Developing Drug Demand Reduction Education in South Africa

Rehana Kader

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Background

- The current population of South Africa is **57,687,524**
- The most highly urbanized country in sub-Saharan Africa with **(62.9%)** of the population recorded as urban
- A sophisticated and diversified economy—including a first world infrastructure existing along widespread and severe poverty
- Gauteng, Johannesburg/Pretoria and Western Cape been the most highly urbanised
- These provinces also have the highest rates of substance abuse

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Background

- South Africa's geographical location and its international trade links with countries in Asia, Latin America, Western Europe and North America

And

- With its excellent infrastructure of roads and rail, telecommunication, airports and seaports facilities
- Makes South Africa an attractive drug transit country, particularly for cocaine, heroin and methaqualone
- The largest market for illicit drugs within sub-Saharan Africa.

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Common Substances of Abuse

- Alcohol remains the substance most often used substance by South Africans
- While cannabis is still the most common illicit drug used (legalization for private use October 2018)
- Cape Town has the highest prevalence of crystal methamphetamine use (known as Tik) compared to the rest of South Africa

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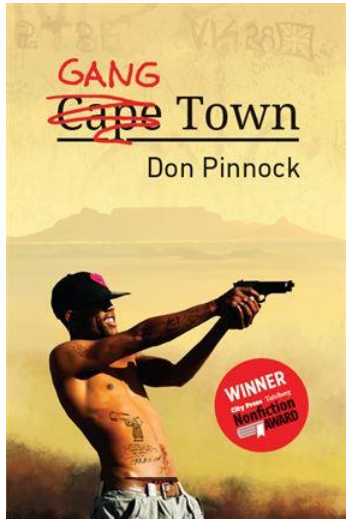
Background

- At the end of the apartheid era it was noted that research relating to the nature and extent of use of drugs other than alcohol and tobacco among the South African general adult population in South Africa was virtually non-existent.

- In 1994, alcohol and drug abuse was signaled by former President Nelson Mandela a problem among social pathologies that needed to be combated urgently.

- Given our history and in a short space time we have made great progress in the field of substance abuse (research, prevention, treatment, education and in training of skilled professionals).

Cape Town: A City of Contradictions



Drug Demand Reduction Education Programmes in Cape Town, South Africa

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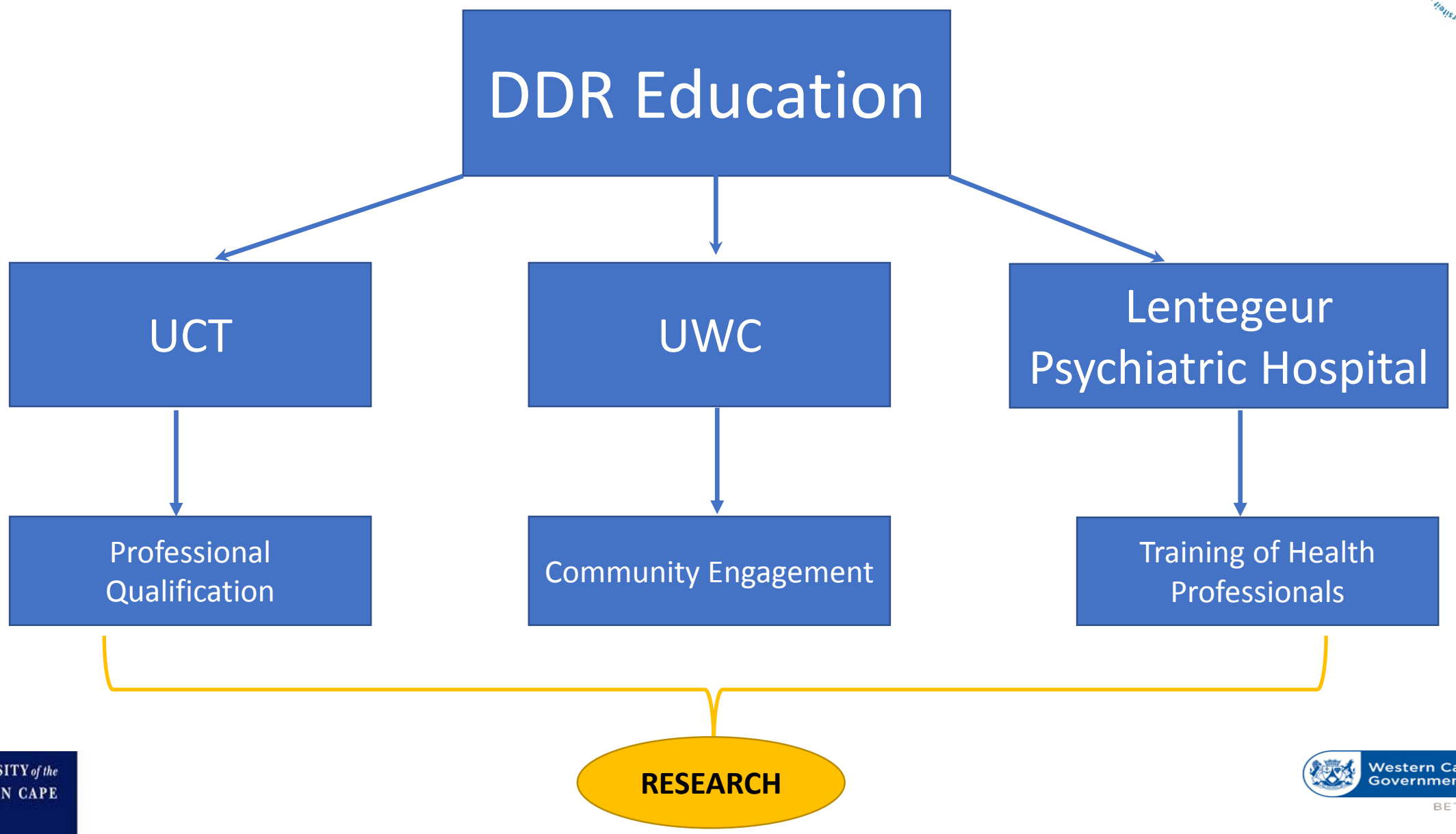
DDR EDUCATION IN SOUTH AFRICA



THANK YOU

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University of the Western Cape: Substance Abuse Training Programme

Presented by: Charl Davids

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Background

Substance Abuse Training Program:

- Western Cape Government started engagement with all tertiary institutions in 2011 – re Assistance with substance abuse.
- UWC opted to focus on community workers and lay counsellors.
- Hosted in the Community Engagement Unit (CEU) at the University of the Western Cape (UWC) the training started in 2013
- Eight short courses in substance abuse to equip participants with the necessary knowledge, skills and attributes to design, implement, monitor and evaluate substance abuse interventions.
- The belief is that this training project will contribute towards addressing the overall substance abuse challenge in the Western Cape.

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Training Program - Community Workers
Substance Abuse Training Programme

- **Duration**: 8 month short course programme 2-3 days per course
- **Details**: To equip participants with the necessary knowledge, skills and attributes to design, implement, monitor and evaluate substance abuse interventions.
- Contributing towards addressing the overall substance abuse challenge in the Western Cape.
- **Target Audience**: Community Workers, Lay Counsellors, Community Practitioners, teachers, health care workers, community based organizations, non-profit organization, faith based organizations, sport coaches, parents or any other individuals working in the area of substance abuse.

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Training Program -Teachers Training in Substance Abuse

- **Duration:** 4 days
- **Details:** To build awareness about Substance Abuse, and the impact that it has on the individual, family, school and community:
- It aims to enhance the knowledge and skills of teachers to address the problem of substance abuse in schools and communities.
- Furthermore, to elaborate on the way in which the drug-induced changes affects, the brain, behaviours and emotions and how it impacts on the individual, family and community.
- **Target Audience:** Teachers, Lay counsellors, Community Practitioners, community based organizations, non-profit organization, faith based organizations, sport coaches, parents working in the area of substance abuse.

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Training Program -Foetal Alcohol Syndrom Training

- **Duration:** 2 days (Only for participants that completed the 8 month program)
- **Details**: This Introductory course is intended to build awareness about Foetal Alcohol Syndrome (FAS) and the impact of prenatal drinking on the mother and foetus:
- It aims to describe factors that contribute to how FAS occurs, such as drinking patterns, maternal metabolism of alcohol, timing of alcohol consumption, genetics, maternal diet and paternal factors.
- The course explores various prevention and intervention models including universal, selective and indicated prevention.
- **Target Audience:** Teachers, Early Childhood facilitators, Community Workers, Lay Counselors, Community Practitioners, teachers, health care workers, community based organizations, non-profit organization, faith based organizations, sport coaches, parents or any other individuals working in the area of substance abuse.

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Curriculum Outline

COURSE	DETAILS	DURATION	DATE	FACILITATOR	VENUE
1	**Key Information Session and Case Study Development**	2 days	24 & 25 April 2018	Mr Charl Davids	School of Public Health 1G
2	**Theoretical Models of Addiction: Implication for Counselling**	2 days	23 & 24 May 2018	Mr Charl Davids	School of Public Health 1G
3	**Professional, Legal and Ethical: Government and Policy**	2 days	20 & 21 June 2018	Mr Charl Davids	School of Public Health 1G
4	**Families and Substance Abuse**	2 days	25 & 26 July 2018	Mr Charl Davids	School of Public Health 1G
5	**A Community Oriented Primary Care Approach to Substance Misuse**	2 days	22 & 23 August 2018	Mr Charl Davids and Ms Damaris Kiewiets	School of Public Health 1G
6	**Monitoring and Evaluation with Emphasis on Substance Abuse**	4 days	18, 19 & 20 September & 11 October 2018	Ms Cornel Hart	SANBI Life Sciences 5th Floor & Chemical Sciences 3rd Floor
7	**Substance Misuse Service Learning Placement**	3 days	23, 24 & 25 October 2018	Ms Jacqui Scheepers	Chemical Sciences 3rd Floor
8	**Funding Proposal Writing**	2 days	21 and 22 November 2018	Titania Fernandez, Melanie Burke, Ramone Comalie	Chemical Sciences 3rd Floor

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Impact

- Since 2013 more than 400 people have completed and graduated from this.
- Case Study Manual: One of the outputs are for participants to develop their case studies for two reasons:
- Firstly case studies that applies to our context. Secondly organisations may refer to these case studies for guidance.
- With the output of the case study manual we were able to present at the International Community Psychology Conference and it was found to be the only case study manual in the world to have been co-produced by the community.

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Impact

- Participants that have come through the programme have furthered their education through the Recognition of Prior Learning process.
- Post Graduate Diploma in Addictions Care
- Masters
- PHD

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Impact

- The formation of -Western Cape Substance Abuse Network
- The (WCSAN) Western Cape Substance Abuse Network is a platform which is primarily focused on organisations in the Western Cape that deals with substance abuse, community work and community development.
- The organisation was founded by members who came through the Community Workers Substance Abuse Programme at the Community Engagement Unit UWC.
- These members come from different communities in the greater Cape Town area who had a vision to work together on the ground through partnerin with resources, knowledge and experience to implement programmes ar projects which are beneficial to the community.

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What is family?
There is no single, immutable(fixed) definition of family.
Different cultures and belief systems influence definitions, and because cultures and beliefs
over time, definitions of what is meant by
by no means static.

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MENTAL HEALTH PROFESSIONAL TRAINING IN CODs

Lameze Abrahams

Principal Psychologist / Senior Lecturer

Department of Health / University of Cape Town

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Context: Lentegeur Psychiatric Hospital University of Cape Town

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Introduction

- In South Africa, Substance Use Disorders has the second highest 12 month and lifetime prevalence of common mental disorders 13.3%
- Any lifetime substance use and any DSM IV disorder 21.3%
- Any lifetime substance use disorder and any anxiety or depression disorder 4.0%
- Any 12-month substance use and any DSM IV disorder 11.5%
- Any 12-month substance use disorder and any anxiety or depression disorder 1.6%

Saban, A, Flisher, A.J., Grimsrud, A., Morojele, N., London, L., Williams, D.R., Stein, D.J. (2014). The association between substance use and common mental disorders in young adults: results from the South African Stress and Health (SASH) Survey. Pan African Medical Journal. Pan Afr Med J. 2014;17(Supp 1):11

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Co-occurring Disorders

- More than 50% of adult mental healthcare users (MHCUs) in acute admissions service diagnosed with co-occurring SUD, and increased aggression prior to admission
- 51% of MHCUs - Stikland Psychiatric Hospital

Parker, J. (2014). Unpublished audit of Lentegeur Psychiatric Hospital Male Acute Services, Cape Town, South Africa.

Weich L., & Pienaar W. (2009). Occurrence of comorbid substance use disorders among acute psychiatric inpatients at Stikland Hospital in the Western Cape, South Africa, (August), 213–217. Retrieved from http://www.ajop.co.za/Journals/August2009/Stikland Hostpital.pdf%5Cnhttp://ovidsp.ovid.com/ovidweb.cgi?T=JS&PAGE=reference&D=emed9&NEWS=N&AN=2010358275

- 57.1% of admissions presented with co-occurring psychiatric and substance-related disorders

Fabricius, V., Langa, M., & Wilson, K. (2008). An exploratory investigation of co-occurring substance-related and 99 psychiatric disorders. *Journal of Substance Use*, *13*(2), 99–114. http://doi.org/10.1080/14659890701680877

- Adolescents with co-occurring polysubstance abuse 53%

Lachman, A., Hawkridge, S. M., & Emsley, R. A. (2012). A retrospective review of the clinical and psychosocial profile of psychotic adolescents with comorbid substance use disorders presenting to acute psychiatric services at Tygerberg hospital Aggressiveness in adolescent girls : Theoretical and clinical per, *18*(2), 2012.

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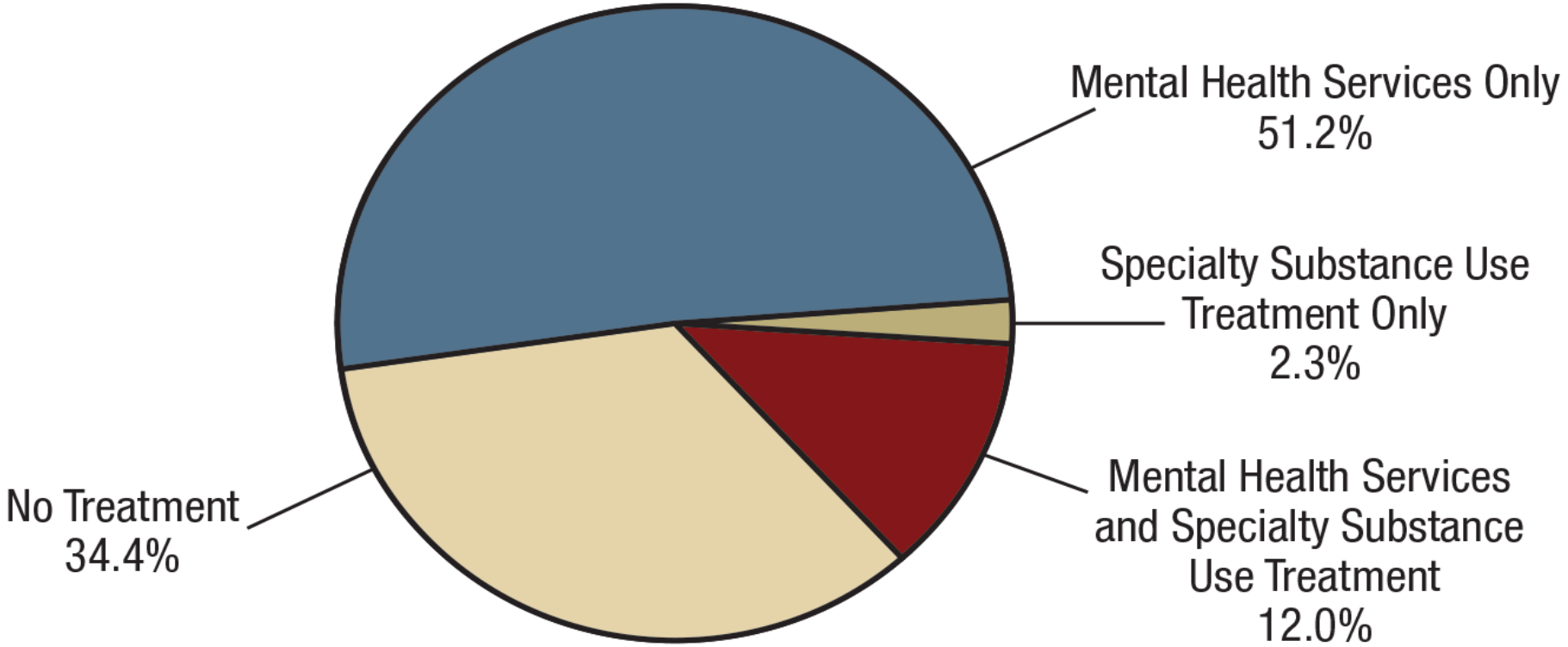
Treatment Gap



2.6 Million Adults with Co-Occurring Serious Mental Illness and Substance Use Disorders

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Clinical Training

- Undergraduate
- Post graduate
- **Clinical Internship**
- **Research**

TRAINING OUTCOMES

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Intern Psychologist and Registrar Teaching

- Interns
  - 2 x co-occurring disorders
  - Case presentation
- Registrars – part 1
  - 1 x Neuroscience of pleasure and addiction
  - 1 x Motivational Interviewing
- Registrars – part 2
  - Addictions 1: Assessment / brief intervention
  - Addictions 2: Psychopharmacology
  - Addictions 3: Evidence based treatment approaches
  - Addictions 4 : Psychopharmacology
  - Addictions 5: Evidence based treatment approaches
  - Addictions 6: Dual Dx / complex case management

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SDG: 2030

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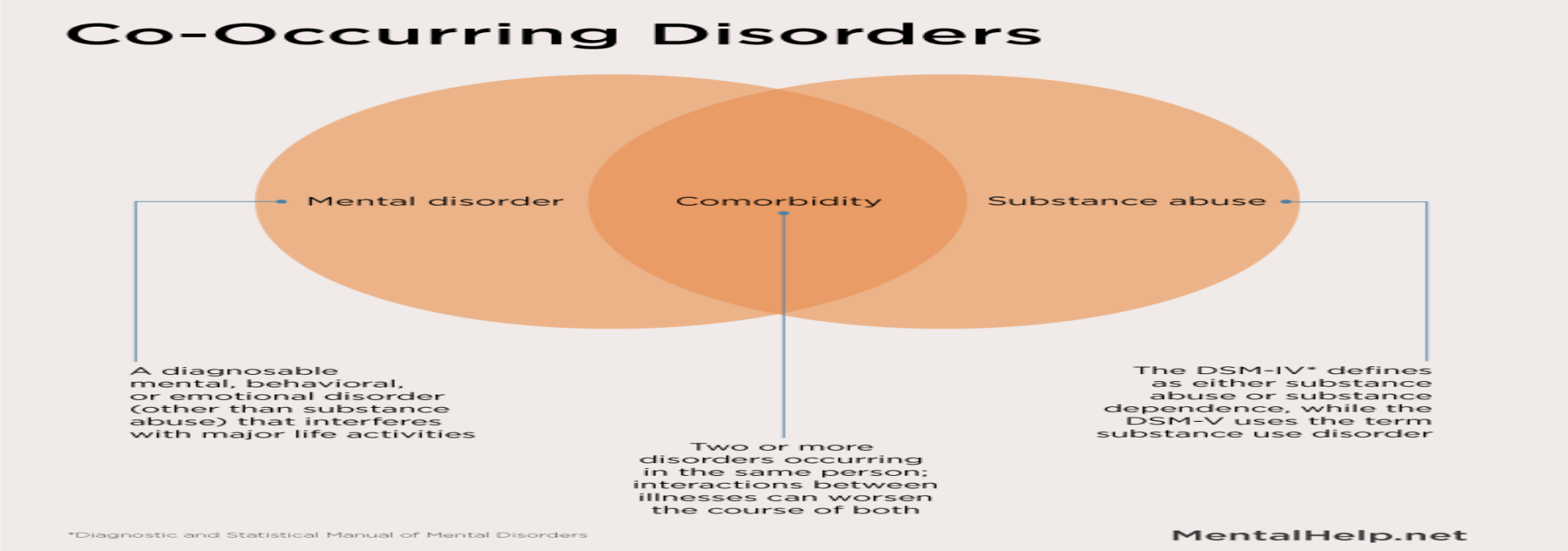
Framework for recovery

- Curricula that positions itself within a recovery framework produces clinicians and health professionals who are able to adapt knowledge and skills within differing contexts



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Research: Training outcomes

- Assess competencies of health professionals to deliver on targeted COD outcomes (SDG; recovery; mental health interventions)
- Gaps in knowledge, skills and competencies
- Develop curricula that includes upskilling of health professionals in adapting EBPs to treat CODs (mental illness and SUDs)

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Research: Mindfulness for CODs

- Adapting a Mindfulness-Based Intervention for Female Mental Healthcare Users Presenting With Co-occurring Disorders in a Low to Middle Income Country
- What are the adaptations needed for acceptability of a MBI?
- What are outcomes associated with an adapted MBI for female MHCUs in South Africa
  - increased mindfulness,
  - reduced substance use,
  - improved mental health

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