



The Mudita Foundation

Annual Report
2018/2019

The Mudita Foundation

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



VISION

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

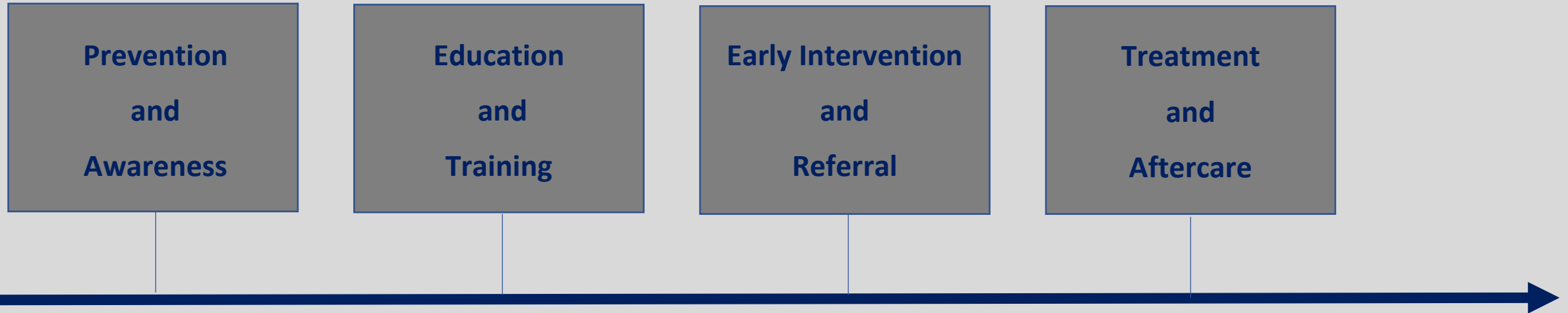
MISSION

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.



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

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2. **OVERVIEW**
3. **ACHIEVEMENTS**
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Summary

Acknowledgements

A LETTER FROM OUR FOUNDER AND CEO *ALISON CARSTENS*

Dear Friends,

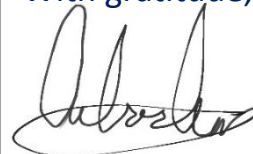
It is my great pleasure, yet again, to address our dear friends, valued donors and various stakeholders through this report. I am proud to say that Mudita has enjoyed another year of learning, growing and dreaming big dreams.

Over the past 12 months we have grown and developed across several areas and have set the wheels in motion for even greater things to come!

Most importantly, the Mudita team, with the support of its stakeholders, is more determined than ever to bring much needed relief to vulnerable children and youth affected by substance abuse. We would like to thank our supporters for their ongoing dedication to this cause.

We look forward to another year of learning, growing and dreaming together.

With gratitude,

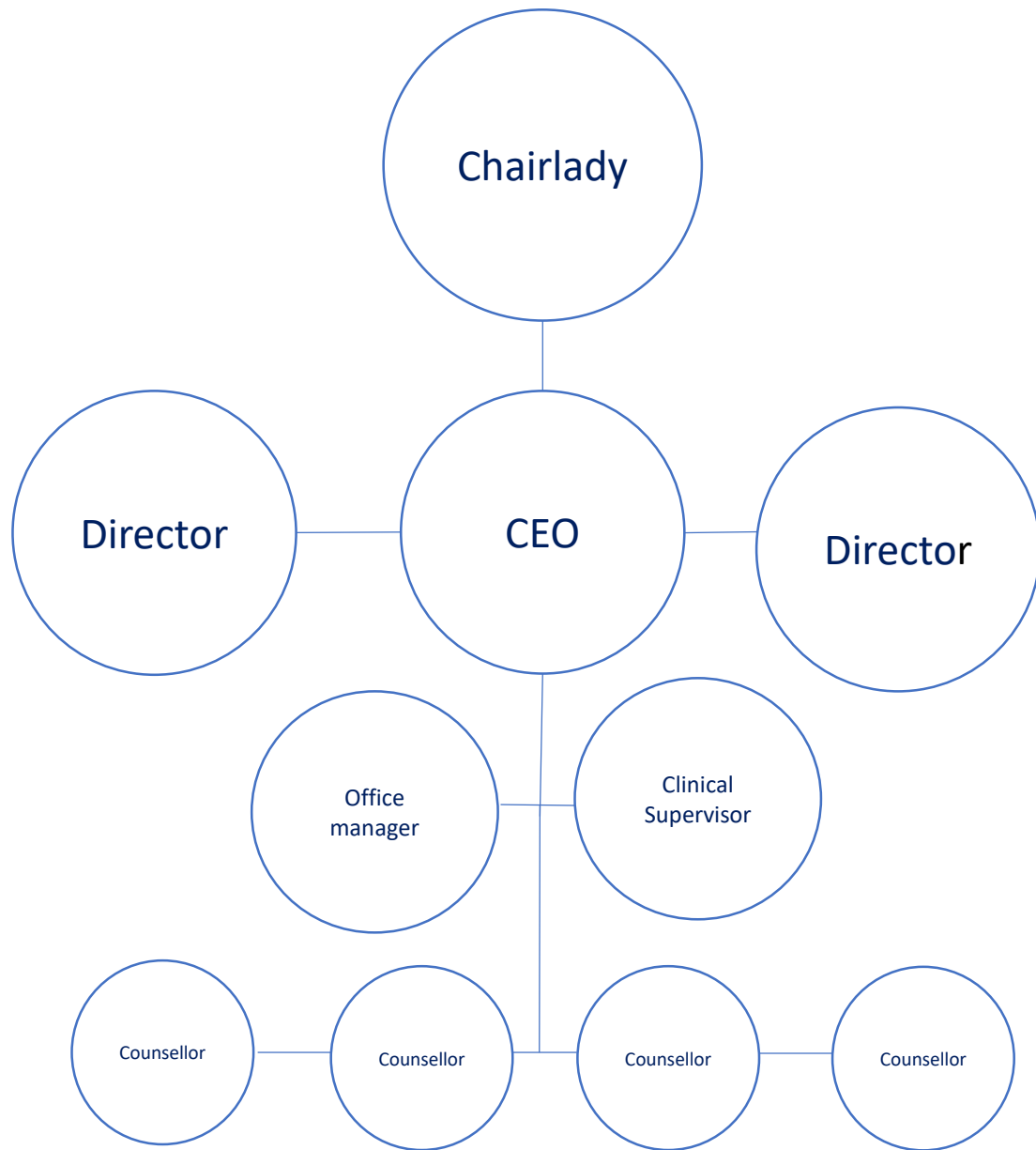


Alison Carstens



alison@themuditafoundation.org.za





1

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 non-profit company. Together with Alison, 6 dedicated people came together to found the NPC.

Of the original board of directors, 3 members are still with us today: Alison Carstens (CEO), Dr Liezl van Pletzen-Vos (Chairlady), Alicia Hoorn (Director). This year we welcome back past Chairlady, Peta Steyn, as member of the board.

Together, our passionate board members steer the organisation in the direction of its goals.

1

Structure

OUR TEAM

Alison Carstens: **Registered Psychologist**

Renay February: **Chief Administrator**

Tembakazi Msutwana: **Registered Social Worker**

Abongile Bongoza: **Social Auxiliary Worker**

Mariska Williams: **Social Auxiliary Worker**

Robyn Adams: **Social Auxiliary Worker**

Chine Crouch: **Social Auxiliary Worker**

Lizelle Koorts: **Consultant Psychologist**

Sipho Ntsokota: **4th year Social Work Student (UWC)**

Luxolo Maki: **4th year Social Work Student (UWC)**

“The strength of the team is each individual member. The strength of each member is the team.”

Phil Jackson



Providing services to under-resourced communities in:



Eerste River



Kraaifontein



Somerset West



Macassar



Stellenbosch



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.

**INTEGRATED**

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

**PROFESSIONAL**

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

**COMPREHENSIVE**

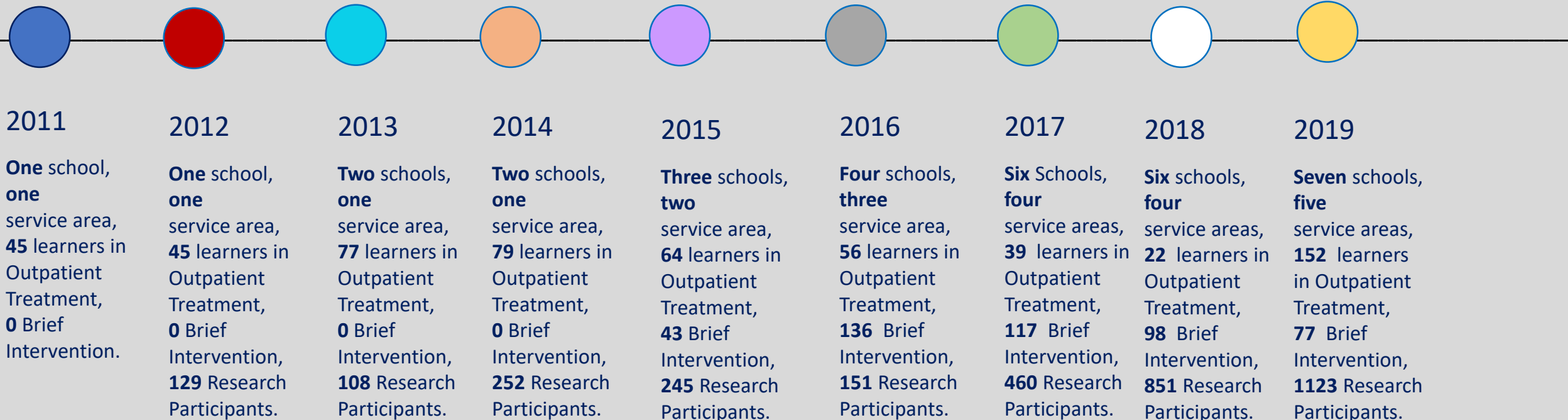
Assessments, Referrals, Brief Intervention, Outpatient treatment and Aftercare.

**SPECIALISED**

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

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 9 years to rendering specialised treatment services to school-going teens affected by substance use problems. During this time, 1050 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.



3

Achievements

FUNDRAISING

Fun Run

6 May 2019

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

Booksale

26 July 2018 – 29 July 2019

The Mudita Foundation participated in Somerset Mall's annual Charity Book Sale.

Wines2Whales

26 October 2018 - 4 November 2018

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

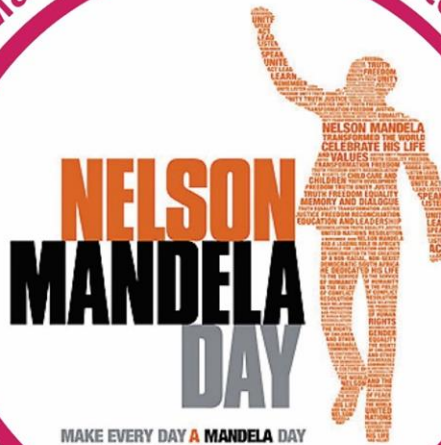
Picnic

24 November 2018

Our final fundraising event of the year was a family picnic day held at Jan Marais Park in Stellenbosch.



Mandela Day / 67 Minutes



MAKE EVERY DAY A MANDELA DAY

www.themuditafoundation.org.za

18 July 2018

Blanket Drive

The Mudita Foundation
and the youth from
Macassar are spending our
67 minutes at Zandvliet Care Facility.

Please donate a blanket / fleece
or something warm to wear in
aid of Zandvliet Care Facility.

Official donation points for
pre-owned clothes/blankets

The Friendly Frog School,
Somerset West,
Akkerdoppies, Stellenbosch.

or
Contact us on 060 509 2098
on email on
info@themuditafoundation.org.za

67

Minutes

18 July 2018



Beyond offering formal treatment, the Mudita Foundation strives to connect with communities through various outreach activities each year. This year youth from Macassar helped us hand out blankets for Mandela Day at Zandvliet Care Facility.

3

Achievements

COMMUNITY OUTREACH



Mudita also raised awareness around substance abuse through talks held at schools and by participating in various community events where we had the opportunity to talk to communities members about drugs and alcohol.

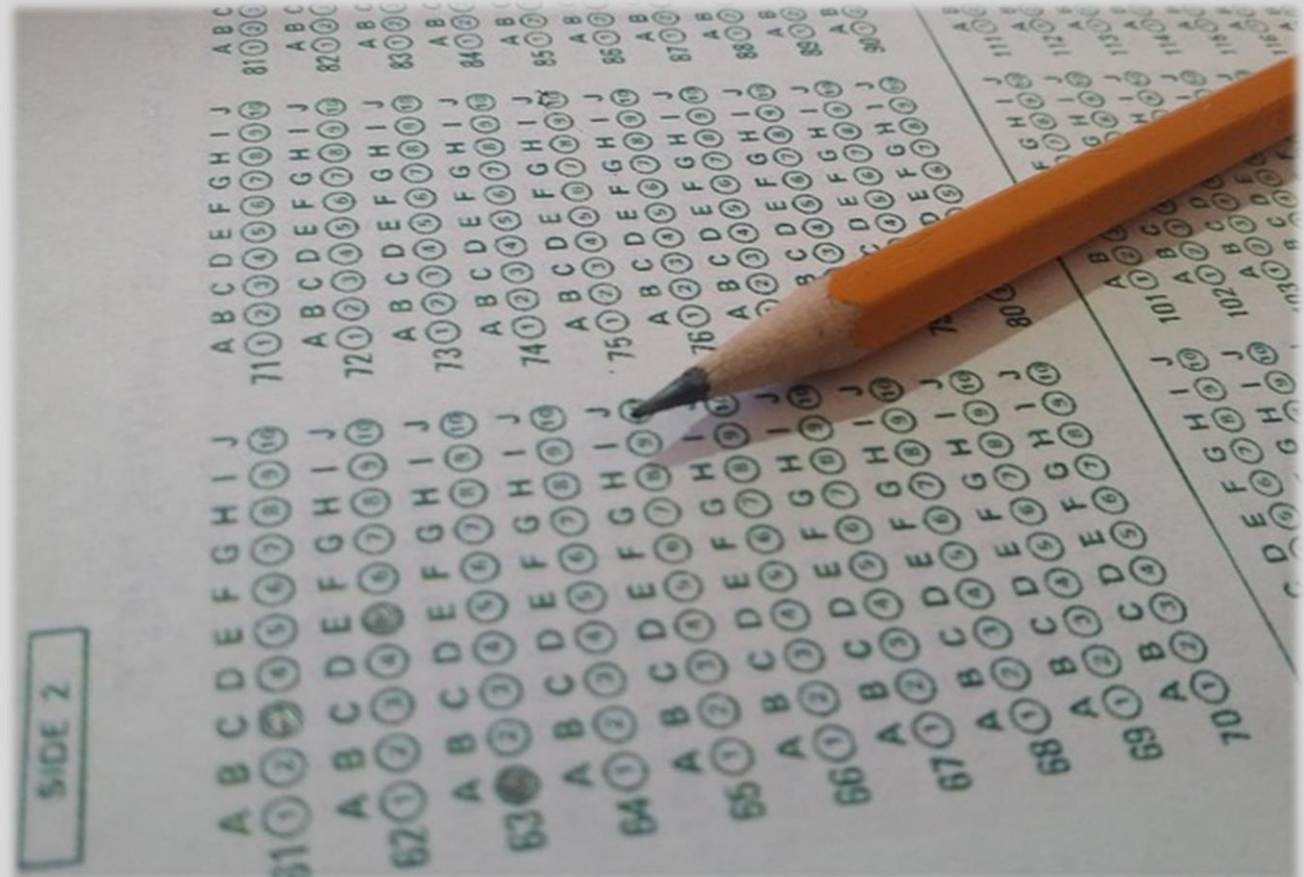


Background

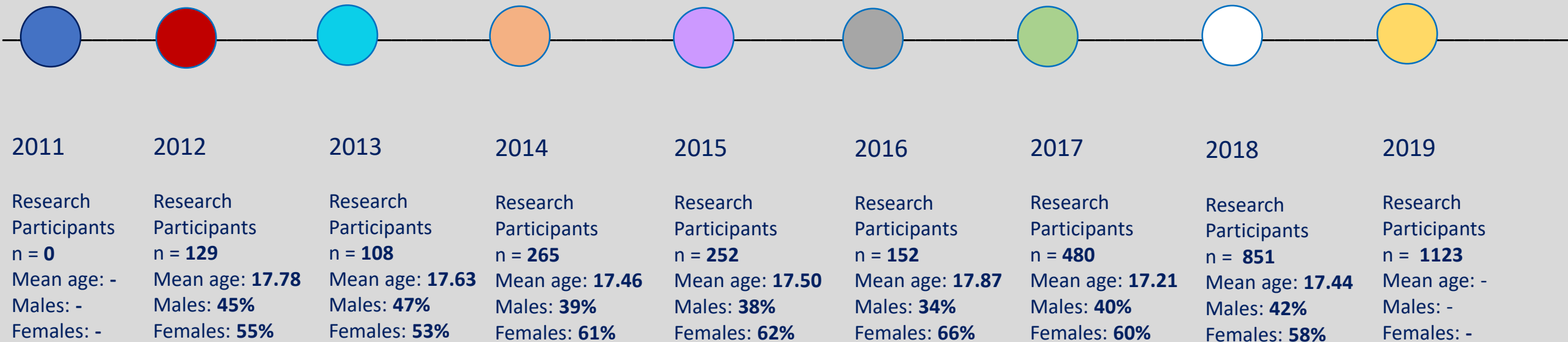
According to the Department of Education's recent statistics, the grade 12 results in the East Metropole District were the lowest of all districts in the Western Cape. Not only were the Matric results very poor, but many grade 12 learners did not make it to their finals and dropped out of school altogether. 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 2019. Two psychometric instruments (paper and pencil screeners) were administered to 1123 grade 12 learners across 7 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. In 2019 7 schools participated again and clinical services were rendered to vulnerable grade 12 learners in all 7 schools.



In the Western Cape schools are subdivided into **8 Districts**:

Cape
Winelands

Central

East

Eden & Karoo

North

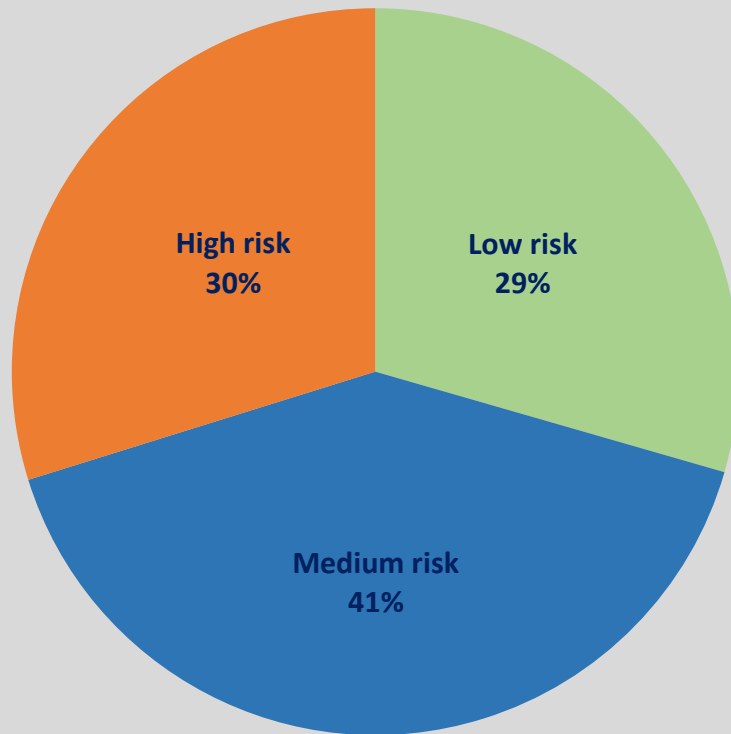
Overberg

South

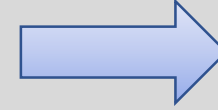
West Coast

SUBSTANCE USE AMONG MATRIC LEARNERS

Lifetime Prevalence

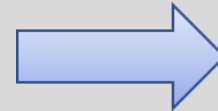


Lowest
Matric pass
rate
at a school



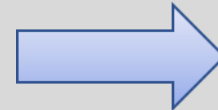
34%

Enrolled
learners who did
not
write their finals

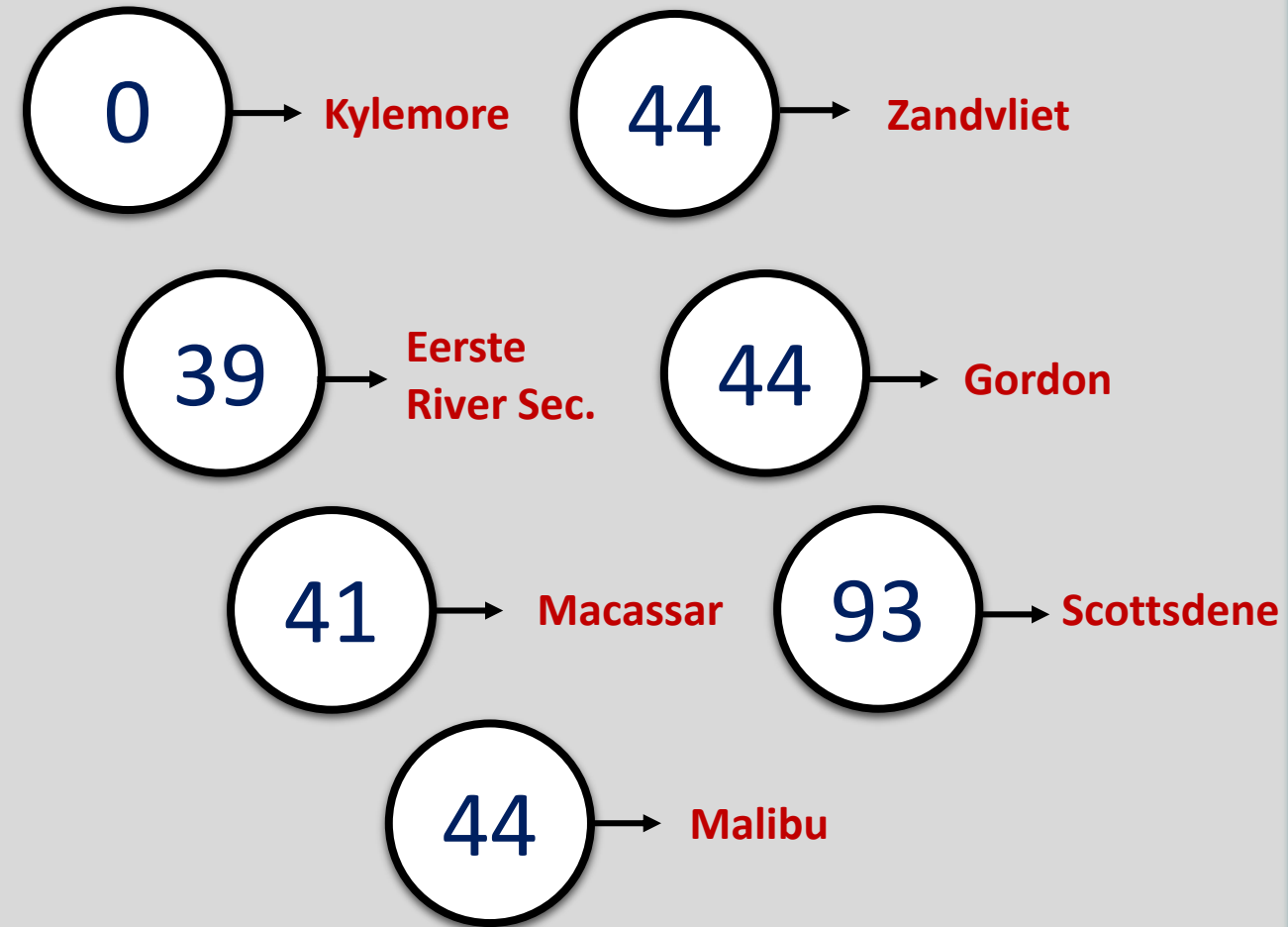


3,331

Learners who
failed
Matric

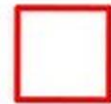
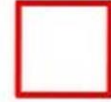


19'917



Outpatient Treatment for Matric learners

5-12 DBT sessions



4

Projects

EDUCATOR TRAINING

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 conducted a pilot project in 2018 delivering an information session to educators from 6 high schools the East Metropole area.

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.

Beyond the initial pilot project in 2018, Mudita partnered with Metropole East Education District to roll out the substance abuse education sessions to secondary school teachers in under resourced schools in the East Metropole area.



4

Projects

EDUCATOR
TRAINING

10
Schools

20
Intensive
sessions

300+
Educators



Developing sound policies on drugs, alcohol and tobacco for schools

The aim of the program was to come to a well-founded drug prevention policy at three secondary schools in the East Metropole District in the Western Cape.

The program was carried out
from 26 July to 8 August
2018.



4

Projects

Youth Substance Abuse Project

YSAP

Phase II

Goals

The aim of the project was to help schools develop their own substance and drug prevention policies.

These would help guide the school's efforts in creating and utilising the policies.

To ensure that substance and drug use within the schools are dealt with in a manner that can uphold the wellbeing of learners within a safe school climate.



In partnership with

Wilco Schilthuis

Senior project coordinator health
promotion and prevention team leader,
public health service of Amsterdam
(GGD), the Netherlands



4

Projects

Youth Substance Abuse Project YSAP Phase II



Separate engagements were held with educators, senior management and school governing body members as well as learners. From these meetings a working group was established with representatives from those involved in the initial engagements.

4

Projects

Youth Substance Abuse Project

YSAP

Phase II



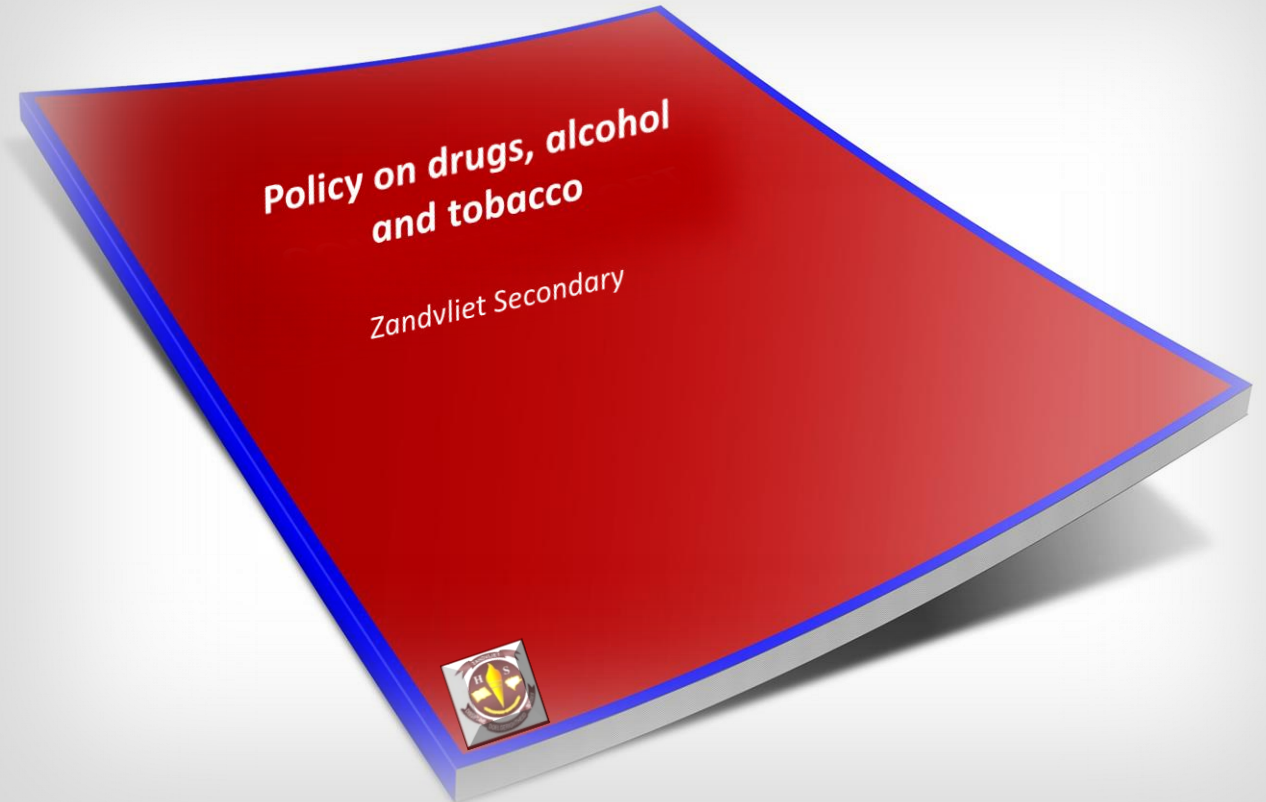
Learners played an important role In the process.

Their ideas and inputs contributed to the development of the policy documents.

Gradually, a picture was obtained of the wishes, bottlenecks and possibilities of the schools.

Based on this, a proposal was written for a school policy and for a protocol for the early identification and treatment of drug and alcohol use among learners.

The final product, a detailed protocol and proposals for school policy, was presented to the management team of the schools.



4

Projects

Youth Substance Abuse Project

YSAP

Phase II

At Gordon High the involvement of management was very limited. However, conversations with involved teachers and with learners took place at this school.

Based on this, proposals for drug prevention policy were formulated and presented to the school principal.

RESULTS

Thanks in part to good preparation, at Macassar High and Zandvliet High the program could be implemented as planned.

The involvement of school management and sufficient teachers meant that a policy could be formulated that was rooted in the wishes and ideas of the schools.

The input of the learners was also extremely valuable. This led to a detailed protocol at both schools.

Both the management of the schools and Mudita Foundation have indicated that they will start working with the protocol and will make a start on the other proposed policies.



Training for professionals

The need:

South African service providers need much more *training* in- and exposure to researched best practice models and methods of working with youth and substance abuse.



Ria Lochtenberg

Senior Clinical Social worker
Jellinek Clinic, Amsterdam



Maria JE de Brouwer

Senior Prevention worker / Psychologist
Jellinek Clinic, Amsterdam

INTENSIVE TRAINING IN TWO BEST-PRACTICE TREATMENT MODELS

- **DIALECTICAL BEHAVIOUR THERAPY (DBT)**
- **CBT-LIFESTYLE TRAINING**



4

Projects

Youth Substance Abuse Project

YSAP

Phase II



DBT is a well established treatment for individuals with multiple and severe psychosocial disorders, including those who are chronically suicidal.

DBT is effective for substance abuse patients with multiple, complex problems rooted in emotional dyscontrol who have not responded to other evidence-based approaches.

DBT is thus considered a reasonable first-line treatment for individuals who are substance dependent.

Lifestyle training is a Cognitive Behavioural Therapy approach developed by W de Wildt and M Merckx

As a research-based treatment modality, CBT is an effective treatment for substance abuse, eating disorders, and specific mental health diagnoses.



Number of children who completed the *brief intervention* program between April 2018 and March 2019.



Scottsdene

7

Kylemore

8

Gordon

10

Malibu

10

Zandvliet

11

Eerste
River Sec.

13

Macassar

18

Number of children who completed
outpatient treatment between April 2018
and March 2019.



Scottsdale

40

Kylemore

0

Gordon

27

Malibu

45

Zandvliet

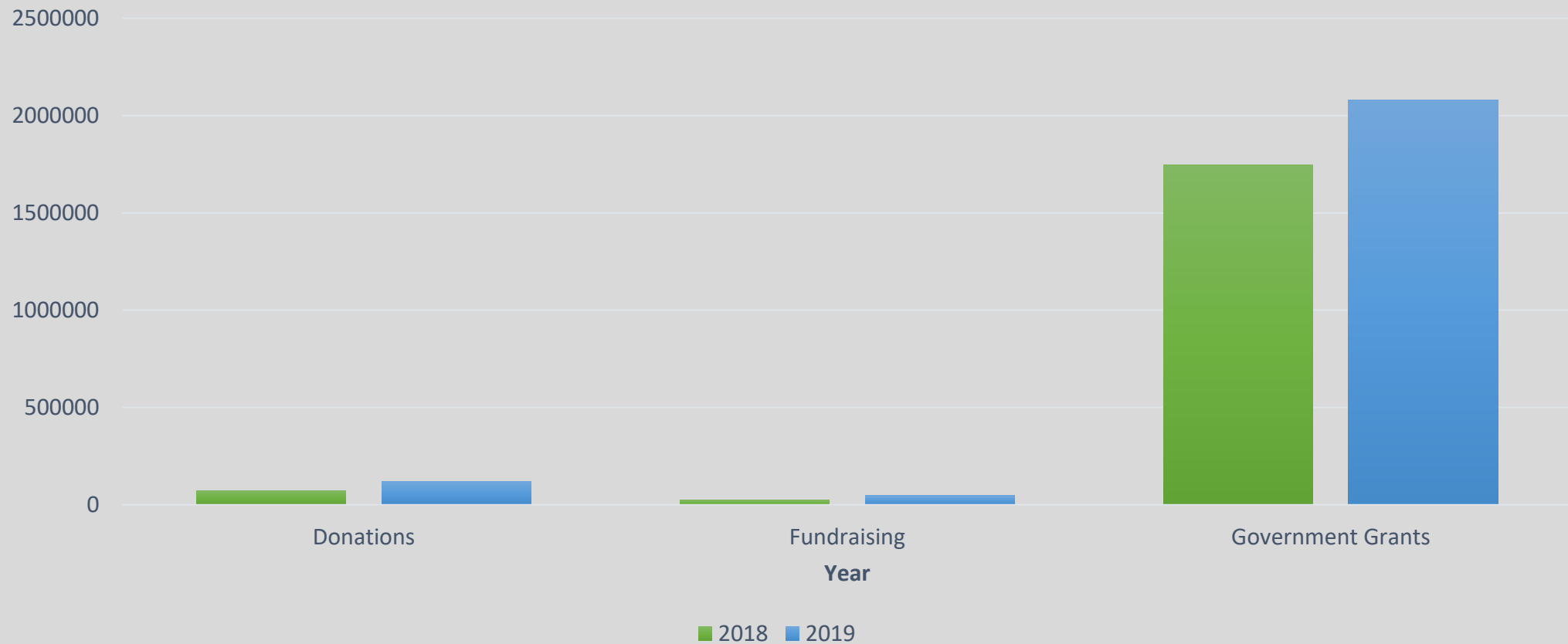
11

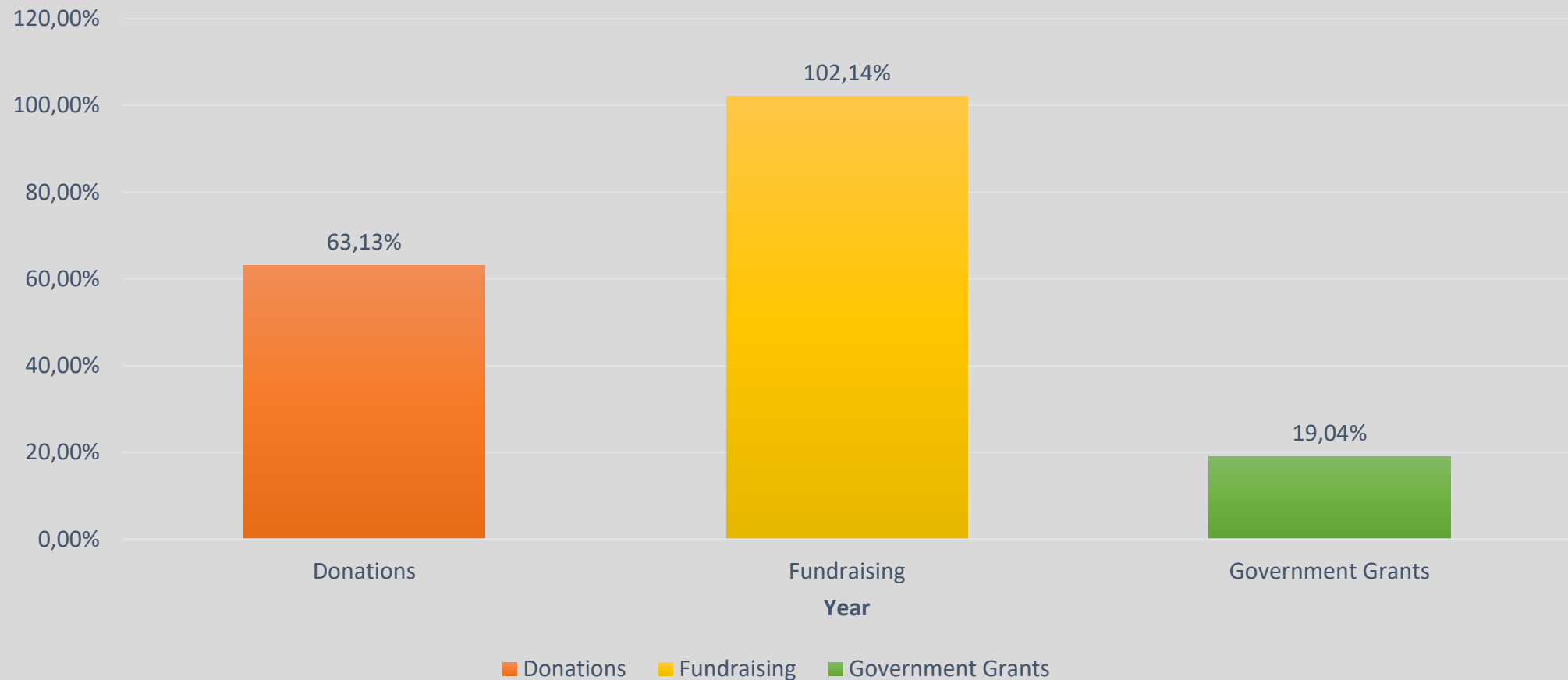
Eerste
River Sec.

2

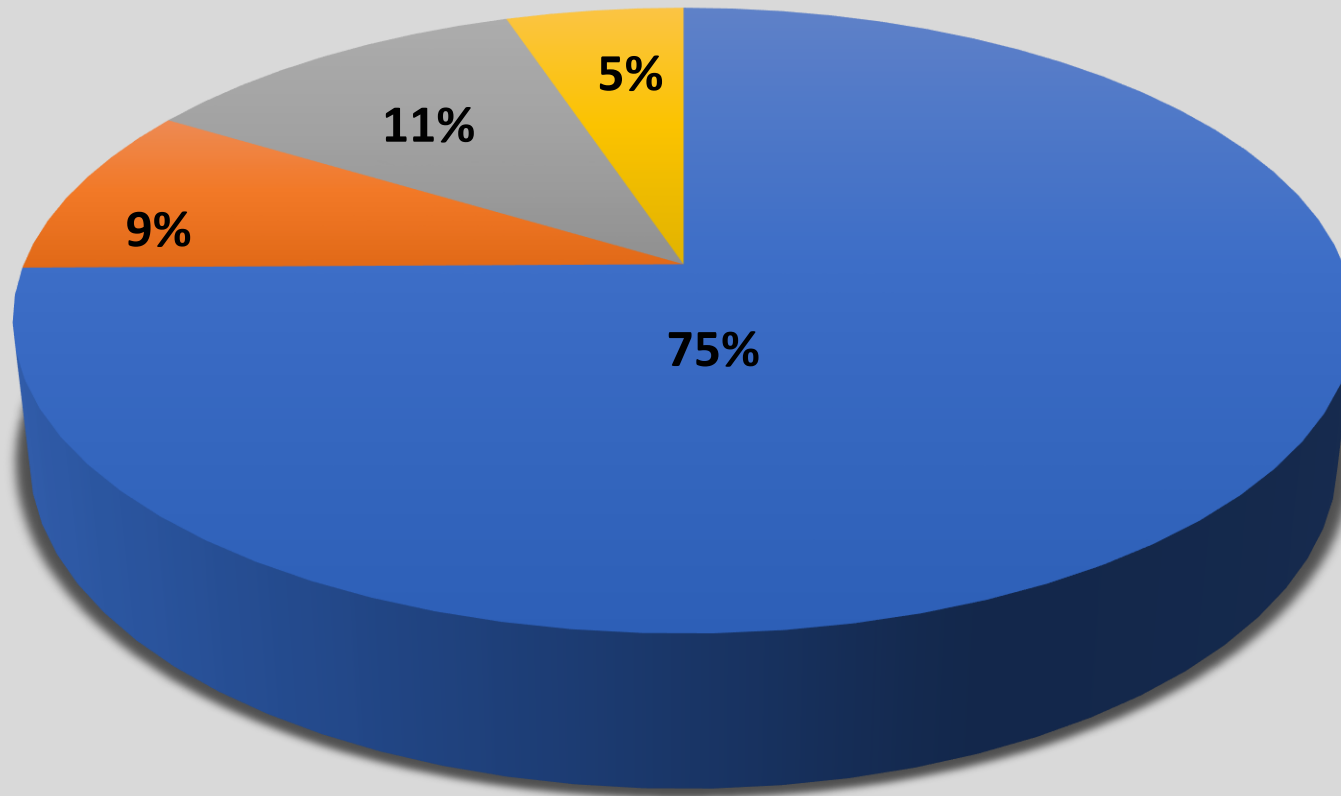
Macassar

27

Income sources: 2018 and 2019

Income source change in 2019

Breakdown of Expenditure



■ Programs and Direct Service Delivery to Beneficiaries

■ Supporting staff (administrators)

■ Operational expenses

■ Research, program development, staff training and related travel and accommodation



SUMMARY

This has been a year of learning and growth, of setting new goals and working towards them. Our hope is that this report reflects these goals, and in particular the foundation's endeavour to bring new knowledge to the field of substance abuse in South Africa.

We believe that in enhancing our knowledge and skills in the specialised area of addictions care, we can make the most impact in the lives of those affected by substance use.

"In order to make a real difference in the world, we first need to seek knowledge about the world we live in." AC

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 | Sergio Sedeman | La Pineta

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

Ton Houben

Wilco Schilthuis

Ria Lochtenberg

Maria de Brouwer

and

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

