

Dual Diagnosis

Living in a world that is increasingly becoming more stressful, the evolution of knowledge about life and its conditions, gets more challenged.

In the past professionals tended to only diagnose one condition, very likely in isolation to any other psychological symptoms or physical conditions that a person has been suffering from. The academics even had problems in distinguishing the differences in the definitions of an addiction disorder as opposed to a dependency disorder.

Therefore it became increasingly necessary to view psychological/psychiatric disorders from a more inclusive holistic viewpoint. This brought the idea of a dual diagnosis. The best way to describe a dual diagnosis would be to say that it refers to an individual who has an addiction combined with another mental health problem. There are many types of mental illness that can be found in combination with alcohol and drug abuse but the most common are:

- depression
- schizophrenia
- bipolar disorder
- anxiety disorder
- personality disorder

The question would then be; "Does a patient suffer from a dependency disorder, or is this dependency disorder linked to another disorder?"

In asking these questions it has become more prevalent to treat the primary problem in conjunction to other conditions with symptoms that might include alcoholism or a drug dependency. In most instances the dual diagnosis can be managed, although it will sometimes be necessary to tackle both problems simultaneously. The priority usually is to get the person through addiction withdrawals, but it is generally recognized that failure to promptly treat the other mental health problem can increase the risk of relapse

It is safe to postulate that any of the above mentioned conditions would be a primary diagnosis, as it can easily influence an individual to start abusing substances. On the other side the abuse of substances does not necessarily lead in causing the above-mentioned mental disorders. The exception would be where the alcohol has influenced the physical condition of the patient, to the point that an alcohol related dementia might have started or other physical complaints such as



diabetes, malnutrition etc. might set in.

A vital component of any treatment program will be the willingness to change; in fact there is believed to be little hope of recovery without this willingness. It is important for any person with a dual diagnosis to have the correct information and understanding the dual diagnosis definition as being part of the total functioning of an identified patient.

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Elim Clinic Athletics Club, Results - November & December 2010

7 November 2010	Soweto Marathon, Men's Open (42 km)	Action Ramaboea ran his personal best in 2h42min. He reached 57th place out of approx. 7000 athletes. Anthony Mandlane - 2h59min
7 November 2010	Soweto, Ladies (10km)	Shoki Lechaba - 48 min. This was the first time she participated in a 10km race. Charlotte Ngobeni - 49 min. (1st position finished in 44 min)
28 November 2010	Randburg, Ladies (5km)	Mokgadi Mothupi - 24 min Shoki Lechaba - 24 min (1st position finished in 22min)
19 December 2010	Stop Abuse, Daveyton (10km)	Junior Men, Paulos Radebe - 2nd position in 37min Open Men, Action Ramaboea - 3rd overall position in 35min. Ladies, Shoki Lechaba - 5th position in 46min

Editorial



Editor, Theresa Haarhoff-Petersen

Commitment to Recovery

Without hope there is no motivation or will to go on. I often wonder about the will to go on, the will to get up each day, to work towards a goal and to have a vision for the future. How can anyone continue on their life journey and, on the road to recovery if they have no vision or goal for the future? Although it is a day by day process, there has to be an end goal, a destination, a place in our lives where we aim to be.

How can there be hope without commitment to recovery,

whether it is recovery from alcohol, drug, medication or gambling addiction? It is when I listen to the testimonies of people around me, courageous individuals who have been through treatment once or sometimes several times, that I truly learn of commitment and hope.

Why does one person complete treatment and stay on the road to recovery, while another person relapse, often with devastating consequences? What makes the difference? How can anyone continue day after day, making changes in their lives, doing what it takes in order to maintain recovery? To my mind it speaks of true commitment, commitment not only to personal growth, but to create meaningful relationships and to sustain recovery at all cost. It is clear that recovery requires patience, endurance and tenacity; it is more often than not a gradual and challenging process. Despite the effort it takes, the outcome in terms of benefits to the individual and those around him/her (eg. family, friends, employer) is without a doubt more rewarding and encouraging than one could imagine.

In this first edition for 2011, some of the people I have talked to share their stories with us. Day by day, they walk the road of recovery with commitment and courage, their words are the testimony that it is indeed possible to recover from addiction, and that the process of recovery can be maintained for years and years to come.

Why procrastinate, why wait? Never let anyone tell you that one person cannot make a difference.

The time to make a difference is NOW!

Editor, Theresa Haarhoff-Petersen

Testimonies

Dear Jack, Grandpa aka Substance

"I have known you all my life. I saw when you were best friends with my parents. I have to be honest, even to you. You did try at moments to drag me astray to convince me to be your friend. I was too strong to give in!

BUT

There came a point in my life where I decided to get to know you, I didn't want to believe what I saw from your friendship with my parents, because you seemed to make so many other people happy. I also wanted to be happy!

Our friendship has not lasted long. It knew you for only four years, but in that time you managed to destroy, infect and disrupt the pure person and human being that I have strived to be all my life!

I write this letter with confidence and a sober mind, I don't want you in my life; I don't even want to know of you. Thank you for the few so called "good times". If I think back and honestly admit, they were never really worth it. Yet, I learned a valuable lesson; I was not wrong for rejecting you all those years!

So, good riddance to bad things!"

Ex patient

Letter to Alcohol

"Alkohol,

Hallo my ou "vriend", jy was die een wat my altyd op my gemak laat voel het. Ek kon gesels, lag en die "entertainer" wees. Maar nou kom als op 'n einde. Ek kan verander, en ek het die besluit gemaak om reg te kom.

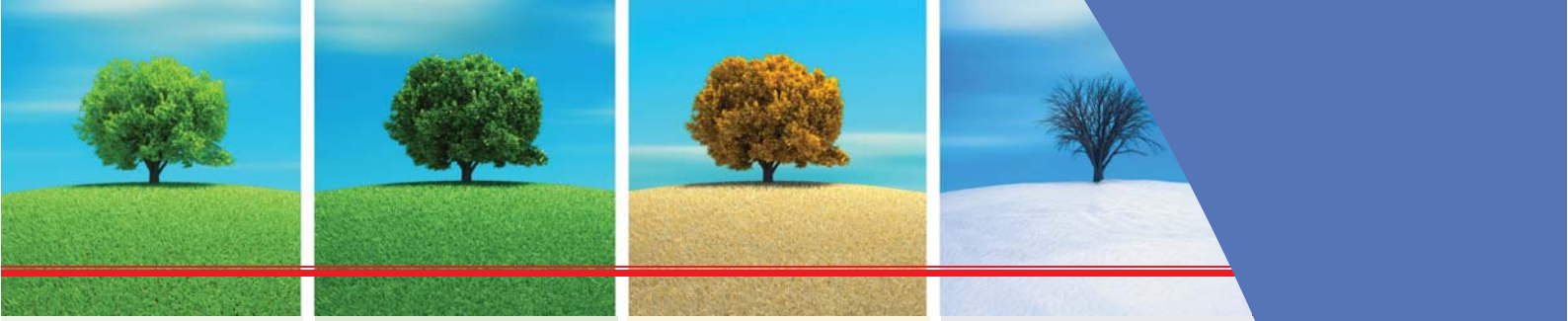
Ek is in Elim en ek het in die drie weke geleer om te gesels, te lag en nog 'n "entertainer" te wees sonder jou wat my besoedel.

Ek wil jou nie meer sien, proe of naby my hê nie. Jou "image" maak my siek. Jy het my geldsake verwoes en my verhouding met my verloofde uitmekaar geruk. Jy het my in elk geval net die volgende oggend 'n kopsaer gegee en dan het ek jou weer gebruik vir 'n "quick fix".

Ek is klaar met jou en dit belowe ek jou!

Goodbye."

Ex patient



Making Sense of Taking Stock

New beginnings? I am always amazed that, when we are battling to make sense of something, the answer is often in nature, in the creation around us. I was asking myself about the fuss we make of the new year, new year's resolutions, the opportunity to start afresh - is it really a new beginning or is it just another day?

The rhythm in nature, the different seasons, the predictable patterns are ensuring order, growth and sustainability. Even the Bible confirms that there are seasons for everything - to lie down, to rise, to sow and to reap.

Translating this to the "business" of Elim Clinic it means that the new year brings the season (the necessity) to take stock of the past, and to plan for the future. What was good about this year, what do we want to take with us into the new year and what is it that we need to leave behind us?

Looking back at Elim Clinic in 2010 I realize that we, again, were truly blessed. We were blessed with opportunities to expand our network (remember, Elim Clinic is a small organization surrounded by a huge network of friends). We had opportunities to develop and expand our clinical services. We had a very low staff turnover, several additions to our team, and promotions - all reason to celebrate.

Yes, we were also challenged. Especially on a personal level many staff suffered difficult situations. In these situations I became acutely aware of the value of a support network like the Elim family.



Managing Director, Elize Smith

Our dreams for 2011? We are all clear that we want to render the highest quality of professional service to all our patients. We want to create magic and allow all who come into contact with Elim Clinic to experience a "whoa" moment. Remember, we trade in hope - something to be shared with all.

Managing Director, Elize Smith

Testimonies

Mike Viljoen's Testimony

"I was addicted to cocaine for eight years. It controlled and destroyed my life. I left home in an attempt to sort out my life and save my marriage, and I booked in for treatment at Elim Clinic. After treatment, I had been clean for one month until I relapsed. Over a period of two years I went from bad to worse, until I ended up in the gutter. I had no place to stay, no relationship with my family, and without any possessions or property of my own. My health deteriorated to such an extent that I landed up in hospital due to cocaine overdose.

On the 9th of September 2009, I woke up and all I felt was exhaustion and guilt, I no longer wanted to go on. I pleaded with the Lord to help me; I knew He was my last hope. I realised I needed help, I phoned my wife and asked for her help. She agreed, collected me and took me home. I discussed my decision to change my life with my family and we all prayed together. The next Wednesday evening I joined Aftercare at Elim Clinic, and started applying the principles of recovery to all aspects of my life. On Thursdays my wife and I went to the Re-group sessions at the Kaleido City Campus, this became my 'Accountability Group'. I continued attending these support groups on a regular basis, Aftercare, Re-group and the support of my family created a balanced support system in my life.

I thank God for His grace, for giving me the opportunity, the courage, strength and support to be able to recover from cocaine addiction. On 1 September 2010 I celebrated one year in recovery, and I look forward to the second celebration on 1 September 2011. To those who are reading my testimony, I want to say that there is hope! To recover from drug addiction requires a change in lifestyle, but if you are willing to do what it takes, you will succeed."

Long Service Awards



From left; Maria Mkhwanazi and Dr Thebehali

It is an honour to congratulate the following staff members who received long service awards at the Elim Clinic Thanks Giving Service, at the end of 2010. The awards were presented by the Chairperson of the Elim Clinic Board of Directors, Dr David Thebehali.



From left; Fanie Magoai, Michael Ralebipi, Thomas Sekele, Dr Thebehali



From left; Natascha Gips, Leonard ver Burgh, Dr Thebehali

Thomas Sekele	25 years
Fanie Magoai	25 years
Michael Ralebipi	25 years
Maria Mkhwanazi	20 years
Dr David Thebehali	15 years
Nonhlanhle Hlope	10 years
Priscilla Sihlangu	10 years
Odelia Tseke	10 years
Natascha Gips	5 years
Leonard ver Burgh	5 years



From left; Nonhlanhle Hlope, Priscilla Sihlangu, Dr Thebehali

Great Hope

Undoubtedly, life is often confusing, unfair, difficult and dangerous. People live in fear, worry, and feel despondent, even hopeless because of this.

In 1 Thessalonians 4:13-14, the Thessalonians were worried about their Christian friends who had died. They were specifically worried that they would miss out on the opportunity to be with Jesus at his triumphant return in glory. There was one important truth they had overlooked, the assurance that the resurrection of Jesus gives us. He died so that we can live. (2 Corinthians 5:15)

At times when we experience great difficulty in our lives, we sometimes feel insecure and uncertain about our ability to deal with the challenges of life. When we look at Paul's second book to the church of Corinth, the message is clear. In God we find the strength to deal with our problems, and in Him we will be strong, even though we feel weak.

"Three times I begged the Lord to make this suffering go away, but he replied, My kindness is all you need. My power is strongest when you are weak." 2 Corinthians 12:8

Hope in the provision of God, His strength and peace (Mark 9:31-32). Through Him we find strength and true wisdom (Colossians 2:3).

Someone once said that life is like a book with many different chapters. Some tell of tragedy, others tell of triumph. Some chapters are dull and ordinary, others intense and exciting.

The key to being successful in life is never to stop on a difficult page, to never quit on a tough chapter. Champions have the courage to keep turning the pages because they know a better chapter lies ahead.

Moira Visagie

Thank You

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