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Matrix programme celebrates their clients' success

City Health and clients in the Matrix® programme celebrated various achievements by participants at a graduation ceremony held at the Dulcie September Civic Centre in Athlone recently.

The Ruimte Road treatment site in Manenberg also celebrated its 10-year anniversary. The graduation ceremony recognised the resilience and achievements of those enrolled in the City's free substance abuse treatment programme, as well as the families who supported clients and have attended educational sessions.

A total of 137 individuals were celebrated for completing their treatment, while 131 clients who have passed the one-month milestone in their recovery journey were also recognised.

In addition, 35 former clients were acknowl-

edged for their ongoing participation in the programme, and 12 families were commended for their support.

Since the start of the current financial year in July 2024, the Matrix programme has assisted 1635 clients across the city.

"This graduation ceremony is a celebration of perseverance and a reminder to us all of what is possible when dedicated individuals come together for a common goal. We commend everyone who has completed the programme, those in the early stages of recovery, and the families, communities, and City staff who walk alongside them every step of the way," says Mayco member for community services and health, Francine Higham.

The programme, based on the Matrix treat-

ment model, incorporates treatment, counselling for clients and families, recovery support, relapse prevention and social support groups.

The City has eight substance abuse treatment sites in Tafelsig, Albrow Gardens, Delft South, Town 2, Khayelitsha, Parkwood, Manenberg, Eerste River and Scottsdene.

A decade ago, on 20 April 2015, the Manenberg site opened its doors in Ruimte Road.

The facility has seen numerous successes, in spite of challenges such as crime, gang violence and the stigma for clients attending the programme. During the previous financial year, 218 clients were assisted at the facility with a clean drug test rate of 88%.

Some of the other successes at the Ruimte Road site include a partnership with U-Turn

and shelters that refer people living on the street into the programme, the Saartjie Baartman's Women's Programme, referral pathways to stakeholders, good client retention, outreaches and home visits by the Expanded Public Works Programme workers assisting clients back into the programme and excursions and programmes addressing the holistic needs of clients such as digital literacy and fatherhood programmes.

The substance abuse programme is available to walk-in clients who are able to enter the programme immediately after a drug and alcohol screening and a professional assessment.

■ **For assistance with addiction should contact the nearest Matrix® site or call the Alcohol and Drug Helpline at 0800 HELP 4 U (0800 43574).**