

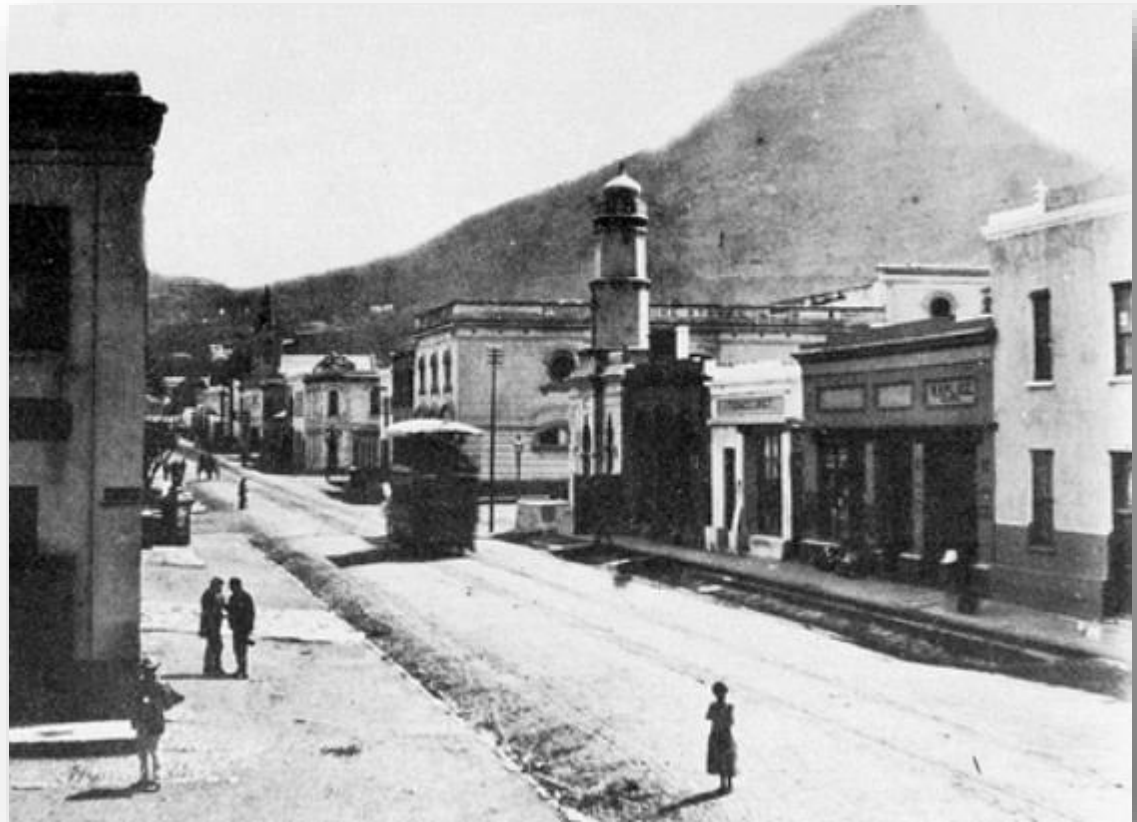
# Cape Mental Health: Services



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**103 YEARS AGO.....**

**24 JUNE 1913, CAPE TOWN**



# BEYOND 103 YEARS



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# GLOBAL MOVEMENT

Persons with disabilities are full and equal members of society, with inalienable human rights – not objects of charity, medical treatment and social protection.



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S A Federation  
for Mental Health



World Federation  
for Mental Health



# Beneficiary Statistics 2014-15

## CMH BENEFICIARIES

**4 299**

Number of index-service users who benefit from our direct services

Total number of people reached through our holistic family-focused interventions

**17 196**

### GENDER



**2 260**  
52.5%



**1 959**  
47.5%

### POPULATION DISTRIBUTION

INDIAN	0.1%	5
OTHER	0.9%	39
WHITE	9.5%	408
AFRICAN	32.8%	1 411
COLOURED	56.7%	2 436

### AGE GROUPS

Children (0-17)	14.8%	636
Youth (18-34)	35.9%	1 542
Adults (35-59)	46.8%	2 015
Older persons (60 - older)	2.5%	106

## MENTAL HEALTH PROFILE

**2 039**  
47.5%

Persons with Intellectual Disability

**1 855**  
43.1%

Persons with psychosocial /psychiatric disabilities

**405**  
9.4%

Persons with emotional adjustment problems

## INTERVENTION LEVELS & BENEFICIARY NUMBERS

### PREVENTION

**1 178**

Life Skills Training

**1 807 183**

Information Dissemination

**19**

2 group homes (GC & KH)

### ALTERNATE CARE

### EARLY INTERVENTION

**Counselling 2 883**

**Early Childhood Development 646**

**Support Groups 700**

**Service User Empowerment 862**

**Income Generation 527**

# REALITY CHECK



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**1 IN 4**

There is not a family, a community, a country or a culture where its members do NOT experience mental health problems, or live with intellectual disability or mental illness.



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**'Only one in four** South Africans with a mental disorder has obtained some form of treatment. This is in line with the World Health Organization (WHO) surveys that show that between **76%–85% of people** with severe mental disorders in low- and middle-income countries receive no treatment.'



According to the WHO, mental health conditions are the third leading cause of disability in the world. SA morbidity data indicates that mental disorders are the 3<sup>rd</sup> highest contributor to the local burden of disease, after HIV and other infectious diseases.

Mental health services are the Cinderella of health service provision despite it being the third highest burden of disease in SA!





The provision of mental health services are fragmented, limited or non-existent particularly in remote rural areas.



No beds  
No meds  
PLEASE  
HELP!!





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## OUR FOCUS



Empowerment, support,  
skills training, independent  
living, improved quality of  
life, opportunities, abilities  
and capabilities.





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## OUR GOALS ARE ACHIEVED THROUGH

- ✓ Promoting mental health & raising awareness
- ✓ Encouraging people to seek help early on
- ✓ Offering quality mental health services
- ✓ Advocating for the rights and inclusion of persons with disabilities





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# Mental Health promotion





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# Advocacy



Bed shortage leads to high rate of re-admissions due to early discharge

“BURDEN OF DISEASE”  
#1  
#2  
Other illnesses  
#3  
Mental illness

Make  
**MENTAL HEALTH**  
a priority!

“I sat on a chair for 72 hours”,  
“Locked up all night”





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# Learning for Life – disability training







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MindMatters





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Sexual  
Abuse  
Victim  
Empowerment



# Special Education & Care



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# Eagles – Adult Special Care



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# Work skills





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# Rainbow Foundation



24 support  
groups





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# Fountain House SA





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# Two group homes



## Kimber House & Garden Cottage





# SEE YOU AT THE 22<sup>ND</sup> CAPE TOWN INTERNATIONAL KITE FESTIVAL ON THE 29<sup>TH</sup> & 30<sup>TH</sup> OF OCTOBER 2016



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# Thank you



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