

Upscaling

Mental Health: COMMUNITY BASED RESOURCES



DID YOU KNOW?

At the 2012 National Health Summit, Health Minister Aaron Motsoaledi called for a move away from a 'Hospicentric approach' to the treatment of Mental Illness.

There is an over-reliance on Psychiatric Hospitals as the mode to care, treatment and rehabilitation. The minister voiced the need to upscale investment in South Africa's Community Based Mental Health services and reverse the trend of institutionalized care

HOWEVER, SINCE THEN...

While there has been a reduction in psychiatric hospital beds, there has not been sufficient investment in the development of community based psychosocial rehabilitative services to support institutionalization



Psychiatric Hospitals remain outdated, falling into disrepair and are unfit for human use. there is an inability develop important community mental health and psycho social services

so mental health service users end up institutionalized, without hope of rehabilitation back in their communities



There are 80 Day Treatment Facilities available in the country (for a population of 47 million) and half of these are run by NGO's, who are reliant on ever-decreasing government funding.



no studies report any increases in resource allocation for community based rehabilitation and care facilities



A large number of studies reveal gaps in Community Based Psycho social Rehabilitation Programmes, particularly in rural areas, which suggests that the 'Revolving Door' phenomenon is partly due to inadequate Community Based Care, including Psychosocial Rehabilitation

There is an urgent need to develop more Community Based Mental Health Services in keeping with international best practices.

Savings incurred as a result of budget cuts in tertiary Psychiatric Care Facilities have not been transferred to support Community Orientated Care. There is a shortfall in resources to adequately facilitate de-institutionalization policy imperatives, thus leading to insufficient dedicated beds in General Hospitals, insufficient Community Based Residential Care, and poor Information Systems to monitor the transitions to Community Based Care. In particular, there is a substantial shortfall in existing child and adolescent Mental Health Services (Lund et al 2011)



S.A. Federation for Mental Health

www.safmh.org
chanelle@safmh.org
011 781 1852

There is a serious need to establish parity for Mental Health Services across South Africa, to use existing human and infrastructure resources as efficiently as possible, and to develop additional resources over time. It's a human rights issue!