates that compared to non-drug users, drug users are more likely to engage in **risky sexual behaviours** such as unprotected sex and sex with multiple partners. CTDC offers voluntary counselling and HIV testing as an additional service to our clients, as well as risk reduction strategies and psycho-educational HIV lectures.