

# UCT Department of Psychiatry and Mental Health Newsletter

Issue 7 - June 2018



# A NOTE FROM THE HOD

Our Departmental newsletter once again showcases a wide range of contributions to teaching, research, services, social responsibility, and transformation across our Divisions.

The recent Life Esidimeni tragedy and the appointment of a new Vera Grover Chair does, however, draw attention to our Division of Intellectual Disability and its work.

Psychiatry is sometimes treated as a step-child of medicine, with fewer resources provided from the State and the University; arguably Intellectual Disability receives the fewest resources within Psychiatry.

As previously alluded to in this newsletter, the Life Esidimeni deaths serve as the proverbial canary in the coalmine: pointing to significant issues in our health services.

It is therefore particularly heart-warming and hopeful that we have been able to attract a candidate as strong as Prof Sharon Kleintjes to the Vera Grover Chair.

In her candidate's lecture, Sharon emphasized her strong background in key areas related to ID, and put forwards an inspiring vision of what the field could achieve in the future. The Dept wishes her every success in implementing this vision.

Warm regards,  
Dan Stein



## 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](mailto:toni.abrahams@uct.ac.za)

Delcia Leideman-Prosch

[delcia.liedeman-prosch@uct.ac.za](mailto:delcia.liedeman-prosch@uct.ac.za)

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## ADDICTION PSYCHIATRY

## CONGRATULATIONS



To Dr Goodman Sibeko, who heads up the Addiction Technology Transfer Centre (ATTC) in the department, on being awarded his PhD. Dr Sibeko undertook his MBChB and psychiatry registrarship at

UKZN before moving over to UCT to embark on a PhD. His work was a collaboration between the Division of General Adult Psychiatry (Pete Milligan was a co-supervisor, with some of the work including text messaging aimed at improving adherence), the Division of Public Mental Health (Crick Lund was a co-supervisor, with some of the work focused on the potential value of task-sharing), and the Western Cape Government Department of Health (whose community health workers received mental health training as part of the dissertation). It was funded by the SA MRC (and hosted by our MRC Unit on Risk & Resilience in Mental Disorders). Reviewers were highly complimentary about the quality of his thesis.

The experience that Dr Sibeko obtained during his PhD, including work on training community health workers, provides a strong foundation for his current ATTC work. This is focused in improving the knowledge of policymakers, primary care clinicians and non-clinician workers on substance use and mental health disorders and the intersection of these with HIV, with the explicit aim of ultimately helping PEPFAR reach its 90:90:90 targets. Thank you to Honorary Professor Caroline Kuo for playing a key role in advising and mentoring the ATTC, and to Honorary Professor Steve Shoptaw for his ongoing involvement. 🌱

## CHILD AND ADOLESCENT PSYCHIATRY AND MENTAL HEALTH

## DOUBLE INTERNATIONAL AWARDS FOR UNIVERSITY OF CAPE TOWN AUTISM RESEARCH

By Petrus de Vries

Prof Petrus de Vries, Professor of Child & Adolescent Psychiatry at UCT, and his research team, the Centre for Autism Research in Africa (CARA) recently received two prestigious international awards for their research in autism spectrum disorders.



Above: Prof de Vries (centre) and members of the CARA team with Prof Simon Baron-Cohen, President of INSAR at the award ceremony in Rotterdam.

The International Society for Autism Research (INSAR2018) awarded the CARA team the inaugural Cultural Diversity Research Award “to recognize and support investigators or teams who conduct community-based or community-partnered research that leaves a lasting impact on under-served and under-researched communities”. The award was made at the Society’s May 2018 conference in Rotterdam.

At the same conference, Prof de Vries was one of the first group of researchers elected as INSAR Fellows. The Fellowship is awarded “to honour distinguished members of the International Society for Autism Research whose research has made a significant international impact on the scientific understanding of autism spectrum disorder, clinical practice, educational methods, and/or policy”.

Prof Dan Stein, Head of the Department of Psychiatry and Mental Health at UCT said: “These awards speak to the tremendous work that the Division of Child & Adolescent Psychiatry has initiated in this key area”.

Prof de Vries commented: “I was delighted by this international recognition of the outstanding work done by my wonderful team. We really believe that research is about working together and collaborating with passionate and positive international partners. Without this teamwork none of our work or achievements would be possible”.

Prof de Vries added: “I am particularly pleased that these awards demonstrate the international recognition that autism is a global public health concern given the enormous burden of autism spectrum disorders, particularly in Africa and other low-resource settings. We all have much to do!”

For further information about the Centre for Autism Research in Africa, please see [www.cara.uct.ac.za](http://www.cara.uct.ac.za)

## CONGRATULATIONS

To Dr John-Joe Dawson-Squibb for graduating with his PhD. His work on autism has been seminal in laying the ground for adaptation of evidence-based treatments to the local context.

### FORENSIC PSYCHIATRY

## CONGRATULATIONS

To Dr Tania Swart on being awarded her PhD. Her research in the area of forensic mental health identified

the therapeutic alliance as a robust proxy measure of risk for violence in state patients.



Above, Left to right: Prof Petrus de Vries, Dr John-Joe Dawson-Squibb, Dr Tania Swart and Dr Goodman Sibeko at the UCT graduation ceremony hosted on 22 June.

### INTELLECTUAL DISABILITY

## PROF SHARON KLEINTJES APPOINTED THE VERA GROVER CHAIR FOR ID

By Sharon Kleintjes and Toni Abrahams

In March 2018, Prof Sharon Kleintjes was appointed the third Vera Grover Chair and Professor of Intellectual Disability in the department. As Head of the Division of Intellectual Disability (ID), she joins this team to provide strategic direction in teaching and training, research, service development and advocacy in this area.



Prof Kleintjes has a Masters in Clinical Psychology, a Masters in Child and Adolescent Psychiatry, a Doctorate from UCT and a Diploma in Strategic Health Management from the Institute for Professional Development. Sharon worked in the Western Cape Province's Department of Health as a clinical psychologist and then as a programme manager for mental health between 1990 and 2004. From 2004 to 2006, she worked as a research manager at the HSRC, and then joined the Department of Psychiatry and Mental Health at UCT as a soft-funded researcher (2006-2010) and convener of the Postgraduate Diploma in Addictions Care (2011). From 2012-2018 she worked as the principal psychologist at Valkenberg Psychiatric Hospital in Cape Town, jointly appointed to the Department of Psychiatry & Mental Health at the University of Cape Town as a Senior Lecturer, then Associate Professor, and co-head of the Division of Psychotherapy. Her research interests include recovery-oriented public mental health policy and service development, and opportunities for self-determined involvement and inclusion. Her PhD focused on service user participation in mental health policy development in South Africa.

Asked about her reasons for applying for the post, Prof Kleintjes had this to say, "Vera Grover was my very first clinical supervisor when I became a psychologist and she was an amazing role model for excellence in psychology, disability and mental health. It was a real privilege to have the option to apply to work under a banner that she created for the purpose of improving the lives of people with Intellectual Disability. It's a privilege to be able to spend possibly the last chapter of my working years, again focusing exclusively on ID. In my personal capacity, coming from a history of familial psychosocial disability and as a family supporter for relatives living with psychosocial disability I am well aware of the need for effective treatments as an assistive device for recovery, and beyond that, the need for additional supports to enable people living with a disability to enter or re-enter mainstream society, as is their right. In my professional capacity, as a service provider I am also aware of the power that lies in the voice of providers as an Expert by Training and the lack

of attention to the voice of the client or person with disability as Expert by Experience. I am hoping that in this role I will be able to bring some research to practice that can address some of the disparities experienced by people living with ID and their supporters. I am excited to engage with my fellow divisional members each of whom bring personal lens to the work we do in the Division of Intellectual Disability (ID) including issues related to the needs of children and adolescents with ID, effective treatments for persons with ID, the role of the family and other supporters in enabling participation of persons with ID, addressing rights based issues related to ID and broader socioeconomic concerns that impact on the wellbeing of person with ID. We had our first divisional meeting at the end of May in which we started working on a conceptual framework for our work. This framework will inform the priorities for our research, teaching and training and social responsiveness and advocacy in the field of ID." ■

## PUBLIC LECTURE: SUPPORT STRATEGIES FOR FAMILIES WITH CHILDREN WITH DISABILITIES

By Toni Abrahams

Dr Heather Aldersey and Emeritus Professor Roy McConkey presented on support strategies for families of children with disability on 31 May at UCT. Hosted by Disability Studies, these talks focused on how to support families who are often tasked with lifelong support of family members with disability.

Dr Aldersey is an associate professor and Queen's National Scholar in the School of Rehabilitation Therapy at Queen's University in Kingston, Canada. She is also the Director for the Advancement of Community Based Rehabilitation. She works around the world in partnership with persons with disability, families, professionals and researchers to develop, implement and evaluate supports for persons with disabilities and their families. Prof McConkey is Emeritus Professor of

Developmental Disabilities at Ulster University in Northern Ireland. He is visiting professor at UCT and Trinity College in Dublin. A psychologist by training, he has worked in the field of Intellectual Disability for nearly 50 years and has a prolific publication record.



Above, Left to right: Dr Heather Aldersey, Prof Sharon Kleintjes, Prof Colleen Adnams, Prof McConkey and Toni Abrahams.

Dr Aldersey shared her findings on peer-led family support in the DRC. She shared info on a voluntary self-help association for family members of people with intellectual and/or developmental disabilities who provide emotional, physical, material and information support for local families. The case study shed light on the importance of being grounded in local realities, charismatic, multidisciplinary leadership and the concept of “paying it forward” in the association’s success. Identified challenges included lack of sustainable funding and limited scope of impact outside of Kinshasa. She shared how this association arose out of the initiative of family members faced with a lack of services for persons with disability, in addition to stigma around disability. She emphasised the importance of creating spaces for families to self-organise and to recognise the value of peer interventions in providing meaningful support to families.

Prof McConkey shared thought provoking insights into how we can support families with children facing

adversity. The focus being on all children, not solely on those with disability. He emphasised the need for inclusive development and shared his appreciation of his learning from “the South” and the challenge “the North” faces where specialised services dominate. He shared that support should be built around three pillars: Commitment, Cooperation and Community. There is a need to mobilise, include and support so everyone gains. He spoke to the need to refocus and develop new roles, partnerships and leadership. These partnerships need to include society, local communities and family with an emphasis on peer support, parental advocacy, community alliances and local politicians at the ground level. At the higher levels, politicians, policies, training, housing and paid work need to be prioritised. He defined the new kind of leadership necessary in services and communities i.e. one that builds relationships, observes and listens, makes collective decisions and spots talent. He posed the question of how expertise can become more widely available and the need for integrated actions to help foster human potential. ■

### NEUROPSYCHIATRY

## PROF JOHN JOSKA WELCOMES THREE COLLEAGUES TO THE DIVISION OF NEUROPSYCHIATRY

By John Joska

Adele Munsami is a Registered Research Psychologist (MSocSc) from the University of KwaZulu-Natal. Her research has been in the field of HIV and Public Health/Medicine among adolescents



and Advanced clinical care in HIV including TB-HIV co-infection, HIV Associated Neurocognitive Disorders. She is now a PhD candidate with Prof Joska, Dr Hetta Gouse and Dr Sam Nightingale; and will be looking at capacity building among front line health care workers with a view to increase skills to detect, treat and manage cognitive impairment among HIV infected individuals accessing care in a real world clinic setting.



Dr Lindokuhle Thela (MBChB, FC Psych, MMed) is a psychiatrist by qualification and joined the Division of Neuropsychiatry in March as the recipient of the 2018 Discovery Foundation Award for Neuropsychiatry subspecialty training. He

received his undergraduate medical training from the University of KwaZulu-Natal in Durban. Post internship and Community service he worked as a medical officer in the department of obstetrics for 6 months. He then joined department of Psychiatry as a registrar for a duration of 4 years qualifying with a fellowship in the Colleges of Psychiatry in South Africa and MMed in Psychiatry from University of KwaZulu Natal.

Dr Thela's MMed research project was on the mental illness in the refugees and migrant population residing in Durban. His work was published in the *Transcultural Psychiatry* journal. He has also co-authored two articles with fellow psychiatrists from Durban. During his training as a registrar he developed an intense interest in the field of Neuropsychiatry and embarked on a journey to pursue a career as a neuropsychiatrist once he had completed his training as a general psychiatrist.

Dr Thela's interest is in Delirium (searching for new answers in the pathophysiology and management of delirium), HIV neuropsychiatric disorders, and Neuropsychiatry sequelae of Traumatic brain injury

Sam Nightingale is a neurologist from the UK with a research interest in neuro-HIV. His PhD work focussed on compartmentalisation of HIV in the brain and the relationship with neuroinflammation and cognitive impairment. He is interested in global health, having previously worked on neurological infection in Nepal and established neurological education projects in Mozambique and Zambia. He was recently appointed a postdoc at UCT with Prof Joska and will be looking at cognitive problems in people living with HIV, working on a number of different projects in this area. 🟢



## PSYCHOPHARMACOLOGY AND BIOLOGICAL PSYCHIATRY

# HUMAN HEREDITY AND HEALTH IN AFRICA (H3AFRICA): 11TH CONSORTIUM MEETING

By Nastassja Koen

The Human Heredity and Health in Africa (H3Africa) Initiative seeks to foster a pan-continental network of research groups equipped to study complex environmental and genetic mechanisms contributing to disease susceptibility in African populations (<https://www.h3africa.org/>). Using cutting-edge methods and techniques, this Initiative is supported by the USA's National Institutes of Health and the UK's Wellcome Trust. The Eleventh H3Africa Consortium Meeting took place in Kampala, Uganda from 21 to 25 March 2018. This meeting provided a forum for pan-African and global collaborators to present pertinent scientific findings of funded studies; and to discuss aspects of research ethics, biobanking/bioinformatics,



community engagement and training and skills development. Dr Nastassja Koen (a Lecturer in the Department who co-heads the Psychiatric Neurogenetics Group of the Brain-Behaviour Unit) and Ms Nadia Hoffman (psychosocial project manager of the Drakenstein Child Health Study (DCHS)) attended the meeting as representatives for the recently-funded H3Africa/NIMH project, “Transgenerational Effects of Maternal Stressors: Investigating the Role of Infant Gene Expression”.



Above: Dr Nastassja Koen (left) and Nadia Hoffman (right)

This five-year project - led by Dr Koen, Prof Dan Stein and collaborators at Emory University in the USA, and drawing on maternal-child data from the Drakenstein birth cohort – will investigate genes and pathways underlying the transgenerational effects of exposure to prenatal maternal psychological stress, anxiety, or depression; and will aim to build South African capacity in genomic and gene expression research. ■

## BRAIN-BEHAVIOUR UNIT/POSTGRADUATE MEET-AND-GREET

By Nienke Pannekoek and Nastassja Koen

The Department’s Brain-Behaviour Unit (BBU) is made up of 3 different research groups: Psychiatric Neuroimaging (Drs Jonathan Ipser and Samantha Brooks); Psychiatric Neurogenetics (Drs Shareefa Dalvie and Nastassja Koen); and Translational Neuroscience (Drs Fleur Howells and Pieter Naudé). These 3 groups often work together, for example on neuroimaging-genomic studies, aiming to ensure that the BBU is an interdisciplinary hub of psychiatric neuroscience research, focused on work of particular relevance to the South African and African context (<http://www.psychiatry.uct.ac.za/brain-behaviour-unit>).

To ensure ongoing communication across groups, and to build a welcoming home for students, BBU postgraduate students were invited to meet and socialise in an informal setting. BBU sub-heads gave an overview of ongoing research and current training opportunities in their respective groups. A lively and open discussion followed; after which all attendees were invited to an informal lunch, which allowed networking within and between research groupings.



Above: Active "round-table" discussions following presentations by the BBU sub-heads

Overall, this event provided a forum both for academic and social participation and integration; and was well-aligned with the vision of the BBU and of the Departmental Research Committee's new portfolio on Post graduate Student Liaison and Support. Further student interaction will continue over the course of the year.



Above: BBU members attending the recent Meet-and-Greet event

## PUBLIC AND COMMUNITY MENTAL HEALTH

# STRiDE PROJECT AT THE ALAN J FLISHER CENTRE FOR PUBLIC MENTAL HEALTH

By Marguerite Schneider

The STrengthening Responses to dementia In DEveloping countries (STRiDE) project aims to contribute to improving dementia care, treatment & support systems so that people living with dementia are able to live well and family and other carers do not shoulder excessive costs, risk impoverishment or compromise their own health. In order to achieve this the STRiDE objectives include: 1) building capacity in generating & using research evidence/tools to support policies for improvement of dementia care, treatment

& support; 2) increasing research evidence on what works in dementia in Low- and Middle-Income Countries (LMICs); and 3) better understanding impacts of dementia in various cultural, social & economic contexts to help countries develop appropriate responses. The project will help countries to develop new or refine their existing national dementia plans.

The work is divided into 10 Work packages including a situational analysis, qualitative work on experiences of unpaid care, a quantitative survey, a stigma intervention, costing and modelling for scale up of services, and policy recommendations. There is a capacity building Work package that cuts across all other work packages addressing skills required for that particular Work Package. There are 7 LMICs involved in the project: Brazil, India, Indonesia, Kenya, Jamaica, Mexico and South Africa with each country team including a Senior Researcher and Early Career Researcher and the country Alzheimers Association (affiliated to Alzheimer's Disease International).



Above: Project partners and country teams in London in March 2018

The project is funded by the UK Research Council - Global Challenges Research Fund. This is a 4 year project which started in January 2018 and will end in December 2021. The project is led by the London School of Economics and Political Science in partnership with the University of Cape Town, Brighton and Sussex Medical School and Alzheimer's Disease International (ADI). The lead PI is Prof Martin Knapp. The lead PI at

UCT is Margie Schneider with Crick Lund, Sumaiyah Docrat and Erica Breuer making up the team currently. We are in the process of recruiting a full time research officer (Early career researcher) and a part-time junior research fellow.

Contact Margie Schneider (marguerite.schneider@uct.ac.za) if you would like any further information. ■▶

## PERINATAL MENTAL HEALTH PROJECT – RECENT OUTPUTS

By Simone Honikman

Since 2002 the Perinatal Mental Health Project (PMHP) has been working to change the status quo of mental health services available to women during and after pregnancy. We use a multi-pronged approach to promote accessible mental health care for all mothers.



The PMHP has produced four publications this year, each reflecting a different aspect of the project's work. We co-authored Postpartum psychiatric disorders in Nature Reviews Disease Primers (Meltzer-Brody et al). In this overview of the field, we provided elements on prevention, social determinants and postpartum mental illness in low and middle-income countries.

Screening represents a critical entry point to care for common mental health disorders. Presently, most available screening tools are long, cumbersome questionnaires, which healthcare providers find difficult to use. This can pose a major obstacle in ensuring access to those in need of mental health care. We addressed this challenge by developing a locally validated and tested ultra-short screening tool that can be administered by non-specialist care providers in the antenatal primary care setting. This tool is described in

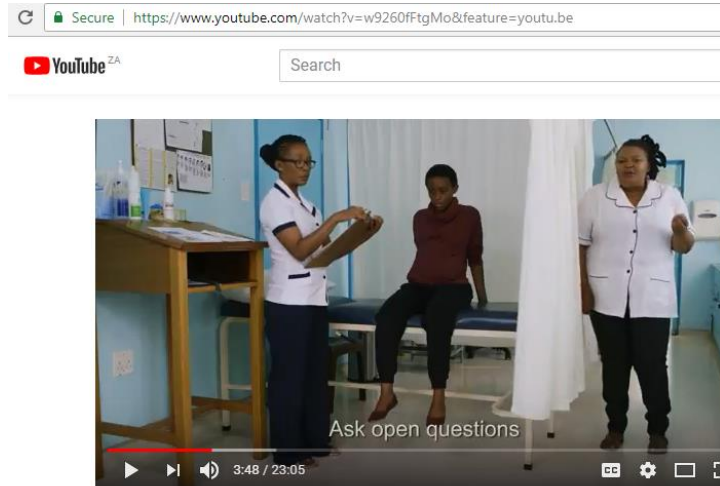
our recently published Policy Advisory which has resulted in amendments being made to national maternity stationery and guidelines. Together with PhD student, Thandi van Heyningen, we published an article on the Comparison of mental health screening tools for detecting antenatal depression and anxiety disorders in South African women (T v Heyningen et al, PLoS ONE).

We recently explored the link between food insecurity and mental health in pregnant women. (Factors associated with household food insecurity and depression in pregnant South African women from a low socio-economic setting: a cross-sectional study, Z Abrahams et al, Social Psychiatry and Psychiatric Epidemiology). We showed that, in Hanover Park, 42% of households were food insecure and that food insecurity and depression are strongly associated in pregnant women. We would like to conduct more research to explore the complex interactions between food insecurity and maternal mental ill health with a view to developing and advocating for effective interventions that improve both food security and mental health during the perinatal period.

We provide training in the public health and social development sector, aiming to empower and affirm providers, reduce stigma and client abuse. One of our training methods for empathic engagement, 'Secret History', was recently adapted in Germany where it is currently being used in some of the Freiburg University health worker training and supervision programmes. A chapter was published describing the adaptation process (Intercultural Adaptation of the "Secret History" Training: From South Africa to Germany, E Hänselmann et al, Global Health Collaboration, Chapter 4). Two other academic papers on the Secret History are in press.

This year, we were able to produce a short film Empathic Engagement Skills [http://bit.ly/PMHP\\_ESS](http://bit.ly/PMHP_ESS) which will supplement our training and be used by others involved in training health and social development workers. It will be disseminated to all

hospitals countrywide through the refresher courses planned for the national programme ESMOE (Essential Steps in the Management of Obstetric Emergencies) later this year.



PMHP Empathic Engagement Skills

**Above:** Screenshot from short film *Empathic Engagement Skills*.

The Perinatal Mental Health Project is located within the Alan J Flisher Centre for Public Mental Health, in the Department of Psychiatry and Mental Health at the University of Cape Town.

Most of our published articles are available open access online:

**Intercultural Adaptation of the “Secret History” Training: From South Africa to Germany (2018)**

E Hänselmann, C Knapp, M Wirsching, S Honikman, *Global Health Collaboration, Chapter 4*  
DOI 10.1007/978-3-319-77685-9

**Comparison of mental health screening tools for detecting antenatal depression and anxiety disorders in South African women (2018)**

T v Heyningen, S Honikman, M Tomlinson, S Field, L Myer, *PLoS ONE 13(4): e0193697*,  
DOI 10.1371/journal.pone.0193697  
<http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0193697>

**Postpartum psychiatric disorders (2018)**

S Meltzer-Brody, L M Howard, V Bergink, S Vigod, I Jones, T Munk-Olsen, S Honikman, J Milgrom, *Nature Reviews Disease Primers*  
DOI 10.1038/nrdp.2018.22

**Factors associated with household food insecurity and depression in pregnant South African women from a low socio-economic setting: a cross-sectional study (2018)**

Z Abrahams, C Lund, S Field, S Honikman, *Social Psychiatry and Psychiatric Epidemiology*  
DOI 10.1007/s00127-018-1497-y

## THE ANNUAL DEPARTMENTAL RESEARCH DAY – 8 MAY 2018

By Adele Marais

The Departmental Research Committee (DRC) was proud to host the annual Departmental Research Day on the 8<sup>th</sup> of May 2018. The theme for the day was 'Interdisciplinarity in Research'. The idea was to find ways to move away from disciplinary silos, find innovative ways to be problem-focused as opposed to discipline-focused, and seek intersecting approaches in answering research questions.

We had several distinguished guest speakers and panel members who provided great examples of how different disciplines may see problems differently and contribute to solutions, as well as how taking an interdisciplinary approach has led to synergies in developing research agendas and addressing key research questions.

Prof Matthew Wood from Oxford University opened proceedings with a clear and eloquent account of how his group had found interdisciplinary partners in the field of neuroscience in order to address key questions.

In the panel discussion which followed (chaired by Prof Joska), Prof Ashraf Kagee shared reflections on working at the interface of psychology and public health. Dr Brian Watermeyer referred to disability studies as a catalyst for interdisciplinary collaboration and critique in the health sciences. Mr Umesh Bawa (Above) brought our attention to some ethical considerations in African centred interdisciplinary research, and our own Dr Nastassja Koen (Above) reflected on her experiences of interdisciplinarity as an early career researcher in the



Department. Several speakers spoke of the importance of intellectual generosity and flexibility when collaborating with interdisciplinary partners.

There were 4 brief research presentations from departmental members (A/Prof Jackie Hoare, and 3 postgraduate students: Mr Monray Williams, Ms Stephanie Sieberhagen and Ms Freda Swan). Mr Monray Williams won the prize for the best postgraduate presentation with his research on neuro-immune markers and cognitive performance in HIV infected patients.



Above, Left to right: Presenters -Stephanie Sieberhagen, Monray Williams, Freda Swan and Jackie Hoare.

Prof Sharon Kleintjes ended the day with an important lecture on "The Sustainable Development Goals" and the need for interdisciplinary research in Mental Health.

All in all, it was an interesting, thought-provoking and enjoyable day, and it provided an opportunity for lecturers, students and researchers in the Department to engage around the important and topical theme of interdisciplinary research. The Research Day organising committee (Adele Marais, Fleur Howells, Nastassja Koen, Louise Frenkel, Lameze Abrahams, Margie Schneider and Shahieda Amardien) would like to thank the participants and audience for their participation, and we look forward to showcasing our department's research at future events. 🍀



# FIRST SOCIAL RESPONSIVENESS EVENT – AUTISM INTERVENTION FOR ALL

By Toni Abrahams

The department hosted its first Social Responsiveness event on the 24th April. April is National Autism Awareness month and served as an opportune time to have a themed event “Autism Intervention for All”. The aim of the event was to bridge the gap between academia and the autism community. Judging by the excellent turnout, we can say we are off to a good start.



Autism NGOs, including Autism Western Cape, Autism So What, Autism Connect and Autism South Africa setup stalls and representatives from the organisations shared the amazing work they do in the field of autism. Thanks to Keri Delpont, Carmen Walker, Nicolette Ripepi and Vick Lamb for their participation in the programme. Berenice Daniels from the Department of Education shared the department’s progress and plans to improve access to education for children with ASD, with some exciting developments occurring in teacher training around barriers to learning.

Parents and self-advocates gave the audience a glimpse into their challenges and wishes for continued work in this field. Members of the Ask Me I’m Autistic public group shared their concerns about inclusion in

academic research and the need for their involvement in research.

Researchers shared the exciting work being done around evidence-based

interventions for Autism. Prof de Vries gave an introduction, alerting the audience to the 10 principles of Intervention for ASD. Dr Lauren Franz shared her research work on the Early Start Denver Model, an early intervention programme. Dr Liezl Schlebush shared her work on the pilot testing of the World Health Organisation’s Caregiver Skills Training Programme amongst families with children with developmental disabilities who are living in resource scarce environments. John-Joe Dawson Squibb shared his research work on parent education and training in South Africa.



To top it off, Brownies & downiest staff (above), a training centre for people with intellectual disabilities had delicious treats on sale.

We would like to say thanks to all contributors and attendees to the event. We look forward to more events such as this one. 🍪

## LOREN LECLEZIO MEMORIAL LECTURE

By Toni Abrahams

The first Loren Leclezio Memorial Lecture was held on 30<sup>th</sup> May 2018 at Valkenberg. Prof de Vries shared that the aim of the annual lecture is



to invite scientists who exemplify socially responsive research to share their work. It was thus fitting that the lecture was dedicated to Dr Loren Leclezio, who sadly passed away in January 2018 after a short battle with cancer.

Loren made very significant contributions to Tuberous Sclerosis Complex (TSC) research, having published 7 papers, written 2 grants, setup the South African Tuberous Sclerosis Association and co-led development of South African guidelines for TSC which were published in the SAMJ. She was honoured for her work by receiving the Ann Hunt Career Development Award from the UK Tuberous Sclerosis Association. She is remembered as truly talented, with a wonderful spirit and inspired belief in the power of research to transform communities.

Prof Petrus de Vries shared Dr Leclezio's inspiring research work on TSC, a genetic syndrome which she was a true champion for, especially for working in collaboration with individuals, families and communities affected by it. The presentation "From Bench to Bed to Bonteheuwel" focused on how research in the laboratory was translated into the real world and most importantly, informed by the TS community. In doing so, the research conducted by

Loren and other research colleagues was truly participatory and socially responsive. Specifically, Loren reached out to TSC International and families affected by TSC to inform how clinical research could be beneficially utilised to improve the lives of those affected by TSC. She reached out to Tuberous Sclerosis Complex International (TSCi) a consortium of organizations that support individuals with TSC around the world, to bridge the translational gaps and in so doing was part of the ground-breaking research which saw the identification of naturally occurring clusters of TSC and development of the Tuberous Sclerosis Associated Neuropsychiatric Disorders (TAND) Checklist.

Prof de Vries (right) closed the lecture reminding the audience of what Loren had taught him - that we have no time to waste. 🟢➡️



## FEATURED NGO: AUTISM WESTERN CAPE

By Keri Delpont

Autism Western Cape (AWC) is a non-profit organisation focused on supporting and empowering individuals, families and communities impacted by autism spectrum disorder. This is done through a number of support programmes, including family support and psycho-education, school inclusion programmes and training for parents, professionals and

public about the various aspects of autism, behaviour and inclusion practices.

With our focus on working with community members at grassroots levels, and through collaboration with government and other organisations, our aim is to replicate our model throughout the Western Cape, and eventually South Africa.



With the support of a number of partners, we are able to offer our support to communities living in extreme poverty through free access to our services, including our stimulation programmes for early learners, school-aged learners and adults, as well as through our home support programme, whereby we offer services to families directly in their own homes and communities to save them the cost and stress of travelling to appointments.

Our focus is on training and empowering community members to advocate for themselves, which has in a number of cases led to the opening of parent-led ECD centres to accommodate the growing need for placements in communities.

We are the only organisation in South Africa tackling autism through this depth of community work. Some of the limitations currently experienced by the organisation are linked to the small team size (seven staff providing these services across the Western Cape), which is linked to funding. While funders support specific projects within the organisation, our aim is for the project as a whole to be supported so that more



Above: Therapy kit.

people may be enlisted and programmes can be further replicated.

AWC is made up of a group of high-spirited, compassionate women who have made it our mission to have a serious impact on autism in the Western Cape and, later, South Africa.

Our contact details are available on the following website <http://www.autismwesterncape.org.za/>



## TRANSFORMATION AND EQUITY COMMITTEE UPDATE

Departmental members may remember that we had a 6-month set of 15 transformation conversations in 2015 that led to a report which was presented to departmental members in September 2016. This highlighted priority areas which we as a collective felt needed a transformative lens.

In alignment with the UCT transformation agenda, a departmental transformation committee was set up in January 2017. With representation from the 10 divisions in the department, we also have registrar, undergraduate and post graduate representation on the committee. This committee meets 6 times a year and we have drafted a 2 year plan focusing on priority areas for transformation identified by staff and based on our 2016 departmental report.

A key issue which the report addressed was the need for transformation of our corporate framework to allow department members to get a better sense of the work of the department and opportunities for their contribution and development within the department. For that, the executive committee of the Department underwent an extensive review of the corporate frame and their revised framework was recently presented at a lecturer's meeting. An orientation seminar programme for new members has also been developed and we aim to hold this annually. This was led by Maryam Abbas with contributions from various departmental staff for the programme. The first was held in April 2017, and the next session will soon take place in for new staff members who have joined the department in the past year.

A second focus area for the report was the need for a strategy to increase the diversity of the staff profile of the department in terms of race, gender and disability. Actions include developing strategies for succession planning in the department and a more proactive recruitment strategy to bring about this diversification. We also arranged an Employment Equity (EE) training session for staff on 22<sup>nd</sup> May to promote better understanding of implementation of the UCT EE plan as

it may be pertinent for our department. We are also looking at capacity development for staff and academic career development for interested staff already in the department. While we have performance planning processes which are very familiar to staff on the Western Cape government establishment, opportunities for development of the UCT side of joint appointments or of full time UCT staff is less understood. UCT has a performance review in place called Development Dialogues. We are in the process of arranging a training session for line managers and interested staff who want a better understanding of the review process and mechanisms for development and progress at UCT. This pertains to both PASS and academic staff. A seminar on ad hominem promotions processes was held on 19th June with invited speaker Rob Morrell. There was an opportunity to hear about the general processes, how UCT applies its rating system, and reflect on how individuals might develop their own academic CV's.

The third focus was that members of the department felt committed to improving tolerance and communication styles within the department and to this end we are hoping to provide Diversity and Sensitivity training in 2019. Particular areas of concern were tolerance for religious diversity and gender-related concerns.

A fourth theme was teaching and training. The report highlighted the need for further attention to our post-graduate student body and their sense of inclusion as members of the department. Recently Dr Koen accepted the request to facilitate a space for this part of our departmental community to voice their needs within the department. An event was hosted on 29<sup>th</sup> March for all department postgraduates and postdocs followed with lunch provided by the HoD, where all postgraduate students from the department had an informal meet and greet followed by informal discussion which Dr Koen led. A chapter in the report was also devoted to the registrar training experience as this is an important part of our teaching and training obligation as a department. Registrars developed a list of needs to improve their registrar training experience which is being dealt with by the Registrar Training Committee (RTC). The RTC now also have

representation to the committee as of 2018. Additional focus areas under this theme for the committee include bridging the clinical/research divide and the challenge to “decolonise” the curriculum.

Should you not yet be aware of your divisional representative please see names listed below. We welcome your comments.

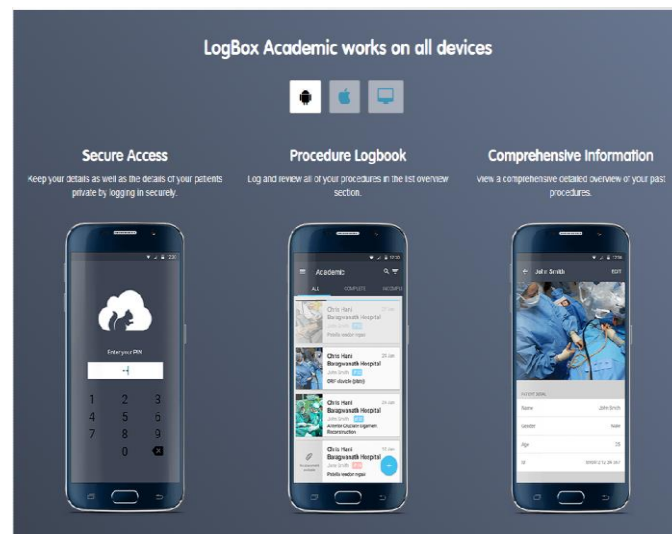
Sharon Kleintjes (co-chair), John Parker (co-chair), Ian Lewis (RTC), Qhama Cossie (Undergraduate teaching), Tania Moolman-Timmerman (General Psychiatry), Nasera Cader (General Psychiatry), Ereshia Benjamin (Psychotherapy), Jackie Hoare (Consultation Liaison), Nerisha Pillay (Registrar), Sybrand de Vaal (Registrars), Shaheema Allie (Addictions, PASS staff), Graham Hendricks (Addictions), Kareema Poggenpoel (Neuropsychiatry, PASS staff), Fleur Howells (Psychopharmacology, DRC Rep), Johnathan Ipser (Psychopharmacology), Georgia Lilford (Undergrad MBChB students), Jon Piko Wycliffe Yako (DCAP), Katherine Sorsdahl (CPMH), Marguerite Schneider (CPMH, DRC), Thandi Davies (Postgrad students), Fred Swan (postgrad student rep for DRC Student Support/Liaison), Maryam Abbas (Forensics), Siyabulele Mkabile (Intellectual Disability, DRC Rep)

On behalf of the Psychiatry Transformation and Equity Committee (PsyTEC) 

## LogBox

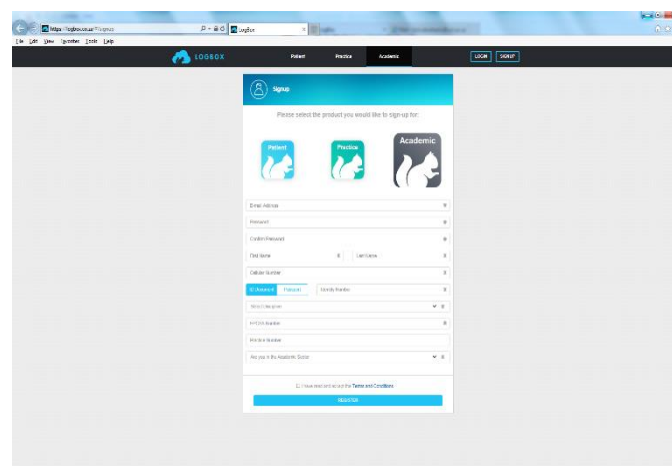
The Colleges of Medicine of South Africa (CMSA) have introduced an electronic LogBox which will replace the old paper-based Portfolio of Learning (POL) for the FCPsych (SA).

LogBox Academic benefits include integration with your academic institution, CV and academic training history in a well-structured format, ability to sign off rotations electronically, privacy via a unique code or biometric access, ability to export reports, on- and offline access and 1GB free cloud storage.




Above: Screenshot from LogBox website.

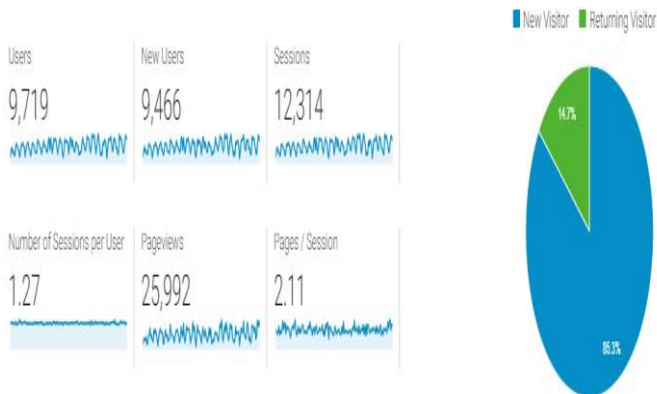
Use of the electronic LogBox is now compulsory for all registrars who started their training in 2018 or later and is optional for registrars who started before 2018. All clinical, psychotherapy and research supervisors need to register on the system. Supervisors should register under the “Consultant” category regardless of your professional designation. Please register at the link <https://logbox.co.za/#/signup>.



Above: Screenshot of Academic registration.

The HOD will then approve your registration and you will be given access. Once registered, you will have access to a series of YouTube videos which outline how to use the system. 

## HOW IS OUR WEBSITE FARING?



An interesting statistic is that the website has been viewed in 120 different countries this year (Kuwait, Kazakhstan and Belize being some of the countries interested in what's happening in our department!). Deirdre Pieterse has also recently completed the website content management course and will now be part of the website team! She is particularly trying to ensure the staff pages are up-to-date so please let her know if your name or details need updating.

Please visit our site at <http://www.psychiatry.uct.ac.za/> to obtain important information on departmental divisions, publications, lunchtime lecture schedules, etc. If you have any news, information, video or audio clips relevant to the department's work this is a great way to share it with a wider audience, please make contact with [John-Joe Dawson-Squibb](#) or [Deirdre Pieterse](#) for more details. ■▶

## STUDENT PSYCHIATRY SOCIETY

By Georgia Lilford

The UCT Student Psychiatry Society, currently being chaired by Simon Rauch and Georgia Lilford, hopes for a promising year in 2018. Starting off the year co-hosting

a talk by Professor Joska, on HIV-Associated Neurocognitive Disorders, we hope to further emphasize our vision or ethos. This vision being to integrate extra-curricular mental health opportunities into the Health Sciences Campus, inspired by the founding statement, 'to explore psychiatry as the point in medicine where humanities overlap with the sciences.'

As a society, we host events such as film series, looking at how media depictions of mental illness represent realities, and talks and discussions with consultants around prevalent and interesting topics. We also try our best to immerse ourselves in research and outreach activities, an example

being a recent toy collection for the toy library at the Red Cross Child and Adolescent Psychiatry Unit.



This year we have some exciting plans, focusing on refining our vision, with goals to achieve our different society themes. We hope to host talks by up-and-coming, as well as well-established, academics in the field, aiming to further inspire our members. We also plan to continue to host our film series.

Follow our events and ideas, and please send through any suggestions that you may have. We much appreciate any advice, critique or help in our endeavors.

Find out more through our page on the Department of Psychiatry and Mental Health website, or send through an email to get in contact using [LLFGEO001@myuct.ac.za](mailto:LLFGEO001@myuct.ac.za) ■▶

## FAREWELL TO PETE MILLIGAN

By Lameze Abrahams



The department hosted a farewell for Dr Pete Milligan on 25<sup>th</sup> April at Valkenberg. A number of attendees shared their appreciation of his contribution to the department and memorable experiences during his time at Valkenberg and UCT. Prof Sean Kaliski spoke about their daily coffee dates and his appreciation of the reflections and sharing of their experiences. Dr Gio Perez, Chief Director for the metro was in attendance, a testament to the respect for Pete's work from colleagues in the department of health.



Above: Vuyo Mafanya, Pete Milligan, Mareldia Gool and Olivia Adonis

Everyone spoke of their experience of Pete as someone committed to improving the patient experience, and his interest in his clinical work. He also had a keen interest in the development of evidence-based intervention as per his research on patient sms's. His special interest in

mindfulness was noted. There was also mention of his commitment to human rights and while others went to the army he chose to move to the Eastern Cape, where he spent the first 15 years of his medical career working in primary healthcare and health service management in the Eastern Cape.



Left: Sean Kaliski and Carol Dean saying their farewells to Pete Milligan.

Since specialising in psychiatry, he worked in various clinical units in Cape Town and as the Clinical Head of Acute Services at Valkenberg Hospital. He will be missed. ■

## TRIBUTE TO DIANE NELSON

By Tania Swart

Diane Nelson completed her clinical psychology internship in 2014 and went into private practice after her community service at Pollsmoor Prison. She was one of our most promising psychologists who remained committed to her new profession and to making a difference in the lives of others. It is with deep shock and sadness that we learnt of her passing by suicide on the 23rd of June this year. It serves as a stark reminder of the fragility of the psyche that we as mental health professionals are not immune to.



*'I would like to step out of my heart and go walking beneath the enormous sky'*  
-Rainer Maria Rilke

She is fondly remembered by the Unit of Psychology (Valkenberg, Groote Schuur, Lentegeur, Alexandra and Red Cross Hospitals). ■▶

## CONGRATULATIONS

To Michelle Barnard-Vlok, Mwanja Chundu, Nissar Dawood, Nada Lagerstrom and Carmen Vlotman who have passed their Part 2 exams. ■▶

## HAPPY BIRTHDAY

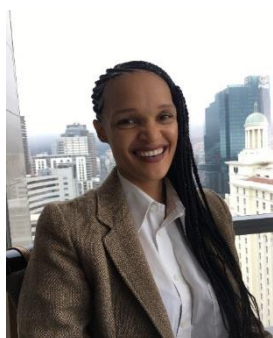


Happy belated birthday to Honorary lecturer Mary Robertson. She turned 70 on the 18<sup>th</sup> June. ■▶

## WELCOME TO STAFF

Naheeda Allie joined the department of psychology as a clinical psychologist and lecturer and is based at the outpatients department at Valkenberg Hospital. Dr Kokes Moloto has been jointly appointed and Dr Bhaskaran Charles, appointed as a consultant by UCT.

Deirdre Pieterse has been jointly appointed as specialist psychiatrist at the male admissions unit at Valkenberg hospital and senior lecturer in the department. She is affiliated to the Chronic Pain clinic at Groote Schuur



Hospital and has a special interest in pain and medically unexplained symptoms. She is currently completing her MPhil in Consultation Liaison Psychiatry under the supervision of Prof Jackie Hoare. ■▶

## GOODBYE TO STAFF

Goodbye to Gill Douglas, clinical psychologist at DCAP. Also to Dr Faadiel Williams, consultant at Lentegeur hospital. Wishing them well in their future endeavors. They too will be missed. ■▶

## A STAFF CHALLENGE - ECOBRICKING

By Nasera Cader-Makoa

The story of the EcoBricks starts in Guatemala where an environmental activist, Susanna Heisse was inspired by a woman who was building her house with plastic bottles filled with plastic trash. She realized the potential of this building technique for solving a number of challenges faced by the local community around Lake Atitlan.



There are now 38 EcoBrick schools in Guatemala built by an organisation called Hug It Forward, Vida Atitlan (Susanna's organisation) and others, with many more planned.

Greyton in South Africa was the first Transition initiative in the country. Nicola Vernon, one of the initiative's founders, found the Transition model adapted beautifully to the setting and challenges of Greyton.

EcoBricks represent a different approach to waste management. Plastics recycling is an energy intensive, polluting business, often involving long transportation distances. How might it be to find alternative uses for them at the local scale? Construction is one obvious approach. EcoBricks turn waste into a highly insulating, robust, affordable, building material, which simultaneously tackles problems of unemployment, waste and lack of housing. They can be used vertically

as infill in timber-frame building systems, or horizontally, where they are mortared together with clay or cement.

Making an EcoBrick is easy:

1. Collect your clean and dry household waste. We recommend only waste that you cannot recycle (like dog food bags), but you can EcoBrick anything non-biodegradable and dry.
  2. Twist your waste and insert it into a 2L bottle. Compress it as tightly as you can with a stick.
  3. Keep doing this - make sure your bottle is unsquishable.
  4. Think your EcoBrick is done? If you can squeeze it by more than 10% with one hand you should add more waste.
  5. No longer squishable? It's done! Celebrate and contribute your EcoBrick to a project.
- Completed Eco-bricks needs to weight 220g and they are stuffed so densely that they can bear the weight of a person without deformation.

My challenge to the department is for us all to try and reduce, reuse and recycle but I also challenge you to try...get a 2l empty bottle- wash and dry thoroughly and just get started. Its amazing how much can fit into the bottle and how much cannot be recycled but can be used. It does not need to go into our dump! Oh and its fun to do with the kids.



Cape Town has over 1 million households – if each home produced one EcoBrick a week, it would be enough to build over 600 classrooms a year. Instead, we send that potential to the dump. Collection points include most Malls in Cape Town, Cape Town Aquarium and Waste ED- waste.ed.sa@gmail.com

References: <http://en.wikipedia.org/wiki/Ecobricks>, <http://theguardian.com/ecobricks-and-education>, <http://www.aquarium.co.za>, <http://cobute.co.za>

## LIGHTMIND

### KEY:

⊗ A: Frank has been doing this a long time but to the extent to which octopuses can express emotion, he is SAD today... the cortico-striatal-talamic cortical reconfiguration is NOT going well!

⊗ B: Geoff is Frank's assistant, young & keen, he likes sticking things into the brain.

- ①: cortical stimulator
- ②: mind - PROBE
- ③: fluoxilipam (a special cocktail of meds to keep the head feeling JUST RIGHT)
- ④: The well-recognized "daisy-wave signal" - usually an indication of joyful brainwaves
- ⑤: The re-formulator 3000; A.K.A. "light-bulb moment machine"
- ⑥: CSF recycler
- ⑦: The neuroscience of psychotropy FOR DUMMIES
- ⑧: THE LARGE MALLET
- ⑨: THE PSYCHOLOGIZER
- ⑩: THE NEUROLIZER
- ⑪: THE RAVELLER → for re-ravelling those who have become unraveled

SO... GET YOUR HEAD READ BY A PURPLE OCTOPUS TODAY... SATISFACTION GUARANTEED!

## FRANK'S HEADSHOP

SALES • SERVICE • PARTS

Frank Ⓜ A

### SPECIALS

• GET YOUR HEAD READ Only \$20 (Bring a buddy!)

• 2 for 1 on MIND JOBS \$50!

• CLEAN & LUBE (Includes CSF top up & re-mechanism) \$100

BRAIN BITS

by Joe Starke (December) 2017