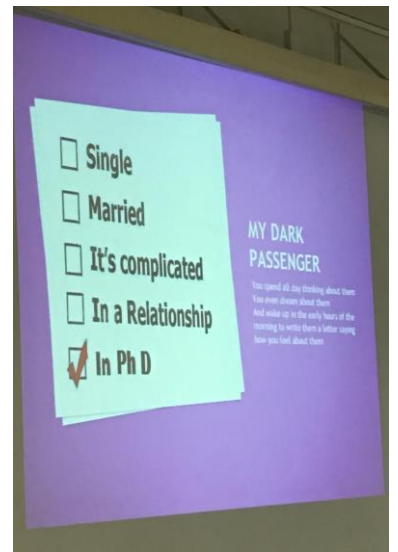


UCT Department of Psychiatry and Mental Health Newsletter

Issue 9 – June 2019



A NOTE FROM THE HOD

The social psychologist, Jonathan Haidt, has argued that Universities must pick between focusing on “Truth” or on “Social Justice” <https://heterodoxacademy.org/one-telos-truth-or-social-justice-2/> . His argument is perhaps useful in shedding light on a range of ongoing debates in academia, both globally and locally. In particular it may be helpful in understanding the intensity of recent conflicts on campuses world-wide.

At the University of Cape Town, Vice-Chancellor Mamokgethi Phakeng, has put forwards a vision that emphasizes both excellence and social justice. It seems to me that from a Faculty of Health Sciences point of view, such a vision is particularly attractive. After all, improving the health of all is a key focus of social justice, and in order to do this we need to achieve excellence in training, research, and services.

The attached newsletter, as usual, portrays some of the many ongoing activities in our Dept of Psychiatry and Mental Health; our goal is to be an academic centre of excellence that takes an integrative and transformative approach to teaching, research, and services, and that by doing so improves mental health, and contributes meaningfully to society.

Warm regards,
Dan Stein



IN THIS ISSUE

COMMENTS

Thanks to department colleagues and others for submitting contributions to the newsletter. If you have any comments or suggestions for future newsletter issues or would like to volunteer to be part of the newsletter team please make contact with the editor.

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ADDICTION PSYCHIATRY

ATTC HOSTS PROF STEVE ROLLNICK

By Goodman Sibeko

On Tuesday 12 March 2019, the South Africa HIV Addiction Technology Transfer Centre (ATTC) hosted Prof Steve Rollnick for a lecture exploring the clinical applicability of Motivational Interviewing (MI) in various contexts ranging from harmful substance use, ARV adherence and mental health.



Prof Rollnick (above) is Honorary Distinguished Professor in the Cochrane Institute of Primary Care and Public Health, School of Medicine, Cardiff University. He was a practicing psychologist in the UK National Health Service for 16 years, and then became a teacher and researcher in primary care on the subject of communication. He has written books on MI and Health Behaviour Change and has a special interest in challenging consultations in hospital and primary care settings. He has published widely in scientific journals and has taught practitioners in many countries and continents. The ATTC, which is located within the Division of Addiction Psychiatry in the Department of Psychiatry and Mental Health is funded by the US States Presidents Emergency Fund for AIDS Relief (PEPFAR)

and the Substance Abuse and Mental Health Services Administration (SAHMSA) to provide training and technical assistance to health practitioners, particularly those working in HIV priority districts. The lecture was attended by a range of clinicians, including psychiatrists, clinical psychologists, nurses, registered counsellors and social workers. Earlier in the day, Prof Rollnick had provided Master Training to the ATTC team in a growing collaborative partnership aimed at maintaining a high standard of training delivery by the ATTC. ■

ANNUAL NATIONAL ADVISORY BOARD MEETING

By Goodman Sibeko

Also in March this year, the South Africa HIV ATTC hosted its second Annual National Advisory Board Meeting in Durban. The Advisory Board (below) consists of several key members of the mental health, substance abuse and HIV fields in South Africa.



These include the Deputy Director of the National Departments of Health and Social Development, the Provincial Directors of Mental Health and Substance Abuse from KwaZulu-Natal and the Eastern Cape, the Chairman of the Central Drug Authority (CDA), the CEO of the South African National AIDS Council (SANAC), the CEO of TB HIV Care, the National Chairperson of SANCA

National, as well as the leadership of a few other national and Provincial governmental and non-governmental bodies. Key collaborators, National DoH, KZN DoH, and TB HIV Care presented on the successes of the first year while SANAC and the CDA highlighted the key role of the ATTC in the rollout of the National Strategic Plan and National Drug Masterplan. KZN Health took the opportunity to present the positive district service provider outcomes evident since training activities began in KZN, which included improved rates of screening and brief intervention for mental health and substance abuse issues in populations with a high burden of HIV. The meeting was a great success and we look forward to next year's AB briefing to share even more successes. ■

CHILD AND ADOLESCENT PSYCHIATRY AND MENTAL HEALTH

SUSTAINING DEVELOPMENT AT THE SA-ACAPAP CONFERENCE IN JOBURG

By John-Joe Dawson Squibb

The South African Association for Child and Adolescent Psychiatry and Allied Professions (SAACAPAP) holds a biennial conference that this year was at the Wanderers Conference Centre in Johannesburg from 23-25th May. The congress theme of 'sustaining development' along with many renowned international and local speakers allowed for a range of topics to be covered. Stimulating keynote addresses on planning the future of child and adolescent psychiatry as well as the role of child rights in Africa amongst others provoked much discussion and ensured delegates were given lots to think about!

As in previous years there was a strong showing from the Division of Child and Adolescent Psychiatry (DCAP) at the conference. The Division is also closely linked to the Centre for Autism Research in Africa and the Adolescent Health Research Unit who were also well

represented. In addition to attending the conference many also had the opportunity to share their research through oral and poster presentations as well as symposiums. There was a great diversity of talks including UCT 6th year medical students, Stefan van Der Walt and Wakithi Mabaso under the supervision of Prof Petrus de Vries who presented their recent research on the burden of depression and anxiety among medical students at UCT. A presentation on Parent Child Interaction Therapy by Willem de Jager, Principal Psychologist at DCAP, also highlighted the early findings of an exciting clinical and research project being run by the Division. Sr Stella Mokitimi, Psychiatric nurse specialist at DCAP, presented revealing research from her current PhD, exploring child and adolescent mental health services in the Western Cape.



Above: Delegates from the conference.

In total, UCT was represented in 15 different oral presentations over the two-day conference and UCT students were awarded the Nursing Award in Research and Best Publication in the student category. At the conference AGM Prof Petrus de Vries was elected as Chairperson of SA-ACAPAP for the next two years and will no doubt take the association from strength to strength! ■

INTELLECTUAL DISABILITY

CARING FOR CARERS OF PERSONS WITH INTELLECTUAL DISABILITY EVENT

By Toni Abrahams

On the 19th March 2019, to celebrate Intellectual Disability Awareness Month, the Social Responsiveness Committee and the Division for Intellectual Disability Mental Health co-hosted an event themed Caring for Carers of Persons with Intellectual Disability (ID).

A number of speakers (right) from various organisations shared information relevant to the theme of the day. Maurisa Moloto from the Western Cape Forum for ID shared information on the organisations carer training course. Sue van der Linde from Iris House, an NGO offering much needed respite services, shared the array of creative projects undertaken by the organisation and on offer to both persons with ID and their carers. Nomasango Xabanisa from Sibongile day and night care centre who unfortunately could not attend on short notice was well represented by her colleague who informed the audience of the important and challenging work undertaken by the care centre. Mastura Schaffers and Kayzhan Simons from Cape Mental Health provided an informative talk on self-care for carers.



Refreshments were provided by the staff of Lalalicious and Lucy G. Lalalicious is an organisation that aims to empower young adults with disabilities to overcome their difficulties through the art of baking and cooking, while Lucy G is a craft café founded with the purpose of creating meaningful employment for many young adults with disabilities. The creative ways in which these organisations meaningfully include young adults with ID

in the labour market is a source of inspiration and hope that the change we seek is possible.



Above: Lara Hablutzel and Michelle Beeton from Lalalicious

Siyabulela Mkabile, a clinical psychologist and member of the division then shared insights obtained from his PHD research which focuses on caregivers of persons with ID. He shared thought provoking findings on the practical challenges faced by caregivers as well as the use of traditional and modern medicine in meaning making and treatment of persons with ID. Research agendas like this serve to bolster our collective quest for meaningful social inclusion for PWID and those who care for them. It is the power of the collective of mental health care users, civil society, academia and government, with tenacious commitment, that will help us bring this important quest to its full realisation.



Marcus Theunissen from Promentis kindly sponsored transport to and from Lentegeur Hospital to ensure caregivers could attend. And as usual, Vuyo Mafanya and Rehana Effendi, provided invaluable assistance with the logistics for the event.

The event was well attended by caregivers, organisations, mental health care users and involved professionals alike. It was hoped that caregivers especially, felt affirmed, supported and valued for the fundamental role they play in the lives of persons with ID. 📌

NEUROPSYCHIATRY

HIV MENTAL HEALTH RESEARCH UNIT NEWS

By Kareema Poggenpoel

Several studies of the CNS effects of HIV are ongoing. The CONNECT study has now received UCT ethical approval and phase 1 recruitment is due to start this month. We would like to welcome Dr David Biles, who has been appointed as the CONNECT study Medical Officer. The recruitment and selection process for Research Assistants is underway. CONNECT is a Newton funded study aiming to recruit 180 PLWH for lumbar puncture, cognitive and mental health testing, before and after switching to Dolutegravir.

Recruitment for the ADD-ART neuro sub-study is ongoing and we have now performed lumbar puncture on 20 participants. Dr Lindo Thela is developing a retrospective study of clinical HIV CSF escape cases presenting in this region since 2015.

Adele Munsami's INCREASE study has collected interesting survey data on over 400 HIV healthcare workers, confirming a desire and need for training in neurocognitive impairment in this group.

Contact us: HIV Mental Health Research Unit:
hivmhru@uct.ac.za

Like our page on Facebook: HIV Mental Health Research Unit 📌

PSYCHOPHARMACOLOGY AND BIOLOGICAL PSYCHIATRY

DIVISION UPDATE

By Fleur Howells and Nastassja Koen

It is with pleasure that we report on the accomplishments and progress of our Division, in the first few months of 2019. Congratulations to the students and supervisors in the submission of theses generated. An incredible accomplishment by Dr Jonathan Ipser, whom reports the submission of 2 doctoral theses, Taryn Williams and Sheri Koopowitz, and 3 masters theses, Angelo Dias, Candice Morris, and Marilyn Lake.

We welcome new members to our division: Dr Simo Zulu a postdoctoral fellow with Dr Pieter Naudé, awarded a Faculty of Health Sciences Postdoctoral Fellowship. Kimberley Williams as a doctoral candidate with Prof Fleur Howells, who has secured a DST-NRF Innovation Doctoral Scholarship and UCT Research Scholarship. Mary Mufford as a doctoral candidate supervised by Dr Shareefa Dalvie, who has secured a David & Elaine Potter Fellowship, NRF Innovation Doctoral Scholarship and UCT Research Scholarship. Lauren Blake, in her second year of doctoral study with Prof Fleur Howells, has been awarded, a Vice Chancellor Research Scholarship which compliments her NRF DAAD Scholarship. Ruth Levin-Vorster, in her second year of doctoral study with Prof Fleur Howells, has been awarded, in 2019, an Oppenheimer Memorial Trust Fellowship, placement at Summer Research Institute for Mind & Life, serves as a mentor and coach with Allan Gray fellowship programmes, then was invited and participated in the Think Tank on how to bring African Contemplative Practices into curriculum and onto the global stage. Kimberley Blake, a master's student with Dr Nynke Groenewold, who has secured a UCT Research Scholarship based on merit for 2019. Then Tatum Sevenoaks, a second year master's student with Dr Pieter Naudé, was awarded a UCT Research Scholarship.

Then we welcome two interns, Hanne van der Huijden with Dr Jonathan Ipser on the Drakenstein Child Health Study (DCHS) project, and Carey Pike working with Dr Nynke Groenewold the Selective Noradrenergic Alpha2c

Pharmacology-MRI (SNAP-MRI) study. Then Dr Nadia Hoffman leading the DCHS Psychosocial team, awarded a DST-NRF Internship Programme 2019/2020, the first intern will shortly be recruited, where Dr Nadia Hoffman with Prof Susan Malcolm-Smith, Department of Psychology, will serve as mentors.

ENIGMA Consortium collaborations, which permits international collaboration via meta and mega-analytical analysis of brain imaging and genetic data, have led to several research papers, of which two were led by UCT in collaboration with the University of Southern California: (1) Mufford M, Cheung J, Jahanshad N, van der Merwe C, Ding L, Groenewold N, Koen N, Chimusa ER, Dalvie S, Ramesar R, Psychiatric Genomics Consortium – Tourette Syndrome working group, Knowles JA, Lochner C, Hibar DP, Paschou P, van den Heuvel OA, Medland SE, Scharf JM, Mathews CA, Thompson PM, Stein DJ (2019). Concordance of genetic variation that increases risk for Tourette Syndrome and that influences its underlying neurocircuitry. *Transl Psychiatry* 9(1):120.; (2) van der Merwe C, Jahanshad N, Cheung JW, Mufford M, Groenewold NA, Koen N, Ramesar R, Dalvie S, ENIGMA Consortium PGC-PTSD, Knowles JA, Hibar DP, Nievergelt CM, Koenen KC, Liberzon I, Ressler KJ, Medland SE, Morey RA, Thompson PM, Stein DJ (2019). Concordance of genetic variation that increases risk for anxiety disorders and posttraumatic stress disorders and that influences their underlying neurocircuitry. *J Affect Disord* 245:885-896.

Additional highlights for the first half of 2019 are many, to note a few as follows. Dr Nynke Groenewold reports that the SNAP-MRI study, which is a pharmacological MRI randomized trial, data collection has been completed. Dr Jonathan Ipser attended advanced training at NORMENT, University of Oslo, on how to estimate brain age of MRI T1 weight structural brain scans. Dr Nastassja Koen attended the H3A Consortium meeting, held in Tunis, as MPI of an ongoing U01 project. Drs Nastassja Koen and Shareefa Dalvie attended the Neuropsychiatric Genetics in African Populations (NeuroGAP) AGM in Addis Ababa. Prof Fleur Howells, as Chair of the Southern African Neuroscience Society submitted a bid to host the 2023 International Brain Research Organisation's (IBRO) World Congress, she will present the bid with her team at the 2019 IBRO World Congress in Daegu, South Korea in the latter half of 2019.

Our division currently hosts 9 academic staff, 4 project managers, 9 research assistants, and supports 15 doctoral candidates, 8 masters students, and 3 research internships. Our research staff are committed to the advancement of science and their efforts are clearly seen in their tremendous research outputs. We have initiated our biannual divisional picnic/treasure hunt, much fun was had, a huge thanks to JP Fouché for designing the treasure hunt and already devising the next. Our next picnic/treasure hunt will take place in the latter half of the year and look forward to welcoming all our members and their families to this event.

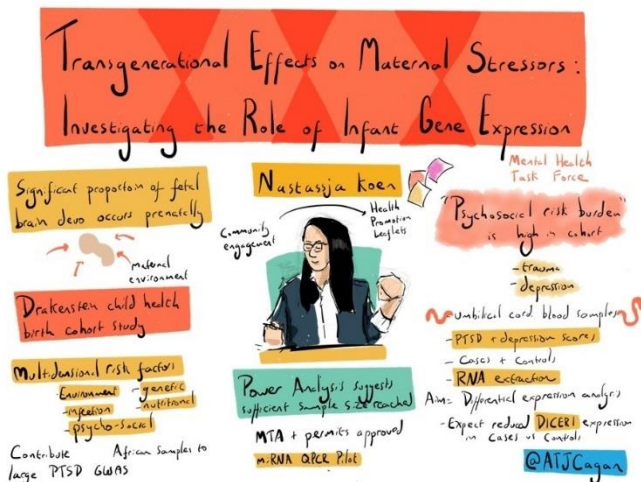
Lastly, we celebrate the bundles of joy which will be blessing our division members in mid-year. A huge congratulations to Dr Nynke Groenewold and Dr Pieter Naudé, Dr Jean Paul Fouché and his wife, and Dr Jonathan Ipser and his wife.

2019 is not only one of accomplishment and progress, but one of joy! 🎉

HUMAN HEREDITY AND HEALTH IN AFRICA (H3AFRICA): 13TH CONSORTIUM MEETING

By Nastassja Koen

The Human Heredity and Health in Africa (H3Africa) Initiative seeks to foster a pan-continental network of research groups equipped to study complex environmental and genetic mechanisms contributing to disease susceptibility in African populations (<https://www.h3africa.org/>). Using cutting-edge methods and techniques, this Initiative is supported by the USA's National Institutes of Health and the UK's Wellcome Trust. The Thirteenth H3Africa Consortium Meeting took place in Tunis, Tunisia from 12-18 April 2019. This meeting provided a forum for pan-African and global collaborators to present pertinent scientific findings of funded studies; and to discuss aspects of research ethics, biobanking/bioinformatics, cross-study phenotype harmonization, community engagement and training and skills development.



Above: Poster for the H3Africa/NIMH-funded project, each section of which was illustrated at each of the presentations at the meeting

Dr Nastassja Koen (a Senior Lecturer in the Department and deputy head of the Division of Psychopharmacology and Biological Psychiatry, who also co-heads the Psychiatric Neurogenetics Group of the Brain-Behaviour Unit) attended the meeting as representative for the ongoing H3Africa/NIMH-funded project, “Transgenerational Effects of Maternal Stressors: Investigating the Role of Infant Gene Expression”. This five-year project – led by Dr Koen, Prof Dan Stein and collaborators at Emory University in the USA, and drawing on maternal-child data from the Drakenstein Child Health Study birth cohort (<http://www.paediatrics.uct.ac.za/scah/dchls>) – will investigate genes and pathways underlying the transgenerational effects of exposure to prenatal maternal psychological stress, anxiety, or depression; and will aim to build South African capacity in genomic and gene expression research. ■

PUBLIC AND COMMUNITY MENTAL HEALTH

THE PERINATAL MENTAL HEALTH PROJECT'S (PMHP) UPDATE

By Simone Honikman

The Perinatal Mental Health Project (PMHP) achieved substantial outputs over the last year. Despite some setbacks, with our team reduced by the retrenchment process of 2017, our dedicated, core staff have adapted and rallied to meet our commitments and exciting new opportunities. We benefitted from regular professional development opportunities and worked smartly and more closely in mutually beneficial research, advocacy, service delivery, resource development and training partnerships.

We have identified five strategic goals that together balance the need to sustain the PMHP, while also guiding the impact and quality of our work. These goals are: to advocate for action towards maternal mental health for all mothers, to strengthen the health and social development systems, to generate knowledge, to build a critical mass of service providers and to maintain our financial stability.

Looking back

Our Advocacy and Policy programme contributed considerably to global maternal mental health initiatives. At a local level, our screening tool development work in mental health came to fruition with its inclusion into the standard maternity care stationery (the Maternal Case Record) throughout the Western Cape.

Hundreds of women at Hanover Park Midwife Obstetric Unit (MOU) benefited from our Clinical Service Programme. We also conducted three research projects at this site, using external researchers. They assessed women’s preferences, needs, opportunities and challenges in accessing mental health care as part of the maternity service. The results from this research will inform the ongoing development of our integrated service design.

Overall, our Research programme is now largely operating through collaborative partnerships. We have successfully partnered with two other institutes, based at UCT and Stellenbosch University, to conduct pilots and evaluation studies of our Nyamekela4Care intervention. Postgraduate students and volunteers are supporting smaller, in-house research projects, while we continue to contribute to the work of the Health System Strengthening in Sub Saharan Africa (ASSET) research consortium in South Africa and Ethiopia as well

as to an evaluation of a large-scale mobile health intervention for Maternal and Child Health in India.



Above: Screenshot from open access resources.

In our Training and Capacity Building programme, we delivered workshops, seminars and lectures to over 650 healthcare students (post and undergraduate) and providers. We produced three new open access resources (Empathic Engagement Skills video and an animated video about a mothers struggle to bond with her child, as well as the second edition of our Maternal Mental Health book, published by Bettercare). Our eight peer-reviewed publications included a book chapter and spanned topics such as screening, domestic violence, food insecurity and training for maternal mental health.

Going forward

This year, we are planning to conduct an advocacy campaign to highlight the link between food insecurity and maternal mental health. On the occasion of Maternal Mental Health Day, we have already started engaging with our social media community and have identified strong partners for collaboration in the formation of an interdisciplinary think-tank and are actively seeking funding for this endeavour.

ANNUAL REPORT



For more in-depth information about the PMHP’s work please read our Annual Report or stay informed by signing up to our newsletter.

This is the link to our latest newsletter:

<https://mailchi.mp/1db7136e1522/pmhp-news-2019>

This is the link to our latest Annual Report:

https://pmhp.za.org/wp-content/uploads/PMHP_AnnualReport_2018_web.pdf

DR MEMORY MUNODAWAFA’S PHD JOURNEY

By Memory Munodawafa



I am a clinical social worker who worked full-time, as trainer and supervisor of community health workers for the Africa Focus on Intervention Research in Mental Health (AFFIRM) project led from the Alan J. Flisher Centre for Public Mental Health.

I graduated with my PhD in December 2018, my work was part of a larger study within the AFFIRM project which conducted a randomised control trial testing the effectiveness of task sharing for maternal depression in

Khayelitsha led by the University of Cape Town and funded by the National Institute of Mental Health, USA. My PhD study was a qualitative exploratory study on the development and qualitative evaluation of the task sharing intervention used in the AFFIRM trial. My supervisors were Associate Professor Marguerite Schneider and Professor Crick Lund.

The PhD journey was profound, it required a lot of work at times afterhours especially since I had to be onsite to provide the training and supervision of community health workers. Finding time to work on the PhD from protocol, through to data collection, analysis and write up while working full-time required a lot of patience and determination. The determination to complete the PhD became stronger after the birth of my twin girls as I felt that completing the work would be a great example to my girls to finish what one starts. “Stay focused” became my mantra, running helped me to reflect on my objectives and gave me ideas on how to reframe a particular concept especially after getting feedback from my supervisors.

My journey was made a lot easier by support of family and friends. My husband often looked after the girls while I went to campus to write in the library and my mother would come to live with us for a few months to provide practical support when I was writing up the thesis. Having access to University resources provided by the office for post-graduate studies, seminars by UCT libraries or emerging researcher programme and the support from the supervisors was incredible. Financial support through UCT’s funding to staff and AFFIRM’s funding helped to make the registration and journal publications processes seamless. I was also lucky to be part of an informal support group of other female students from the Alan J. Flisher Centre for Public Mental Health. The group, which met every few months for lunch, helped to motivate me to complete my studies as we spoke about the challenges and how we were coping.

My advice to other PhD student is to keep at it, find your motivation. Once you get to a point where you are engaging often with your supervisors and sending them your work regularly and also getting feedback regularly then you know you are on the home stretch. At times you get inundated with work and life but do not keep your thesis on the back burner, keep working on it

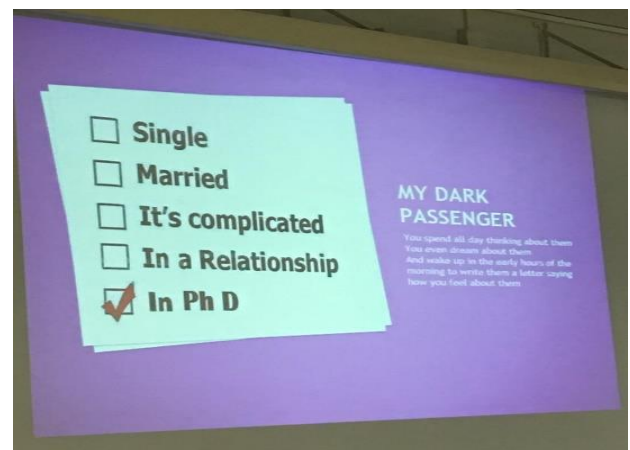
constantly.” The PhD journey is very humbling but also very fulfilling. Remember, you’ve got this! #Stayfocused

THE ANNUAL DEPARTMENTAL RESEARCH DAY – 11 JUNE 2019

By Adele Marais (Chair: DRC)

The Departmental Research Committee (DRC) was proud to host the annual Departmental Research Day on the 11th of June 2019. The theme for the day was ‘Research Stories’. We asked speakers to share when and how their research stories developed; how they built a research path as part of their academic identity; what were challenges and barriers; and what were tips and advice they would offer others.

We had several distinguished guest speakers who shared their stories with us. A/Prof Laila Asmal from Stellenbosch University gave a very inspiring and self-reflective talk entitled ‘The Clinician-Researcher and the pursuit of reward and unhappiness’. Three colleagues from our Department (Sam Nightingale, Tania Swart and Goodman Sibeko) shared their interesting research work, PhD journeys, and personal stories. Dr Elona Tosca ended the day with an excellent talk on ‘Researching Resourcefulness, Resilience and Risk: personal and professional trajectories in adolescent health research’, and shared her 10 lessons learned with the audience.



Above: Tania Swart shared the light and “dark” side of her PhD journey.

What was striking was that in asking our guest speakers to tell their 'Research stories', many shared moving stories that foregrounded their personal journeys whilst doing their research work. This resonated with – and inspired - many audience members who have expressed their appreciation, and has made many of us reflect on our own intertwined personal and professional narratives.



Above: Thandi Davies share her research story with the audience.

There was also an 'Oral Presentations' session where speakers showcased their research in the Department. These speakers were: Jon Piko Yako, Roxanne Jacobs, Kobus van der Walt, Thandi Davies, Stefan van der Walt and Wakithi Mabaso. Stefan and Wakithi - two of our undergraduate 6th year medical students - won the award for best oral presentation for their study on 'The Burden of Depression and Anxiety among Medical Students in South Africa: A Cross-Sectional Survey at the University of Cape Town'.



Below right: Prof de Vries , Stefan van der Walt and Wakithi Mabaso.

All in all, it was an inspiring, moving and enjoyable day, and it provided an opportunity for colleagues to engage each other around their own personal research stories.

POSTGRADUATE ORIENTATION WORKSHOP

In line with the aim of ensuring that postgraduate students are supported in their research endeavours in the department, the Postgraduate committee ran a Postgraduate Orientation Workshop on 27 March 2019. Below is Dr Alistair Hunter (Deputy Chair, Faculty of Health Sciences Human Research Ethics Committee) as he prepares to present on HREC aspects to postgraduate students.



THE SECOND ANNUAL LOREN LECLEZIO MEMORIAL LECTURE

By Toni Abrahams

The second annual memorial lecture in honor of Loren Leclezio (right) was hosted at Valkenberg Hospital on 28 May 2019 by the Social Responsiveness committee. Prof Maretha De Jongh, an orthopedagogue based at Leiden University shared her experience of socially responsive research and care from the perspective of the orthopedagogy.



Prof De Jongh also works the Psychiatry Department of the University Medical Centre Utrecht as a child and educational psychologist and cognitive behavioural therapist and specialised in assessment and treatment of children with developmental disorders, specifically Autism Spectrum Disorders and Selective Mutism. Orthopedagogy centres on the education of children with a focus on context, relationships and making connections between the child's home, school and society to give the child the skills he or she requires to use in society.



Above: Prof de Vries (Chair SR Committee), Dr Claudia De Clercq (Co-chair SR Committee) and Prof Maretha De Jongh

Prof De Jongh shared some of her work with parents of children with disabilities in Morocco to open a school as well as the creation of an online treatment for Selective Mutism. She reminded us that socially responsive research and care requires researchers to follow the lead of caregivers and mental health care users, to see how we can assist to meet those needs and develop equal partnerships where we can and should be open to learn from each other. Thanks to Prof de Vries for arranging this informative talk in celebration of Loren's life and work in which she was a true champion for socially responsive research. ▶



FEATURED NGO: HOPE HOUSE



Hope House is an NGO which opened our doors in 2004 and offer Counselling to anyone from the age of 3 years to adults on a donation basis, so as to be affordable to everyone. We are also a Substance abuse treatment centre offering community based treatment to adolescents using substances in schools. We also offer life skills workshops to children and adolescents. We offer training in play therapy techniques to counsellors as well as other training. Then we are offering schools training in becoming trauma informed educators to create trauma sensitive schools. We have centres in Bergvliet, Kuils River and Table View. Our website is www.hopehouse.org.za

Information provided by Judy Strickland. ▶

ON MY MIND - A NEW DEPARTMENTAL DISCUSSION FORUM

By John Parker

In thinking about how to take forward our vision of developing excellence in a manner that is both integrative and transformative, it became clear to Exco members that we were missing a forum that really enabled the participation of every member of the Department. This was further emphasised by a number of important themes that were repeatedly raised in the Transformation Conversations that the department held in 2017. These included concerns about “the way we speak”, or how members of the department engage with one another, and concerns about the lack of a sense of belonging to the department as a whole, in addition to key issues about our struggles to transform. It was noted that, as the department had grown we had progressively lost opportunities to come together as a larger group, on a regular basis, and also to think collectively about important general questions regarding the type of mental health care systems we should be developing and teaching.

This led to the establishment of “On My Mind”, a forum aimed at developing collective discussion and critical thinking about our future, as an academic department in the field of mental health care, in South Africa at this time. For this to be a successful venture, it is critical that the forum is one that encourages attendance and participation by being, not only, stimulating and challenging but also a place where everyone feels that they can be heard in an environment that encourages open discussion and critical thinking. Thus On My Mind has been introduced as a place where we can be free to express a range of controversial and sometimes even radical ideas in an atmosphere that is receptive, safe and even somewhat playful. For this reason it has also been agreed that initially, the forum will only be open to Members of the Department.

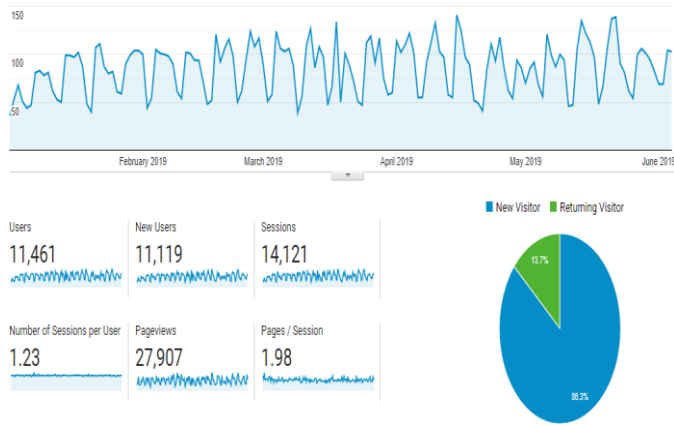


Above: Members of the department at the first On my Mind forum in April 2019.

The first session was presented by John Parker, who spent some time reflecting on the theme of “the way we speak” and on ways of thinking about what stifles discussion and then went on to raise some challenging questions about the appropriateness of the dominance of a medical model in mental health care. In both cases, controversial and challenging assertions were made, in the form of “provocations” that invited a response from members of the forum and, although perhaps initially a little hesitant, a lively discussion ensued that spilled over into corridors and parking lots well after the session had ended.

Although there will now be a short break due to exams and holidays, On My Mind will be held once a month at the Valkenberg Education Centre at 1230 on the second Tuesday in every month. We look forward to seeing you there! 📍

HOW IS OUR WEBSITE FARING?



As shown in the graphic above, our website has seen 11,119 new visitors. 14, 121 sessions and 27, 907 page views between 1st January and 4th June this year. The majority of visitors are returning visitors. If there are any queries or you would like to add/change anything to the website you are most welcome to contact [John-Joe Dawson-Squibb](#) or [Deirdre Pieterse](#).

STUDENT PSYCHIATRY SOCIETY

By Georgia Lilford (Chairperson)

The UCT Student Psychiatry Society, led by Georgia Lilford, has started off 2019 with some exciting events and opportunities.

The society hosted their first movie night in order to spark interest in psychiatry and related topics. Here they screened – with popcorn of course – “As Good as it Gets.” After the movie, Dan Stein led a discussion about OCD. Herewith is a picture, of him with the society committee. Pictured, from left to right, is Michelle Anderson, Kristien van der Walt, Georgia Lilford, Prof, Sylvia van Belle and Jessica Andras.




Pictured from left to right, Michelle Anderson, Kristien van der Walt, Georgia Lilford, Prof Dan Stein, Sylvia van Belle and Jessica Andras.

A few weeks later the society also hosted a talk by Dr John Parker, entitled “Voting Rights for People with Psychosocial and Intellectual Disability: Why Universal Franchise in South Africa Remains a Myth?”





Pictured from left to right, Michelle Anderson, Sana Salduker, Jessica Andras, Dr John Parker and Georgia Lilford, members of the society committee

The event was a great success and pictured are a few of the committee members with Dr Parker. From left to right, is Michelle Anderson, Sana Salduker, Jessica Andras, Dr Parker, and Georgia Lilford.



Furthermore the society hopes to host further movie nights, with interesting discussions led by psychiatrists within the department. They will also be participating in a blood donation battle with other societies on Health Sciences Campus, as well as entering a team into the Run 4 Rural event hosted by the Rural Support Network in May.

There are other events in the pipeline too, including collaboration with upper campus' Altruism Society and a possible panel discussion on depression and anxiety within health sciences students. Please let us know if you are at all interested in being a part of our future events.

Stay tuned!  

GOODBYE TO STAFF

The division of Intellectual Disability and Lentegeur Psychiatric Hospital's Intellectual Disability Services (IDS) sadly had to say farewell to consultant psychiatrist Andrew Hooper. The thoughtful and personal speeches at his small but intimate farewell were testament to the great impact Andrew has made on the service, the staff and many patients over his nearly a decade long leadership at IDS. He will be missed by colleagues, patients and caregivers alike.



The division of General Hospital Psychiatry bade farewell to psychiatrist Linessa Moodley who was based at Lentegeur Psychiatric Hospital Female admissions as a consultant. Wishing her well on the next steps. ■

WELCOME TO STAFF



Fergus Ashburner has been appointed as a Lecturer in the Division of Addictions; he will convene the PGDip in Addictions, and he will also teach in the SA HIV Addictions Technology Transfer Centre (ATTC).

Welcome back to Dr Faadiel Williams who returned to Lentegeur Psychiatric Hospital's Female Admissions unit and the department.

Waseem Hawa, Clinical Psychologist joined Valkenberg Psychiatric Hospital in January 2019 as Principal Psychologist in the department. He is also Deputy Chair for the Division of Psychotherapy, a member of the Division of General Adult Psychiatry, convenor of the Child Criminal Capacity Assessment Service. He was previously based at Lentegeur Psychiatric Hospital's Male Admissions and prior to this, correctional services in the Breede River Management Area.



Dr Zuma Zuma has also joined the department and Female acute admissions team at Valkenberg Hospital.

We also welcomed a number of new registrars in February this year. They are Dr James Burger; Dr Richard Goncalves, Dr Dipika Haripersad, Dr Jeanri Combrinck, Dr Mzamo Jakavula, Dr Keagan Clay and Dr Kadenge (International Registrar). ■

PASS STAFF NEWS

Kareema Poggenpoel celebrated her Business Administration Bachelor's Degree graduation in April. She has been enrolled as a part-time student at UWC for the past four years while being full-time employed as an Administrative Assistant in the Unit. Kareema is the first PASS staff member to complete an undergraduate degree while being employed in the Department. She is currently registered for her Honours in Industrial Psychology.



Kim Hendricks will be taking up a position in the HR department. This is a career move for Kim and we wish her well in the next part of her journey. ■

FLEUR HOWELLS RANKS 4TH IN SOUTH AFRICA

Associate Professor Fleur M Howells, Head of Division of Psychopharmacology and Biological Psychiatry, ranked 4th in Women's Recurve Archery at the SA National Championship in April 2019, Marks Park Johannesburg, a World Archery event. Pictured are Fleur Howells in the elimination Olympic round, standing at 70m from target (above) and the shooting line at the 2019 SA National outdoor archery championship, which includes recurve and compound archers (right).



The first day of shooting is the 1440 FITA round, 144 arrows shot at 4 distances, 35 arrows at 70m, 60m, 50m, 30m respectively. The second day of shooting, 720 Olympic round, is the shooting of 72 arrows at 70m's. The Olympic round is used to rank archers, and then eliminations are shot. Fleur achieved an overall ranking of 4th place, knocking out components at the eliminations, and is looking forward to next year. ■



LIGHTMIND

