

# Tours of Mental Health Facilities

## Friday 21 October 2011

● Option 1 ● Option 2 ● Option 3 ● Option 4 ● Option 5 ● Option 6 ● Option 7

### Tour Option 1 – Focus: Intellectual Disability

- ◆ Mary Harding School for Learners with Special Needs Schools
- ◆ Training Workshop Unlimited's Athlone Workshop ◆ Garden Cottage group home



**Mary Harding School** is a Special Needs School in the Athlone District for 310 learners with severe to moderate intellectual impairment. The school aims to develop the potential of young people and help them to feel a sense of belonging, personal worth and purpose in life. The educational programme is therefore designed to maximise independence and foster learners who are well adjusted to living in the community.

Learners are referred to the school by the Western Cape Education Department, hospitals and private healthcare practitioners and can enter the school at the age of six. They follow a curriculum that focuses on life skills, functional literacy and numeracy, and at the age of eighteen they leave to attend protective workshops, sheltered employment or, where possible, employment in the open labour market. As a result of their intellectual needs, learners require intense human resource intervention with staff being quite diversified in terms of specialist training. Often learners present with co-morbid (additional) conditions such as epilepsy, hyperactivity, autistic traits and other psychological conditions.



Training Workshops Unlimited (TWU) is an award-winning Job and Skills Development Project of Cape Mental Health for adults with intellectual disability. **The Athlone Workshop** is one of four training centres that provide a structured training and career path for its trainees: from respite care and stimulation for participants functioning at a lower level, to open labour market preparedness, employment and support for higher functioning trainees.

The various training programmes are specifically developed to accommodate different levels of functionality and literacy, and are structured to facilitate active participation and development towards optimal levels of independence. These include: WHALES (Workshops Haven for Adult Education & Support, Basic and Advanced Life Skills, Prevocational Training, Work Skills and specialised manufacturing training (e.g. cement and concrete products), the Siyanceda Youth Service Programme for youth, enclave employment opportunities, the Siyakwazi Integration Company, and job coaching and support programmes for placements in the open labour market. An active self-advocacy initiative offers Service User Participation and Self-Representation through Trainee Committees at the Workshops, a Service User Council and representation on the Cape Mental Health Board.



**Garden Cottage** is a community based group home run by Cape Mental Health in Heideveld for eight women with intellectual disability whose families are unable to provide for them. The facility provides supervised accommodation in a home environment, balanced meals, monitoring of health, safety and hygiene.

The programme at the Cottage seeks to address the individual social, emotional and vocational needs of all the residents by encouraging residents to actively participate in the home programme, by facilitating their attendance of the TWU Athlone Workshop and by providing training and opportunities in Self-Advocacy. The residents are encouraged to develop and grow at their own pace to their fullest potential and reintegration into their families is facilitated where possible.

## Tour Option 2 – Focus: Intellectual Disability

- ◆ Alexandra Hospital ◆ Friends Day Care Centre
- ◆ Moleenbeek School ◆ Includid

**Alexandra Hospital** is a Secondary Hospital for the treatment and rehabilitation of Mental Health Care Users (patients) with intellectual disability. This facility is run by the Department of Health (Provincial Government of the Western Cape).



**Includid Group Homes** is an organisation that promotes independent living and integration into the community for eighty people with intellectual and physical disabilities. It follows the philosophy of 'Nothing About Us, Without Us'. The residents of Includid have a sense of purpose and meaning, are active in the decisions regarding their own lives and the organisation, and advocate for their rights by speaking at forums, in government and networks.



There are nine houses on the grounds of Alexandra Hospital and two within the community of Maitland. The aim is to enable people with disabilities to live as normal a life as possible, living and working productively in the community. Within the homes, all residents are entrusted with responsibilities and duties such as shopping, cooking and cleaning, and are encouraged to use community facilities such as medical facilities, the library and public transport. In the five employment training areas, residents are skilled with basic work ethics, and the knowledge to be able to go out into the open labour market and earn a living. Projects such as papermaking, gardening, administration, beading, sewing and maintenance give the residents the opportunity to build up a CV, to be productive and further broaden their skills and knowledge base.



**Friends Day Care Centre** is set against a background of palm trees and has an impressive view of Table Mountain. This special care and stimulation centre for children and adults with severe intellectual and physical disabilities opened doors in 1959 for five children and moved to its present location in 1973 where the facility now caters for the needs of 110 learners ranging in ages from 3 to 24 years. The ten classrooms, gymnasium, kitchens, sick room, bathrooms and spa bath provide easy access for wheelchairs, and three minibuses transport many of the students to and from the centre during the Western Cape school terms.

The needs of the learners are catered for by a staff complement of 42, comprising of educators, assistant educators, domestic assistants, drivers, office staff, physiotherapists, occupational therapist, dance and movement teacher and several people in sheltered employment. The centre is administered by a management committee that makes policy decisions and oversees the smooth running of the centre.



**Moleenbeek School** for learners with intellectual and physical disability is situated in Maitland and provides services in English, Afrikaans and Xhosa. It is a facility of the Western Cape Education Department, Provincial Government of the Western Cape.



## Tour Option 3 – Focus: Intellectual Disability (Rural facilities)

◆ Camphill Village (West Coast) ◆ Orion (Atlantis)



**Camphill Village West Coast** is situated about 40 km north of Cape Town. It provides a safe and secure environment for between 80 and 90 adults with special needs in which to live and work, so that they can experience a meaningful and happy life. In 1964, a few pioneers with a group of young adults with special needs arrived on a large piece of sandy property. Together they planted trees, built houses, a bakery, a dairy and a chapel. Today these buildings and beautiful surroundings they created stand as a powerful testament of their courage and character.

Residents live in houses in a life-sharing environment with home leaders (and their children) and young volunteers. A range of therapies and education is offered to further the development and skills of each resident. Camphill endeavours to create a culturally rich and wholesome life for all its people. They work in the homes, workshops, on the farm or vegetable gardens, producing quality produce, which is sold, and thereby assist in the sustainability of the organisation. Products are sold at various outlets, and at the Camphill Village monthly market (1st Sunday of each month except January).

Volunteers, both local and from overseas, spend a year doing practical work and receive a training. Staff are employed from the surrounding communities and empowered through training. Co-workers have dedicated themselves to living with residents in a life-sharing capacity.

**Orion Organisation** is dedicated to caring and providing for the educational, training and therapeutic needs of children, youth and adults living with physical, mental, intellectual and neurological disabilities. Founded in 1982, the organisation is a model of hope to as many as 3000 disabled people who have passed through its doors since its inception and has received special recognition for outstanding service on several occasions.

The organisation is based in Atlantis, Western Cape, approximately 50km from the city of Cape Town. Atlantis is an industrial and residential area with a population of 180 000 people. Traditionally Atlantis is seen as a low income area, where a large proportion of the population consists of previously disadvantaged, unemployed South Africans.

A range of facilities include the Wilge Special Day Care Centre for children with special needs, the Activity Day Care Centre for profoundly disabled adults, the Enabling Art Centre for artists with disability, a Group Homes programme, a Semi-Frail Care home, Work Centres, and a Job Placement programme.



## Tour Option 4 – Focus: Intellectual Disability, Child Psychiatry

♦ Division of Child and Adolescent Psychiatry, Red Cross War Memorial Children's Hospital & the University of Cape Town ♦ Heideveld Special Education and Care Centre ♦ Peter Pan

The Red Cross War Memorial Children's Hospital strives to be the leading specialized healthcare provider for children in Africa.



**The Division of Child and Adolescent Psychiatry (DCAP)** of the Red Cross War Memorial Children's Hospital and the University of Cape Town is situated in Rondebosch. Its vision is to maintain and further develop an academic child and adolescent mental health centre of excellence providing clinical services, teaching and research responsive to the changing needs of our society. This service strives to be affordable, equitable and accessible to all.

DCAP currently provides outpatient clinical services to all children and young people under the age of 18 years in the Western Metro pole of Western Province and in-patient services for children under 13 years across the Western Province. The following services are provided:

♦ Child & Adolescent Outpatient Unit including generic and neuropsychiatry clinics ♦ Consultation Liaison Unit ♦ Parent-Infant Mental Health Service ♦ Therapeutic Learning Centre (in-patient unit for under 13 years of age) ♦ Outreach.

The Division also provides a platform for training of professionals dealing with the mental health of children and adolescents from the province, country and the continent. This includes the training of specialist registrars (specialising in child and adolescent psychiatry), and training junior registrars as part of their training in general psychiatry, teaching and training nurses, clinical psychologists and social workers. We are also actively involved in the training of registrars from the Eastern Cape Province.

Clinical research and audit is ongoing within the Division.

**The Heideveld Special Education and Care Centre** is a newly constructed, customised day care facility providing education and integration opportunities for sixty children with severe and profound intellectual and physical disabilities. It is a community-based centre that serves the under-resourced areas of Athlone, Bonteheuwel, Guguletu and Heideveld.



Cape Mental Health

This is one of three special education and care centres run by Cape Mental that offer programmes to develop the abilities of children with multiple disabilities and build the capacity and skills of carers and parents. The special care and education programme is aimed at the planning and implementation of appropriate interventions to meet the special needs of each child. This includes appropriate assessment, a good individual education plan and consistent implementation, a play and sensory curriculum, and life skills development. The programme operates within a structure that also provides some daily nutrition, school buses, and medical and therapeutic support from local hospitals and other NGO's.



Peter Pan Down Syndrome Centre in Maitland follows an inclusive education model and offers an optimal learning environment for preschoolers that promotes the full personal, social and cognitive development of all children, irrespective of race, class, gender, disability, religion, culture, learning style and language.

## Tour Option 5 – Focus: Intellectual Disability, Psychiatric Disability

- ◆ Erika Special Education & Care Centre ◆ Training Workshop Unlimited’s Mitchells Plain Workshop
- ◆ Lentegeur Hospital ◆ Lentegeur School (LSEN)

**The Erika Special Education and Care Centre** is a small day care facility in Rocklands providing education and integration opportunities for thirty children with severe and profound intellectual and physical disabilities. It is a community-based centre that serves the under-resourced areas of greater Mitchells Plain.



Cape Mental Health

This is one of three special education and care centres run by Cape Mental that offer programmes to develop the abilities of children with multiple disabilities and build the capacity and skills of carers and parents. The special care and education programme is aimed at the planning and implementation of appropriate interventions to meet the special needs of each child. This includes appropriate assessment, a good individual education plan and consistent implementation, a play and sensory curriculum, and life skills development. The programme operates within a structure that also provides some daily nutrition, school transport, and medical and therapeutic support from local hospitals and other NGO’s. Though small, the centre is innovative and resourceful and boasts excellent community support.



Cape Mental Health

Training Workshops Unlimited (TWU) is an award-winning Job and Skills Development Project of Cape Mental Health for adults with intellectual disability. **The Mitchells Plain Workshop** is one of four training centres that provide a structured training and career path for its trainees: from respite care and stimulation for participants functioning at a lower level, to open labour market preparedness, employment and support for higher functioning trainees.

The various training programmes are specifically developed to accommodate different levels of functionality and literacy, and are structured to facilitate active participation and development towards optimal levels of independence. These include: WHALES (Workshops Haven for Adult Education & Support, Basic and Advanced Life Skills, Prevocational Training, Work Skills and specialised manufacturing training (e.g. woodwork and sewing) and the Siyanceda Youth Service Programme for youth. An active self-advocacy initiative offers Service User Participation and Self-Representation through Trainee Committees at the Workshops, a Service User Council and representation on the Cape Mental Health Board.

**Lentegeur Hospital** is a psychiatric hospital run by the Department of Health, Provincial Government of the Western Cape. It operates in the Mitchells Plain District of the Metro Region and provides services for people with psychiatric or intellectual disability.



**Lentegeur School** for Learners with Special Educational Needs is a facility of the Western Cape Education Department, Provincial Government of the Western Cape.

*Together We Strive*



## Tour Option 6 – Focus: Psychiatric Disability

◆ Valkenberg Hospital ◆ William Slater House ◆ Fountain House SA ◆ Comcare Eden House

Valkenberg Hospital is a government-funded, tertiary psychiatric hospital situated in the suburb of Observatory between the banks of the Liesbeeck and Black Rivers. Together with its associated psychiatric hospitals (Lentegeur and Alexandra Hospitals) it is the chief provider of specialist psychiatric services to the Cape Peninsula as well as being a major specialist referral centre of the Western Cape Province. It is the main teaching hospital for the University of Cape Town's Department of Psychiatry and is also a specialised training centre for psychiatric nursing .



Apart from offering general in- and outpatient psychiatric services, Valkenberg has a variety of specialised units such as the Forensic Unit and Acute Admission Units. The hospital currently comprises 370 beds of which about 165 are dedicated to the acute psychiatric service and 145 to the forensic psychiatric services, and the remainder houses a small component of long-term patients. Patients generally suffer from severe psychiatric disorders, and those who are admitted to the high care unit are likely to have a history of the more severe forms of psychotic illnesses associated with behavioural disturbances. Patients are either admitted on a voluntary, assisted or involuntary basis in accordance with the SA Mental Health Care Act of 2005.



**William Slater House** is a community-based residential service in Rondebosch which opened its doors on 1 September 2008. Mental Health Care Service Users are referred by the Lentegeur and Valkenberg Psychiatric Hospital Clinical Team. The facility is established as a Sub-cute Facility and aims to provide alternative, resident-based recovery and rehabilitation services for people with severe mental illnesses who are well enough to be discharged from hospital but who are not able to manage or be managed without further continued direct supervision. The bed capacity is 40, i.e. 24 male beds and 16 female beds and the average length of stay is 3 to 6 months.

A psycho-social rehabilitation (PSR) programme, focusing on living, working, learning and socialising, acts a cushion between in-patient hospital care and the general community. The facility complements and assists the functions of ACT (Assertive Community Teams) in optimising the management of high frequency Mental Health Service Users



**Fountain House SA** is a community-based rehabilitation centre in Observatory, run by Cape Mental Health, which provides vocational training and skills development to people with psychiatric disabilities in order to facilitate their reintegration into society and the work place.



The programme aim to increase the functioning of service-users so that they can be successful and satisfied in the life areas of working, learning, socialising and community living – with the least amount of professional intervention. A work-ordered day programme offers on-the-job training in a variety of skills through four work units at the centre, viz. administration, catering, a paper-making, and employment/communications. Members also enjoy increased exposure to the open labour market through support in accessing employment opportunities.

This is the only Fountain House in South Africa – and is based on an international clubhouse model of psychosocial rehabilitation that has 400 clubhouses internationally. The emphasis is on building relationships, regaining productivity, building self-confidence, active decision-making and learning self-advocacy.

**Comcare Trust** was established to address the need for high quality, effective, accessible and affordable community care and accommodation by adults with psychiatric disabilities. Over the past 27 years, Comcare has established eight residences in and around Cape Town, accommodating 75 disabled adults. Their accommodation model is effective in reducing the relapse rate of residents while at the same time creating supportive, stable homes for people with chronic and severe psychiatric disabilities. Comcare homes operate as ordinary residences, ensuring that residents have the opportunity for a normal life, fully integrated in their local community.

In addition to providing accommodation Comcare offers other care and rehabilitation services to people with psychiatric disabilities living in the community. These include a social rehabilitation day centre, the Welcome Club, which operates on weekdays.



## Tour Option 7 – Focus: Drug Counselling

◆ The Cape Town Drug Counselling Centre ◆ Kenilworth Clinic



**The Cape Town Drug Counselling Centre** is a community based organisation which provides accessible and innovative treatment, prevention and training services that enable South Africans to respond appropriately to the challenges of substance abuse. We run an intensive and comprehensive outpatient treatment programme which targets people from under-resourced and lower income areas.



Since 1985 **Kenilworth Clinic**, a private psychiatric and addiction treatment institution in Cape Town, has helped troubled men, women and children from throughout the country and the world to restore their lives. A team of psychiatrists, clinical psychologists, psychiatric nurses, addiction counsellors, occupational therapists, social workers, dieticians and other support staff work closely with associated medical and behavioural health practitioners to provide state of the art treatment solutions.