



The Mudita Foundation

Annual Report
2017/2018

The Mudita Foundation

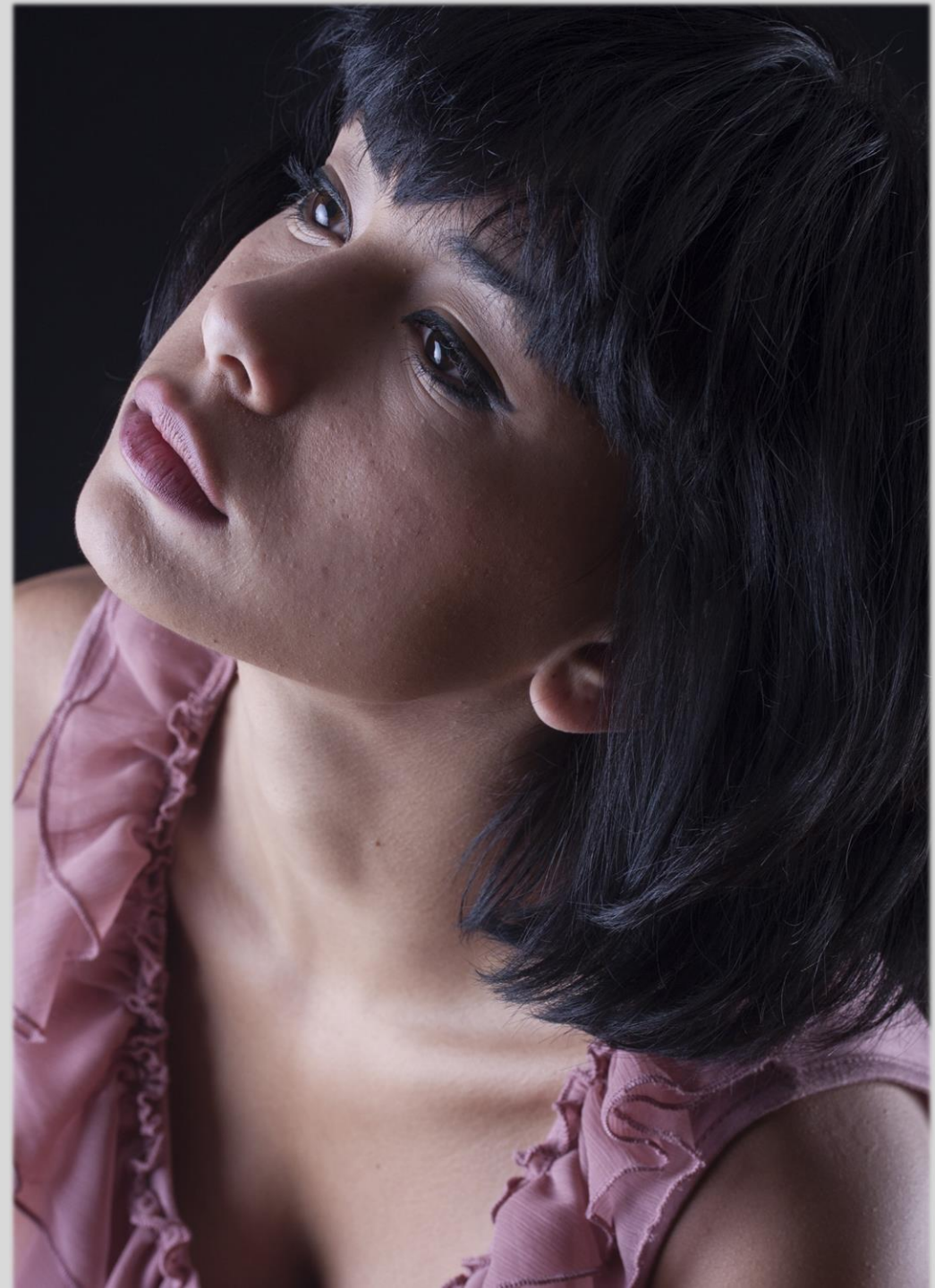
To learn more about us,
please visit www.themuditafoundation.org.za or
contact us at info@themuditafoundation.org.za

MISSION

The Mudita Foundation is dedicated to providing high quality mental health care and substance use services to children who are in their second decade of life.

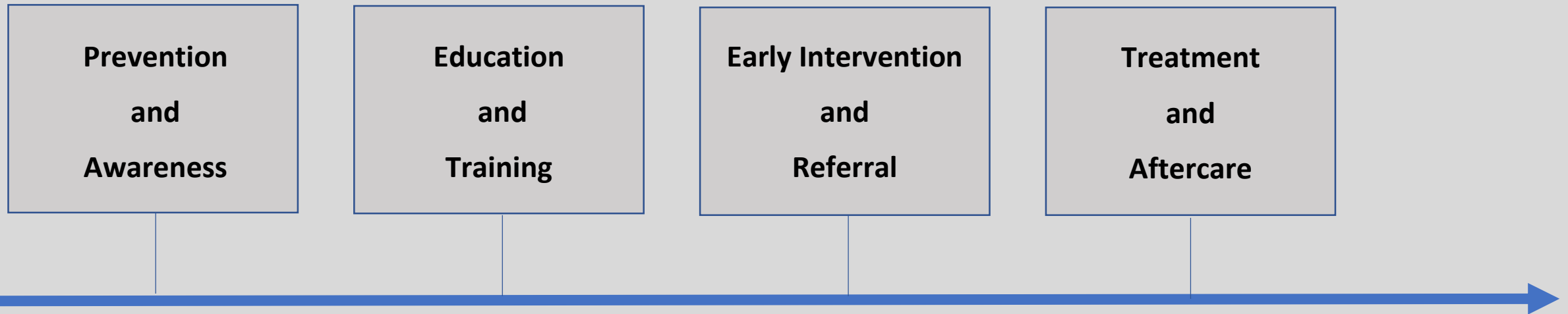
VISION

The vision of the Mudita Foundation is to promote the integration of substance abuse issues into the mainstream of socio-economic development programs.



GOALS

Our aim is to offer children and families sound substance abuse services across a continuum of care:



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LETTER FROM FOUNDER

Dear Friends,

In 2010 we founded the Mudita Foundation with the belief that access to quality substance abuse services is within reach of all South Africans, including children and adolescents. Driven by this belief, we have continued to explore the frontiers of our field in pursuit of rendering specialised services to those most vulnerable, and for those whom easy access to such services would be extremely difficult.

However, for this lofty goal to be realised, the Mudita Foundation has had to undergo several changes. As a result of this mind-shift we have seen a remarkable transformation over the past two years, most significantly in the past 12 months.

One of the most profound changes over this period has been a richer understanding of– and deeper commitment to– partnerships. This has come into focus as we have redefined our views of what it means to be a leader in the field of youth mental health care.

In other words, what is clearer than ever before, is that we cannot achieve success if we choose to pursue our goals independently.

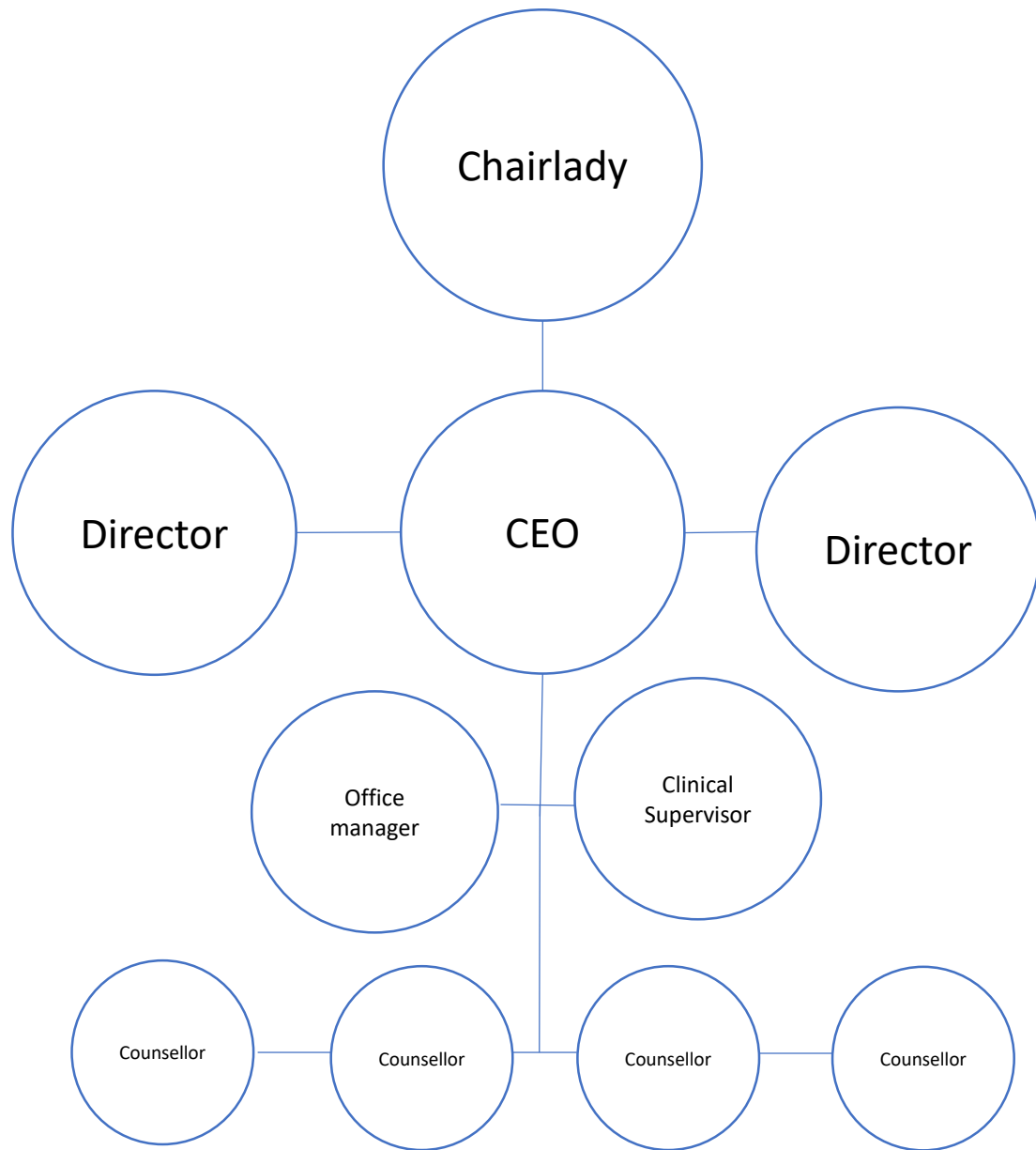


This perspective brings together what we believe are essential fundamentals to not only enhance the longevity of our organisation, but to stimulate growth within our field. And we are seeing this already: in pursuit of partnership and collaboration, a natural expansion and refinement of the work we do has started to emerge. This is evident in our move toward integrated initiatives that place a high priority on moving us forward simultaneously on multiple fronts in order to achieve maximum impact.

To all those who were part of this transformation, my only hope is that this report captures the beginnings of our partnerships and the impact it has had on our communities.

A handwritten signature in black ink, appearing to read 'Alison Carstens'. The signature is fluid and cursive, with a large loop at the end.

–Alison Carstens
Founder and CEO



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Structure

OUR DIRECTORS

The Mudita Foundation, a Non Profit Company (NPC), was founded in 2010. Inspired by a desire to assist children affected by drugs and alcohol, Educational Psychologist Alison Carstens set about establishing a nonprofit company. Together with Alison, 6 dedicated people came together to found the NPC.

Of the original board of directors, 4 members are still with us today: Alison Carstens (CEO), Dr Liezl van Pletzen-Vos (Chairlady), Alicia Hoorn (Director) and Christo van Tubbergh* (Director) - Retired November, 2011.

Together, these passionate directors steer the organisation in the direction of its goals.

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Structure

OUR TEAM



***“Never believe that a few
caring people can’t
change the world. For,
indeed, that’s all who ever
have.”***

Margaret Mead

Kelly Frieslaar: **Registered Social Worker**

Larissa Steenberg: **Social Worker/Psychologist**

Abongile Bongoza: **Intern Social Auxillary Worker**

Renay February: **Chief Administrator**

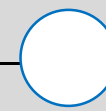
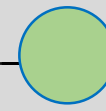
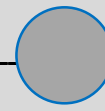
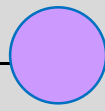
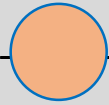
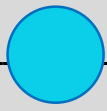
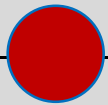
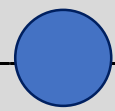
Landi Mostert: **Registered Social Worker**

Robyn Adams: **Intern Social Auxillary Worker**

Alison Carstens: **Registered Psychologist**

The figures below are an indication of the number of children who have completed treatment (from April to March each year).

The Mudita Foundation has dedicated the last 8 years to rendering specialised treatment services to school-going teens affected by substance use problems. During this time, 821 children have **completed** a treatment cycle of between 6 and 16 weeks. Through the foundation's work, hundreds more have received screening, assessments, referrals, trauma-counselling, learning support and other related services.



2011

One school,
one
service area,
45 learners in
Outpatient
Treatment,
0 Brief
Intervention.

2012

One school,
one
service area,
45 learners in
Outpatient
Treatment,
0 Brief
Intervention,
129 Research
Participants.

2013

Two schools,
one
service area,
77 learners in
Outpatient
Treatment,
0 Brief
Intervention,
108 Research
Participants.

2014

Two schools,
one
service area,
79 learners in
Outpatient
Treatment,
0 Brief
Intervention,
252 Research
Participants.

2015

Three schools,
two
service area,
64 learners in
Outpatient
Treatment,
43 Brief
Intervention,
245 Research
Participants.

2016

Four schools,
three
service area,
56 learners in
Outpatient
Treatment,
136 Brief
Intervention,
151 Research
Participants.

2017

Six Schools,
four
service areas,
39 learners in
Outpatient
Treatment,
117 Brief
Intervention,
460 Research
Participants.

2018

Six schools,
four
service areas,
22 learners in
Outpatient
Treatment,
98 Brief
Intervention,
851 Research
Participants.

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Overview

SERVICES

Prevention and Awareness | Education and Training |
Early Intervention and Referral | Outpatient Treatment

ACCESSIBLE

Learners receive professional services at their schools.



AFFORDABLE

Services at the Mudita foundation are free of charge to learners in our service areas.



PROFESSIONAL

We make use of Social Workers, Social Auxiliary Workers, Psychologists, and other registered professionals.



INTEGRATED

Our services combine all aspects that are relevant in tackling an individual's problem.



COMPREHENSIVE

Assessments, Referrals, Brief Intervention, Outpatient treatment and Aftercare.



SPECIALISED

The Mudita Foundation has specialised knowledge and training in the area of youth substance use disorders.



Providing services to under-resourced communities in:



Eerste River



Kraaifontein



Somerset West



Macassar



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Achievements

FUNDRAISING

Amidst an ever-challenging economy, the Mudita Foundation worked harder than ever to raise much needed funds for our programs. Here are the highlights of 2017/2018.

Wines2Whales

27 October 2017 - 5 November 2017

The Mudita foundation's staff, family and friends participated in the transfer of vehicles organised by Helderberg Sunrise Rotary Club.



Fun Run

6 May 2018

Boschendal, in Stellenbosch, played host to Mudita's first fun run, a beautiful 6km race through the vineyards.



Picnic

9 December 2017

Our final fundraising event of the year was a peaceful picnic held at "At the End" in Jonkershoek.



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Achievements

18 JULY 2017 | MANDELA DAY | 67 MINUTES



BRINGING
WINTER
JOY TO THE
CHILDREN
OF
**Kylemore
CRECHE**

COMMUNITY OUTREACH



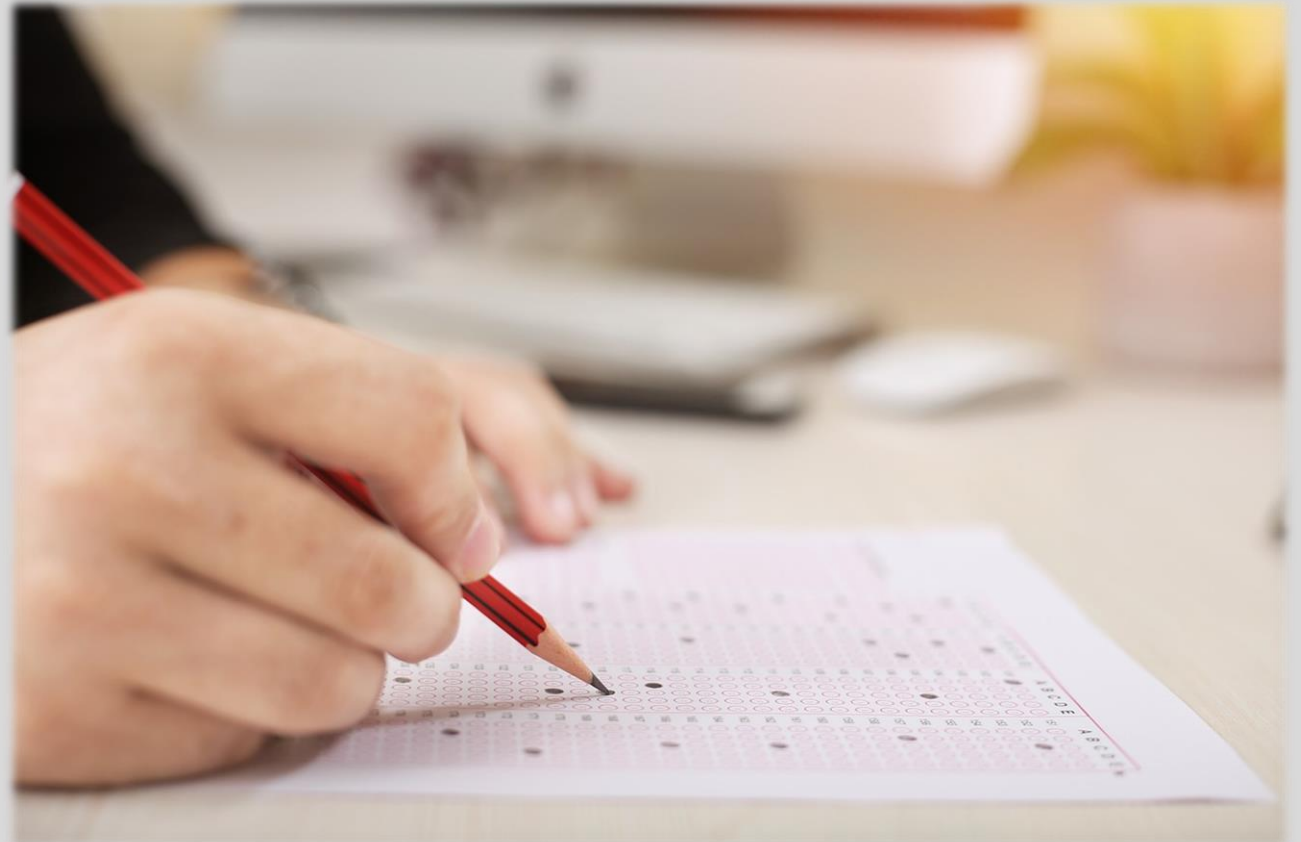
Beyond offering formal treatment, the Mudita Foundation strives to connect with communities through various outreach activities each year. This year these activities ranged from spending time at a nearby crèche to offering study sessions to Matric learners. From addressing youngsters at a holiday youth-program to promoting awareness at events like 'Rotary Health Days' and 'The Presidents Awards for Youth Empowerment' – to name but a few.

Background

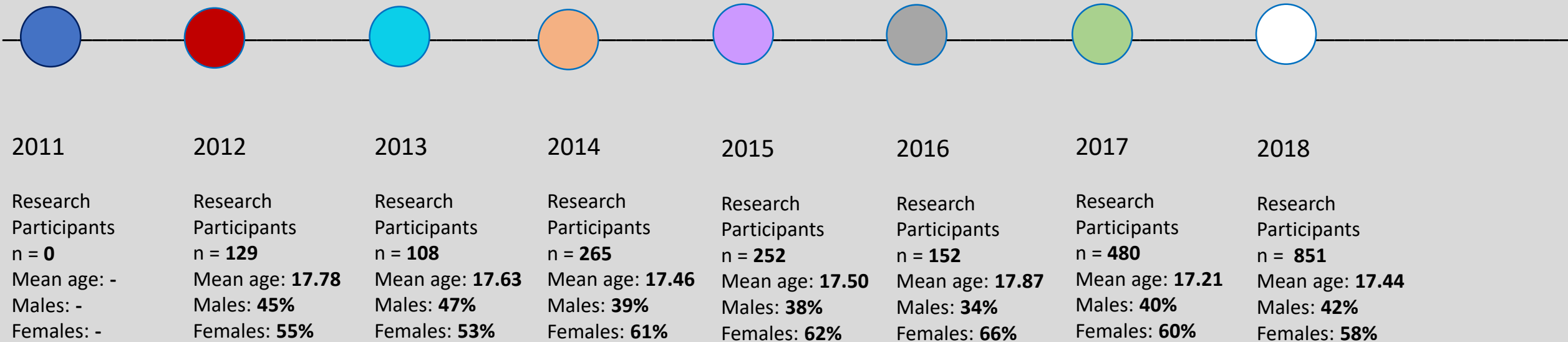
According to the Department of Education's recent statistics, the grade 12 results in the East Metropole District were the lowest of all districts in the Western Cape. Not only were the Matric results very poor, but many grade 12 learners did not make it to their finals and dropped out of school altogether. We know that children in lower income areas are often at risk of social-emotional problems which can negatively impact their scholastic careers. The aim of the grade 12 survey was thus to identify children who might be at risk of dropping out or failing their final year due to substance problems or other mental health problems. Once these learners were identified we would collaborate with Metropole East Education District's Social Workers to bring appropriate services to these learners

Method

The survey took place in January 2018. Two psychometric instruments (paper and pencil screeners) were administered to 851 grade 12 learners across 6 schools in the Metropole East Education District.



In 2012 the Mudita Foundation started a research project to establish the clinical support needs of grade 12 youths, specifically focussing on substance use disorders within this population. For the first two years, this research project, and subsequent intervention programme, focussed its efforts on Tuscany Glen High School in the Eerste River area. In 2014 and 2015 the research was conducted at Malibu High in Eerste River. In 2016 the survey was conducted at Gordon High in Somerset West. In 2017, all 3 schools took part in the survey with the addition of Eerste River Secondary. In 2018, a total of 7 schools were surveyed. The above 4, together with Macassar High, Zandvliedt in Macassar and Scottsdean in Kraaifontein.

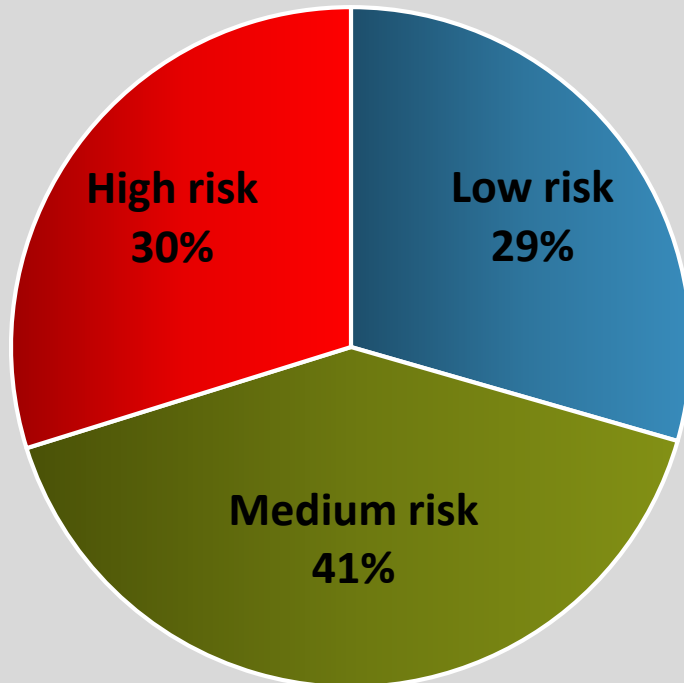


*Data collected by the Mudita Foundation from certain schools within the Metropole East Education District

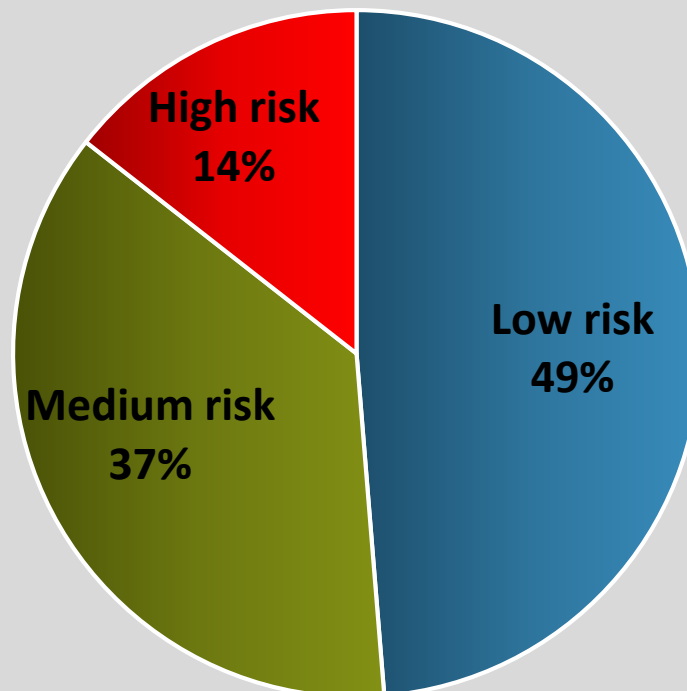
Outcomes

Prevalence of substance use problems
among a group of 851 Matric learners
in 2018

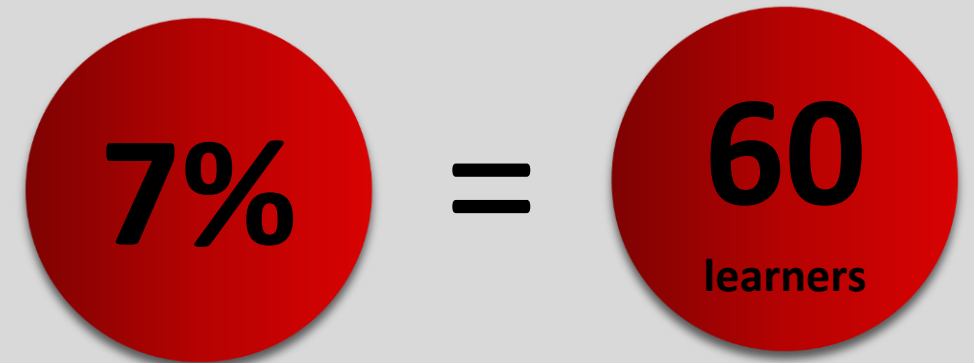
Lifetime Prevalence



Past Year Symptoms



Matric Learners with PAST MONTH symptoms
(HIGH risk = diagnostically significant)



4

Projects

YOUTH SUBSTANCE ABUSE PROJECT (YSAP)

It was no small undertaking, with role-players from **Helderberg Sunrise Rotary Club in Somerset West, Rotary Netherlands, Rotary International**, addictions professionals from the Netherlands, and South African stakeholders coming together to help bring much needed substance abuse services to the Macassar community.



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Projects

YSAP



AIMS OF THE PROJECT

The main purpose of the project was to build the capacity of youth professionals and community members to prevent substance abuse among children and adolescents in Macassar.

The project comprised workshops, talks and mini-conferences for educators, community members, learners, government officials, non-profit organisations and relevant policy makers.

Direct Outcomes

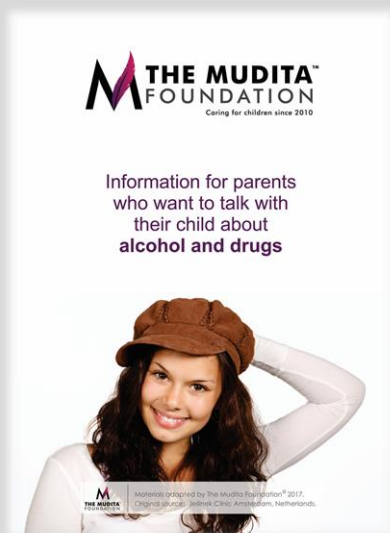
- The Dutch team of specialists provided **support** to the Mudita Foundation in establishing a *substance use service centre* in Macassar.
- Together with Rotary and the Dutch team, we were able to **capacitate** local role players (law enforcement, educators, parents and local organisations) to better respond to substance use issues.
- We also provided **training** to Educators on early detection and referral processes for children and adolescents.

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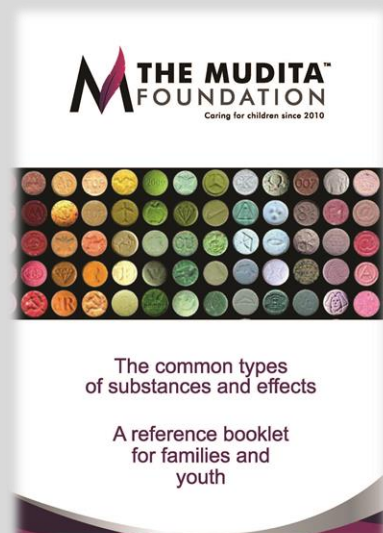
PROJECTS

INFORMATION DISSEMINATION

With the support of individuals from Jellinek in Amsterdam, much needed materials were translated and adapted for the South African context. These materials are now made available to professionals, police services, teachers, learners, parents and other community members.



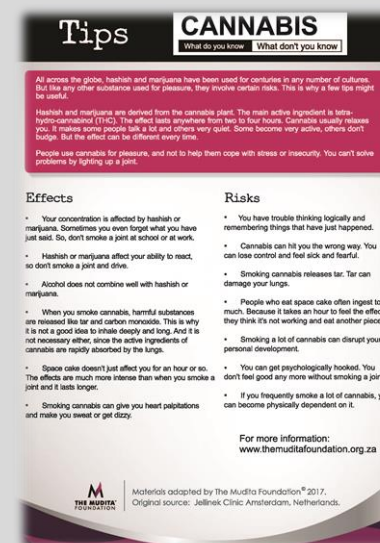
A 10 page brochure with information to help parents talk to their children about drugs and alcohol.



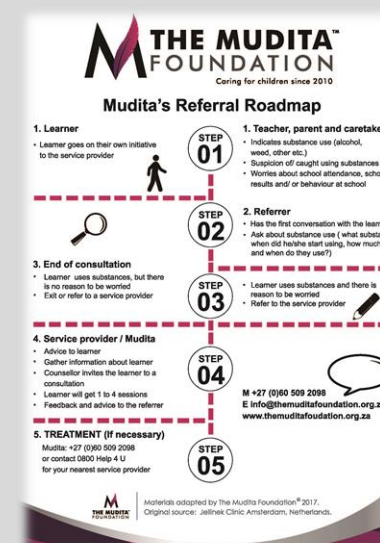
A 14 page brochure about the types and effects of 9 common substances.



A two-page flyer highlighting the positive effects of reducing alcohol intake.



A one-page flyer highlighting the effects and risks of cannabis use.



A guide for schools to help refer children who have problems with substance use.

Educator sessions were well attended by teachers and management

Malibu High School

15-01-2018

Number of Mudita staff and students present: 7

Number of attendees was **33** and comprised the following:

Educators: 31

Student educators: 2

Senior/management-educators: **1**
(including HODs as well as the Principal and Deputy Principal).

Eerste River Secondary

29-01-2018

Number of Mudita staff and students present: 7

Number of attendees was **31** and comprised the following:

Educators: **29**

Student educators: **0**

Senior/management-educators: **2**
(including HODs as well as the Principal and Deputy Principal).

Something that has been highlighted as being crucial to the advancement of substance abuse services in the Western Cape, is the need for relevant, practical substance abuse information aimed at Educators. The Mudita Foundation took up this challenge by delivering a focused information session to 6 high schools. The aim of the session was to increase educators' knowledge of teen substance use problems in 4 key areas: 1. knowledge on the classification of drugs by their effects, 2. fundamental facts about cannabis and alcohol, 3. the stages of substance use, and 4. how to address learners and when to refer.



Zandvliet High School

16-01-2018

Number of Mudita staff and students present: **7**Number of attendees was **32** and comprised the following:Educators: **26**Student educators: **1**Senior/management-educators: **5** (including HODs as well as the Principal and Deputy Principal).**Gordon High School**

20-02-2018

Number of Mudita staff and students present: **7**Number of attendees was **22** and comprised the following:Educators: **21**Student educators: **0**Senior/management-educators: **1** (including HODs as well as the Principal and Deputy Principal).**Macassar High School**

22-01-2018

Number of Mudita staff and students present: **7**Number of attendees was **25** and comprised the following:Educators: **20**Student educators: **0**Senior/management-educators: **5** (including HODs as well as the Principal and Deputy Principal).**Scottsdale High School**

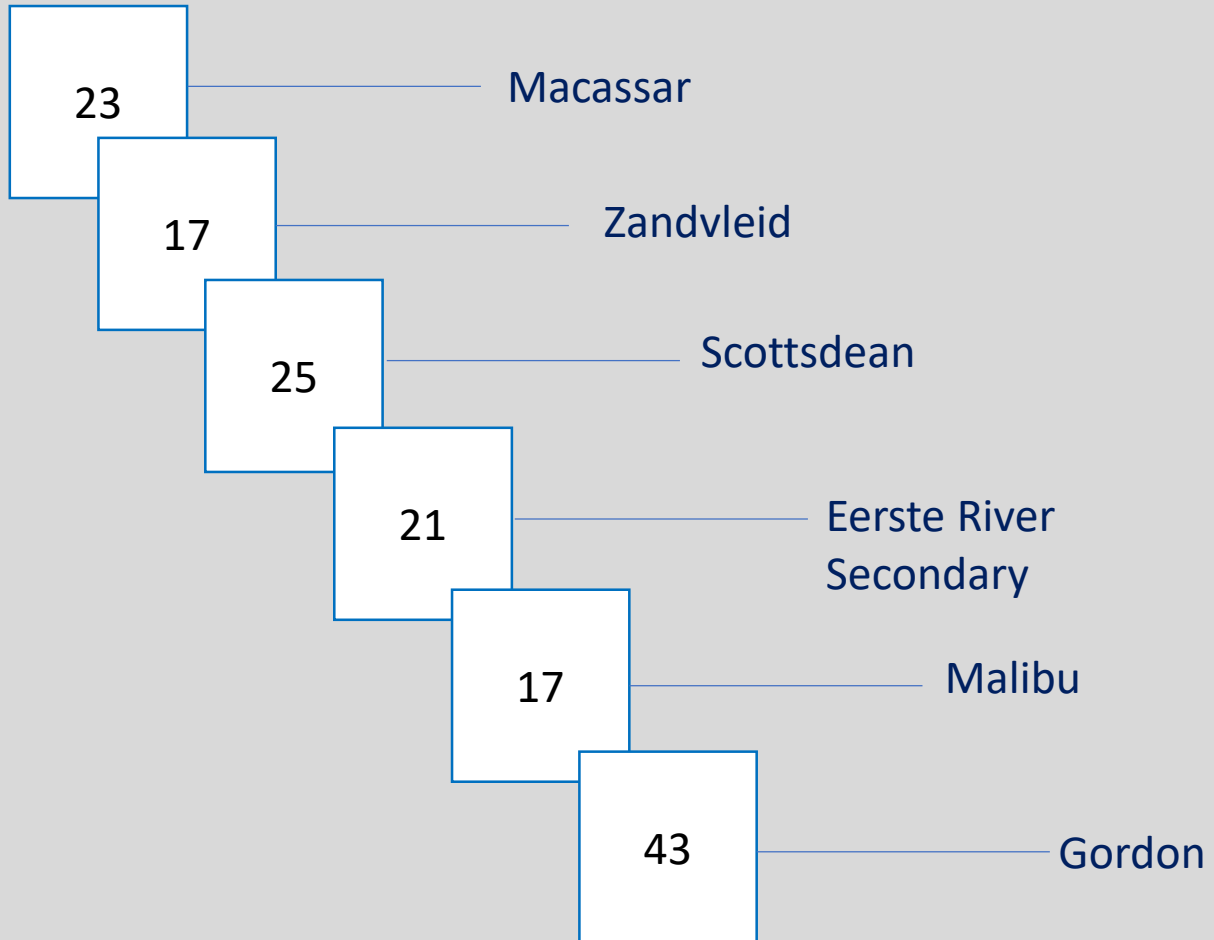
23-01-2018

Number of Mudita staff and students present: **7**Number of attendees was **28** and comprised the following:Educators: **28**Student educators: **0**Senior/management-educators: **0** (including HODs as well as the Principal and Deputy Principal).

5

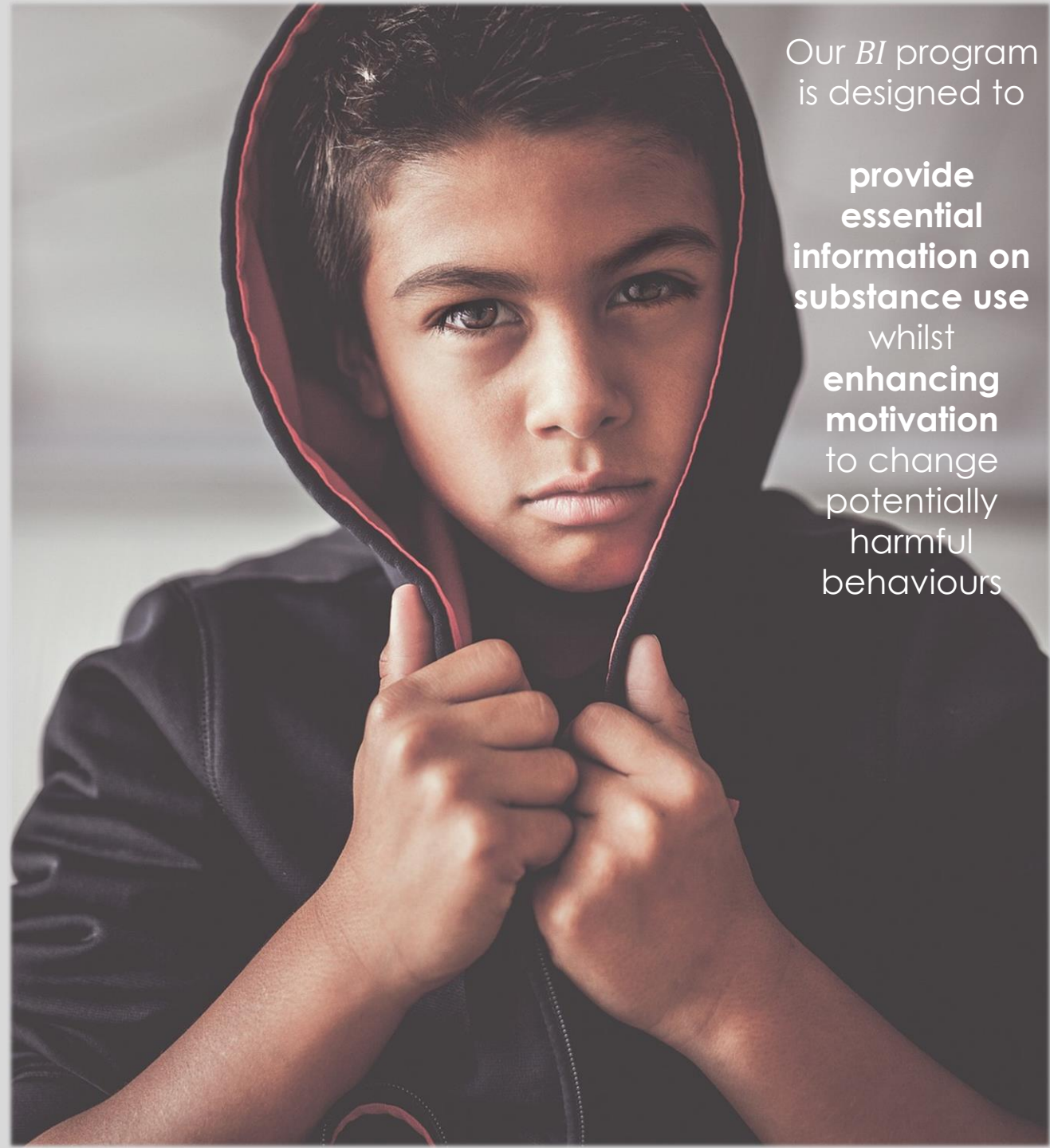
Services

BRIEF
INTERVENTION
(6-8 weeks)



Our *BI* program
is designed to

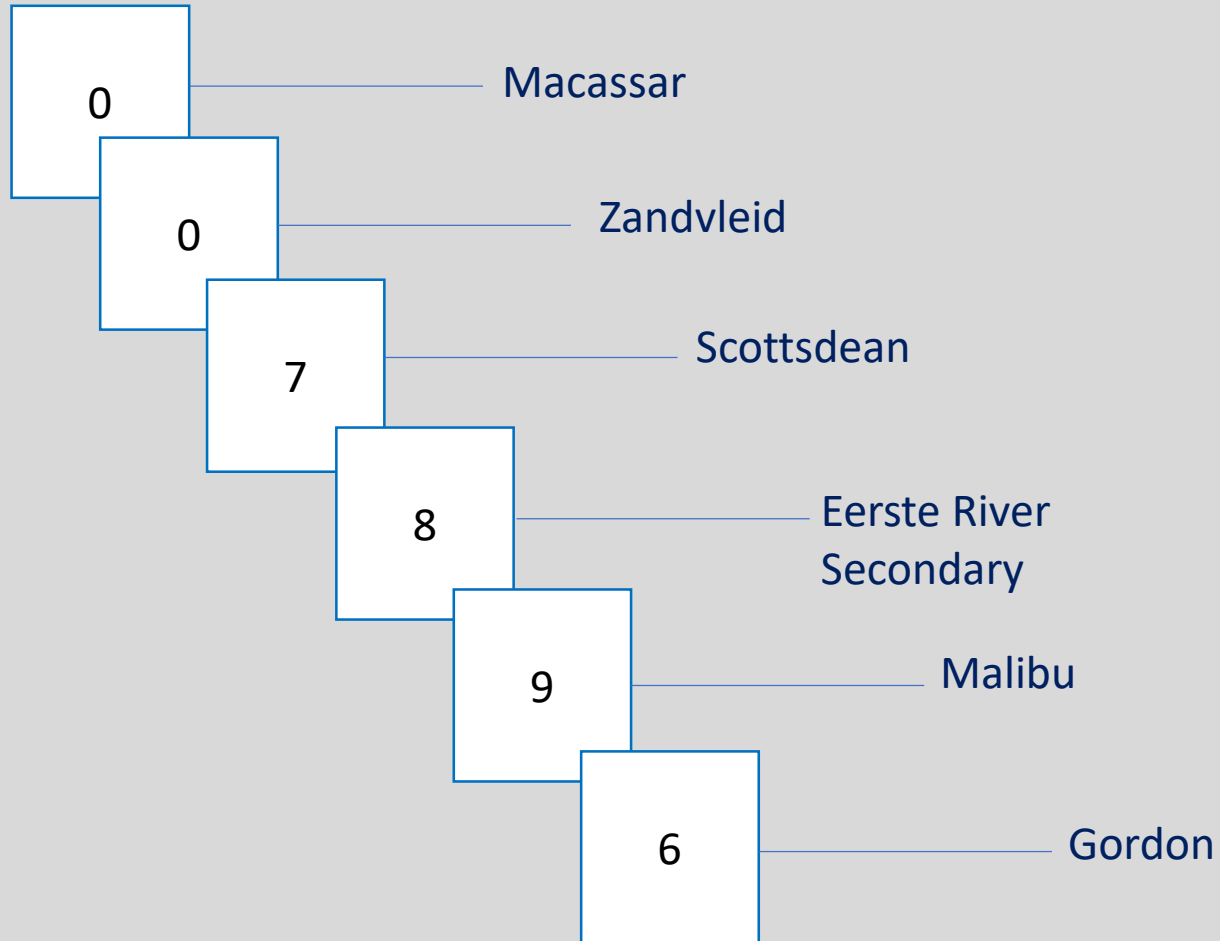
**provide
essential
information on
substance use**
whilst
**enhancing
motivation**
to change
potentially
harmful
behaviours



5

Services

OUTPATIENT
TREATMENT
(12-16 weeks)



Our *OPT* program
is designed to

reduce harmful or
hazardous
substance use
and
decrease
symptoms of
comorbidity
to
increase
children's general
functioning



Independent Auditors Report

Qualified opinion

In our opinion, except for the possible effect of the matter described in the basis for qualified opinion section of our report, the annual financial statements present fairly, in all material respects, the financial position of the Mudita Foundation NPC as at 30 June 2018, and its financial performance and cash flows for the year then ended in accordance with International Financial Reporting Standards for Small and Medium-sized Entities and the requirements of the Companies Act 71 of 2008.

Basis of qualified opinion

The organisation, in common with other organisations, derives a portion of its income from donations and fundraising, which cannot be fully controlled until it is entered into the accounting records. Consequently the donations and fundraising income are not susceptible to audit verification.



SUMMARY

Over the past 12 months, the scope of our work has broadened significantly. Much of this report has focused on this expansion, as well as the foundation we are laying for future growth. Our mission moving forward is to continue to increase the impact of our services. But most importantly, this report serves to highlight the earnestness with which we have chosen to pursue a path of partnership with multiple stakeholders in order to achieve real growth where it matters.

We want to grow because the scope of the current issues demands a greater response than it currently receives

ACKNOWLEDGEMENTS

*From the bottom of our hearts, we would like to thank
all those who have helped us to help our children.*

CJIS Fruit & Transport/André Cyster | Bonne Esperance | Calendon Villa | Chantel Hector | Furniture Renew and Repair/Dave Norman | Jordan Wine Estate/Eben February | Marlin Steenberg | Lesley Wyma | Fabric Max | May Niehaus | RO3 Oasis Stellenbosch | Pioneer Foods/Leah Bessa | Protea Hotel Marriott Stellenbosch | Round House | Stark Condé | Vergelegen Wine Estate/ Laura Dickenson | Zandam Cheese | Jetline | Helderberg Sunrise Rotary Club | Rotary Netherlands | Rotary International | Metro East Education Department | Rustenberg Addictions Care | Coca Cola | Mary Shand | Nibbly Bits/Durbanville | Triumph Trucking/Aulton Cyster & Jetro Cyster| TruCape | Boschendal Wine Estate /Mr Dudley Lackay | K3 water Sachets | Topline Medals | Jan Marais Park | Ambrose Combrinck | Gene Fisher | 10 Alexander Guest House | Gino's Restaurant | Nadz Hope nails, Beauty and training centre | Oasis Beauty Specialists | Bidvest | Chris Sadie Physio Therapy | Typo | Department of Social Development | Private Donors Donating towards Somerset Mall Book Sale | Pniel Millennium Hall | City of Cape Town/Sibongile Mlotywa | Cortina Farms/Richard Myburgh | Delight Fisheries | Something Nice | Fleeting Time Photography | 9 Miles Project | Newlands WP Rugby | Zandvliet and Macassar High Schools | Kylemore High Volunteers | Stellenbosch High School Volunteers | GivenGain | Cape Cups | Mc Donalds Somerset West | Mc Donalds Eikestad Mall | Maties FM Radio | At the End | Cape Careers Exhibitors Association | Round Table – Somerset West | Akker Doppies Cheche | Nora Tyres | Happy Faces Crèche | Eikestad Nuus

ACKNOWLEDGEMENTS

A very special word of thanks to the following individuals for their endless support of- and dedication to- the foundation's work:

Cobus Carstens

Mark Crosbie

Liezl van Pletzen-Vos

Lene Vastveit

Mary Shand

Denzil Cowley

Ton Houben

and

*the passionate staff that make up the heart of the Mudita
Foundation*

