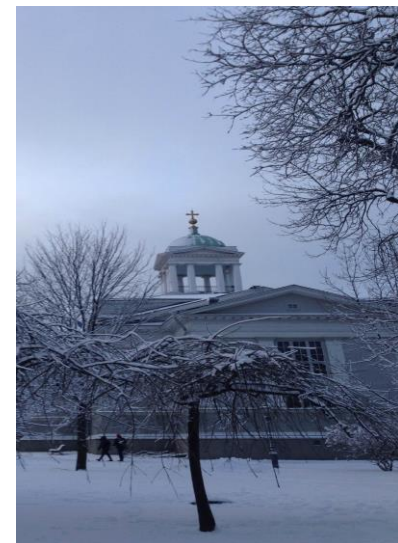


# UCT Department of Psychiatry and Mental Health Newsletter

Issue 3 June 2016



# A NOTE FROM THE HOD

Toni Abrahams has again put together a wonderful Departmental newsletter. The breadth and depth of services, training, and research going on in each of our Divisions is quite remarkable; many thanks to everyone who has contributed to recording and publicizing our work. And many congratulations to all of those who have received grants, awards, or other recognition in the past 6 months! Our formal 10 year Departmental review also took place during this period of time, and we can be proud of what we have achieved over the past decade; the review committee emphasized the good health of the Department, and our impressive achievements.

Still, South Africa is in many ways a “Tale of Two Cities”. As Dickens wrote, “It was the best of times, it was the worst of times”. Thus, the review committee also emphasized that our Department is working in an environment with a very high burden of acute and chronic disease, with resources not adequately matching the burden of illness. Furthermore, in recent months, in the context of a University focus on transformation, our Department has had a series of conversations about where we are at, and about what still needs to be achieved; we need to acknowledge that work can be experienced as distressing and painful for many.

In psychiatry and clinical psychology we continuously have to balance a recognition of the immense advances that have been made *versus* an acknowledgement of how little we really understand about the pathogenesis of serious mental disorders, and how much more we still need to do to address the difficulties faced by our patients. Such open reflection about the success and failures of our field seems important in providing a balanced way forwards. Similarly, in our own Department, my hope is that the Departmental review process and the transformation conversations, provide an open opportunity for taking what is already a very strong Department, even further forwards.



Warm regards,  
Dan Stein

# IN THIS ISSUE

## THE NEWSLETTER HAS NAME

Having had few suggestions for the Department's newsletter, we have decided to continue using the current name – UCT Department of Psychiatry and Mental Health Newsletter.

## COMMENTS

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

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## ADDICTION PSYCHIATRY

### CONGRATULATIONS

Shaun Shelly, a PGDip (Addictions Psychiatry) student has been awarded an Open Society Fellowship to further the work he has been doing on moving towards a more progressive drug policy for South Africa. Only four such Fellowships were awarded around the globe, signaling the quality of his work on shifting drug policy.

The Department of Health's Opexco has supported the proposal to code nicotine transdermal patches for use in psychiatric in-patients to manage nicotine withdrawal. Nicotine transdermal patches are to be included in the next supplementary list of medications. Several members of the Department, as well as the Division of Addiction Psychiatry contributed to this achievement, which recognizes the burden of physical illness in people with psychiatric disorders, and the need to improve services to address these. ■

## CHILD AND ADOLESCENT PSYCHIATRY AND MENTAL HEALTH

### A CHILD AND ADOLESCENT MENTAL HEALTH SERVICES PLATFORM FIRST

By John-Joe Dawson-Squibb

Friday, 15<sup>th</sup> April, 2016 marked an important day for child and adolescent mental health in the Western Cape. Drs Vogel, Nassen and Hawkridge, the three heads of child and adolescent mental health services of Lentegeur, Tygerberg and Red Cross War Memorial Children's Hospitals had for many years been keen to have a joint teaching programme. Each hospital has well established weekly teaching and it was agreed that a more regular collaboration between the hospitals would foster closer partnerships and provide increased

opportunities for staff to meet and learn from each other.

The first of such meetings took place on Friday 15<sup>th</sup> April, 2016. It is envisioned that there will be three meetings a year, hosted by each hospital on a rotational basis.



Above Left: Dr Mwanja Chundu and Prof Petrus de Vries; Above Right: Dr Yewande Oshodi and Dr Wendy Vogel; Below Right: (from left) Christina van der Merwe, Prof Petrus de Vries, Willem de Jager, A/prof Astrid Berg and Gil Douglas

Due to the high turnout in numbers, Red Cross used the Education Centre at Valkenberg to host the inaugural meeting. Over 60 professionals from the different hospitals and external organisations attended. The format for the morning began with a welcome by the respective heads of the child and adolescent services. A case presentation by Dr Mwanja Chundu, medical officer at the Division of Child and Adolescent Psychiatry at the Red Cross and a talk on ASD interventions by Prof de Vries rounded off proceedings.

The case presentation was entitled, 'A mothers worry: Diagnostic dilemma in a young child' and stimulated

many questions and comments from an engaged audience. Dr Chundu relayed her pleasure at getting input from diverse disciplines on this complicated case and her appreciation for their perceptive observations and suggestions during the discussion. Following a break for tea (and the chance to connect informally), Professor Petrus de Vries presented on fundamentals of interventions for Autism Spectrum Disorder that provided an insightful overview of this rapidly expanding field and was well received. As he later described, this new platform initiated programme 'provides an excellent way to share and network as we join with our colleagues down the road'. The next joint meeting will be hosted by Tygerberg on Friday 12<sup>th</sup> August. ■

## INTERNATIONALLY-LEADING RESEARCH FROM UCT AT IMFAR AUTISM CONFERENCE

By Petrus de Vries

The International Meeting for Autism Research (IMFAR) is the premier annual international conference on autism spectrum disorder. A team from the University of Cape Town, led by Prof Petrus de Vries, were selected to present a panel on Tuberous Sclerosis Complex. Prof de Vries said "I was delighted that we were selected in this highly competitive process from more than a thousand presentations. I was particularly pleased that Loren Leclezio, UCT PhD student, and Tosca Heunis, who has recently completed her PhD, could present in such an international forum."

So, how does Tuberous Sclerosis Complex (TSC), a genetic disorder, fit in with an autism conference? Prof de Vries explains: "About half of people with TSC develop autism, and the other half don't. For this reason the autism community have become very interested in this disorder as a model to understand the causes and treatments of autism." The panel included a presentation on an animal model of TSC (Dr Robert Waltereit, Germany), clinical trials of TSC (Dr Mustafa

Sahin, USA), executive skills in TSC (Loren Leclezio, UCT) and biomarker development in autism and TSC (Dr Tosca Heunis, Stellenbosch).

For further information, contact Rehana Effendi on at [rehana.effendi@uct.ac.za](mailto:rehana.effendi@uct.ac.za) ■



From left to right: Loren Leclezio, Prof Petrus de Vries, Dr Robert Waltereit, Dr Mustafa Sahin and Dr Tosca Heunis

## NEW TO AHRU

By Eugene Davids

The Adolescent Health Research Unit (AHRU), in the Division of Child and Adolescent Psychiatry is an accredited Unit by the University of Cape Town. The Unit was initially founded by Professor Alan Flisher and is currently under the leadership of Professor Petrus J de Vries.

During the AHRU's review from 2009-2014 it highlighted its endeavours to focus on research capacity development in identifying and mentoring postdoctoral research fellows. At the end of 2015, the AHRU interviewed potential candidates for the position of Postdoctoral Research Fellow within the Unit.

In 2016 the position was filled by Eugene Lee Davids, the first postdoctoral research fellow for the AHRU. Eugene recently graduated with this PhD in Child and

Family Studies at the University of the Western Cape. He also holds both a Bachelor of Psychology and Master's degree from the same institution. As a registered Community Mental Health Counsellor with the Health Professions Council of South Africa, his work involved both clinical work at the Cape Peninsula University of Technology's Student Counselling Department as well as some teaching and research at the University of the Western Cape, CTI Education Group and Masaryk University (Czech Republic).



Dr Davids' (left) research has largely been focused on the role of perceived parenting styles and family structure on the health and well-being of adolescents. His doctoral study examined the interaction effects of perceived parenting styles on adolescent health decision

making within a rural community in the Western Cape. His work has largely been framed within Self Determination Theory – a theory of human motivation. He has recently co-edited a book which examines the familial environment from the perspective of Self Determination Theory. Eugene has also been awarded the Donald J Cohen Fellowship for International Scholars in Child and Adolescent Mental Health, to attend the IACAPAP (International Association for Child and Adolescent Psychiatry and Allied Professions) Congress in Canada in September 2016. Previously he was awarded both an Erasmus Mundus and a Mandela Rhodes Scholarship. ■▶

## FROM FINLAND TO CAPE TOWN: KATRI VISITS THE AHRU

By Katri Pöllänen

I'm Katri, a Masters student from Maastricht University.



I am currently doing an internship at AHRU. I am originally from Finland, but I went to study in The Netherlands once I found the Master's degree I wanted to study (MSc in Health Education and Promotion).

I am in the final phase of my studies: writing my Master's Thesis. I got an opportunity to come to Cape Town to write the Thesis and use the PREPARE project's data. I am researching beliefs about sexual intimate partner violence among adolescents in Western Cape. The Thesis is guided by Prof Hein De Vries from the School for Public Health and Primary Care (CAPHRI), Maastricht University, Prof Catherine Mathews and Prof Petrus J De Vries, Division of Child and Adolescent Psychiatry, University of Cape Town.

I have been in Cape Town for nearly two months now. Besides the internship, I have enjoyed the surrounding nature. During the weekends I have made some road trips to Cape Point, Cederberg, Clanwilliam and Porterville. I am also planning to travel more once the thesis is finished. At the end of July I will return to my home country, Finland. ■▶

### FORENSIC MENTAL HEALTH

## EQUINE THERAPY

By Marc Roffey

Equinox Trust and the Forensic Mental Health Unit at Valkenberg Psychiatric Hospital piloted a successful eight-week Equine Therapy program at the end of 2015, on the premises of Valkenberg Hospital. The program was enthusiastically received by the mental-health patients who participated, and by staff, and has

received extensive coverage in the media including the Cape Times, Argus, Burger and community newspapers. Positive outcome measures in the patients, in terms of improving interpersonal and social skills, and reducing aggressive and irritable behaviours, were noted. The latter is especially important in a forensic mental health population, which consists of patients who have committed offences and who, under South African law, have been found to be mentally ill and therefore not criminally responsible. Instead of receiving prison sentences, they are referred to us for treatment and rehabilitation.



Above: Nafisa Abdullah (Chief Forensic OT, VBH), Fiona Bromfield (Equinox Trust Trustee and Facilitator), Dr Marc Roffey (Forensic Psychiatrist, VBH), Noeline Nunes (Forensic OT Technician, VBH), Rowdah Hawtrey (Senior Forensic OT, VBH), Sarah Garland (Equinox Trust Trustee and Facilitator) (Courtesy of Media Liaison Office of Western Cape Health)

We work in alignment with the philosophy of the recovery model, which is a set of principles that have been developing, worldwide, since the 1980s, and which constitutes a paradigm shift in terms of perceiving and treating mental health problems. The domains of the model are hope, positive self-identity, meaning in life and personal responsibility, and the successful application of the model aims to empower patients to live full and satisfying lives within the constraints of their mental illness. Many of our patients, despite their histories of offending, are living back in their communities, and any intervention that will increase their potential to do so is to be welcomed.

In addition to their mental illnesses, these patients have a great deal of shame and guilt to work through. Most of them struggle to articulate these feelings, let alone work through them using traditional 'talking' therapies. Equine therapy is an ideal intervention to use with these people, as the process of working with the horses reveals, in an unspoken way, psychological material which is then brought to a conscious and understandable level by the equine therapists at the close of each session. In addition the patients enjoy being with animals, and being outdoors, and feel that their concerns are being taken seriously.

We feel very fortunate, and privileged, to have had this experience, and to have had the opportunity to work with Sarah Garland and Fiona Bromfield, who have brought complete enthusiasm, integrity and expertise to their work with us. We have established a very good partnership with The Equinox Trust, and we all feel, in the light of the pilot project being successful, that taking it forward with more extensive programs was the right thing to do. We have just completed a second 8-week program, and are planning a longer 12-week one later in 2016.



Above: Project participants (Courtesy of Fiona Bromfield)

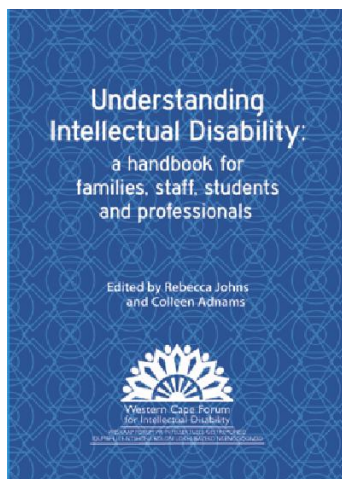
**FOR MORE SEE:**[Netwerk24 Article](#)[News24 Article](#)**INTELLECTUAL DISABILITY****LAUNCH OF A NEW  
HANDBOOK:  
'UNDERSTANDING  
INTELLECTUAL DISABILITY'**

By Rebecca Johns

March this year saw the launch of 'Understanding Intellectual Disability' published by The Western Cape Forum for Intellectual Disability (WCFID). WCFID is an NPO based on the grounds of Alexandra Hospital that provides training and support to service providers working with children and adults with intellectual disability.

In 1992, one of the founders of WCFID and former director of the Child Guidance Clinic (UCT), Professor Vera Grover, wrote a collection of her teachings. 'An introduction to Mental Handicap' became an important resource for those working in the sector, however, with time the need for an updated manual became necessary.

Edited by Professor Colleen Adnams (Vera Grover Professor of Intellectual Disability, UCT) and Rebecca Johns (WCFID) this new handbook brings together the expertise of over twenty authors working with children



and adults with intellectual disability. Of these, the invaluable contribution of UCT joint staff; Professor Petrus de Vries (child and adolescent psychiatry), Dr Keith Ganasen (psychiatry), Ockert Coetzee (psychology), Theresa Lorenzo, Judith McKenzie and Callista Kahonde (disability studies), Sheila Winter (occupational therapy) alongside the instrumental input of Professor Adnams, highlights the value of a collaborative, inter-sectoral approach.

Written in a plain language style and aimed at students, families and professionals the handbook aims to address the lack of resources in this field, provide accessible information and promote discussion on a broad spectrum of issues relevant to the lives of people with intellectual disability. These include health related topics such as how we currently understand and assess intellectual disability, health promotion, and mental health as well as often overlooked social issues such as; self-advocacy; inclusive education; access to employment, living options and acknowledging the sexuality of people with intellectual disability.



From left to right Dr Smith (Alexandra Hospital), Caroline Taylor (Inclusive Education Western Cape), Carol Bosch (Cape Mental Health), Professor Adnams (UCT) and Judy Cook (founder member WCFID)

It was apt that the key speaker at the launch, Dr Peter Smith (Psychiatrist, Alexandra hospital) reminisced about his experience as a young medical student on his first visit to Alexandra hospital and being confronted



and disturbed by the institutional care of people with intellectual disability at that time. Dr Smith spoke about the improvement of health services for people with intellectual disability whilst acknowledging the many challenges that remain and stated his hope that this long overdue handbook will be utilised for student training.



Professor Colleen Adnams dedicated this handbook to the work and memory of Professor Vera Grover who died in 2001. Professor Grover's belief that attitudes toward children and adults may support 'or deny the child his rights at a human being' remains a core principle that shapes our thinking and practice today. We hope this handbook is a fitting tribute to her legacy. For more information on WCFID visit their website on [www.wcfid.co.za](http://www.wcfid.co.za) ■

## LIAISON PSYCHIATRY

### CONGRATULATIONS

Associate Professor Jackie Hoare, head of the Division of Liaison Psychiatry, will be working with Caroline Kuo, an Honorary Lecturer in the Department, and others at Brown University, on an NIH R21 grant to explore conditional economic incentives as a strategy to boost ARV adherence in teens living with HIV. They will be collaborating with members of the Department of Paediatrics as well as KidzPositive. ■

## NEUROPSYCHIATRY

### CAN NURSES DELIVER CBT FOR PEOPLE LIVING WITH HIV?

By Lena Anderson

"Can nurses deliver cognitive-behavioral therapy (CBT)? Can we find ways to offer brief psychotherapies to people living with HIV in community health settings?" These questions have driven a collaboration between the University of Cape Town, University of Miami (UM), and Massachusetts General Hospital (MGH)/Harvard University to the point of funding. Late last year Prof John Joska, together with Drs. Steven Safren (UM) and Conall O'Cleirigh (MGH), were awarded an NIMH R01 grant to conduct a randomized, controlled trial of a nurse-delivered CBT intervention for adherence and depression in first-line ART failure patients.



Back row from left: Sr Yoliswa Mtingeni, Sr Nokuphumla Nofeliti, Andiswa Gidana, Dr Lena Anderson, Portia Ngondeka; Front row from left: Thulani Njengele, Nomvula Mdwaba, Nicola De Kock, Jade Witten.

The study, based in part on the pilot work conducted by Dr Lena Andersen, is known locally as Ziphamandla or empower yourself. An amazing study team has been assembled to carry out this research (pictured above)

with the Dr Lena Andersen serving as the Project Director. The study is imminently due to commence at two primary care clinics in Khayelitsha. Watch this space for news of study developments. ■▶

## PSYCHOPHARMACOLOGY AND BIOLOGICAL PSYCHIATRY

# FLEUR HOWELLS APPOINTED AS SARAH TUROFF SENIOR LECTURER

By Fleur Howells

In 2000, I initiated my BSc through UNISA – majoring in Physiology and Psychology. I then joined Professor Vivienne Russell’s Neuroscience laboratory in the Department of Human Biology (2004) where I completed my Honours degree and Masters which was upgraded to PhD, graduating in June 2009 with my PhD. Prof Russell and I continue to collaborate and supervise postgraduate students together, she has been and remains a significant mentor today.

I then joined the Department of Psychiatry in February 2009 for 4 years of postdoctoral research with Professor Dan Stein as my primary mentor. Prior to completing my PhD, I had already indicated to Prof Stein that I wanted to join his Department, specifically to develop a line of neuroscientific research in the psychotic disorders. During this period I received significant support from our Brain and Behaviour Initiative led by Professor Stein, the University Research Committee, and the National Research Foundation Innovation office.

In 2013, I was awarded a 3 year Hasso Plattner lecturer and research officer position administered by the IDM, an award made possible by Professor Greg Hussey and Professor Valerie Mizrahi. This position permitted me to continue my research in the Department of Psychiatry, in my area of interest – psychosis and was the first

lectureship position in Neuroscience within our department.

The current position I hold, the Sarah Turoff senior lecturer, is again a first for our Department - senior lecturer in Neuroscience. This is a philanthropic donation and I am truly honoured to represent our Department and a family that strongly supports mental health research. This position provides 3 years of support, 2016-2019, which will permit further development my research group, currently 5 postgraduates strong, and will provide the opportunity for me to access larger grants which will support our research endeavours.

Through our research endeavours I hope that we bridge any existing divides between the profession of psychiatry, and neurobiology to better the life of individuals with severe mental illness. To accomplish this we develop innovative research approaches, where we cross disciplines and apply translational neuroscientific approaches. Ultimately my endeavour is toward the integration of individuals with severe mental disorders into society. With my postgraduate students I hope to foster the approaches I have learnt to apply, and support their development to become independent researchers, in doing this we increase our capacity to conduct these forms of neuroscientific research in South Africa. ■▶

## CONGRATULATIONS

Lara van Nunen, a PhD student in the Division, with Dr Samantha Brooks, has been awarded an Oppenheimer Fellowship for her work on interventions for methamphetamine dependence. These are competitive awards, and point to the high quality of this clinically relevant research.

Nastassja Koen, a post-doctoral fellow and part-time lecturer, working on the Neuro-GAP project, who has obtained a grant from the Harry and Dora Crossley

Foundation for her work on trauma and gene expression aspects.

Pieter Naude, a post-doctoral fellow, working on the Drakenstein Child Health Study, has also obtained a grant from the above foundation to work with Prof John Joska, Head of the Division of Neuropsychiatry, on neuro HIV/AIDS and neuroinflammation.

Fleur Howells has won MRC funding for a study on the neurobiology of schizophrenia; co-investigators include Henk Temmingh, head of the Division of Addictions Psychiatry and Pieter Naude, also in the Division of Psychopharmacology and Biological Psychiatry. Fleur is also a winner of the Claude Leon Merit Award, in acknowledgment of her research contributions. ■

## PSYCHOTHERAPY

# TIRISANO TRAINING PROGRAMME AT UCLA

By Lameze Abrahams

I was excited to be one of four other scholars to receive a two-year scholarship from Tirisano Training Project (TTP), starting in October 2015. Tirisano (which means “working

together” in Tswana) is a collaboration between University of California, Los Angeles (UCLA) and several South African Universities and Institutions including faculty from the University of Cape Town (UCT), the University of Stellenbosch (US), the Human Sciences Research Council, and North West University (NWU).



TTP prepares post-baccalaureate, master's, doctoral students and early career professionals studying and working in the mental health field. Guided by a multi-dimensional conceptual model of risks and resilience resources over the lifespan, trainees are provided the tools to develop and test novel models and methods to implement effective substance abuse and mental health interventions within the South African context.

The 2015 applicants were selected to either track A or track B. The track A and B scholars received a training workshop in South Africa to improve our clinical knowledge of substance abuse, depression, chronic stress, and PTSD prevention, treatment, and recovery and improve our conceptual knowledge, expertise, and technical skills in standardized and culturally appropriate assessment methods, interview skills and data collection methods for research in these areas.

I was fortunate to be awarded a track A two-year scholarship, which included the training workshop in South Africa, as well as a three month research internship based at UCLA.

The internship consisted of intensive research training and mentoring at UCLA, and support from faculty in South Africa, which included:

- Mentoring and support
  - Weekly supervision meetings with a UCLA mentor
- Training in research methodologies
  - Qualitative methodologies
    - Focus groups
    - ATLAS ti
    - Coding and thematic analysis of qualitative data
  - Quantitative methods
    - Statistics
  - Social network analysis
  - Attendance of research team meetings
- HA-STTP Spring Institute
  - Grant proposal application for funding
  - Implementation research

- Collaboration on article for STRIVE-EXPORT (five session intervention to support and re-unite adolescents with their families)



The experience was life-changing and provided experiential learning guided by experts in the field of mental health disparities working in a collaborative and supportive space. I would highly recommend this

program to anyone interested in advancing and increasing their academic skills and building their expertise in mental health research. ■

## PUBLIC AND COMMUNITY MENTAL HEALTH - DIVISION UPDATE

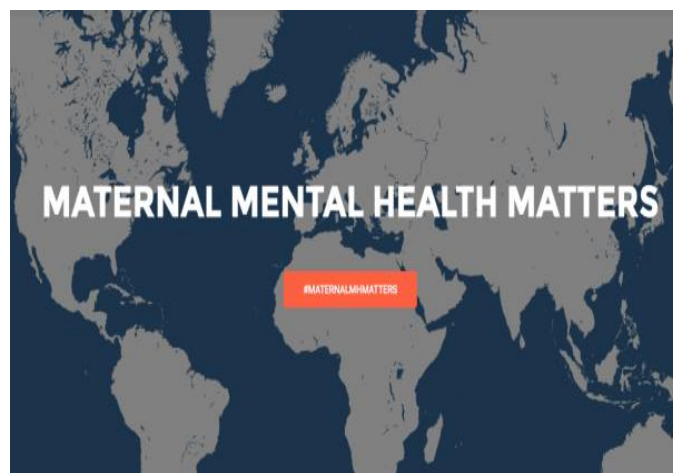
By Maggie Marx

The new year got off to a great start for the Alan J Flisher Centre for Public Mental Health (CPMH). The Centre hosts projects such as the Programme for Improving Mental Health Care (PRIME), the Africa Focus on Intervention Research for Mental Health (AFFIRM), the Perinatal Mental Health Project (PMHP) and the EMERALD Project (Emerging mental health systems in low- and middle-income countries).

The Centre and its researchers have been receiving a lot of positive media coverage as the international health journalism focus progressively shifts to mental health care issues.

In May, PMHP took part in an international effort to raise awareness for World Maternal Mental Health Day. Globally the hashtag #maternalMHmatters made waves and local media covered the work of director and founder, Dr Simone Honikman, and her team at PMHP extensively. PMHP also published a [Resource Directory](#)

for struggling parents and caretakers that indicated where they can find help.



Director of the Centre, Prof Crick Lund, travelled to Washington D.C. in April to represent the Centre as well as present the work of PRIME and AFFIRM researchers to a group of high-level donors, government representatives and other interested parties. The event was jointly hosted by the World Bank and the International Monetary Fund, and organised by the Mental Health Innovation Network.



Above: Prof Crick Lund (centre) tells Prof Samuel Okpaku (right) and Dr Julian Eaton (left) more about PRIME's research.

Health Economist Sumaiyah Docrat from EMERALD represented the Centre as well as her research project on SABC earlier this month on their morning news

programme, *Newsroom*. Docrat commented on mental health care affordability in low- and middle-income countries.



Above: Sumaiyah Docrat in studio speaking on the SABC's Newsroom.

Prof Lund also served on panel discussions for both *Al Jazeera's Inside Story* and *The Guardian's* series on mental health care.



Above: Prof Lund speaking on Al Jazeera's Inside Story.

All of these research and advocacy programmes at the Centre are progressing at a great rate and it's expected to produce a great number of articles and new research in 2016.

Along with these research and advocacy programmes, the Centre also offers an MPhil programme in Public Mental Health.

Four students are expected to graduate and receive their MPhil degrees this year.

For more information on the Centre and its programmes, please visit [CPMH.org.za](http://CPMH.org.za). ■

## CONGRATULATIONS

Crick Lund has been nominated as a finalist for the TW Kambule Award of the National Science & Technology Foundation, for his contributions over the past 5-10 years; he is one of only a handful of finalists, and the only one working in mental health. He will also be working with Jurgen Unutzer at the University of Washington and Inge Petersen at UKZN on a substantive CDC grant that aims at implementing and scaling up a collaborative care intervention locally. Collaborative care, an approach developed at the University of Washington, and now supported by many studies, may be a crucially important way to improve primary mental health care services in our local resource-constrained environment. This study promises to hugely strengthen other ongoing efforts in the department in this key area.

John Parker has obtained a substantive grant from the Premier's office for the Spring Foundation.

Simone Honikman, Head of the Perinatal Mental Health Project has obtained funding from the Harry and Dora Crossley Foundation for research to be done on the work of the project. ■



## INNOVATION IN PRACTICE: USING DESIGN THINKING

### METHODOLOGY

By Clint Maggott

On my way to a presentation by an IDEO team, Tim Brown (Co-founder and CEO) included, I asked Francois (Bonnici – Director of the Bertha Centre) if this happens annually. He looked at me forgivingly and said “No, this is more like a once in a lifetime kinda thing”. I was glad I came. To be honest I didn’t know that much about Tim Brown and IDEO before going. I did know enough, though, to realise that it might be worth my while. Mr Brown looked different from one of his popular TED talks (<https://www.youtube.com/watch?v=UAinLaT42xY>), he was obviously older, silver maned, matching goatee, wearing designer glasses and in my humble opinion, a cool outfit. It was held at the d.school (the design school department of the Graduate School of Business) which was also cool. Apparently, it’s mandatory to write on the walls. The talk itself was more than cool. It was hilarious! This was due mainly to a faulty projector cable which caused the projector to stop projecting throughout the presentation. (Don’t worry, it was initially awkward, but mostly adorable) The talk focussed on IDEO’s design approach and design thinking generally. Most interestingly was their description of their projects which were socially-oriented and complex. Interestingly, their solutions were simple and elegant with a strong focus on involving and equipping the community from an early stage. Besides this, I was struck by how down to earth the IDEO team was. They were indistinguishable from the rest of the audience. They also seemed to be playful, relaxed and happy. IDEO will be launching a division in Cape Town soon.

IDEO (<https://www.ideo.com>) is an international innovation and design consulting firm that uses Human-centred Design Thinking to assist organisations to solve problems. They work in the areas of business, government, education and health care. Social Innovation like any other research or development arises out of an overt or covert need. It starts with a problem. The solving of that problem, if approaching from the perspective of Social Innovation often involves Human-centred Design Thinking. This, originating from product design approaches, has a number of stages. First, it involves clarifying the problem or need which will be addressed. It also considers who should be involved in the process. This group/team has to be comprised of all those affected by the problem and potential solutions. This approach particularly emphasises the need for those who will ultimately use or engage with the end product/service/intervention to be involved in the innovation process. In fact, this involvement is paramount and essential. These “end-users” are also essential for the next phase which involves research and exploration of the problem. This involves not typically formal research but rather an ethnographic approach. There is an attempt to understand the experience of these end-users and what their needs are. Exploration of other solutions which have been applied to the problem is also included in this stage. Following this, one attempts to generate as many possible solutions to the problem. Although finding new ways of looking at the problem are emphasised, the solution ideas are not necessarily novel or original. These solutions often involve slight changes to the current product/service/intervention. There are many methodologies proposed for this stage, all emphasise the need for creativity, lateral thinking and approaches from multiple areas of expertise. Through this process an idea is finalised and tested. This testing is meant to be simple, quick and low cost. This phase involves action. This action generally has the added benefit of inspiring involvement and further refinement/evolution of the initial idea. Once an idea has been “proven” in the real world, it is then replicated and applied on a larger scale. The emphasis here is

placed upon communication, as this expansion often requires funding or other support to grow the service/product/intervention. The final stage, which may not always occur, is the institutionalisation of the solution. If the need is widespread enough and the solution works well enough, it then becomes institutionalised as the new status quo. This final institutionalised practice may be distinctly different from the initial idea.

Is this something which we could apply to our settings? Are we ready to collaborate with our patients when designing our interventions? To be honest, I am sceptical at times, but I believe it is a necessary consideration if we wish to creatively address our service needs. ■▶

## THE SPRING FOUNDATION HAS A NEW WEBSITE!



Visit the site at [www.thespringfoundation.org](http://www.thespringfoundation.org)

## ANNUAL RESEARCH DAY – 8<sup>th</sup> MARCH 2016

By Claire van der Westhuizen and Colleen Adnams

*#Research4All: Research and transformation*

Research4All was the theme of the Department of Psychiatry and Mental Health's annual research day 2016. This event was designed to contribute to the

transformation conversation by considering transformation in and through mental health research, as well as by highlighting the diversity of research being conducted within the department.

The two guests of honour speaking at the day provided many fascinating insights into the theme and elicited lively discussions. Professor Elelwani Ramugondo, the Vice-Chancellor's Special Advisor on Transformation, and an Associate Professor in the Department of Occupational Therapy, delivered the opening address, entitled 'Identity Politics & Research: Pitfalls or Opportunity?'. Professor Ramugondo shared her deep understanding of the transformation process and experience, while encouraging academics to use their academic freedom to be inclusive, and to tell inconvenient truths. She summed up her vision in the following words: "It will be a different future, but one where everyone matters".

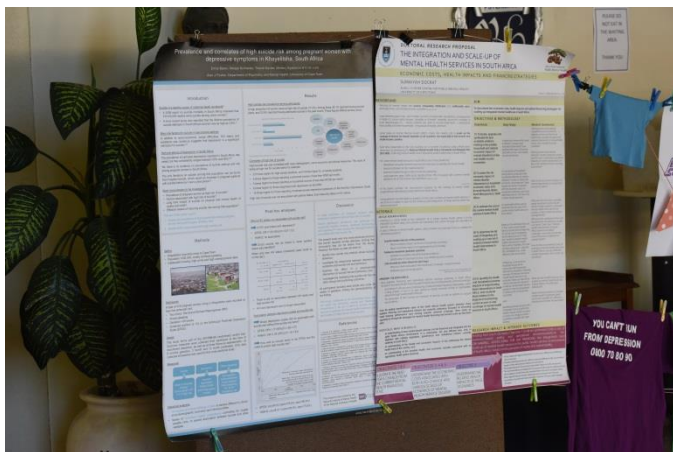


Above: Prof Elelwani Ramugondo (Courtesy of Michael Hammond, CMD: Newsroom and Publications)

The opening address was followed by an engaging panel discussion around the theme of the day, which touched on topics such as gender and personal identity in research, the clinician-researcher perspective, interdisciplinary research and the communication of research findings to the media and the public. Panel members Professor Sharon Kleintjes, Dr Fleur Howells and Mr David Backwell provided some refreshing perspectives on the theme. Maggie Marx, a panel

member and communications expert from the Centre for Public Mental Health at UCT, encouraged academics to “communicate a less formal view of what you know and how this excites you”.

Research being conducted within the department took centre stage during the rapid fire presentations and tea time poster display. Dr Qhama Cossie was awarded the best oral presentation prize for his talk: ‘The relationship between user, carer and staff perceptions of need in an assertive community treatment team in South Africa’, while Emily Baron’s poster, titled ‘Prevalence and correlates of high suicide risk among pregnant women with depressive symptoms in Khayelitsha, South Africa’, was judged to be the best poster presentation of the day.



Above: Poster displays (Courtesy of Michael Hammond, CMD: Newsroom and Publications)

Professor Christopher J Colvin, head of the division of Social and Behavioural Sciences in the UCT School of Public Health, delivered the closing address entitled ‘Hospitality, Criticality, Justice: Provocations on Research Practice and Transformation in South Africa’. Professor Colvin’s fascinating insights on interdisciplinary and cross-cultural engagement were thought-provoking, living up to the title of the address. Additionally, his perspective on the three ‘persons’ in research (self, other, many) provided a framework for further thought and for sensitive interpersonal interactions. In considering the ‘self’, he recommended

that we do not apologise for or boast of ourselves, or our contributions to research, but that we recognise (and offer) what we bring to the table as a “foundation for and contribution to understanding”.

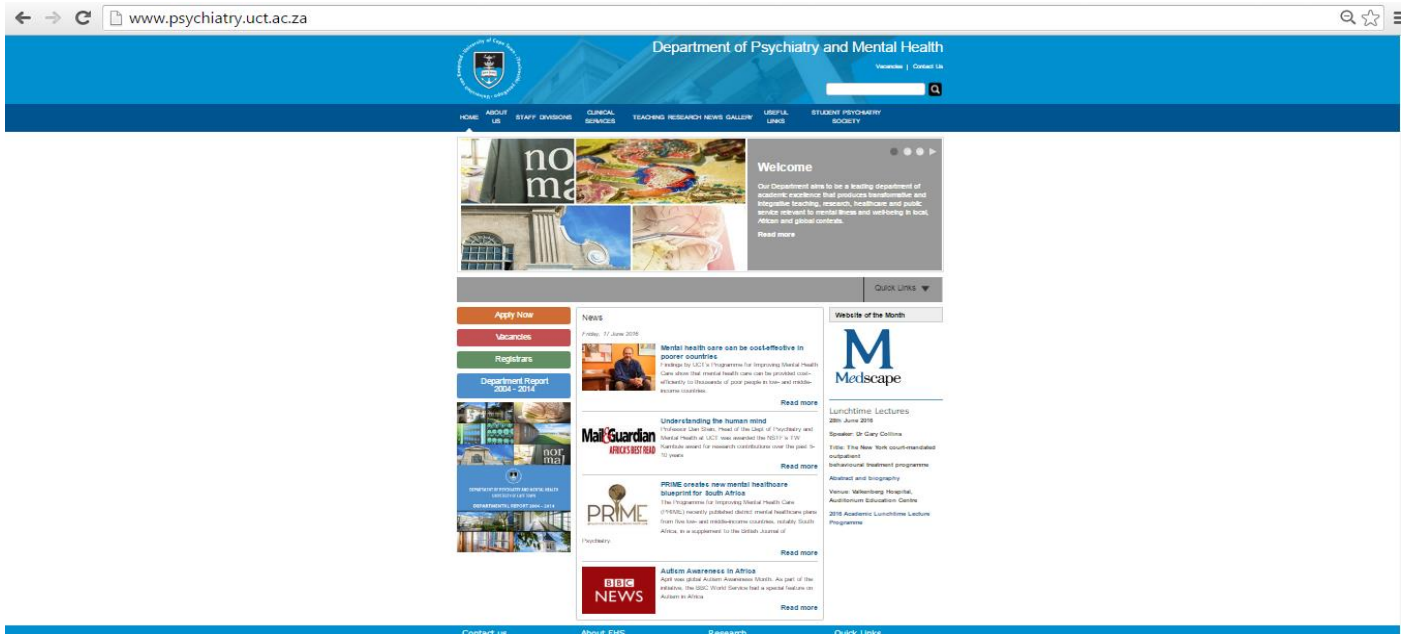
Professor John Joska, the head of the Departmental Research Committee, closed the day and thanked all participants for their contributions. As was fitting after the Department of Psychiatry and Mental Health’s research day, the general mood was positive and hopeful for the future of South African mental health research. 🟢

## HOW IS OUR WEBSITE FARING?



The department recently launched a new website and the developers have shared some statistics on it. As you can see there has been a steady increase in the amount of sessions since the launch in January 2016, with close to 3000 people visiting the site in that time. 79.3% are new visitors. On average users look at 2.93 pages per visit and the average session duration is 2.40 minutes. The bounce rate i.e. the percentage of visitors who enter the site and then leave (“bounce”) rather than continuing on to view other pages within the same site, is 50.36%. 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 audioclips relevant to the department’s work this is a great way to share it with a wider audience, please make contact [john-joe.dawson-squibb@uct.ac.za](mailto:john-joe.dawson-squibb@uct.ac.za) for more details. ■▶

## STUDENT PSYCHIATRY SOCIETY

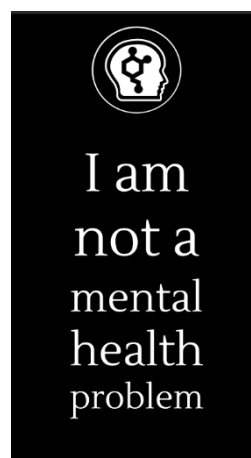
By David Backwell

The Student Psychiatry Society has had a very active first semester. We have increased our membership to a hundred and forty six and hope to keep growing. 2016 saw the second co-hosting of MedFest with the Psychiatry Department. This year the themes were focused on violence, trauma and conflict; and we were lucky enough to have Professor Kathleen Pike as a guest panellist. Special thanks must be given to Dr Adam Fakroodeen for his indispensable help.

Following on in our Film and Psychiatry series was ‘Mary and Max’ – a discussion on autism led by Professor de Vries. This event saw the piloting of our

mental health film guides, giving an exploration of the mental health topics addressed in the film in question.

Student development continued with a collaboration with SHAWCO Mental Health to produce a workshop introducing mental health syndromes to preclinical students. This has sparked some interesting discussion on ableism and our choice of words when navigating the sensitive field of mental health. Following on from this was an intimate event looking at how to cope within the medical environment as an individual, run by Kate Olmesdahl.



Featured here is one of our public awareness posters, which was part of a series looking at bringing psychiatry into the everyday discourse. We have many exciting plans for the coming semester and future years, and hope to expand our membership, reach and the dialogue around mental health.

If you have any questions, comments, ideas or wish to be involved, please contact me at [president.psychsoc@gmail.com](mailto:president.psychsoc@gmail.com) ■▶

## CONGRATULATIONS

John Torline on passing his part II exams; James Shelley on passing his C&A certificate and Lina Groenewald on passing her Neuropsychiatry certificate

## WELCOME TO NEW STAFF

The department welcomes the following research staff to the department: Veronica Jonah, Thandiwe Mngxuma, Banele Mtsofso, Linda Ngqengelele, Ngwekazi Ngwadla and Heidi Sinclair

## GOODBYE TO STAFF

The department wishes the following staff farewell: Alan Fourie (Psychologist Valkenberg Hospital), Dr Eileen Thomas (Research Clinical Fellow Groote Schuur Hospital) and Dr Raphael Lacob (Sessional psychiatrist Groote Schuur Hospital)

## TEAMBUILDING

Some of the administrative staff in the department participated in a surfing lesson at Muizenberg beach, as a team-building exercise /year-end function in 2015.



Pictured are from left are , Olivia Adonis (VH Secretary), Kim Hendricks (PA /AA to Prof Stein), Riana Oliver (U/Grad Secretary), Kareema Poggenpoel (Neuropsychiatry), Zuraan Nagia (Senior Finance Officer), Shaheema Allie (Addictions), Naiema Salie (Dr Vogel’s secretary), Yuche Jacobs (Research Assistant), Graeme Hendricks (Psychologist), Sandra Swart (Admin Officer) and Noluthando Tshijila (previous UCT secretary at VH).

### LIGHTMIND

NOT IN THE NOW

NOTE: Amount of contemplations used for past or future leaves little left for present = A SEDUCTIVE TRAP

by JOE STARKE