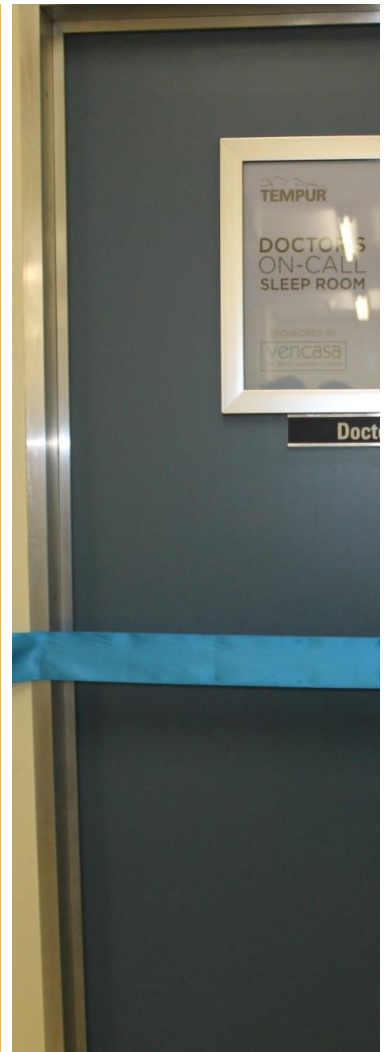


UCT Department of Psychiatry and Mental Health Newsletter

Issue 10 – December 2019



A NOTE FROM THE HOD

Given that evolution is based on maximizing fitness, evolutionary medicine asks the question, “why do vulnerabilities to illness persist?” There are different kinds of answers, but one of the best known is the “mismatch hypothesis”. Thus, for example, we need energy to survive, and we evolved in contexts where high calorie foods were not easy to find and were highly sought after; but nowadays the wide availability of sugary foods has been accompanied by an epidemic of obesity.

It turns out that one of the fathers of evolutionary medicine, Randy Nesse, is also a psychiatrist. He has recently published a volume that summarizes his immense contribution to understanding the evolutionary aspects of emotion and emotional disorders: “Good Reasons for Bad Feelings”. The idea that negative emotions play crucial roles in adaptation and survival – helping us avoid overly dangerous situations for example - is a simple but powerful one, with profound clinical implications.

Given that part of our evolutionary make-up involves having bad feelings, for example, addressing human suffering is a massive task. When it comes to this sort of task, knowing that the work is unending, our responsibility is nevertheless to make a meaningful contribution as clinicians and researchers. As always, our newsletter helps document the many ways in which members of our Dept are contributing to relieving suffering in the South African clinical context, a contribution that we can be proud of.

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

HARM REDUCTION: COMMON SENSE OR NONSENSE?

By G Sibeko, A Scheibe, S Shelly, L Dannatt, T Gerardy, L Weich, S Allie, F Ashburner and N Higgins

The Division of Addictions Psychiatry hosted a Social Responsiveness event “Harm Reduction: Common Sense of Nonsense” on 17 September 2019 at Valkenberg Hospital. Presenters included Dr Goodman Sibeko, Dr Andrew Scheibe, Mr Shaun Shelly, Dr Lisa Dannatt, Ms Tara Gerardy, Dr Lize Weich, Ms Shaheema Allie, Mr Fergus Ashburner. There was additionally a video compiled from inputs of several service users from TB HIV Care.



Above left to right: Dr Lisa Dannat, Fergus Ashburner, Dr Lize Weich, Ms Tara Gerardy, Nasif Higgins and Ms Shaheema Allie (front).

This conversation highlighted the need for South Africa to adopt an evidence-based approach to managing the harms related to drug use. The speakers demonstrated how harm reduction is patient-centred; aligned to medical ethics and protects human rights. Speakers also

highlighted the need to advocate for the examination of the current view of drug use as criminal under South African law.

The event was well attended by a diverse audience including policy advocacy groups; doctors; nurses; social workers and representatives from substance treatment centres. Presentations provoked thoughtful conversation amongst participants and will hopefully be a step in an ongoing conversation regarding improving access to care focussed on harm reduction for people who use drugs.



What is harm reduction?

Harm Reduction International defines harm reduction as referring to “policies, programs and practices that aim to minimize negative health, social and legal impacts associated with drug use, drug policies and drug laws. Harm reduction is grounded in justice and human rights - it focuses on positive change and on working with people without judgment, coercion, discrimination, or requiring that they stop using drugs as a precondition of support.”

Drug use, including heroin and methamphetamine is increasing in South Africa. Strategies that solely rely on abstinence, or are purely prohibitionist in focus, are ineffective to manage substance use disorders.

The harm reduction approach has been implemented in South Africa for several years, and the evidence of its effectiveness is increasing. However, there is still much resistance to the idea, despite the evidence. Much of this resistance is linked to stigma and discrimination towards people who use drugs and moral views around drug use.

Harm reduction and policy

Drug policy as it stands is not focussed with protecting people from danger, harms or any science. Instead it aligns with the United Nations Single Convention on Narcotic Drugs that describes drugs as a “serious evil” and that society needs to approach this evil by either incarcerating people who use drugs or focusing on abstinence-based approaches. The “prisoner or patient” binary limits our thinking and choices and excludes a significant proportion of the continuum of care and evidence-based and effective practices. Until we reconceptualise the approach to drug use and frame it as part of the human condition, rather than ‘evil’, we will not be able to implement effective responses.

Clinical consideration

Working with people who use drugs requires a person-centered approach that necessitates a collaborative relationship that emphasizes empathy, autonomy and support of self-efficacy whilst working to reduce drug harms. Initial Harm Reduction interventions were aimed at people who inject drugs (PWID), mostly opioid users.

Some interventions can include, but are not limited to: education and advocacy; peer support and outreach; prevention, screening and early intervention for possible complications; needle syringe programs (NSPs); opioid substitution therapy (OST); management of overdoses, prescription of diacetylmorphine and the use of safe injecting sites. Emerging interventions include methods of ensuring safer drug supply.

International evidence has shown that harm reduction techniques link and retain PWUD in services; allow for development of therapeutic relationships; enable screening, early intervention and prevention of mortality and morbidity; restore social functioning and reduce drug related criminal behaviour. Small harm reduction projects including NSP and OST projects in South Africa have shown similar results although these have been met with community criticism for a variety of reasons.



Harm reduction in people with a dual diagnosis

Substance use disorders are highly prevalent among those with severe and enduring mental illness and it negatively affects the health and wellbeing of these patients. Substances are often complexly entwined with psychiatric illness, whether by alleviating symptoms or side-effects from medications or by reducing boredom and giving patients a role and purpose. For some, it enables social contact and gives patients a sense of belonging. It may signify an attachment relationship that provides the patient with comfort and support. Harms from substance use are multiple for this group.

Psychiatric and substance use disorders are usually multidimensional and inseparably intertwined and it therefore makes sense to use an integrated approach, where the same clinical team address both disorders in order to help the patient to learn to manage both disorders. When working with this group, an absolutist approach that only allows for 100% sobriety as acceptable outcome, is unhelpful and tends to alienate patients from treatment. By using a more pragmatic, harm reduction approach, health care providers can collaboratively engage patients in treatment. By taking a grey view around substances early, health care providers can capacitate patients to create a life that is worth living without substances, focusing on many elements, not just compliance and drug use, but also quality of life, social relationships, having role function,

community membership, self-respect and respect from others. Change is often a slow process, full of relapses and setbacks, but any helpful change should be viewed as success. For patients with dual diagnosis, recovery is a difficult journey; they need to find motivation to address multiple difficulties despite great stigma and hardship and learn new skills, often despite ongoing symptoms and sometimes cognitive barriers. In the short term, the health workers should aim to address most pressing and urgent harms, like reducing homelessness, containing HIV risk, decreasing substance severity, building supports and increasing treatment adherence. Long-term treatment goals can include abstinence, self-management of illness and developing meaningful activities and relationships. This work may be challenging for staff and it is important to remain cognizant of the needs and welfare of staff and to prevent staff burnout.



Above: Panel discussion with presenters.

Provider Capacitation

Motivational Interviewing (MI) is “A collaborative conversation style for strengthening a person’s own motivation and commitment to change” (William Miller & Stephen Rollnick, 2013). In particular, MI is an evidence-based person-centered counselling approach used in treating people who use substances. MI is ideal for integration with Harm reduction as an approach as both support reducing the harms associated with drug use. MI fosters a collaborative engagement between the provider and the client/patient where the

individual’s personal responsibility in their journey to recovery is supported and their autonomy is respected.

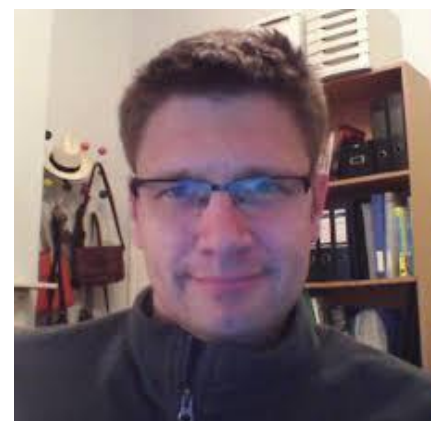
The current pandemic of substance use disorders in the Western Cape emphasizes the importance for treatment providers to gain skills and confidence in assisting PWUD. This includes challenging the traditional paternalistic status quo approach in our healthcare settings. MI empowers health care providers to mobilize internal motivation and personal accountability for the client/patient; to listen and understand with empathy; to promote collaboration; and to proceed at the pace of the client considering their readiness to change.

Service user experience

A video interview was conducted with service users and a peer counsellor from TB HIV Care, all of whom are involved in the StepUp programme. This video highlighted the positive experiences of the harm reduction approach and attendance at TB HIV Care’s StepUp drop in center. Themes included acceptance, ongoing support, harm prevention, experiences of NSP and experiences of OST. ■▶

CONGRATULATIONS

Henk Temmingh did his PhD in the key clinical area of comorbid schizophrenia and substance abuse, with a particular focus on evidence-based reviews and psychometrics. He was co-supervised by Nandi Siegfried, an expert in this area. Some of his work relied on data from the Schizophrenia in the Xhosa study. His thesis contributes insights into assessing and managing dual diagnosis. ■▶



CHILD AND ADOLESCENT PSYCHIATRY AND MENTAL HEALTH

STUDENT COUNSELLOR JOINS DCAP

By Naheeda Allie

Due to recent decreases in staffing, the Division of Child and Adolescent Psychiatry (DCAP) has had to explore creative alternatives to be able to continue service provision, particularly within the consultation liaison service.



Ms Taahirah Chafeker (left) is a 24-year-old Psychology Honours student at the South African College of Applied Psychology (SACAP). She has a particular interest in working with children and is completing the practicum requirement of her qualification until August 2020. Ms Chafeker provides

supportive counselling services to children and families at Red Cross Children’s Hospital as part of the paediatric consultation liaison psychiatry service and aims to start an adolescent wellness and peer support group for adolescents with chronic medical conditions. In addition to Ms Chafeker, the consultation liaison psychiatry team currently includes a child and adolescent psychiatrist (Dr Papani Gasela), a senior registrar from Sudan (Dr Khalid Abdalhai) and a clinical psychologist (Ms Naheeda Allie). ■

WELCOME TO DR ABDALHAI



Dr Khalid Abdalhai (left) joined the Division as an international senior registrar (fellow) sub-specialising in child and adolescent psychiatry for two years. Dr Abdalhai is an assistant professor at the International University of Africa

and Taha Baashar Psychiatry Hospital , Khartoum, Sudan. He is also an APFP fellow. He holds a Medicine Bachelor and Bachelor of Surgery from Al-Zaiem University in Sudan and has psychiatry specialization from the Sudan Medical Specialisation Board and Arab Specialisation Board. He started the application process in 2017 so it has been a long haul for him, and we extend a very warm welcome to Dr Abdalhai. ■

CONGRATULATIONS TO PROF DE VRIES

By Dan Stein

Congratulations to Prof Petrus de Vries on a number of extraordinary achievements during the last year. He was:



Elected as a Fellow of the Royal College of Psychiatrists (FRCPsych)

Elected as Chair of the African Division of the Royal College of Psychiatrists

Elected as Treasurer of International Association of Child & Adolescent Psychiatry and Allied Professions (IACAPAP)

Elected as African Representative on Society for the Study of Behavioural Phenotypes (SSBP) Committee

Lecture named in recognition of contributions as Chair of the SSBP (2008-2017)

Invited to deliver the annual Archibald Clark-Kennedy Lecture, Lewis Society for Medicine, Corpus Christi College, Cambridge

Elected as Secretary of International Society for Autism Research (INSAR)

Elected as co-Chair of the INSAR Global Senior Leaders in Autism Committee

Elected as President of South African Association of Child & Adolescent Psychiatry and Allied Professions

We are very proud of his achievements, and of his bringing honor to UCT. ■▶

CONSULTATION LIAISON PSYCHIATRY

CONGRATULATIONS

Nicole Phillips (right) did her PhD in the key clinical area of adolescence HIV/AIDS, working under the supervision of Jackie Hoare, using data from the CT Adolescent



Antiretroviral cohort. Her work provides insights into how best to assess and understand cognitive impairment in vertically transmitted adolescent HIV. ■▶

FORENSIC MENTAL HEALTH

FORENSIC MENTAL HEALTH CONFERENCE

By Marc Roffey

The 6th National Forensic Conference, sponsored by Sanofi, was held at Valkenberg Hospital in August of this year, over two days. The theme was 'Reconciling Risk with Recovery'.

The conference opened with Professor Sean Kaliski presenting a Lifetime Achievement Award to Professor Tuviah Zabow, in acknowledgment of his sterling contribution to the development of forensic mental health services in South Africa, during a distinguished career in psychiatry.

Two impressive keynote lectures, which addressed important mental health challenges, were delivered by distinguished speakers on successive days of the conference: Dr Evah Mulutsi, the National Department of Health's Director of Forensic Mental Health, examined facilitators and barriers to compliance with the MHCA (2004) in psychiatric hospitals across the country, and visiting University of Cambridge based academic Prof Jay Singh, who is a widely published expert on risk assessment, presented a current overview of violence risk assessment.

Other speakers included psychiatrists, psychologists, occupational therapists and professional nurses from Valkenberg, Lentegeur, Weskoppies, Sterkfontein and 2 Military Hospitals. Themes and topics included recovery, disclosure, amnesia, suicide, the assessment of disability and impairment, community forensic mental health services, the management of foreign national forensic patients, and forensic psychiatry in the digital age. An additional female-offender based theme focused on the mental health needs of female offenders in prison, and the rehabilitation of female forensic patients, and was covered in two presentations.

The conference ended with a presentation by Professor Tuviah Zabow, in which he reflected on 'The perils and pleasures of forensic psychiatry in private practice'.

The conference was well-attended by a variety of mental health professionals from across the country,

and the wide range of topics is an indicator of the robust health of forensic psychiatry in South Africa. Professor Sean Kaliski deserves special mention for convening all of the biennial national forensic conferences to date, and for introducing a vital fixture to South Africa's forensic psychiatry calendar. ■▶

CELEBRATING FORENSIC MENTAL HEALTH NURSES

By Maryam Abbas



Left to right: Matholengwe L; Nombewu V; Van Rooi T; Xhatalaza L

Forensic Nurse's week was celebrated in the week of November 11-15, 2019. Forensic mental health nurses provide specialized care for patients who are victims and/or perpetrators of trauma (both intentional and unintentional). Forensic mental health nurses work at the coalface with state patients in our forensic system that have been declared unfit to stand trial. These nurses place themselves at the coalface daily, often faced with the risks of assault, verbal abuse and challenging behaviour, yet they continue to remain steadfast in their commitment to offer patient centred care to their patients on their journey to recovery.



Left to right: Posw M; Mathe JS; Ompi L; Ntlenzi S; Funo O; Qawe P; Lethoko ME

Their passion and dedication to the service and their patients deserve acknowledgment as they remain steadfast in their commitment, regardless of the risks to self. We salute and thank our mental health nursing colleagues in the forensic system for their tireless, steadfast efforts in patient care and the invaluable support they offer us as members of the multi-disciplinary teams they work with. Forensic nurses' week was a wonderful opportunity for us to show our support and appreciation to our psychiatric mental health nurses with a huge thank you and delicious chocolate cake. ■▶

INTELLECTUAL DISABILITY MENTAL HEALTH

TWO GRADUATES OF THE MPhil IN INTELLECTUAL DISABILITY

By Sarah Strachan and Cole Goldberg

As the first two graduates of the Master of Philosophy in Intellectual Disability degree, we can agree that it has been an amazing experience that has come with both learning and challenges.

"I am a registered Social worker and have been working in the field of intellectual disability for several years. My journey is a personal one as my sister has mild



intellectual disability and has been my inspiration for studying further in the field. Completing my dissertation was a huge challenge as I gave birth to my son in the middle of writing up my findings. Prof

Colleen Adnams was a huge support to me as my supervisor and was very understanding of my "baby brain". My research topic was "An investigation of stress in caregivers of children with intellectual disability in a Western Cape population." I did a quantitative study with a group of caregivers of children with ID and a group of caregivers of typically developing children. I collected my data at Red Cross Children's War Memorial Hospital. I enjoyed the process of talking to the caregivers and learning about the joys and challenges of parenting. Of concern were the high scores of anxiety found in both groups of caregivers and the high levels of depression in caregivers of children with ID. This study highlighted the need for supportive services for caregivers and the need for further research so as to inform future interventions" - Sarah Strachan (Above).

"As an Occupational Therapist working with children and young adults with intellectual disability, I found an interest in the nature of choice making for this population. The title of my thesis was: 'Life's About Choices': Exploring the everyday occupational choices of young adults with intellectual disability in a community context in South Africa. The process of the masters was challenging, and it takes a lot of working and reworking, and a lot more patience than I was expecting, but I am incredibly glad that I did it. Through the initial support of Prof Colleen Adnams, and then the guidance and leadership of Prof Sharon Kleintjes I have



grown as a researcher, a therapist, but also as a human being. My study highlighted the need for disruption dialogues, for challenging the norm, dismantling societal

expectations, raising consciousness, as well as the importance of choice." – Cole Goldberg (Above).

We have both found this course incredibly rewarding and are hugely proud to be the first graduates. We both plan to continue working in the field of ID and mental health, and both have a passion for this sector. ■

16th IASSIDD WORLD CONGRESS

By Toni Abrahams



Division members made us proud by presenting and representing our department at the International Association for Scientific Study of Intellectual and Developmental Disabilities (IASSIDD) in Glasgow in August this year. The congresses are leading research and practice meetings in the field of Intellectual and Developmental Disabilities. This year's theme was a Future4All. Prof Colleen Adnams, previous Vera Grover

Chair is President – Elect of IASSIDD and chaired the International Organising Committee.



Above: Prof Judith McKenzie, Prof Sharon Kleintjes, Hannah Kambowe, and Prof Colleen Adnams.

Prof Sharon Kleintjes, head of the division, presented on the barriers and opportunities to improving public health policy and service provisions for children, adolescents and adults with Intellectual and Developmental Disability, using South Africa as a case example. She also moderated a session on “Challenging Behaviour” and “Living Settings in adults with Intellectual Disability and/or Autism Spectrum Disorder”. Siyabulela Mkabile presented his PHD study on caregivers’ and parents’ explanatory models of Intellectual Disability in Khayelitsha in Cape Town. He also moderated a session on “Integrated and inclusive occupational settings and support for persons with Intellectual Disability” and “Cross-cultural perspectives on parenting children with ID/DD”.



Above: Conference venue in “friendly city” of Glasgow



Below Left: First African Scholars meeting at the conference.

In addition, an African Scholars meeting for all African scholars who attended the conference, the first of its kind, was convened to establish partnerships among African scholars in Intellectual Disability (ID). A breakfast meeting was held to facilitate networking. Networking with persons involved in the field of ID from across the world presented important opportunities to further develop our own ID training programmes and get a sense of the parallels we face in service provision for those with intellectual and developmental disabilities. ■▶

SU AND UCT HOST A WORKSHOP WITH VALERIE SINASON

By Toni Abrahams

Stellenbosch University and UCT hosted a workshop with Valerie Sinason in September 2019. The workshop, themed “Thinking Psychodynamically about Disability”, included presentations from Drs Valerie Sinason, Beverley Dickman and division members, Ockert Coetzee and Charlotte Capri. Dr Sinason, a renowned British poet, writer, psychoanalyst and psychotherapist, provided her thoughts on varied concepts such as the

death wish, projections, difference, shame, inclusion and secondary disability essential to understanding the dynamics of Intellectual Disability (ID) work. She commended low income contexts, including those in South Africa, where creativity has given rise to invaluable services to persons with ID.



Above from left to right: Prof Lesley Swartz, Dr Valerie Sinason, Dr Ockert Coetzee, Dr Charlotte Capri and Dr Beverley Dickman

Dr Dickman discussed her work with prosecutors and police as part of the Sexual Abuse Victim Empowerment (SAVE) project run by Cape Mental Health. The aim of this project is to increase access to justice for women with ID who have been sexually assaulted. Since 1984, significant gains have been made in bringing awareness to those in the justice system dealing with persons with ID and trying to prevent secondary traumatising. There remains more work to do in terms of training. Dr Coetzee shared his work with mothers of adolescents with ID who presented with challenging behaviours. Specifically, he used a clinical case example, to highlight the need to consider relational dynamics in the relationship between challenging behaviours, coping and stress. Dr Capri discussed group work she does with men with ID. She shared how the group came about, how participants were selected and screened and most powerfully, how participants used the group to co-create a cohesive, empowering, empathic, inclusive and safe space. All in all, it was an inspiring, thought provoking day which reminded us of the immense value of psychodynamic thinking when it comes to intellectual disability work. ■▶

PSYCHOPHARMACOLOGY AND BIOLOGICAL PSYCHIATRY

CONGRATULATIONS



Nastassja Koen has been appointed as N-GAP senior lecturer in Psychiatric Genetics in our Dept. N-GAP is a government-initiated program to assist Universities with transformation and growth. Nastassja is one of 5 new UCT N-GAP posts: the aim of her post is to provide support for her academic development, and to grow this area. As Deputy Head of the Division, Nastassja is extremely well-placed to hit the ground running, and to make an outstanding contribution to UCT and to the Dept. We wish Nastassja and the Psychiatric Genetics Group (co-led by her and Shareefa Dalvie) all success going forwards.

Sheri Koopowitz did her PhD in the area of brain imaging, working under the supervision of Jonathan Ipser, with data from the Drakenstein Child Health Study. Her work addresses the neurocircuitry and neuropsychology of PTSD, depression, and their overlap, in women with these conditions.

Taryn Williams did her PhD on the evidence-based pharmacotherapy of PTSD and social anxiety disorder. She was supervised by Jonathan Ipser. Her work has resulted in a number of rigorous Cochrane reviews, which provide clinicians guidance on which medications to employ in the treatment of these conditions. ■▶

NEUROPSYCHIATRY

CONGRATULATIONS

By Carla Freeman

This year's International Day for Older Persons – 1st of October 2019 - was celebrated by the University of Cape Town's Department of Psychiatry and Mental Health Social Responsiveness Committee and the Division of Neuropsychiatry. This day was first observed in 1991 and was established to raise awareness about issues facing the elderly, as well to appreciate the contribution that older persons make to society.



We were thrilled to host high calibre speakers (Professor Dana Niehaus; Mrs Karen Borochowitz and Mrs Terri Casper) who covered a range of topics including: elder abuse; coping with a loved one's journey with Alzheimer's and the compassionate and creative management of behavioural symptoms associated with dementia. The morning was well-supported by individuals working in the field of old age and prominent NGOs (DementiaSA; Alzheimer's SA and Age-in-Action), who continue to work tirelessly in this vulnerable and underserved population. ■

PSYCHOTHERAPY

DEPRESSIVE SYMPTOMS AND ASSOCIATED FACTORS IN MEDICAL INTERNS AT A TERTIARY HOSPITAL

By Kaveshin Naidu

Burnout and features of depression and anxiety are rife amongst health care professionals. There is a growing interest internationally in protecting the mental health of health care professionals. Despite this, there is little known about the prevalence of depression and burnout in health professionals in South Africa. It is also noted that medical interns, for numerous reasons, are at greatest risk for developing depression. Along with my co-authors and supervisors (pictured above) this was the motivation for the study.



From Left: Dr John Torline, Dr Michelle Henry, Dr Kaveshin Naidu. Seated: Dr Helena Thornton.

This study was a cross sectional study that examined the prevalence of depressive symptoms in medical interns at Groote Schuur Hospital. All 91 interns employed at Groote Schuur Hospital were invited to complete a demographic questionnaire and a Beck Depression Inventory 2 which examines self-reported symptoms of depression on a Likert Scale. Out of the 91 interns 54 (59.3%) interns participated in the study. Out of these 9 interns reported mild symptoms of depression, 6 interns reported moderate symptoms of depression, and 7 interns reported severe symptoms of depression. Out of all the factors considered, the subjected feeling of "Burnout" was the most strongly associated with higher Beck Depression Inventory 2 scores. Other associated factors included, female gender, thoughts of wanting to emigrate, thoughts of wanting to leave clinical medicine, having suicidal

ideation, currently seeing a psychologist and using substances to cope. Interestingly, interns who used antidepressants during their internship and subsequently stopped the treatment had higher BDI 2 scores as compared with those interns who were currently on antidepressants. There was a large treatment gap noted with 76.9% of interns who reported moderate or severe symptoms of depression but had not sought any treatment.

It is clear from the above study that the mental health of newly qualified doctors be prioritised, supported and monitored.

On the 4 July 2019 the study was published in the South African Journal of Psychiatry. It is available from the South African Journal of Psychiatry Website: <https://sajp.org.za/index.php/sajp/article/view/1322>.

We are pleased to note that the study was awarded the best Master of Medicine Project in the University of Cape Town for 2018/2019 and was presented at the South African Society of Psychiatrists Neuropsychiatry CPD Event on the 3rd August 2019 in Cape Town.

The findings of the above study were also presented at the Provincial Health Research Day on 24th October 2019 at Valkenberg Psychiatric Hospital.

It is our hope that the findings of this study will motivate policy change, better working conditions greater support for our junior colleagues as they navigate this change of status from a medical student to a medical doctor. 🏡

WELCOME TO HONORARY PROFS WYATT AND MILLBURN

By Lameze Abrahams

Please join me in welcoming Prof. Wyatt and Prof. Milburn as honorary Professors to the Division of Psychotherapy and UCT Department of Psychiatry and

Mental Health. We look forward to their collaboration and future endeavours with our Division.

The Division of Psychotherapy has identified research capacity development and the development of culturally appropriate teaching and curriculum development as key priorities for the jointly appointed clinical psychologists in our division. During the ensuing 5 year period (2019-24) we envision that Professors' Wyatt and Milburn will provide seminars and presentations to our department and our associates, inform teaching and training programmes we develop as part of our undergraduate teaching and our clinical psychology internship programme, as well as applying for joint research grants within our division to address clinical research priorities and to improve research capacity for our staff.

Thank you to Prof. Kleintjes and Prof. Stein for your support with motivating for their honorary appointments.

Prof Wyatt (Right) has had an extensive and illustrious career in clinical psychology, providing clinical teaching and training, supervision and consultation to psychology and medical students since 1969! Her extensive teaching experience spans almost 5 decades of undergraduate and postgraduate teaching in assessment and treatment, community mental health, working with at risk populations, child psychology and psychopathology, cross cultural psychology, and human sexuality.



Professor Wyatt's research has included a range of experiences of African-American and ethnic minorities in America, at-risk populations, child sexual abuse, domestic violence, trauma, sexuality, HIV/AIDS and STDs, amongst others. She is in receipt of numerous research and academic grants and awards, which have included NIH, NIMH, CDC, Fogarty International, and CFAR grants, amongst others. The grants have included

national projects in South Africa aimed at improving the pipeline for conducting culturally competent mental health related research at Masters and doctoral level (through the Tirisano fellowship mental health, stress and substance use research) and post-doctoral studies through the Phodiso fellowship (mental health, trauma and injury research). Our department are collaborators on both these projects. Several graduates of both programmes have published and/or been promoted at their universities after completing the programmes. Among many awards she has received, Professor Wyatt was the recipient of the RWS Award in Psychiatry, Senate of the Colleges of Medicine of South Africa in 2018, for her contribution to improving research capacity in South Africa. Professor Wyatt has served as a reviewer and on the editorial board of more than 21 publications. She has published more than 200 articles and book chapters, and six books.

Professor Wyatt's clinical experience, teaching and training and research expertise in mental health, substance abuse, trauma and stress, sexuality, and cross-cultural research and interventions will be of significant benefit to staff and students in our department.

Professor Milburn (Left) has over 40 years of experience in Community / Organizational Psychology, lecturing and supervising undergraduate and postgraduate students in a wide range of academic areas, including Research Methods and Design, Evaluation of Health Service Programs, Community Program Development and Research, Community Program Development, Social Psychology and the School System, and Prevention Programs in the Schools and Community.



Professor Milburn's research has included a focus on homelessness, family interventions, HIV/AIDS, and

STDs, working with minority, underserved and at-risk populations and youth. Professor Milburn currently serves on the editorial board of the American Journal of Community Psychology and is the Associate Editor of Cultural Diversity and Ethnic Minority Psychology. Since 2009 she has chaired the APA Presidential Task Force on Psychology's Contribution to Ending Homelessness. She is a member of a number of associations focusing on policy and research related to homelessness. She has received numerous research grants and awards, including grants from the National Institute of Mental Health (NIMH), Department of Education (DoE), National Institute of Drug Abuse (NIDA), and National Institute on Minority Health and Health Disparities (NIMHD), amongst others. Her most recent grant as Principal Investigator and Director at the California HIV/AIDS Research Program investigates "Health Disparities : Fostering Collaboration to Address HIV Disparities in LA.", (2016 – 2020). She has also collaborated with South African Universities in two national research projects aimed at improving the pipeline for conducting culturally competent mental health related research at Masters and doctoral level (through the Tirisano fellowship mental health, stress and substance use research) and post-doctoral studies (through the Phodiso fellowship (mental health, trauma and injury research).

Professor Milburn has a broad understanding of the diversity of academic institutions and the research challenges that early career faculty and researchers face within different types of academic environments. She has specific training in mentoring, early career investigators from diverse backgrounds in HIV research" (sponsored by NIMH in 2013), and recent training in implementation science as a Fellow in the Training Institute for Dissemination and Implementation Research in Health (TIDIRH sponsored by NIH). Professor Milburn remains deeply committed to continuing to grow the next generation of independent health behavior researchers who are interested in reducing health disparities among adolescents in particular. This is further evidenced by her roles as

Director of the Development Core for the NIMH-funded Center for HIV Identification, Prevention and Treatment Services (CHIPTS, PI: Shoptaw) and as the co-principal investigator for the NIDA-funded HIV/AIDS, Substance Abuse and Trauma Training Program (HA-STTP, MPI: Wyatt & Milburn).

Professor Milburn's experience, teaching, training and research mentorship and expertise in mental health, substance abuse, homelessness, working with underserved and minority populations and cross-cultural research and interventions will be of enormous benefit to staff and students in our department. ▀

PUBLIC MENTAL HEALTH

HEALTH SYSTEM STRENGTHENING IN SUB-SAHARAN AFRICA (ASSET): MATERNAL MENTAL HEALTH AND VIOLENCE AGAINST WOMEN IN THE WESTERN CAPE

By Zulfa Abrahams

Perinatal common mental disorders (CMD) such as antenatal and postnatal depression and anxiety are highly prevalent in South Africa. Domestic abuse, defined as any verbal, physical, sexual, psychological or economic abuse, is widespread in low-resource settings. While maternal and child health have been identified as key priorities for intervention by the South African Department of Health, no programmes for the screening and treatment of CMD among women during antenatal or postnatal care visits have yet been introduced in a systematic manner within the public health sector. Furthermore, there is no routine screening for abuse among women during antenatal or postnatal care visits, either in the Western Cape's Department of Health services or in the Practical

Approach to Care Kit (PACK) - Primary Care Guide for the Adult.

The ASSET study is a collaboration between the University of Cape Town and King's College London in the United Kingdom and is aimed at developing and evaluating the impact of a health system strengthening intervention on processes of care and outcomes for perinatal women with CMD and experiences of violence. The study is taking place in the 4 substructures within the Cape Metro Health District in Cape Town. Study sites include Midwife Obstetric Units (MOUs) and Basic Antenatal Care (BANC) clinics in the Cape Metro Health District.

The study consists of three phases. The first phase (i.e. Diagnostic phase) was conducted at 4 MOUs and was completed in early 2019. It consisted of a situation analysis, and qualitative interviews with healthcare workers and pregnant women. The MOUs were all situated in low-income suburbs where the majority of homes were made up of low-cost housing projects. Women attending the MOUs experienced high levels of unemployment, poverty, food insecurity, gang violence and abuse.



ASSET study team: From left to right – Prof Margie Schneider, Dr Zulfa Abrahams, Phathiswa Mhlebi, Prof Crick Lund, Gillian Hanslo, Sonet Boisits

From the situational analysis we learnt that screening and referral systems varied across facilities. They ranged from asking no mood questions at any antenatal visit to a Health Promotion Officer screening all women at their first visit for symptoms of CMD and risk thereof. In general women who screened positive were considered to be at-risk and were referred to a secondary or tertiary hospital or to a mental health nurse. At one of the facilities an NGO provided a counselling service. Referral rates varied between 0 to 20-25 pregnant women per month. Women who experienced CMD related to social problems were referred to a social worker if available. However, only two facilities had a full-time social worker.

From the qualitative interviews with healthcare workers, we found that professional staff members had a relatively good understanding of depression and anxiety while some of the lay healthcare workers thought anxiety was an acute illness and depression was a chronic illness and needed medication. The majority of staff members were able to recognise the symptoms of anxiety and depression but were not clear on what to do about it. Many staff members thought that it was important to screen women at different points during pregnancy as well as after birth.


Phase 2 (Development phase) consisted of developing the intervention design and tools. We started the process by facilitating a Theory of Change (ToC) workshop with substructure and facility level managers from across the four substructures. We used small group discussions with the participants to unpack what the main outcomes of the intervention should be, what currently existed and what was needed. The information gathered at the workshop was used to develop a ToC diagram and a process map.



The proposed intervention involves antenatal care nurses screening all pregnant women at all visits for symptoms of distress and experiences of abuse using the Maternal Case Record and PACK guidelines. Women who screen positive will be referred to Community Health Workers who will provide three structured counselling sessions to the women in their homes. Women who are found to be depressed or whose symptoms are related to social issues will be referred to the Medical Officer, Mental Health Nurse and/or Social Worker for further assistance. In addition to the screening, referral and counselling pathway, Health Promotion Officers will provide psycho-education talks in the waiting rooms to raise awareness of mental health issues and attempt to decrease the stigma currently being experienced.

The ToC diagram and process map was presented at several meetings to various healthcare managers and providers. Once all feedback had been incorporated, and the intervention process had been approved by substructure management, we started to develop the tools and processes that would be used in the intervention study. A protocol document was drafted and used to apply to the University of Cape Town and King's College London, for ethical approval. Using a process of random selection, seven intervention and seven control sites were selected from across the 4 substructures. Once ethical approval was received, we requested permission from the Department of Health to

use the 14 randomly selected MOUs and BANC clinics for the ASSET study.


Phase 3 (Pilot and Evaluation phase) kicked off in November 2019 by piloting the intervention tools and processes at 1 facility. The results of the pilot study will be used to finalise the tools and processes, before implementing the intervention and the cluster trial in early 2020. 

CONGRATULATIONS

By Dan Stein

Sumaiyah Docrat, health economist, Prof Crick Lund and team, are commended on their recent study: Docrat S, Besada D, Cleary S, Daviaud E, Lund C. Mental health system costs, resources and constraints in South Africa: a national survey. Health Policy Plan. 2019 Sep 23. pii: czz085. doi: 10.1093/heapol/czz085.

For the first time, South Africa now has a nationally representative reflection of the state of mental health spending and an appreciation of the inefficiencies and constraints emanating from existing mental health investments.

The findings are indicative of a current mental healthcare system that is focused on treating the most severe conditions, rather than preventing or providing early interventions. The study in addition points to some obvious improvements that could be made. 

PERINATAL MENTAL HEALTH PROJECT: FOOD SECURITY AND MATERNAL MENTAL HEALTH SYMPOSIUM

By Christina Laurenzi, (Stellenbosch University), Simone Honikman (PMHP, UCT)

The Perinatal Mental Health Project hosted a symposium entitled “Food Security and Maternal Mental Health” from 10-11 October 2019, in collaboration with the Institute for Life Course Health Research at Stellenbosch University and Centre of Excellence in Food Security at University of the Western Cape.

Over the course of 17 years working with pregnant women and new mothers, the Perinatal Mental Health Project (PMHP) has encountered many stories of persistent hunger in the individuals and communities they serve. Building on PMHP’s recent research in Hanover Park showing strong associations between food insecurity and maternal mental health conditions, PMHP decided to convene a symposium with fellow researchers and implementers to think about how to tackle this complex and pervasive issue.

The aim was to leave the symposium with new ideas, collaborations, and work plans. Specific objectives included discussing current research in the field; mapping knowledge gaps and identifying ways to use existing data more effectively, to incorporate interventions into existing programming, and to scale effective interventions; and building a broader coalition of interdisciplinary actors to take these issues forward.

Short, five-minute research presentations covered the following thematic categories

- Primary research identifying associations and risks: data at the intersection of household food security, child nutrition, and maternal distress
- Higher-level research: introducing the syndemic approach, conceptualising hunger and nutrition, and providing an overview of the evidence
- Linking core issues to broader contexts of risk: climate change, adolescent motherhood, early childhood, land and gender, and pregnancy support
- From evidence to impact: knowledge translation, moving towards programming for zero stunting, and community-driven efforts

These presentations serving as a “launchpad” for further discussion, debate, and priority clarification. Small group work further explored how to proceed with theoretical framing, evidence generation, intervention implementation and mapping, and knowledge translation strategies.

In addition to producing a resource folder, as a digital library/guide, and a map of individuals’ and organizations’ shareable skills, next steps and areas for exploration included:



Mobilizing to develop a Theory of Change:

With questions about how to move this brainstorming process forward, a number of attendees voiced an interest in a more structured guide to designing a model for theory of change to explicitly lay out potential pathways for addressing the issues within the South African context.



Undertaking new grants and proposals:

Pending a Theory of Change/logic model, one idea is to move forward with sketching out a “lean” grant proposal with core sections (e.g. introduction and literature review, problem and setting description, interdisciplinary team description, and institutional capacity section). Simultaneously, symposium attendees can continue monitoring calls for expressions of interest or new funding opportunities to fit this need.



Advocating for these areas into new and ongoing research:

There was a need identified to push for measures on food security, maternal and familial mental health, and gender-based violence to be integrated into ongoing cohort studies and new research with women, children, and families. More clarity is needed on these scales, and modes of advocating for their inclusion.



Disseminating discussions: Attendees identified the need to generate more accessible information for the public

discourse through collaborations with journalism and advocacy efforts. There was an additional possibility of

including some outputs from this symposium into a 1000-word academic journal column.



Joining or developing a local chapter of an alliance: Linking to international consortia, such as the African Alliance for Maternal Mental Health, or the

International Marcé Society for Perinatal Mental Health, was noted as a priority. Becoming members would enable the group to connect with other important stakeholders for communication, education, advocacy, and visibility purposes, and bring momentum to grant-seeking efforts as well as facilitate further opportunities for international collaboration. ■

REGISTRAR TRAINING COMMITTEE ANNUAL REFLECTIONS

By Nyameka Dyakalashé

In the 2019 academic year the Registrar Training Committee (RTC) welcomed 11 new Registrars, Dr Mzamo Jakavula, Dr Jeanri Combrinck, Dr Dipika Haripersad, Dr Keagan Clay, Dr James Burger, Dr Richard Goncalves, Dr Betty Kadenge (International registrar), Dr Alex Zumazuma (International registrar-in a 2 year supernumerary post from Malawi), Dr Thumeka Tonjeni, Dr Jeanrie Jordan, and Dr Brenda Bongwiwe Tyhala.

There were a number of academic achievements in 2019. Mmed Psychiatry Part 3, comprises of a minor dissertation, which is only awarded after passing Part 2 exams. The following students will be graduating this December 2019. Dr Nada Lagerstrom, Dr Jessica Stanbridge, Dr J.R. Vermaak, Dr Judith Boshe, Dr Mwanja Chundu, Dr Talia Planting, Dr Shazia Mungly, Dr Avani Maharaj and Dr Kobus van der Walt. Dr Kaveshin Naidu has passed his thesis with a distinction, and was also awarded the best Registrar research by the SASOP: western sub-group in August 2019.

The following registrars completed their Part 1 Colleges of Medicine of South Africa (CMSA) CMSA/ MMed part 1 in full in the 2019 academic year: Dr Jasper van Zyl, Dr Fatima Dangor, Dr Ilham Adams, Dr Dipika Haripersad, Dr Jeanri Jordaan and Dr Jeanri Combrinck.

The following Registrars completed their Part 2 exit CMSA examinations, Dr Talia Planting, Dr Avani Maharaj, Dr Shazia Mungly, Dr Marc Hector, Dr Saulos Gondwe (International Registrar), Dr Adam Fakrodeen and Dr Kobus van der Walt.

The RTC will be bidding farewell to Dr Bash Charles who will be vacating his post as of 1st March 2020 to work in private. His contribution and support to the registrars has been very valuable, and will be missed. We wish him all the best.

The CMSA conducted two examinations workshops this year, in February and November for both our registrar and exam champions in our committee. The 3-day workshops are geared toward preparing prospective final (4th year registrars) for their final exams. UCT was well represented by Dr Ori, Dr Roos and Dr Dyakalashé and all 2019 & 2020 4th year registrars. Dr Sybrand de Waal attended the fully sponsored Cipla Psychiatry Forum held at Arabella, Kleinmond 11-13th October 2019. This symposium is usually attended by the HOD and one senior registrar.

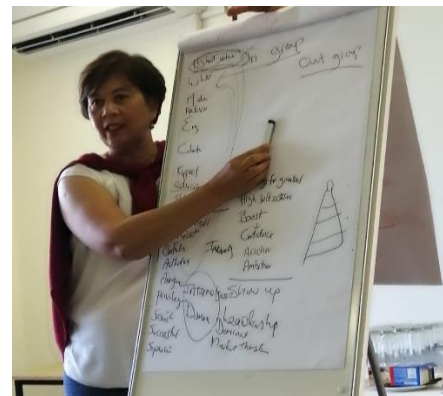
For 2020 the RTC will focus on strengthening Educational mentor relationships, engaging with the new HPCSA, UCT and CMSA regulations regarding training, research and new examination format. In line with UCT Faculty of Health Sciences mission, we will strive to simplifying the registration and research administrative process. We would like to thank Ms Vuyo Mafanya our post-graduate administrator for her support and going beyond the call of duty in making our work easier. We also wish to thank all our administrative staff, lecturers, clinical colleagues and our HOD for their support, wisdom, and enthusiasm for training and teaching our registrars. ■▶

OUR TRANSFORMATION FOCUS FOR 2019

By Sharon Kleintjes

As a department we have spent some time discussing our priorities for transformation during the last couple of years. Our transformation committee, comprised of representatives of all our divisions and committees, has focused on implementing activities aimed at addressing a selection of the priorities we agreed upon during these consultations. Activities have included:

- (a) finalising our revised corporate governance structure to better support transformation
- (b) inviting more women, younger members and black staff to serve or on co-chair departmental committees and decision-making structures



Above: Dr Soraya Nair facilitating the Diversity workshops for department members.

- (c) expanding the number of EE trained departmental members – approximately 20 colleagues attended EE training workshops this year. We encourage members to consider volunteering as the EE representative for at least one recruitment process in the faculty for 2020!
- (d) drafting and seeking approval from our senior management committee for a diversification strategy for our department for implementation in 2020

(e) offering an orientation programme for new staff and for postgraduate students in the department this year, which was greatly appreciated by many of the members who attended

(f) encouraging dialogue on transformation in the department through the (i) introduction of a new Tuesday lunchtime lecture series (On My Mind), (ii) greater focus on transformation in 3 other lectures in the department (focussing on Research, Teaching and Learning, and Social Responsiveness), and (iii) arranging 10 diversity workshops for members of divisions in the department

We look forward to engaging with staff and students regarding issues for transformation again in 2020!! 🟢➡️

HUMAN RIGHTS FOR PEOPLE LIVING WITH MENTAL ILLNESS AND INTELLECTUAL DISABILITY

By John Parker

A Seminar and Exhibition at the UCT Faculty of Health Sciences – 16-20 September 2019

“What have you done to prevent it?”

This question was repeatedly asked during the Public Hearings into the Gauteng Marathon Mental Health Project, perhaps better known as the “Life-Esidimeni Disaster”. It is particularly pertinent when considering the role of health professionals and our societies in upholding the human rights of those entrusted to our care and it is one we should be asking again and again when we consider this in a context of so many other easily identifiable forms of oppression in our society, such as racism, xenophobia and gender-based violence.



Above from left to right: Dr Valerie Sinason, Prof Dan Stein, Dr Charlotte Capri, Dr Corrie Schuman, Dr John Parker and Jak Erasmus.

With this in mind the South African Society of Psychiatrists (SASOP) launched a program in 2018 and

2019 to highlight these issues, in the form of a seminar together with a touring exhibition of the German Association for Psychiatry, Psychotherapy and Psychosomatics (DGPPN) entitled “Registered, Persecuted, Annihilated – The Sick and Disabled Under National Socialism”. Outlining in horrifyingly stark detail the persecution and murder of people with disabilities in Germany in the 1930’s and 1940’s, in the first phase of the Holocaust, the DGPPN exhibition illustrates what begins to happen when ordinary people allow themselves to be swept along by elitist mythologies. Relying on the creation of “out-group” identities, or “othering” as a political tool, this toxic form of identity politics can be seen at work where various forms of oppression intersect and co-occur.

As was discussed at the exhibition’s opening seminar, the Life-Esidimeni Disaster, which saw the deaths of at least 147 people with Intellectual and Psychosocial Disabilities, primarily due to neglect, was a critical indictment of our society’s capacity to uphold the most basic human rights of every individual. Yet, as was revealed in the South African Human Rights Commission Report of the National Investigative Hearings into the Status of Mental Health Care in South Africa – 14 and 15 November 2017, this was but one symptom of what the Commission described as the “prolonged and systemic neglect of mental health at the level of policy implementation”. The SAHRC went on to note the considerable under-investment in mental health care by the South African government, as well as how the widespread and systemic stigmatisation of people with psychosocial and intellectual disabilities has resulted in exposure to a range of discriminatory attitudes that have led to exclusion, neglect and even active persecution.

Organised by SASOP’s Dr Corrie Schumann, the seminar heard presentations from UCT’s Dr Charlotte Capri and Dr John Parker, renowned UK Psychoanalyst and writer Valerie Sinason, and Jak Erasmus who gave a moving personal account. Talks highlighted the enormous challenges faced by people with Psychosocial and Intellectual Disability in simply being recognised as

fellow human beings, with the same rights as everyone else. As was made evident in the SAHRC report, South Africa has a long road to travel before we can state with confidence that people with Psychosocial and Intellectual Disabilities are treated as equal citizens in our country and a key element of our work in mental health care is to constantly bring attention to this! 🌱

WESTERN CAPE GOVERNMENT: HEALTH – DEPARTMENTAL RESEARCH DAY 2019

By Tony Hawkrige

Background

The Department of Health of the Western Cape Government holds an annual Departmental Research Day, organised by the Provincial Health Research Committee (PHRC), which is a body of individuals representing the Department, Universities, Research Councils, City of Cape Town and civil society, appointed by the Provincial Minister of Health. 2019 saw the 9th iteration of this event. Every year a different theme is chosen: this year the PHRC chose the theme “Mental Illness: Challenges in Health Service Provision”. We were grateful to secure the Education Centre at Valkenberg Hospital as the venue and we would like to thank Ms Carol Dean and Valkenberg Hospital management for permission to do so. This year we had two keynote speakers, four roundtables, 26 poster presentations, three display tables and 159 delegates.



Above: Dr Beth Engelbrecht, Head of Department, Western Cape Government: Health in discussion with delegates at the Departmental Research Day.

Program

Our Head of Department, Dr Beth Engelbrecht, provided us with some introductory remarks and context, locating some possible approaches and solutions to mental health challenges within current initiatives underway in the Department and Provincial Government.

We had two excellent key note addresses this year. The first was delivered by Prof Crick Lund, who spoke on “The Burden of Mental Illness in South Africa”. He showed us a comprehensive picture of the mental health landscape in our country, which gave us the necessary background against which we could then understand and interpret subsequent talks.

The second was given by Prof Sharon Kleintjes, who spoke about “Trans-cultural approaches to the delivery of mental health and psychiatry services in South Africa”. She gave us valuable insights into this difficult area of healthcare and challenged us to think differently about how we approach it.

After morning tea we had four parallel “round table” sessions, viz. “Integrating mental health into maternity care: lessons from the Perinatal Mental Health Project” (Prof Simone Honikman [UCT]), “Integrating mental

health into chronic disease care” (Profs Bronwyn Myers and Katherine Sorsdahl [Alan Flisher Centre for Public Mental Health and SAMRC]), “Capacitating non-specialists in behavioral health and HIV ” (Dr Goodman Sibeko [UCT]) and “Managing severe mental illness appropriately ” (Dr John Parker [WCG:Health]).



Above: Delegates registering for the Departmental Research Day

After lunch we had facilitated poster sessions, followed by a final panel discussion on “What human resources and systems do we need to deliver quality mental health services at primary care level in the Western Cape?”, chaired by Prof Mario Smith (UWC) and including the panel members Prof Dan Stein (UCT), Dr Qama Cossie (WCG:H), Dr Vanessa Lomas (WCG:H), Dr Leny Naidoo (CoCT), Dr Kerry Louw (SU) and Dr Ingrid Daniels (Cape Mental Health).

Dr Krish Vallabjee (WCG: Health) closed the day with some comments and words of thanks.

Space does not permit me to provide details on what each speaker said, but some of the presentations are available on request from the PHRC secretariat (Ashleigh.Levendall@westerncape.gov.za or Sabela.Petros@westerncape.gov.za) and it is planned that a future Provincial Health Research Newsletter will convert some of these talks into short articles.

Some thoughts about Research Days

Why are Research Days important? For academics and career researchers, days like this are possibly all too frequent. Conversely, for someone working in the periphery, e.g. a pharmaceutical services manager from a rural district office, days such as this represent an infrequent, even rare opportunity to engage with research and researchers. While health research features quite prominently in the National Health Act, it has unfortunately been crowded out of the day-to-day life of most health workers and health service managers. Dedicating just one day a year to connect, learn, share, re-group and move forward may seem very little, but it is a start. Having the Research Day focus on a matter as important and urgent as mental health service provision also says something about Departmental priorities. Days such as this do not generally result in bold statements of intent or resolutions. Their outputs are difficult to measure. However, they may trigger conversations which have far-reaching positive consequences. I, for one, hope that Research Days will continue for many years to come. ■▶

FEATURED NGO: AKSNAPSHOTS STUDY GROUP

By Andrew Koopman

Our organization is running for the 15th year.

We assist learners with their school work. Our current base is Searidge Park Primary School where we meet Monday to Thursday 16h00 to 18h00 and Saturdays 09h00 to 12h00.



We endeavor to produce better learners with better results. We use various ways to get to our aim.

We guide, groom, lead, inspire, motivate and assist them to be the best that their potential allows.


Our slogan is "YES we can 100%"



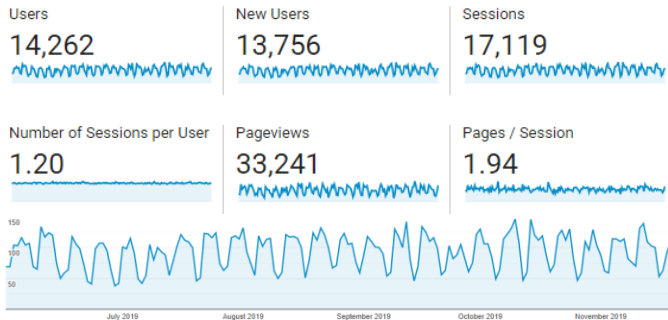
Our success is well documented. A search on Google under Andrew Koopman AKSNAPSHOTS STUDY GROUP will give you some insight on our doings. A look on Facebook will reveal if we are successful or not.

We are not funded in any way. We do not charge a single cent and all that need help are welcome.

We depend on our volunteers to inculcate a culture of learning. We currently have Alumni that help us with the learners. We are very proud of our Tutors and the achievement of our learners.

Contact Andrew Koopman (Coordinator) on 0781878372 or snapshots.ak@gmail.com 

HOW IS OUR WEBSITE FARING?



As shown in the graphics above, our website has seen an increase in new visitors from 11,119 to 13,756 from June to November this year. 14,262 users have had 17,119 sessions and 33,241 page views in this period. There has also been a consistent number of users each month with a slight increase between September and November. 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 Student Psychiatry Society has had a successful and exciting 2019 – with Georgia Lilford as the chair, and her committee members including Michelle Anderson, Jessica Andras, Killoran Kettles, Kristien van der Walt, Sana Salduker, and Sylvia van Belle.



Pictured from left to right, back row: Sylvia van Belle, Rachel Serraff, Michelle Anderson, Killoran Kettles; and front row: Georgia Lilford, Sana Salduker, Kristien van der Walt

The year started off with some committee bonding, as well as getting kitted out with society merchandise, and enjoying a productive strategy session as a team.

Our ultimate vision for the year was “A society for all that aims to foster interest and learning within the field of psychiatry through collaboration with other societies and with members of the discipline.”

Our first event of the year was a movie screening of “As Good as it Gets,” with an interesting discussion, led by Prof Stein, on obsessive compulsive disorder and anxiety. Following the success of this event, we then hosted Dr Parker, speaking about voting rights for people with psychosocial and intellectual disability.

We also participated in the Battle of the Blood Donors on medical campus, motivating students to donate to a great cause.



Above: Jessica Andras and Georgia Lilford at the Health Sciences Plaza Day at the beginning of the year.

Furthermore, the society hosted Stefan van der Walt and Wakithi Mabaso, two 6th year students, who presented their findings from their study entitled “The Burden of Depression and Anxiety among Medical Students in South Africa: A Cross-Sectional Survey at UCT.” This was very interesting and relevant to both students and staff at the university.

Members of the society also appreciated various invites from the Department to attend events that they were hosting. This was amazing exposure for the students.

Events here included the Department Movie Screening of Skemerson at Ster Kinekor, a Harm Reduction event hosted by Dr Dannatt, an event on Human Rights for People with Mental Illness hosted by Dr Parker, and the annual registrar dinner at the Crystal Towers Marriot Hotel.

Overall, the year was a great success, and we hope that next year the society can continue to grow, to above its

current 264 members, with further support from the Department itself. ■▶

PROF STEIN RECEIVES A LIFETIME ACHIEVEMENT AWARD



Photo by Michael Hammond.

Congratulations to Prof Dan Stein who received a lifetime achievement award at the 14th World Congress of Biological Psychiatry. An article on his work and the values underpinning it, can be found on <https://www.news.uct.ac.za/article/-2019-07-08-prof-stein-wins-lifetime-achievement-award> ■

BEDS FOR THE REGISTRARS ON CALL

By Imraan Tayob

Tempur Beds are in the business of providing restorative, quality sleep to their customers. As psychiatrists, we often treat sleep disorders, and what better way to start then by sampling "the best beds in the world". The UCT department of psychiatry were delighted to receive a sponsorship of two beds from Tempur Beds South Africa, for Valkenberg and Groote Schuur Hospital for the registrars on call rooms.



Above: Dr Bailee Rhomburgh (Psychiatry Registrar) Professor John Joska (Head of Division of Neuropsychiatry) and Devan Bhika (Marketing & Sales Manager, Tempur Beds)

This most certainly allows for an indulgent sleep experience when taking respite from the demands of a busy shift at the hospital. We are most grateful for the sponsorship, and are most certainly enjoying the beds! Zzzzzzzz. ■

REGISTRARS YEAR END DINNER

By Imraan Tayob

The UCT psychiatry registrars met for a year end function at Yu Asian Restaurant at Cape Town's new swanky city centre hotel The Onyx, organized by registrar representative Dr Imraan Tayob on 23rd November 2019.

The evening started out with drinks on the roof terrace with the presentation of the fun awards as voted by registrars:

Employer of the Year: given to the registrar who always knows who works at which clinic, has numbers that anyone is looking for and most importantly whether or not there is a lunchtime lecture - Dr Fatima Dangor

Miss Congeniality: awarded to the registrar who is always smiling, affable and kind - Dr Kavi Naidoo

SPCA Award for kindness to animals and always making sure the Valkenberg cats are fed - Dr Bailee Rhomberg

Trevor Noah award - given to the registrar who makes us all laugh most - Dr Saulos Gondwe

Triple C Award - given to the registrar who is always cool, calm and collected amidst the madness - Dr Gill Booyesen

The biggest flirt award - Dr James Burger, no explanation needed.



An extensive menu of delicious food, lots of banter, and many laughs were shared to conclude a busy year of registrar commitments. We trust that all registrars will return in 2020 with renewed energy and vigour! ■▶

GOODBYE TO STAFF

Goodbye to Kim Engelbrecht who was PA/Admin Officer to Prof Dan Stein. ■▶

WELCOME TO STAFF

Welcome to Dr Kirsten Reid who is based in the acute male service at Valkenberg Hospital and is affiliated with the Division of General Adult Psychiatry.

Dr Terri Henderson also joined the Division of Child and Adolescent Psychiatry at Red Cross Hospital. ■▶

BRADLEY KNIGHT JOINS THE DEPARTMENT

By Bradley Knight



Psychology is a second career for me. For most of my adult life I've worked in the field of broadcasting and creating digital content in eLearning settings within Higher Education – until I met an elderly university security guard whose journey of part-time study to become a lawyer jolted me into my own academic expedition. It wasn't long before I found myself on the path to completing my Undergraduate and Honours degrees at the University of the Western Cape and then graduated with my Masters in Clinical Psychology from Stellenbosch University. Needless to say, I am thrilled to now continue my academic pursuits at the University of Cape Town via my joint appointment with the UCT Department of Psychiatry and Mental Health.

I first joined Valkenberg Hospital in 2015 as an intern and then proceeded to do my community service year at the Division of Child and Adolescent Psychiatry (DCAP) at Red Cross War Memorial Children's Hospital. Following that, my career path intersected with the field of Education in the form of a district-based psychologist in the Western Cape Education Department where I had the incredible privilege of working therapeutically with primary and high school learners and then with young adults in Student Counselling Services at Stellenbosch University and the Cape Peninsula University of Technology. I have a specific interest in dealing with Trauma and Stressor-related disorders and a growing curiosity in how technology can be harnessed as a therapeutic tool, especially when engaging with tech savvy patients. This

year marks my 20th year in commercial radio broadcasting as I continue to host a weekend radio show on Good Hope FM. ■▶

PASS STAFF NEWS



Welcome to Shuretta Thomas (above), Prof Dan Stein's new PA. Shuretta started in August 2019 as Admin Officer/PA to the HOD. She has been at UCT for the past 11 years and recently moved over to the Department of Psychiatry. She enjoys the ocean and brings the same calming effect that the ocean gives. ■▶

CONGRATULATIONS

Honorary Professor Mary Robertson, recently graduated with a Master's degree in Music with Distinction. Her dissertation focuses on opera and perfume. A fine complement to her earlier DSc focused on Tourette's. ■▶

DEPARTMENT YEAR END PICNIC

By Toni Abrahams

The department celebrated the 2019 year end with a picnic on the lush green lawns of the historic administration building at Valkenberg Hospital on 11th December. Dr Rasmita Ori, once again, arranged delicious snacks, thoughtfully decorated spaces, music from *Jazz between friends* and a child-friendly

atmosphere for all to celebrate the year's achievements with colleagues and family. Thank you Rasmita for organising the function and always making it such a special event. ■▶



PSYCHOLOGY INDABA: SOMEWHERE OVER THE RAINBOW

By Waseem Hawa

On the 10th of December 2019 the Division of Psychotherapy, coordinated the inaugural Psychology indaba. Valkenberg Psychiatric Hospital graciously played host to the event, also offering logistical support to the event.

The Indaba served multiple purposes. Firstly it provided the psychology departments of all five hospitals (Alexandra Hospital, Groote Schuur Hospital, Lentegeur Psychiatric hospital, Division of Child and Adolescent Psychiatry–Red Cross War Memorial children's hospital and Valkenberg Psychiatric Hospital), which are all represented in the division to celebrate the accomplishments of 2019.



Above: Departmental senior clinical psychologists sharing their playful and creative sides.

Secondly it afforded an occasion for the intern psychologists, at all five hospitals, to celebrate the successful completion of their internships.



Above: Intern clinical psychologists ready to spread their wings and fly...over the rainbow.

Finally, the division utilised the event to foreground a social cause. For 2019 the cause that was selected was the mental health rights of the LGBTI community.

The Indaba was formally opened by Ms Carol Dean, the Chief Executive officer of Valkenberg Psychiatric Hospital. Ms Lameze Abrahams, Principal Psychologist of Lentegour Psychiatric Hospital and Senior Lecturer in the department delivered a speech on the future of Psychology in the state. Mr Joshua Rubenstein, an

Intern Psychologist at Lentegour Psychiatric Hospital provided a touching account of training to become a Psychologist. Ms Sharon Cox, the Health and Support Services Manager of the Triangle Project delivered a thought-provoking lecture on the prejudice and abuse faced by members of the LGBTI community. She also highlighted the specific mental health needs of the community. Ms Tasharn Von Amberg, Ms Gay Ambassador 2013, not only dazzled the audience with her performances, but also made a poignant speech on her own journey towards acceptance. The Vote of Thanks was moved by Dr Tania Swart, Senior Clinical Psychologist at Valkenberg Psychiatric Hospital and Senior Lecturer in the Department.



Above: Ms Tasharn Von Amberg sharing her journey and then thrilling the audience with her exciting and energetic rendition of a Beyonce song.

The celebratory component of the indaba was achieved by the days' theme (Somewhere over the rainbow). In keeping with theme many of the attendees donned costumes in keeping with the movie the Wizard of Oz. 🌈

