



The Mudita Foundation
Annual Report
2020/2021



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.

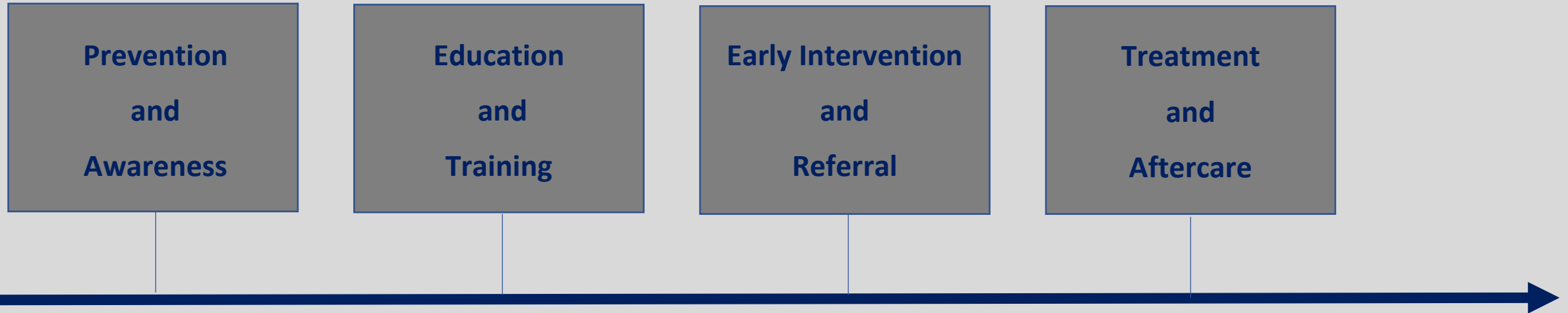
MISSION

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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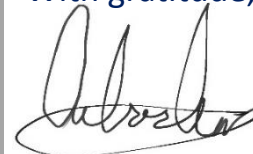
A LETTER FROM OUR FOUNDER AND CEO

Dear Friends,

It is my great pleasure to address you all, our valued stakeholders, donors, friends and affiliates through this report. This year has seen not only our country, but the world and our foundation, seized by the challenges brought on by the COVID-19 pandemic. As we entered this new era I became aware of the strength, fortitude and resilience of the individuals who make up the Mudita Foundation's team. Despite being plunged into a year of uncertainty, concern for our schools' well-being, worry about not being able to reach our clients and anxiety about the future of service delivery to vulnerable youths, my trusty team remained undaunted. They were as determined as ever to soldier on and make the best of each and every day. In this spirit they sailed through the stormy seas of a world-wide pandemic with what now seems like absolute grace and ease. All I can say is: "I take my hat off to each and every one of you and I look forward to embracing the next year alongside you all".

This report is dedicated to the wonderful individuals who make up the Mudita Foundation.

With gratitude,



Alison Crosbie

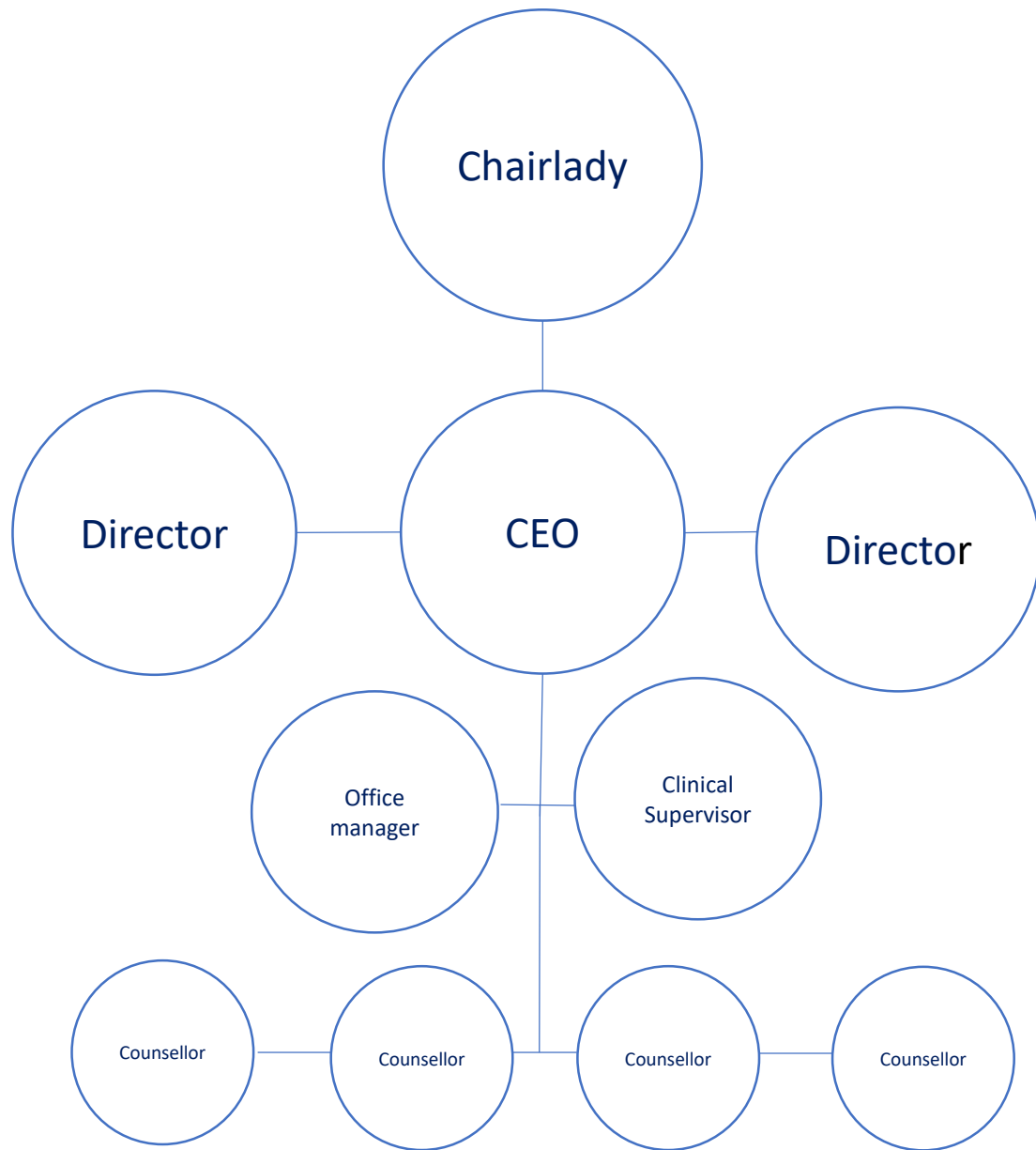
ALISON CROSBIE

"Great things in business are never done by one person. They're done by a team of people." — Steve Jobs



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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 Crosbie 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), Peta Steyn (Chairlady) and Alicia Hoorn (Director).

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

1

Structure

OUR TEAM



Alison Crosbie: **Registered Psychologist**

Renay Cyster: **Chief Administrator**

Taswell Witbooi: **Administrator**

Tembakazi Msutwana: **Registered Social Worker (outgoing)**

Alicia Steyn: **Registered Social Worker (incoming)**

Abongile Bongoza: **Social Auxiliary Worker**

Mariska Williams: **Social Auxiliary Worker**

Robyn Adams: **Social Auxiliary Worker**

Chine Crouch: **Social Auxiliary Worker**

Lizelle Koorts: **Consultant Psychologist**

Mariechen Perold: **Consultant Psychologist**

Anelisiwe Luti: **4th year Social Work Student**

1

Structure

OUR TEAM

Alison Crosbie
Registered Psychologist

I am the proud founder of the Mudita Foundation. I take great joy in seeing the many positive changes made in the lives of teenagers through the learning support and counseling they receive from the wonderful Mudita team!

“I am as passionate about teens today as I was when we founded Mudita 11 years ago.”



1

Structure

OUR TEAM

Renay Cyster
Chief Administrator

I am Renay Cyster, Chief Administrator for the Mudita Foundation. Completed my studies at Iq Academy in Business Management.

I enjoy the administration, fundraising and being able to assist fellow colleagues with tasks. I am a detail oriented person, thus 'work' does not feel like work.

"It not always easy but it's always
POSSIBLE"





OUR TEAM

Structure

1

Taswell Witbooi
Administrator/Graphic Designer

I'm Taswell and I'm an experienced graphic designer and an administrator-in-training. Part of my job is designing and updating booklets and flyers according to clinical staff information that they have collected. I love creating imagery the youth can relate to and understand. Making materials that show youth a step-by-step process of how to prepare for the future and certain situations through images, symbols and text.

I'm also excited to learn more about office administration and to be of service to my fellow colleagues as an administrator.

Alicia Steyn
Social Worker

I am a Registered Social Worker. I became a part of Mudita in April 2021 and started my career in addiction. Working at Mudita ignites my optimistic and energetic persona because the organisation focuses on believing in the best of each client.

I am passionate in this field because it allows me to support individuals while they grow and realise their capacity to live a meaningful life.

Lastly, I am passionate because Social Work enables people to look forward and have hope for the future.

I love being there when our clients experience this.



Janine Pick
Registered Counsellor

I am Janine Pick. I'm a registered counsellor, BA degree in Psychology. I'm part of the Learn2Learn team at The Mudita Foundation. I am an implementer of the learning support program.

I find great satisfaction in being able to support learners, and counsel those that need help with their challenges.

“The reward in my work is seeing learners get their eagerness back, and wanting to achieve their goals.”





Mariska Williams
Social Auxiliary Worker

Becoming....

Mariska is in her second year of studies towards her social work degree through UNISA. She is a qualified social auxiliary worker, with 10 years of experience. She was motivated to study by the fact that she is limited to help client's because of her qualification. She therefore decided to start her degree in social work and was funded by HWSETA through The Mudita Foundation in her first year. I believe that there is something good in all human beings, my profession enables me to embrace others especially adolescents.

“To motivate and empower youngsters brings a feeling of reward to myself.”

Chiné Crouch
Social Auxiliary Worker

I'm Chiné Crouch, a Social Auxiliary Worker for The Mudita Foundation. I form part of the Learn2Learn team, whereby we assist Gr10 learners at 2 selected schools to help them **Learn** to Learn (pun intended!).

The passion for what I do comes from the glistening look in a learner's eye, when the "world" had just opened up for them.



Robyn Adams
Social Auxiliary Worker

The purpose I chose my career is because I come from a community where our young children are mostly using substances and from my own experiences I know how difficult it is to get sober...

I want to help adolescents with their substance abuse problem to become better for themselves and focus on their future.





My name is Abongile Bongoza I'm a qualified Social Auxiliary Worker in the field of substance abuse. Over the past five years my career has advanced from a trainee Social Auxiliary Worker into a professional who is capable of performing their duties with minimal supervision.

Thanks to the management and fellow staff members for making it easy for me to integrate into the social work environment seamlessly. It is a fulfilling job to see a learner progressing from being substance dependent to becoming a focused person who performs well and looking forward into a brighter future. Though you don't often see change but it's always there every once in a while, there will be that educator or parent who will give testimony about a learner or their child, that is the most fulfilling moment ever.

I also thank Alison for encouraging me to further my studies in this career stream. Your care and support are always appreciated, I have grown so much in this field, and I think I'm ready for whatever opportunity comes my way. Thank you again for allowing me to be me.

I have learned to build strong relationships across cultures with my colleagues, educators, and staff in the schools that I'm placed at, as well as the adolescents I work with.

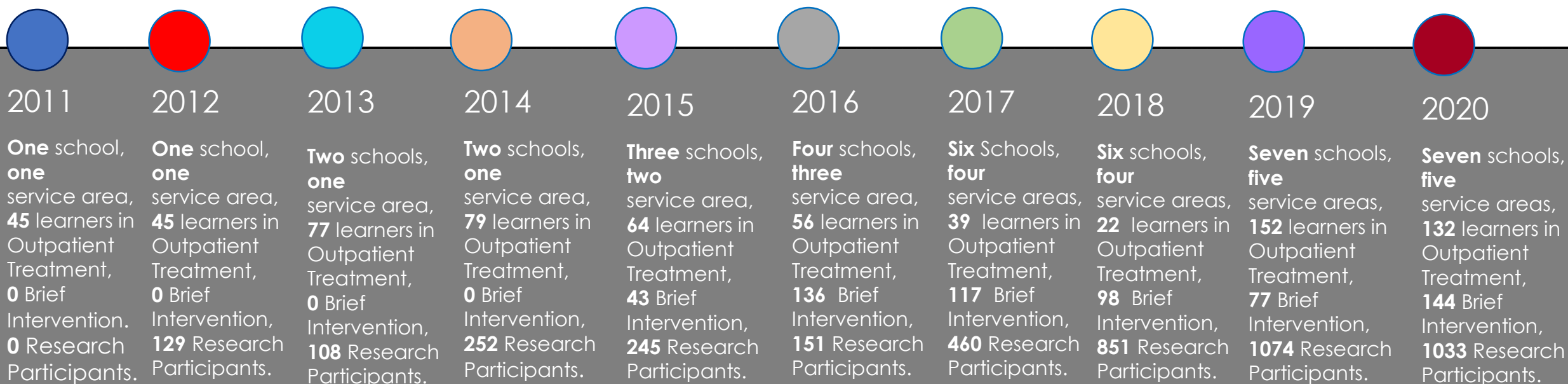
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Overview

HISTORY

The figures below are an indication of the number of children who have completed treatment each year in either an outpatient treatment program (OPT) or brief intervention program (BI).

The Mudita Foundation has dedicated the last **11 years** to rendering specialised treatment services to school-going teens affected by substance use problems. During this time, **1427** children have **completed** a treatment cycle of between 6 and 16 weeks. Through the foundation's work, hundreds more have received screening, assessment, referrals, trauma counselling, learning support and other related services.



2

Overview

HISTORY

The figures below are an indication of the number of children who have completed treatment each year in either an outpatient treatment program (OPT) or brief intervention program (BI).

As The Mudita Foundation enters its second decade of work, we hope to reach hundreds more teens whilst maintaining the quality services we have become known for.



2021

TEN schools, **FIVE** service areas, **15** learners in Outpatient Treatment, **94** Brief Intervention. **1166** Research Participants.

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



Stellenbosch



3

Achievements

COMMUNITY OUTREACH

Expanding our services...

Even though Covid-19 hampered service delivery somewhat, we got the opportunity to introduce our services to three more high schools: **Lückhoff High, Cloeteville High** and **High School Stellenzicht**. Some individuals already started with our Brief Interventions and Outpatient Treatment in these schools.



3

Achievements

COMMUNITY OUTREACH

LO-YES at Eesterivier Secondary school

During September 2020, Tembakazi and Abongile conducted LO-YES sessions at Eesterivier Secondary school with grade 8 learners.

A total number of **462** Learners were seen. It would seem that as a result of us seeing the grade 8's, we did not have any grade 8's referred to us from the school between September and December and those who self-identified as experimenting with substances, referred themselves shortly after receiving the LO-YES intervention.



3

Achievements

COMMUNITY OUTREACH

Outreach to STELLCARE

The Mudita Foundation delivered a training/awareness session in Stellenbosch to members of Stellcare in November 2020.

This included information on teenage drug abuse and a thorough explanation of the services we render and are able to offer in the area.

This was also a prime opportunity for collaboration and networking with Stellcare in order to offer our services to teens in need during the Covid period.



3

Achievements

TRAINING

Our four Social Auxiliary Workers attended a two day workshop on:

“Understanding my Role, Functions and Ethical Responsibilities as a Social Auxiliary Worker”.

The training was well presented by Ms Crystal Theron. The workshop focused on:

- The historical background of social auxiliary workers
- What is a social auxiliary worker
- To understand the practical role and function
- Boundaries of a social auxiliary worker
- Regulatory Framework
- Understanding the Code of Ethics and My Ethical

Responsibilities as a Social Aux Worker

- Professional Ethical Responsibilities towards the:

- o Profession
- o Employer
- o Client
- o Colleagues

- Group work session (Skills development)
- Supervision of social auxiliary workers



Training obtained in response to Covid-19

1. First Aid (Level 1) - 18 August 2020
2. Basic Fire Fighting – 21 August 2020
3. Hygiene (Including COVID-19 practices and protocols) – 24 August 2020
4. Hazard identification & Risk analysis – 23 February 2021

Mudita felt that it was imperative that staff are well versed and training in the above mentioned general safety measures.

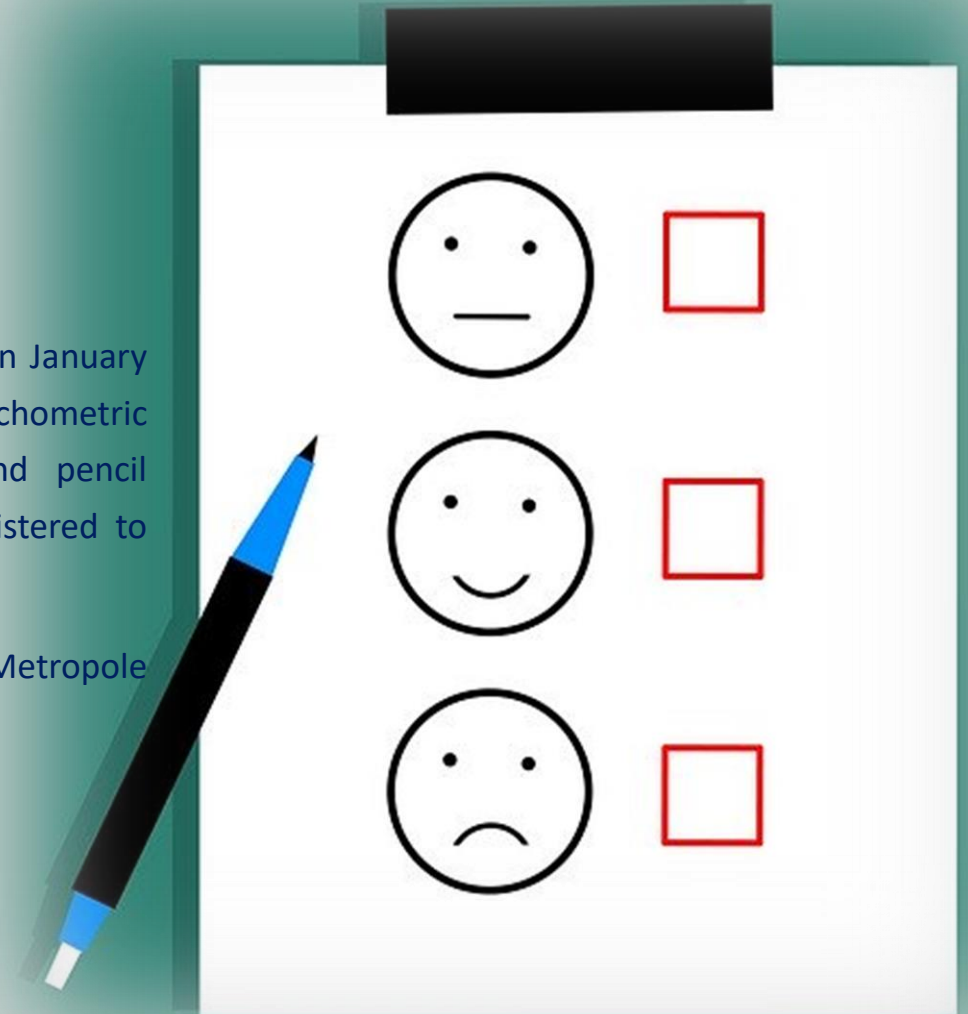
Background

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 2021. Two psychometric instruments (paper and pencil screeners) were administered to 1123 grade 12 learners

across 7 schools in the Metropole East Education District.

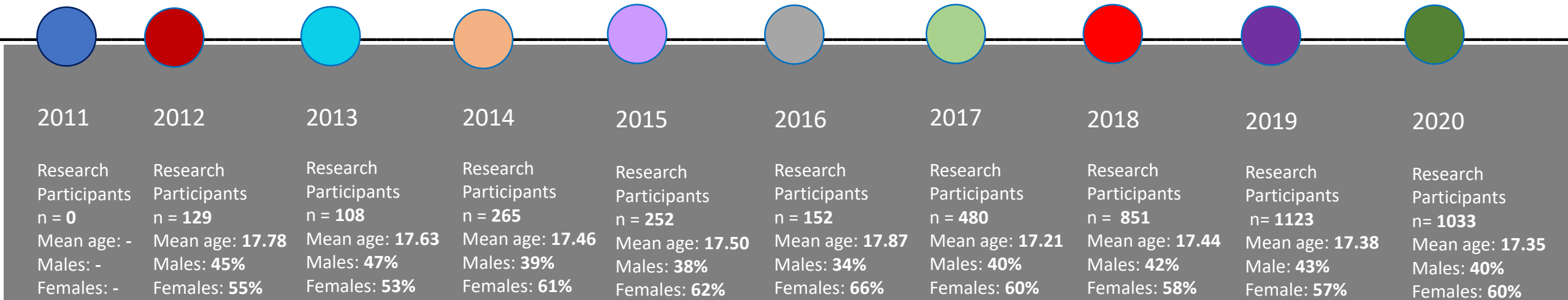


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Projects

RESEARCH SURVEY

In 2012 the Mudita Foundation started a research project to establish the clinical support needs of grade 12 youths, specifically focusing on substance use disorders within this population. For the first two years, this research project, and subsequent intervention program, focused 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, as well as, 2019 a total of 7 schools were surveyed. In 2020 all 7 schools participated again and clinical services were rendered to vulnerable grade 12 learners in all 7 schools.



*Data collected by the Mudita Foundation from *certain* schools within the Metropole East and Overberg Education Districts.

**Data results for the 10 year study will be available in 2021 after the 10th survey is conducted.

This year marked the **TENTH**, and possibly final, year of surveying grade 12 learners. Over the years, and through many discussions with fellow colleagues, schools and conversations with member of the local Education District office, it has been decided to possibly render this service to learners in lower grades. We are currently in the process of discussing the benefits of continuing this survey, of using the current data capturing methods and also the possibility of targeting younger individuals as not to let learners fall through the gaps by only picking them up at a later stage (i.e. Grade 12).

2021

Research
Participants
n = **1166**
Mean age: -
Males: **467**
Females: **695**
Other: **4**

*Data collected by the Mudita Foundation from *certain* schools within the Metropole East and Overberg Education Districts.

**Data results for the 10 year study will be available in 2021 after the 10th survey is conducted.

The program

- Three pre- and post-test screeners
- A therapist guide
- A learner workbook consisting of:
 - A journey map, mapping out their course,
 - questionnaires on learning styles, and
 - six lessons/sessions on various aspects of learning

The lessons focus on ***learning styles*** and ***study techniques*** based on individual learning preferences, **motivation** and ***future aspirations***.



Some 2020 challenges...

- During the lockdown period we created an emergency pack called *Lifeline* sessions, which is a booster pack of only 3 essential psychotherapy sessions. To help learners cope with any emergency situation which may have an impact on their day-to-day lives and school work. We administered this to hundreds of grade 12 learners at participating schools. In terms of the grade 10 learners who came back later than the grade 12s, we made a decision to develop and administer a short questionnaire before launching back into the pre-planned sessions.
- The Gr.10's (most, but not all of them) returned to school on 20 July 2020. There was a gradual phasing in of grades at the schools to mitigate the spread of Covid-19. We had our first session post-lockdown at Forest Heights High School on 10 September 2020, which is very late in our school year. The session was not one of the planned sessions, but rather the evaluation/questionnaire that was designed during lockdown, to determine where the learners are at, and what the learners need from us in terms of support during these challenging times.

Testimonials

“I learned about who am I by discovering more about myself. My favourite session is ‘learning styles’ because I learned about how to study more effectively.”

-Learner 3, KF (December, 2020)

“This programme helped me to dream big and to achieve what I want to achieve. My favourite session was ‘who am I?’ “It’s in this session where I learned about reaching my goals and in what career I want to move in.”

This learner also added:

“I wouldn’t want these councillors to move into any other career cause they very supportive and helpful in what they do!”

-Learner 4, CJ, (December, 2020)

“The program helped me improve in my learning skills. My favourite session was the ‘learning and motivation’. I’m happy with the program.”

-Learner 5, GN, (December, 2020)



5

Services

BRIEF
INTERVENTION
(6-8 weeks)

Number of children who completed the *brief intervention* program between June 2020 and July 2021.



Scottsdene

20

Kylemore

0

Gordon

10

Malibu

3

Zandvliet

29

Eerste
River Sec.

29

Macassar

3

Number of children who completed
outpatient treatment between June 2020
and July 2021.



Scottsdale

8

Kylemore

0

Gordon

3

Malibu

0

Zandvliet

0

Eerste
River Sec.

4

Macassar

0

Independent Auditors Report

Opinion

We have audited the annual financial statements of The Mudita Foundation NPC set out on pages 7 to 15, which comprise the statement of financial position as at 30 June 2021, and the statement of comprehensive income, statement of changes in funds and statement of cash flows for the year then ended, and notes to the annual financial statements, including a summary of significant accounting policies.

In our opinion, the annual financial statements present fairly, in all material respects, the financial position of The Mudita Foundation NPC as at 30 June 2021, and its financial performance and cash flows for the year then ended in accordance with International Financial Reporting Standard for Small and Medium-sized Entities and the requirements of the Companies Act, No. 71 of 2008.

Material uncertainty related to going concern

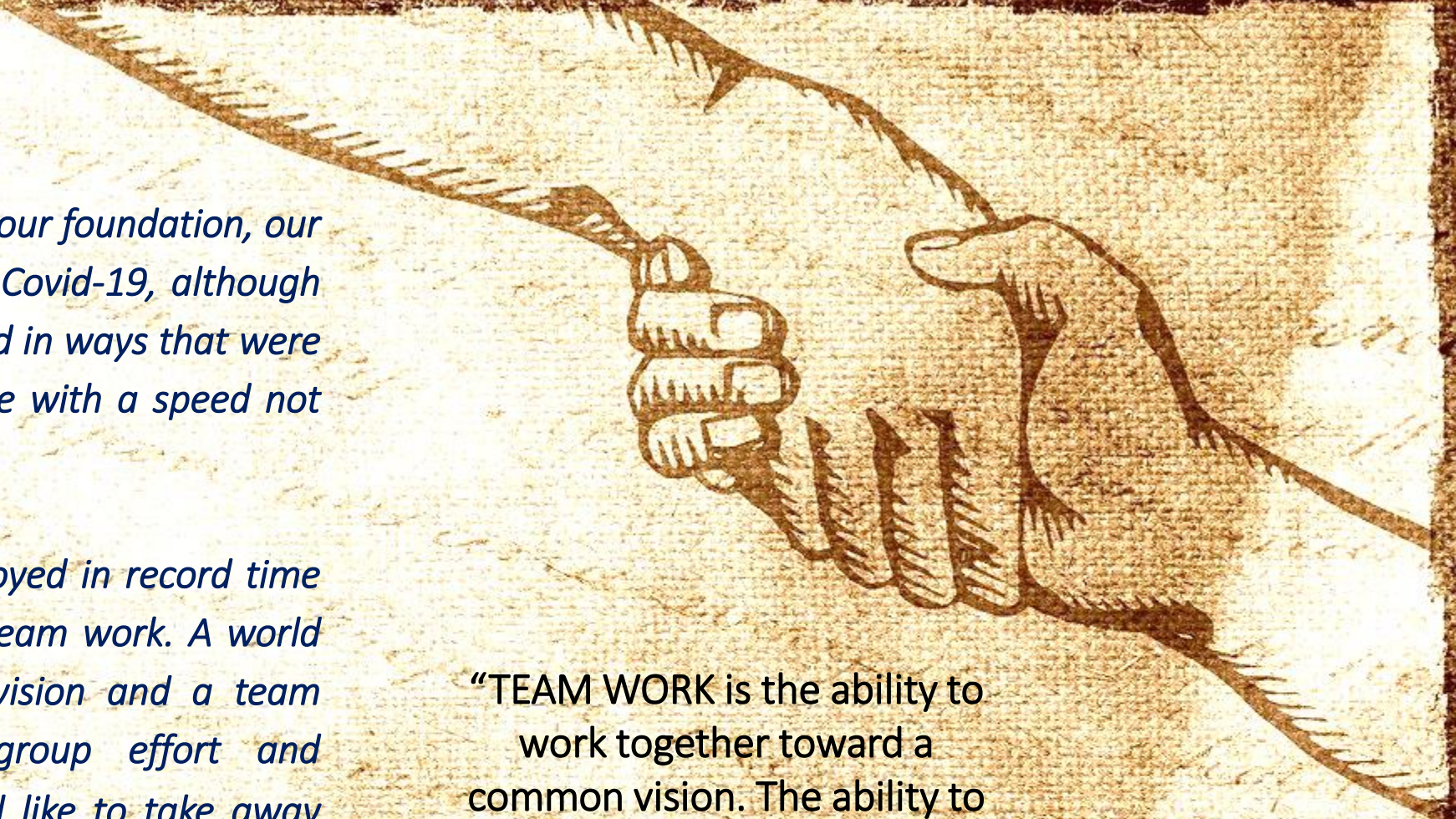
We draw attention to note 11 in the annual financial statements, which indicates that management anticipates the health risk of the COVID-19 virus and the declared South African national disaster to have a negative impact on future income. The events and conditions stated in the respective notes indicate that a material uncertainty exists that may cast significant doubt on the company's ability to continue as a going concern. Our opinion is not modified in respect of this matter. Uncertainties related to the potential effects of COVID-19 are relevant to understanding our audit of the annual financial statements. All audits assess and challenge the reasonableness of estimates made by the company, the related disclosures and the appropriateness of the going concern assumption of the annual financial statements. The appropriateness of the going concern assumption depends on assessments of the future economic environment and the company's future prospects and performance. The COVID-19 pandemic is a "black-swan" event which is anticipated to create challenges for humanity and for the global economy, and at the date of this report its effects are subject to levels of uncertainty. An audit cannot predict the unknown factors or all possible future implications for the company and this is particularly the case in relation to COVID-19.

SUMMARY

This has been a roller coaster year for our foundation, our country and the world. I believe that Covid-19, although devastating, has also shaped the world in ways that were not thought possible; and it was done with a speed not yet seen in recent human history.

A vaccine that was created and deployed in record time could only have been done through team work. A world wide effort to save lives. A single vision and a team campaign that worked through group effort and collaboration. This is what we would like to take away from our experience of living through Covid-19.

“TEAM WORK is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results.” —Andrew Carnegie



ACKNOWLEDGEMENTS

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



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