

UCT Department of Psychiatry and Mental Health Newsletter

Issue 8 - December 2018



Maternal Mental Health

A guide for health
and social workers

Learn
together
Providing essential
perinatal mental
health care

Perinatal
Mental
Health
Projects

Sally Field
Dr Simone Honikman
Prof Dave Woods



A NOTE FROM THE HOD

Reflecting back on 2018, it is difficult not to begin by recalling the tragic suicide of Prof Bongani Mayosi. Prof Mayosi represented so many values that we as a Department and University hold dear, including mentorship and comradeship, and a true passion for knowledge. As mental health professionals, we owe Prof Mayosi's family a huge debt of gratitude for immediately speaking about his depression; this has raised the awareness of the profession and the country of the importance of common mental disorders, and gives us hope for the future.

Amongst his many contributions, Prof Mayosi advocated for more PhDs in South Africa, as well as increased specialty and sub-specialty training, within the context of the primary health care approach. With this in mind, we can be pleased with another bumper year of postgraduate students in the department, and a particular congratulations to the 7 students who graduated with a PhD this year (Erica Breuer, Jean-Paul Fouche, Memory Munodawafa, Goodman Sibeko, Stephanie Sieberhagen, John-Joe Dawson-Squibb, Tania Swart)!

As always, our Newsletter showcases a broad range of exciting activities, across our various sub-specialty areas. As the term "ATTC" continues to confuse, allow me to highlight in particular that the Division of Addiction Psychiatry made important strides this year, with the SAHMSA-funded Addictions Training and Technology Centre (ATTC) moving forwards with multiple training workshops throughout the country. As a PEPFAR partner, the ATTC has potential to make a real difference to the country's HIV epidemic.

Wishing everyone a festive and relaxing holiday season, and a wonderful 2019!

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.

CONTACT DETAILS

UCT Department of Psychiatry and Mental Health

Tel 021 404 2174

Fax 021 448 8158

Department of Psychiatry and Mental Health

J-Block,

Groote Schuur Hospital

Observatory

Cape Town, 7700

Website: [UCT Department of Psychiatry](#)

NEWSLETTER TEAM:

Toni Abrahams

toni.abrahams@uct.ac.za

Delcia Leideman-Proscha

delcia.liedeman-prosch@uct.ac.za

Division and Committee News

Addiction Psychiatry	4
Child and Adolescent Psychiatry and Mental Health	4
Forensic Psychiatry	5
General Adult Psychiatry	5
Intellectual Disability	6
Neuropsychiatry	8
Psychopharmacology and Biological Psychiatry	9
Public and Community Mental Health	9

Social Responsiveness News

Artistic Mural to Change Negative Perception of Mental Health	13
Driving the Legacy	14
The Voice Advocacy	15
Featured NGO: De Perel Safe House	16

Transformation and Innovation News

Transformation and Equity Committee Update	18
Healing Chocolates	19
How is our Website Faring?	19
Student Psychiatry Society	19

Staff News

Goodbye to Graeme Hendricks	21
Welcome to new staff	20
Congratulations	21
Appointment of Honorary Members	22
Department End of year function	22
Lightmind	23

ADDICTION PSYCHIATRY

NEW HEAD OF DIVISION

By Dan Stein

Substance use disorders are one of our most important clinical problems, and this is recognized by our ongoing attempt to strengthen a Division in this area.

Don Wilson agreed to be the first Head of Division, and Sharon Kleintjes was employed as its first SFARS lecturer to run the PGDip in Addictions. Henk Temmingh agreed to take over from Don on his retirement, and together with Graeme Hendricks (SFARS), Lisa Dannatt, and Bronwyn Myers has made a huge contribution in driving things forward (including running the M Phil in Addictions).

Henk has stepped down and Goodman Sibeko, (SFARS, Director of the Addictions Training & Technology Centre) is the new Head of the division. Henk will continue as Deputy Head. Goodman will also have the support of Lisa, Bronwyn, and others.

Thank you to Goodman and Henk for taking on this important work. ■▶

CHILD AND ADOLESCENT PSYCHIATRY AND MENTAL HEALTH

DCAP WORKSHOPS ON ODD

By Willem de Jager

There has been a noticeable increase in the referrals to Child and Adolescent Mental Health Services (CAMHS) locally of children and adolescents placing strain on their environments with Oppositional-Defiant behaviour. Colleagues in Education and Social Services regularly phone for help or guidance in managing such cases. The cases presenting with severe ODD are even more difficult to manage or treat and they place a huge

burden on manpower and resources. They mostly leave us feeling overwhelmed, powerless and frustrated.

In an effort to be helpful to stuck clinicians and health-workers, a two-part work-shop, the first in November 2017, the second in October 2018, was held at Red Cross Children's Hospital, organised by Jon Yako and Willem de Jager, two of the DCAP outpatient psychologists. Approximately 100 people attended, with the first work-shop focusing on "WHAT CAN BE DONE" – what does the conventional disciplines of C&A Psychiatry offer, what are the limitations? The second, in 2018, focused on "WHAT REALLY WORKS", looking at supplementing the standard approach with alternative programmes (Waves-for-Change that uses surfing; boxing; skateboarding; dance, etc.). The underlying theme of knowing your patient's strengths (e.g. "FORMULATE"), finding a positive skill or passion that can be channeled and thinking out-of-the-box ran through all the presentations.



Above: 'Who says Psychologists can't get off the couch? Tracy Kruger, one of the presenters at the ODD workshops, in action in the ring.'

Feedback was overwhelmingly positive and "fun was had by all." It is not every day that a hall full of people attending a C&A workshop get to be dancing themselves silly or watching a boxer and his coach sparring. ■▶

FORENSIC PSYCHIATRY

CONGRATULATIONS

To Nyameka Dyakalashé on passing the Certificate in Forensic Psychiatry. Congratulations also to Prof Sean Kaliski for initiating this degree, a first in Africa, and a key step forwards for the discipline. ■▶



EQUINE-ASSISTED PSYCHOTHERAPY

This has been the fourth year that the forensic unit at Valkenberg Hospital has conducted an equine-assisted psychotherapy program for state patients. A descriptive report of the program has been published in the November issue of South African Psychiatry ([Click here to read article](#)). The unit looks forward to continuing with this innovative therapy in 2019, and beyond." ■▶

GENERAL ADULT PSYCHIATRY

EARLY INTERVENTION, SUPPORT AND HEALTH – EISH!

By Naaheeda Allie

exclamation
 informal • South African
 exclamation: **eish**

1. used to express surprise, annoyance, pain, etc.
 "eish, I never win!"
 - Google Dictionary
2. Multidisciplinary early intervention and support service aimed at promoting recovery in service users

Quite apart from the colloquial usage of this very South African term to express surprise, annoyance etc., “EISH” has been used since 2009 as an acronym to refer to an outpatient programme run by the Valkenberg Hospital Outpatient Department, offering support to acute inpatient service through provision of a comprehensive and multi-disciplinary outpatient alternative to admissions as well as intensive post-discharge care.

The AIM of EISH is to assist those mental health service users, and their families, who are in the earlier stages of a severe mental illness to come to terms with the condition and to explore best ways of managing the illness and its effects on their lives. This is done with a view to functionally and emotionally reintegrating the individual into their family and community as well as addressing difficulties related to this such as issues of stigma or difficulty integrating their experience of psychiatric illness into their identity concept.

The need for such a service arose out of a view that it is during the earlier stages of an illness that patients and their families tend to be more vulnerable and require more sustained professional assistance. During the early stages of mental illness there are also certain unique opportunities, for example, providing patients with a positive experience of mental health services that may influence their future attitudes and behaviour, and to educate patients and collaboratively plan relapse-prevention with the ultimate aim of improving prognosis. It additionally shifts the focus of healthcare provision from a traditional biomedical perspective of wellness being defined as absence of biomedical disease, to a more holistic approach to wellness involving quality of life.

Treatment is via a multidisciplinary team (pictured below) which provides support, occupational therapy, individual counselling and regular medical and case --- manager reviews. The emphasis is on rehabilitating patients and providing families with comprehensive psycho –education and support.



Left to right: (Top row) Chantal Hughes (Occupational Therapist); Nita Mbashe (Professional Nurse); Catherine Rodwell (Medical Officer), (Bottom row) Courtney (Social Work Student, UCT); Siviwe Mdunyelwa (Social Worker); Ivy (Social Work Student, UCT); Tessa Roos (Specialist Psychiatrist); Naaheeda Allie (Clinical Psychologist) and Lungiswa Mankayi (Professional Nurse)

Who is eligible and how can you refer to EISH

- Patients aged 18 to 40 years
- 1st or 2nd admission to psychiatric services
- Primary Axis 1 disorder e.g. Schizophrenia or Bipolar Mood Disorder. Substance abuse is negotiable.
- Patients who are well enough to participate in group work
- Patients who are motivated to attend weekly for a set period
- Patients and families who need ongoing support and education
- Patients whose families are willing, motivated and committed to participate in group sessions
- Residing within VBH drainage area

Referrals can be made using the standard outpatient referral form which can be physically obtained and returned to Valkenberg Outpatient Department, or alternatively can be requested and returned by email at ValkenbergHospital.OPDReferrals@westerncape.gov.za

INTELLECTUAL DISABILITY

SYMPOSIUM ON CHANGING THE PARADIGM TO ENABLE PARTICIPATION AND MEANINGFUL LIVES FOR PWID

By Toni Abrahams

The Division of Intellectual Disability co-convened a one-day seminar with UCT's Division of Disability Studies, hosting a delegation from the American Association on Intellectual and Developmental Disabilities (AAIDD) at a symposium on 2nd October 2018. The theme "Changing the paradigm: Enabling Participation and meaningful lives for people with Intellectual Disability" was highlighted through presentations from a wide array of stakeholders, including self-advocates and caregivers, NGOs, health practitioners and managers and academics. Profs Sharon Kleintjes, Judith McKenzie and Colleen Adnams chaired the sessions, highlighting the salient points of each presentation and facilitating discussion from the audience. Conceptualised through a framework of empowerment, each session's presenters spoke to the ideas of social transformation, citizen support and agency in community. Prof Kleintjes shared her conceptual framework for empowerment and participation. Prof McKenzie gave a thought provoking talk on the Ethics of Care, critically reflecting on human rights versus care for Persons with ID (PWID). Charlotte Capri gave a sobering talk on Rights Protection, Social Inclusion and Agency, compelling us to assist PWID to self-determine targets for change. Shavonne Samaai, self-advocate from Cape Mental Health (CMH), gave the audience insight into the lived experience of having ID and the necessity of work to change societal perceptions of those with ID. Joachim Busch, self-advocate with the AAIDD delegation, shared his

experience of previously living in an institution to now living an independent and meaningful life, in which inclusion is key. Bernd Frauendorf, also from Germany, spoke about the need for true self-advocacy, in which PWID are not only consulted but decide on matters of importance to their lives.



Left to right: Carol Bosch (CMH Supporter), Gabriel Lekeur (CMH Self-Advocate), Ulrich Niehoff (AAIDD Supporter), Joachim Busch (AAIDD Self-Advocate) and Bernd Frauendorf (AAIDD Self-Advocate)

Ingrid Daniels from CMH spoke of the role of NGOs in activating citizen support for inclusion of PWID and the key priorities for changing the paradigm. The work being done by CMH in this area is impressive! Vanessa Japtha from the Western Cape Forum for ID (WCFID), shared the journey of the forum’s successful advocacy campaign for the Right to Education (RTE) for children with Severe ID. Marinda Roelofse from the Department of Health, reflected on Intersectoral Collaboration in ID and the lessons learnt from the RTE court order which arose from the WCFID’s court action. Peter Smith reflected on the past, present and future of ID psychiatry.

In the last session, we heard from Thomas Robinson how families are supported in diverse settings in Canada, with cultural and contextual sensitivity, adaptation and partnership key to the services. Ockert Coetzee shared his research findings on a

psychotherapy study with distressed mothers of children with ID, highlighting the multitude of challenges faced by caregivers of PWID and the crucial need for support. We heard the preliminary findings of Siyabulela Mkabile’s PHD study exploring explanatory models of ID amongst caregivers in Khayelitsha, providing much needed insight into culturally influenced understandings of ID and caregiver’s help-seeking. Finally, we heard from Cheryl Barret, founding member of Open Circle, a group home for PWID who exhibit Behaviours that Challenge, and mother to a child with ID. From her presentation, it was evident how powerful the unified voices and actions of caregivers can be in finding solutions to the problems they face.



Left to right: Prof Colleen Adnams, Prof Judith McKenzie, Prof Sharon Kleintjes, Dr Charlotte Capri, Joachim Busch, Bernd Frauendorf, Carol Busch and Shavonne Samaai

The symposium discussions generated key points to consider in research and practice aimed at advancing the full inclusion of PWID in all aspects of society. It was an inspiring symposium and one could not end the day without feeling re-energised to work towards actualising the mantras “leave no one behind” and “nothing about us, without us”.

NEUROPSYCHIATRY

TAKING INVENTORY ON 2018 – HIV MENTAL HEALTH RESEARCH UNIT

By Sybil Majokweni and Kareema Poggenpoel

At the beginning of 2018, the HIV Mental Health Research Unit (HIVMHRU) planned to foster more collaboration and enlarge its footprint in HIV and mental health research. With ongoing studies and opportunity to address mental health challenges, much has been done and the year has been one of progress and realization of our goals. We have welcomed new members to our team and have successfully had two study start-ups.



Above: Anna Dreyer (Inkumbulo Study) and Sybil Majokweni (Project Khanya)

The Inkumbulo study started in May 2018 and has recruited two thirds of the sample for baseline. It is a neurocognitive supplement project to the unit's R01 – the Ziphamandla study and is Anna Dreyer's PhD. The aims of the project are two-fold: (1) Investigate sex differences in HIV-associated neurocognitive impairment and the factors contributing to possible sex

differences (2) Determine the relationship between depression, HIV-associated neurocognitive impairment and adherence to anti-retroviral therapy. Recruitment for this study will continue until the end of 2019 and Dreyer plans to submit this work for her PhD in 2021.


The second study, a Hybrid Effectiveness-Implementation Trial for ART Adherence and Substance Use in HIV Care in South Africa, better known as Project Khanya, started in August 2018. The study's aim is to test the effectiveness and implementation of an integrated intervention for ART adherence and substance use in the HIV care setting in South Africa using a task sharing model. The intervention is specifically designed to be implemented by non-specialist counsellors in local HIV clinics to support sustainability and facilitate dissemination.

Recruitment for both studies is done at the Town Two clinic in Khayelitsha. The community is constantly mauled by service delivery protests and devastating fires in the winter season. This at times slows down study activities but has no significant effect on study numbers and staff. However, these events do give perspective on challenges faced by our study population.

With the growing burden of mental health issues in South Africa, the unit has also made contributions through published works and speaking engagements to educate and raise awareness using the data available, to inform policy and create a mental health model that is both responsive and feasible.

We thank our partners and funders who have effortlessly provided all resources and given us the support and platform to present our work. The coming year promises to be one of growth and more achievement with new studies earmarked for the beginning of the year and opportunities to present more of the findings from our current studies.

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

Like our page on Facebook: HIV Mental Health Research Unit 

EXPANDING OUR FOOTPRINT

By Sam Nightingale and Kareema Poggenpoel



Sam Nightingale is a neurologist from the UK who joined the department this year as a postdoc with Prof John Joska in the Division of Neuropsychiatry. His research interest is neurocognitive impairment and HIV compartmentalisation in the CNS.

Sam is expanding his footprint in the department as he has recently been awarded a large grant from the Newton Fund. The venture will run a collaborative South Africa - UK project looking at cognition and neuropsychiatric symptoms in people living with HIV before and after switching from Efavirenz to Dolutegravir. CSF will be examined in 180 participants at two time points to investigate CSF pharmacokinetics, CNS compartmentalisation and biomarkers of neuroinflammation. ■▶

PSYCHOPHARMACOLOGY AND BIOLOGICAL PSYCHIATRY

CONGRATULATIONS

Fleur Howells has been promoted to Associate Professor, reflecting her significant contributions to translational neuroscience. She has developed significant expertise in methods such as magnetic resonance spectroscopy and electroencephalography and applied them to key local clinical problems such as methamphetamine psychosis and schizophrenia.

Nastassja Koen has been promoted to Senior Lecturer. She has made significant contributions to psychiatric

genetics, with ongoing grants and work in epigenetics, particularly as related to psychological trauma. ■▶

PUBLIC AND COMMUNITY MENTAL HEALTH

PRIME PRESENTS FINDINGS AROUND THE WORLD

By Maggie Marx

Over the last few months, led from the Alan J Flisher Centre for Public Mental Health (CPMH) at the University of Cape Town, the Programme for Improving Mental Health Care (PRIME) saw its researchers busily disseminating their findings across the globe.

PRIME researchers, including UCT's Prof Crick Lund, formed part of the Lancet Global Mental Health Commission which recently launched its report on World Mental Health Day at the Global Ministerial Mental Health Summit.

You can read more about the Commission and access the report on its website at www.globalmentalhealthcommission.org.

In the same week Prof Lund presented findings from the PRIME, EMERALD and AFFIRM research programmes (all three are CPMH projects) at the WHO mhGAP forum in Geneva during the Organization's annual mhGAP forum on 11 to 12 October.



Many of PRIME's researchers also attended and presented at the Marcé Society Conference on maternal mental health in Bangalore during the month of September.

Also in September, PRIME South Africa - led by Prof Inge Petersen from the University of KwaZulu-Natal - presented their findings to the South African Department of Health's Ministerial Advisory Committee on mental health.

PRIME PhD graduate, Dr Carrie Brooke-Sumner, was also a keynote speaker at this year's Rural Health Conference in South Africa in September. She spoke on "Delivering on mental health policy: priorities for intersectoral action for psychosocial rehabilitation service."

PRIME research was also recently presented at the World Psychiatric Association (WPA) Conference in Addis Ababa, Ethiopia.



At the conference Prof Lund also presented a keynote on "Funding, Innovation, Collaboration Systems (FICS): Key ingredients for Integrating Mental Health into Low resource Primary Care Settings in Sub-saharan Africa." ■

CPMH COMMEMORATES WORLD MENTAL HEALTH DAY

WITH ROUNDTABLE DISCUSSION

By Maggie Marx

On World Mental Health Day this year the Alan J Flisher Centre for Public Mental Health (CPMH) and UCT's Division of Public Mental Health's social responsiveness committee organised a roundtable discussion to commemorate the day.

With this year's theme, set by the World Federation for Mental Health, being "Young People and Mental Health in a Changing World," we invited three researchers to present on their work relating to this theme. South African actress and TV presenter, Bonnie Mbuli, ended the presentation by speaking about her own experience with clinical depression and anxiety.



Left to right: Prof Dan Stein, Dr Jason Bantjes, Prof Katherine Sorsdahl, Bonnie Mbuli, Dr Sarah Skeen, Dr Tara Carney and Prof Ashraf Kagee

CPMH Co-director, Prof Katherine Sorsdahl, opened the event and Dr Jason Bantjes, then presented on the Caring Universities Project – a study being done by Stellenbosch University and the University of Cape Town in collaboration with the World Mental Health Surveys International College Study Project (WMH-ICS).

Dr Tara Carney of the South African Medical Research Council presented findings on a feasibility study of an

evidence-based brief intervention in Cape Town targeting substance use and adolescents.

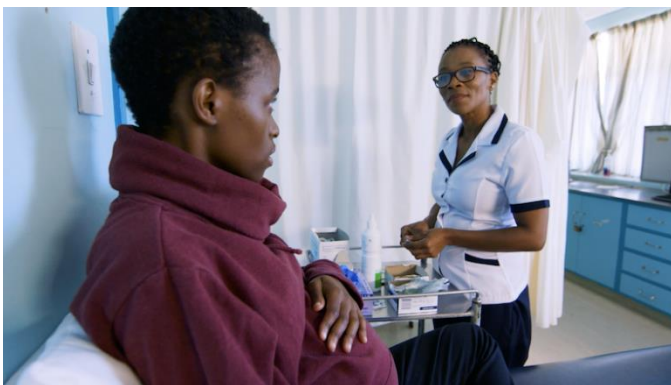
Dr Sarah Skeen, Programme Director for the Partnership for Alcohol and AIDS Intervention Research (PAAIR) programme, has been responsible for the coordination and implementation of several large studies in South Africa, Zambia, Malawi, Lesotho, and Kenya on which she presented.

Bonnie Mbuli then spoke frankly about her journey with clinical depression and anxiety. “My longing is to be part of the conversation on intervention and what it may look like ... I want to encourage people to not be afraid to open the door and face the darkness,” Mbuli said. ■▶

THE PERINATAL MENTAL HEALTH PROJECT’S (PMHP) NEW OPEN ACCESS RESOURCES

By Sally Field and Simone Honikman

In 2018, the PMHP www.pmhp.za.org, located in the Alan J Flisher Centre for Public Mental Health, has been involved in developing three open access resources.



This year, the PMHP team produced a short film “Empathic Engagement Skills”. The film uses professional actors playing a real-life narrative of a young woman’s engagement with health providers

during her pregnancy. The film also provides examples of how not to engage with mothers through simulated negative interactions between the care providers and the woman.

This training film aims to demonstrate how to build rapport, communicate effectively using verbal and non-verbal techniques, reflect feelings, affirm and normalise feelings, get feedback and share knowledge.

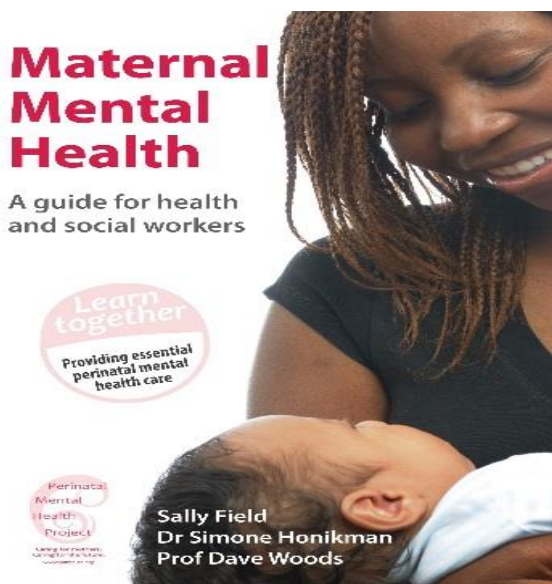
Thus far, the film has been shown to 282 people through PMHP training workshops, including about 40 psychiatrists, psychologists, NGO workers attending the Malawi launch of the African Alliance for Maternal Mental Health. The detailed feedback from the audience demonstrated that the film was relevant and appropriate for the Malawian setting. The film has been added to the package of resources given to master trainers throughout South Africa who, as part of the National DoH’s ESMOE (Essentials for the Management of Obstetric Emergencies) programme. These trainers are tasked with training a minimum target of 80% of all maternity health workers (nurses and doctors), countrywide.



Together with Digital Medic South Africa, an initiative of the Stanford University Center for Health Education and “Grow Great” at the DG Murray Trust, the PMHP developed an animated film which tells the story of Lindiwe’s struggle with depression and attachment with her newborn baby. It is aimed at mothers and community level service providers in low-resource

settings and includes a graphic of the PMHP Maternal Distress screening tool and the process for screening. This tool, developed and validated through years of research at PMHP, has now been incorporated in to the standard maternity stationery in the Western Cape – the Maternal Case Record. All our training videos are openly accessible on the PMHP YouTube channel.

In 2015, the PMHP published a guide for social and health workers, “Maternal Mental Health” on the open access Bettercare platform (Electric Book Works publishers). Bettercare is an online learning platform for healthcare professionals and can be used for peer learning in study groups or in formal training.



This year, the PMHP produced an updated edition which now includes a chapter on Infant Mental Health, more detail on Alcohol and Substance abuse and on Empathic Engagement Skills as well as information for healthcare workers to better support women who have been raped.

To come.....With the financial support of the Australian Government Aid Programme, the PMHP is starting to develop another open-access guide to integrate maternal mental health services into existing Maternal and Child Health programmes in facilities and at community level. This guide will have built-in flexibility

and options for users to adapt elements of a service package best suited to their environment.

This Service Development guide will be available on our resources pages where all our guides are freely available. ■▶

CONGRATULATIONS

Simone Honikman has been promoted to Associate Professor, reflecting her significant contributions to perinatal mental health. She has pioneered work in this area in South Africa and Africa, providing innovative and important services, teaching, and research. ■▶

ARTISTIC MURAL TO CHANGE NEGATIVE PERCEPTION OF MENTAL HEALTH

By John Parker

In an exciting collaboration, the Spring Foundation recently partnered with Arting Health For Impact (AFHI), a collaborative public engagement project that explores collaboration with artists to improve and engagement methods.

The project involved 25 in- and outpatients from the Child and Adolescent Mental Health Service, including Child and Adolescent Intellectual Disability Services, at Lentegeur Hospital, who participated in workshops with staff members and street artists, facilitated by the AFHI team.



Left to Right: Nabeel Petersen (Country Head AFHI), Bianca van Rooi (Project Officer AFHI), Lucia Mfubu (Facilitator and Translator), Elizabeth Petersen (OT Assistant LH), Chris Moyce (Project Manager AFHI) and Toni Abrahams (Clinical Psychologist LH).

“They were exposed to various creative exercises including drawing, devising story maps, public speaking and sharing, spray painting, music, poetry, expressive playing, team building, exploring street art and other forms of science communication,” explains Nabeel Petersen, Director of AFHI.

“The workshops aimed to develop a collective understanding of what the participants experienced during their health journey, from admission to becoming an outpatient, and improve communication between clinicians and patients. Ultimately, these findings would then be used to develop a piece of artwork that expresses a message they would like the community to receive,” explains Petersen.

The participants identified a mural as their preferred method of expression and found a suitable space at Lentegeur Hospital where it will be painted. “We decided that the mural would be best suited on a bare practice wall at the tennis court on the premises of Lentegeur Hospital. This is an ideal location as the completed mural would be visible by the community via Highlands Drive.



Above: Nabeel Petersen, Quintin “Jitsvinger” Goliath (Project Ambassador) and Lucia Mfubu discuss logistics on the day of the event.

The mural was completed by experienced and professional muralists during a Mental Health Engagement Event. The completed mural focused on relaying messages of support, recovery and hope. Participants showed increased levels of confidence, public speaking and sharing. “Using a participatory, inclusive process with youth positioned them as active agents for change, and we feel that this played a big influence in assisting them with accepting the project as

their own and also in their confident participation in decision-making,” concludes Petersen.



Above: Jack de Jong (Graffiti Artist) and Mohamed “Fok” Hassan (Graffiti Artist) bringing the ideas to life in the mural at the event.

It is hope that this successful pilot will form the basis for a greater collaboration with AFHI involving a formal research project and a range of artwork that will continue to foster a more positive atmosphere at the Hospital. ■▶

DRIVING THE LEGACY

By Marina Lawrence (for the DCHS Social Responsiveness Team)

On 18 July 2018, we celebrated Mandela’s 100th birthday, and the Mandela Foundation encouraged us to live the legacy. UCT’s Drakenstein Child Health Study (DCHS) Social Responsiveness team took up this challenge and partnered with local and international organizations to facilitate the construction of a library at an under-resourced school in Mbekweni, Paarl. The DCHS is conducting a large longitudinal study investigating the risk and protective factors for child health outcomes from birth to 6 years. The study is carried out in two vulnerable communities in Paarl; Mbekweni and Paarl East. Through the study’s involvement in the local community over the past 7

years, pertinent needs within the community were identified.

Langabuya Primary School learners face many challenges both at home and at school. Due to the poor socio-economic circumstances of these children, the school has been designated a ‘no fee school’. Parents of learners are often only employed seasonally in the wine industry and households remain largely dependent on social grants. In addition, the community is largely affected by the HIV epidemic and at least 50 children are maintained in the Orphans and Vulnerable Children Programme. The school was founded in 1964 and currently comprises of 40 educators dedicated to teaching over 1500 children.




The DCHS partnered with the Val de Vie Foundation, Breadline Africa, Solomon Schechter Day School (USA), Biblionef, and West End United Methodist Church (USA) to construct and stock a library at Langabuya Primary School in Mbekweni. Learners now have access to books written in their home language, as well as in English, which provides an opportunity for reading and literacy skills development and potential improvement on long-term educational outcomes. Throughout the planning process, the DCHS engaged with the Langabuya Primary School staff to ensure a collaborative effort in addressing the schools most pressing needs.



The library consists of two converted shipping containers. It was stocked with 1300 carefully selected age- and culturally appropriate new English and IsiXhosa books – based on the Western Cape Education Department (WCED) recommended readings lists. Three life skills book box sets were sponsored by a H3Africa/NIMH funded project nested within the DCHS, in response to a specific request by school parents. The DCHS covered the costs of furnishing the library. The library project supported local community services by contracting a local carpenter to make bookshelves and a sewing group to sew cushions. The DCHS arranged training by the Solomon Schechter Day School librarians for the Langabuya library committee of parents and teachers, on how to catalogue books and run the library – ensuring its future sustainability. Solomon Schechter Day School is investigating their capacity to sponsor a full-time librarian and literacy programme coordinator at the school for 2019.

The formal library dedication took place on Mandela Day 2018. As part of the ‘67 minutes for Madiba’ movement, the DCHS coordinated for volunteers to contribute by reading to the learners at Langabuya. The collaborative effort on this project followed Madiba’s words, that “children are our greatest treasure. They are our future.”

*All Images by Breadline Africa 

THE VOICE ADVOCACY

By Karesa Govender



To be a health professional in South Africa is to fundamentally be an advocate. This is a seemingly simple statement at face value; foregrounding the role of health professionals in supporting Section 27 of our Constitution. But more than that, when we acknowledge inequality as both a driver and product of ill health, and that the vast majority of people living in South Africa have been side-lined from development, social and economic participation because of a lack of access to health services, then we begin to see the role of the health professional extending beyond that of just clinician but advancer of equality. With this in mind, we need to ask two crucial questions: 1) are our health professionals the ones we need and 2) what is our role as clinical educators in ensuring that they are?

The Rural Health Advocacy Project (RHAP) is a strong proponent of health professionals as advocates. Through our ongoing engagements with healthcare workers and health science students across the country, we find that many, if not most, are ill equipped to manage health systems challenges. This gap in advocacy knowledge and practical skills leaves many frustrated, despondent and eventually indifferent to the human rights violations they encounter daily. RHAP’s commitment to healthcare worker advocacy falls under The Voice Project; which is an initiative that we established in 2013. HCWs are ideally placed to serve as agents of change within the health system and through The Voice Project, RHAP provides training to healthcare workers on how to safely, legally and ethically report

health systems challenges using internal and external reporting mechanisms. To further support healthcare workers, we have recently established a Helpdesk function that guides healthcare workers through the reporting process. The uptake from healthcare workers has been significant, positioning healthcare workers as mavericks of change rather than victims of an oppressive and dysfunctional health system.



Above: Left to right: John Parker, alongside Karessa Govender and Mafoko Phomane who facilitated The Voice Workshop hosted by Valkenberg and arranged by the South African Society of Psychiatrists Western Cape Subgroup on 24th July.

Many healthcare workers have indicated to RHAP that they wished they were exposed to advocacy strategies during their undergraduate training. RHAP therefore advocates for the transformation of health professionals education at universities through the incorporation of advocacy training across faculty of health sciences curricula. RHAP has developed an advocacy manual for this specific purpose and it is being implemented in a few health science faculties in universities across the country. Universities are strategically positioned to effect change through the quality of health professionals they produce and therefore, not only are universities obligated to the

health professionals they train, but to the broader society that their graduates serve.

The establishment of the social responsiveness committee within the UCT Psychiatry and Mental Health Department is a major achievement. I would hope that this forum will be a platform for re-envisioning mental health in South Africa and questioning traditional methods of mental health service delivery which has compromised access. With austerity measures which are unlikely to cease anytime soon, how best can we ensure current mental health services are still maintained whilst still expanding access to communities that are currently without? When will we de-monopolise the provision of mental health services by mental health professionals by encouraging task shifting? Are research outputs aligned with the most pertinent issues facing mental health in SA? These are difficult questions for the university and mental health fraternity but they need to be addressed.

The years ahead are likely to be challenging and contentious. The question is not so much about whether the state has the will to address mental health services but rather – do we? And to what end?

karessa@rhap.org.za

Project Officer: Rural Health Advocacy Project.

Occupational Therapist 

FEATURED NGO:

DE PEREL SAFE HOUSE

This NGO was born out of the need for community's fight against the scourge of "society's hatred...drug abuse!"



programme and have integrated Equine therapy, gardening and faith tolerant spirituality.

Contact details are as follows:

deperelsafehouse@gmail.com

021 839 1165 or 072 247 5213

Information provided by De Perel Safe House 

The aim of De Perel Sobriety House is to assist those who have fallen prey to the fatal disease and want to not only reclaim their lives but also their place and status in society as human beings. This is done by way of education communities about both the addiction and recovery process as well as relapse prevention. With their much needed youth approach, for the past few years they have done Drug Awareness seminars at local Government schools through the Safe Schools Projects, churches, mosques and national TV and radio stations.

They consist of a core group under the directorship of Areef Moerat, Khaasief Moerat and Shaykh Majied Moerat. Areef has trained under the guidance of a member of the World Federation of Therapeutic Communities and has experience at other treatment centers, holding a certification from the Asian Centre for Certification and Education of Addiction Professionals (ACCE). Shaykh Majied and Kashief have joined in training offered by SANCA and also hold certifications from ACCE.

They have made youth their main focus, and are aware that addictions and the development of an addictive personality starts at an early age. Their focus is in the Paarl, Wellington and Boland area, but will assist anyone in the country who needs help.

The pillars of their programme, which focuses on behavioural, psychological, intellectual, spiritual and vocational skills, are Family Milieu concept, Peer Pressure, Therapeutic sessions, Religious sessions and Role Modelling. They have a 12-step recovery

TRANSFORMATION AND EQUITY COMMITTEE UPDATE

By Sharon Kleintjes (Co-Chair)

During this past quarter three important documents has emerged that can contribute to the next phase of our Department's work on transformation: the FHS Leadership Framework, UCT's Curriculum Change Framework, and the department's Diversification Strategy. The FHS Leadership Framework: This framework is designed to set clear parameters for the accountability of heads of department and other faculty leaders and their teams for competent and transformative leadership within the faculty. The leadership framework sets high value on relational competencies in addition to the traditional outcomes based competencies expected of leaders. The framework takes a "distributed leadership" approach which encourages us to harness leadership capacity and potential in all spheres and at all levels of the department. It calls on all of us to reflect on how we might contribute to leading for change in our workspaces within the department.

UCTs Curriculum Change Framework: A curriculum change working group appointed by the Vice-Chancellor in March 2016 has compiled a Curriculum Change Framework after extensive engagement with the university community, including stakeholders within the FHS. The Framework calls for "authentic engagement for meaningful curriculum change" to "blend formal structures with new emergent structures which embrace previously excluded epistemologies", marginalized perspectives in teaching and learning and in knowledge production/research. This provides opportunity for our department to reflect on the scope and limitations of current discourses within our own teaching, training and knowledge production in psychiatry and mental health and to acknowledge what may need to shift in our teaching and training of health practitioners, and our research. The framework encourages a " deep scholarly activism on curriculum

change that necessitates an honest appraisal of past and current practices in ways that confront injustice, and open up possibilities for resonance with students and their communities". The framework is available online for divisions and units wanting to engage with this call in the new year. John Parker, our TEC co-chair has offered to host discussion forums which provide an opportunity to think through some of the pertinent issues during 2019. Dates to follow.

Diversification Strategy: A key theme of the 2015 departmental transformation report was the need to diversify membership within the department, with race, gender and disability being the most relevant issues to address. The main strategies which members of the department recommended to address this was the implementation of a recruitment and retention strategy which could assist with diversification and greater attention to succession planning to promote career pathing and capacity strengthening for staff already in the department to promote diversification at all levels of academic and PASS staff. Our transformation and equity committee (TEC) has responded to this by drafting a Diversification Strategy which has been discussed at recent Exco and Strategic Management committee meetings, and distributed via email to departmental members from the HODs Desk at the end of November. The TEC will address the implementation of the strategy during 2019.

The need for tolerance of religious and cultural diversity has also arisen, and we would like to invite ideas for how we might best address these issues in the department.

Participative transformation: The role of a TEC is to advise on, facilitate and monitor transformation initiatives within the department. To stay close to what enables members to experience the department as an inclusive and enabling environment, we need to hear from you. In turn, our activities will be directed at strengthening members' and divisions ability and opportunity to contribute to the actualisation of our ideas. Please do discuss with your TEC representative to the committee should you have any questions about

or ideas on how to take these initiatives- and other ideas you might have-forward during the next year. ■

HEALING CHOCOLATES

By John Parker

Spring is all about hope and recovery – but this is only really true if we understand that we are part of the natural cycles of the seasons. It is through connecting that we find hope and the chance of recovery!

The Spring Foundation at Lentegeur Hospital is using this simple principle to transform a large psychiatric institution into a place that is all about the hope of real healing, for ourselves, our society and the whole of our planet.

In a beautiful collaboration, Chocolate Time and the Spring Foundation took students of the Peter Clarke Art Centre on a journey of self-discovery that involved thinking deeply about mental illness and how this is dealt with in our society and then challenged them to produce designs for chocolate wrappers that reflected what they had learnt. The artworks that resulted are not only beautiful but deeply moving.



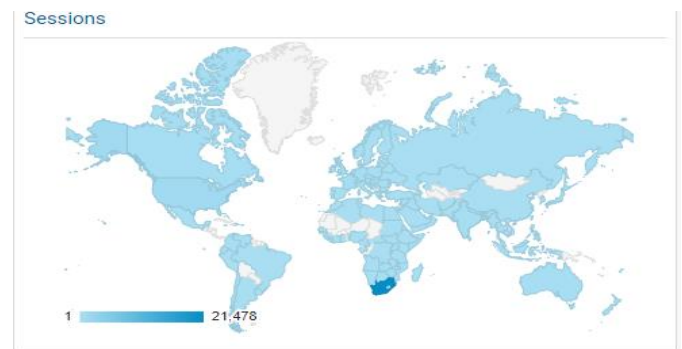
Now the winning designs have been used to produce wrappers for a range of chocolates that will be sold to raise funds for the Spring Foundation. The beautiful and moving artworks were displayed to the public at an exhibition at

Lentegeur’s adolescent unit followed by a display at the UCT Faculty of Health Sciences.



To order gift packs of personalised chocolate and support the Spring Foundation please visit: <https://www.chocolatetime.co.za/about-us/> ■

HOW IS OUR WEBSITE FARING?



The graphic above shows the different countries that have accessed the department’s website. The graphic below indicates the different browser types people have used to access the website. If there are any queries or people would like to add/change anything to the website they're most welcome to contact [John-Joe Dawson-Squibb](#) or [Deirdre Pieterse](#). ■

STUDENT PSYCHIATRY SOCIETY

By Georgia Lilford (Chairperson)

2018 has been a slow but successful year for the UCT Student Psychiatry Society. Although lacking in an overall number of events open to the public eye, our society has grown tremendously in many small ways. One example of this is a recent strategizing session held by the committee. This session was run and sponsored by the Greenfields Institute of Business, and was exceptionally successful. We really came to realise our goals and objectives as a society. Through this, our main value proposition was established, being: "The UCT Student Psychiatry Society is a learning-based society that values education as a whole. It strives to contribute towards the professional growth of Health Science undergraduate students, and to foster a strong interest within the field of psychiatry. Through this learning process, it also values the encouragement of empathy and understanding for all." This has given us much more guidance as a society.



Left to right: Joshua Gullan, Sylvia Van Belle, Georgia Lilford and Ian Olivier at the AfCNP congress.

Members of the society have also attended some exciting events, such as the African College of Neuropsychopharmacology Congress in July this year. This has helped to build further interest and engagement amongst members. We really appreciated Prof Stein's sponsorship in this regard. This being said, we would also like to use this opportunity to please appeal to companies and figures within the academic

psychiatric field to help us with funding in the future. We have a lot of exciting ideas for 2019, and have struggled in the past due to a lack of funding.



Left to right: Clementine Brink, Sylvia Van Belle, Rachel Serraf and Simon Rauch.

Following on from the topic of 2019, we are feeling very optimistic and passionate about the year ahead. The new committee has just been elected and each and every member has something exciting and new to add. We cannot wait to get planning and sharing some of these ideas. We also here appeal to lecturers and Psychiatrists throughout to come and speak at our events for us – we would love to hear from you and to hear about your experiences. We have so much to gain and learn from you all.

Other events attended by members of the society this past year include the SASOP bi-annual registrar dinner, which was enjoyed by us all. We were very lucky to be invited to this event. I, Georgia Lilford, have also been lucky enough to sit on the Department's Transformation and Equity Committee and have also enjoyed communicating with the department's Social Responsiveness Committee after attending one of their previous meetings.

The committee would like to thank David Backwell and Simon Rauch, outgoing members of the society committee, for the amazing work that they have done for us in the past. May 2019 be another successful year for the society. ■▶

GOODBYE TO GRAEME HENDRICKS

The division of psychotherapy bade farewell to clinical psychologist Graeme Hendricks on 4th December. The department also thanked him for his invaluable contributions to the Addictions diploma and teaching. Wishing him well on his adventures abroad. He will be missed. ■▶



Left to right: Lameze Abrahams, Adele Marais, Naeema Parker, Erisha Benjamin and Graeme Hendricks.

WELCOME TO STAFF

Dr Bhaskaran Charles as a Senior Registrar in Liaison Psychiatry.

Dr Kokes Moloto as Psychiatrist Consultant in Male Admissions at Lentegour hospital.

Dr Nisaar Dawood as Community Psychiatrist at Mitchells Plain hospital. ■▶

PASS STAFF TEAM BUILDING

By Sandra Swart

This year the team mellowed it down and relaxed at the Life Day Spa. It was very enjoyable and stress relieving. Everyone was in a jovial mood. It was a good way to end off the year. ■▶



Left to right (Back row) Sandra Swart, Shahieda Amardien, Naiema Salie, Shaheema Allie and Riana Oliver; (Front row) Eugene Davids, Olivia Bergoer, Faranaaz Sayed, Rehana Effendi, Vuyo Mafanya, Graham Hendricks, Kareema Poggenpoel and Kim Hendricks.

CONGRATULATIONS

To Goodman Sibeko, John-Joe Dawson-Squibb, Tania Swart, Erica Breuer (thesis about theory of change in the context of the work of the Division of Public Mental Health on PRIME), Jean-Paul Fouche (thesis on brain imaging in adolescent HIV/AIDS), Stephanie Sieberhagen and Memory Munodawafa (thesis on "Filling the gap: development and qualitative process evaluation of a task sharing psycho-social counselling intervention for perinatal depression in Khayelitsha, South Africa") for obtaining their PHDs.

To Aubrey Kumm and Marisa Viljoen for obtaining their M Med (Neuroscience) degrees.

To Judith Boshe, Jessica Stanbridge, John-Randal Vermaak Carmen Vlotman, Michelle Barnard, Nizaar

Dawood, Nada Lagerstrom and Mwanja Chundu for passing their FCPsych (SA) Part II exams.

To Deidre Pieterse for obtaining her M Phil in Liaison Psychiatry and Lisa Dannatt for obtaining her M Phil in Addictions1 Psychiatry.

To Deirdre Pieterse and all those who contribute to the mentoring of interns; the HPCSA visited in July, and after speaking with interns about their experience in Psychiatry, gave the department a 5/5 assessment.

Thanks also to Peter Ashman who long led the internship program in the department. ■▶

APPOINTMENT OF HONORARY MEMBERS

Dr Carrie Brooke-Sumner has a MSc in Public Health from the London School of Hygiene and Tropical Medicine. She worked in health promotion in the NGO sector for some years before completing her PhD in Public Mental Health through the University of KwaZulu-Natal working in the PRIME consortium www.prime.uct.ac.za/. Her PhD covered developing, piloting and a preliminary evaluation of a psychosocial rehabilitation programme for service users with severe mental illness in the North West province. Carrie is currently a post-doctoral fellow at the Medical Research Council working on health system and implementation aspects of the Project MIND trial projectmind.mrc.ac.za/.

Dr Fiona Schulte studied medicine, anthropology and gender studies in Germany and graduated in 1997. She qualified as a child & adolescent psychiatrist and psychotherapist in Germany. Upon immigration to South Africa Dr Schulte became a Fellow of the College of Psychiatrist in 2010, having been trained at Wits University and UCT. She completed her Certificate of Child & Adolescent Psychiatry in 2014 based at Tygerberg Hospital/Stellenbosch University. Dr Schulte holds a Tavistock Diploma in Therapeutic Communications with Children. Dr Schulte worked as a

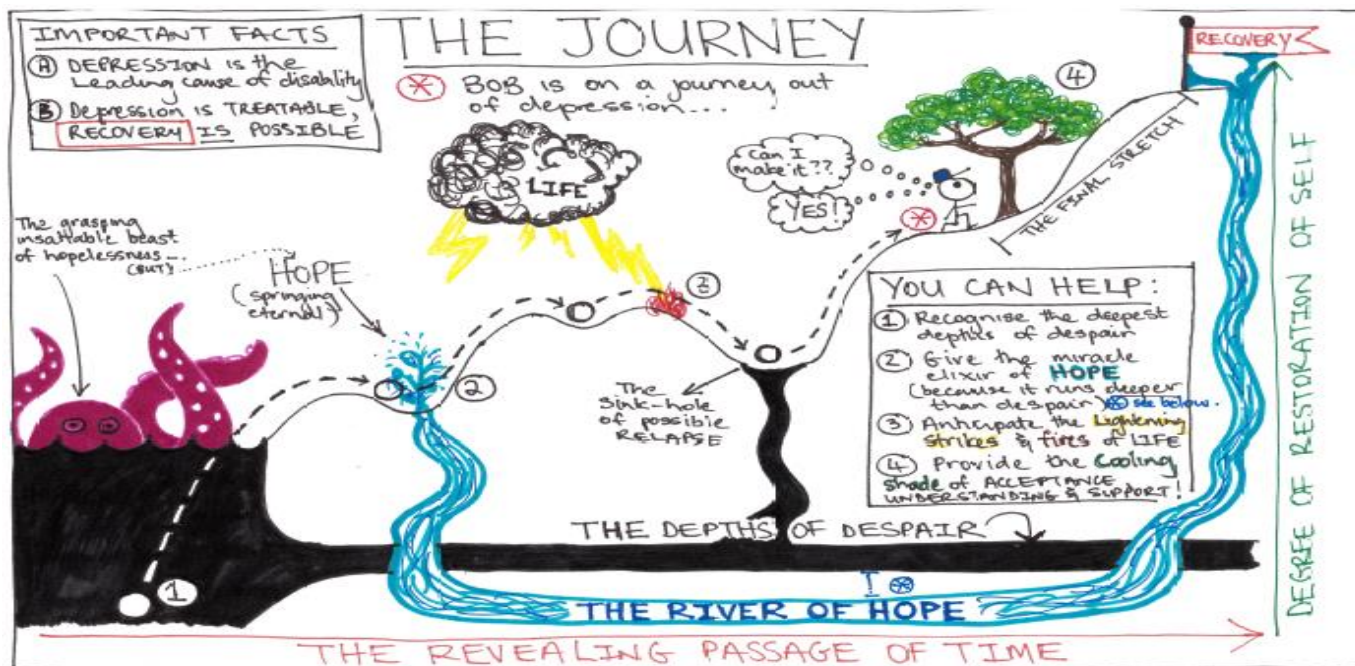
consultant in various tertiary psychiatric hospitals, most recently at the Division of Child & Adolescent Psychiatry (DCAP) at Red Cross War Memorial Children's Hospital, overseeing the Parent Infant Mental Health Service and Adolescent Mental Health Service. Dr Schulte moved into full time private practice as a child & adolescent psychiatrist in Cape Town in February 2018, remaining a senior lecturer with the Department of Humanities. In addition, she is a consulting for the Department of Justice with regards to criminal capacity assessments of juvenile offenders at Valkenberg Hospital. Dr Schulte is the Convenor of the Child & Adolescent Special Interests Group (CAPSIG) of the South African Society of Psychiatrists (SASOP) and a Board member of SAACAPAP. ■▶

DEPARTMENT END OF YEAR FUNCTION

The department celebrated the end of year at a beautifully arranged family get together at Valkenberg on 5th December.



LIGHTMIND



by JOE STARKE (Nov 2018)