



South African *Psychoanalytic Confederation*

**A Nationwide Confederation
of psychoanalytic mental health care professionals
Inclusive of over 50 groups and 500 practitioners**

Our Presentation team;

ZAMO MBELE & CORALIE TROTTER

Joined by **CARIN-LEE MASTERS & BRETT PEPPER**



Recap of SAPC Written Submission

THE SAPC FULLY ENDORSES THE NEED FOR UHC AND SEEKS TO PARTNER WITH GOVERNMENT IN BRINGING THIS TO FRUITION

MENTAL HEALTH IS OVERLOOKED IN THE NHI BILL

THIS IS AN OVERSIGHT

According to the WHO (2017) Mental health is an integral and essential component of health; indeed, there is no health without mental health.

Our written submission, November 2019, talks to

- The Integration of Mental Health Care into General Health Care
- The Value of Psychotherapy and Interventions in the Community and the Field
- The Relationship between Psychoanalysis and Human Rights and Social Justice
- The Provision of Mental Health Care Services at Multiple Levels:
 - Primary (prevention); Secondary (district hospital); Tertiary (specialist hospital)

WHY IS MENTAL HEALTH MARGINALISED?

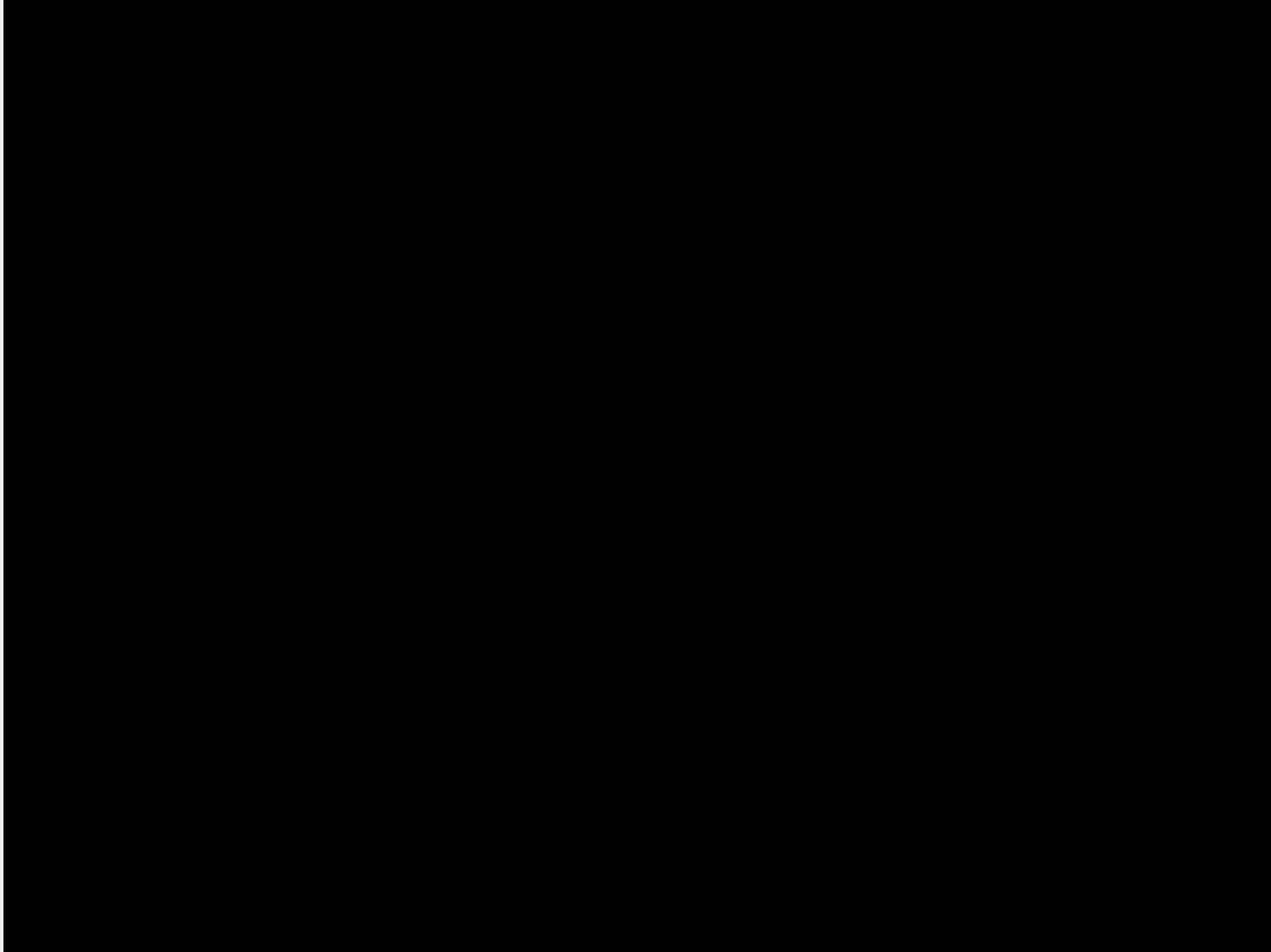
WE HOPE TO USE THIS MEETING TO SHOW:

MENTAL HEALTH IS INTRINSIC TO THE COMPREHENSIVE WELLBEING OF NOT ONLY THE INDIVIDUAL BUT THE NATION

WE HAVE EXPERTISE THAT CAN BE UTILISED TO HELP ACHIEVE THIS



Ububele Home Visitors Project





Importance of Mental Health

- Studies show that South Africa's public mental health expenditure represented 5.0% of the total public health budget¹
- Necessary inpatient care represented 86% of mental healthcare expenditure, with nearly half of total expenditure on mental health occurring at the psychiatric hospital-level (tertiary). Almost one-quarter (24%) of mental health inpatients are readmitted to hospital within 3 months of a previous discharge, costing the public health system 18.2% of the total mental health expenditure
- Mental health starts at the beginning of life and is paramount for a healthy society, this can be promoted in primary care stage
- Improved mental health directly reduces physical illness
- A society with optimal mental health will be more economically viable



Importance of Mental Health

- Investment in mental health has proved cost effective in the long run
- Most importantly, mental health interventions work best at the preventative, primary care level, where they can have the broadest impact and highest levels of success
- It is imperative that we reduce admissions through preventative care and thus access and funding to primary psychological interventions is essential
- South Africa is a traumatized society that is fractured and in distress, we need to prioritize mental health to heal as a nation and be free; not just politically but in our relations together and inside of ourselves
- Cost-effective public health and intersectoral strategies and interventions exist to promote, protect and restore mental health
- Much is in place already that can be used to build from



SAPC Interventions



UBUBELE PSYCHOTHERAPY CENTRE
ALEXANDRA, JHB



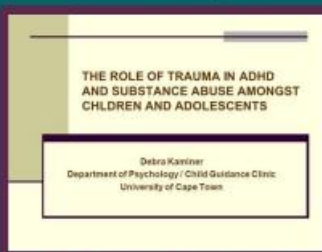
KHANYA FAMILY CENTRE, KATLEHONG, JHB



THE PARENT CENTRE AND
HOME VISITING PROJECT, CPT



JOHANNESBURG PARENT & CHILD
CENTRE, JHB



CHILD GUIDANCE CENTRE, CPT



SUPERVISION AND SUPPORT FOR INTERNS AND
COMMUNITY SERVICE PRACTITIONERS, JHB & CPT



FIGHT WITH INSIGHT, BRAAMFONTEIN, JHB



SAPI/SAPA LOW FEE SCHEMES
JHB AND CPT



LEFIKA LA PHODISO ART THERAPY CENTRE, JHB



Relevance in our times; Our Nation on the Couch

- Psychoanalytic theory is being proved by neuroscience to have good validity
- Psychoanalysis has had to step out and be relevant and we as a South African Community are being recognized internationally for doing just this
- Group work and community projects are essential to meeting the vast need in society
- Supervision and top down sharing of expertise is proving very effective
- Psychoanalysis is invaluable in informing policy and process and a resource that can be used
- Life Esidimeni
- COVID Pandemic
- In line with our constitution, Everyone has inherent dignity and the right to have their dignity respected and protected, psychoanalytic treatment does exactly this



Ububele Baby Mat Project

