



South Africa - HIV

ATTC

Addiction Technology Transfer Center Network
Funded by the President's Emergency Plan for AIDS Relief through
the Substance Abuse and Mental Health Services Administration



Mental Health and Self-Care Training for Non-Specialist Providers of Healthcare in HIV Burdened Communities

Nurain Tisaker – Programme Manager/
MA Clinical Psychology



Who the training is intended for:



South Africa - HIV
ATTC



- The training and manual is tailored for use by **non-specialist providers** of health care working with individuals and communities in **HIV burdened areas** in the primary health care setting of South Africa.
- These include CCW's, social auxiliary workers and nurses.
- The training emerged as a result of the need to improve adherence to ARVs within these communities, in recognising that mental health concerns may influence treatment adherence.
- The purpose is to train non-specialist providers to **recognise, detect and refer** patients with possible mental health conditions before it further impacts on the patients' functioning.



Training Agenda:



South Africa - HIV
ATTC



Mental Health Conditions of Focus:

- Depression
- Bipolar Disorder
- Anxiety Disorders
- Psychotic Disorder
- Suicide
- Managing physically aggressive patients (incl. MH Care Act)
- Substance Use Disorders (SUDs)
- Persons living with a disability
- Mental health problems in the older person
- Mental health problems in children

Case Illustration:



South Africa - HIV
ATTC



Emmanuel's story highlights what life is like for a person diagnosed with generalised anxiety disorder.



Emmanuel is a 45-year-old man living with HIV who worked as a driver for the City of Cape Town for the past 2 years. His family and friends knew that he always worried a lot. He used to worry excessively about his family, money, schoolwork, how he looked and about his friends. He also worried about his health – every time he had an ache or a pain, he was sure he was going to die. When he worries, he would get tense, his stomach would feel knotted, and sometimes he would even break out in a sweat.

The driving job with the City has benefits that gave him peace of mind. He also received a detailed driving schedule a week in advance which

made him feel safe. He made new friends at work and performed well, and this boosted his confidence. He still got worried and anxious at times, but never as bad as before.

Last year he decided to try and take on more responsibility and applied and got the job as a supervisor. The new responsibilities made the worries come back as bad as they ever were. He worried about everything again. He doubted his ability and worried that he might get fired. If he got fired, he would not be able to support his family. It got to the point where he felt physically sick most of the time. His family tried to be supportive, but they could not help him any longer.





Focus on Self-Care:



South Africa - HIV
ATTC



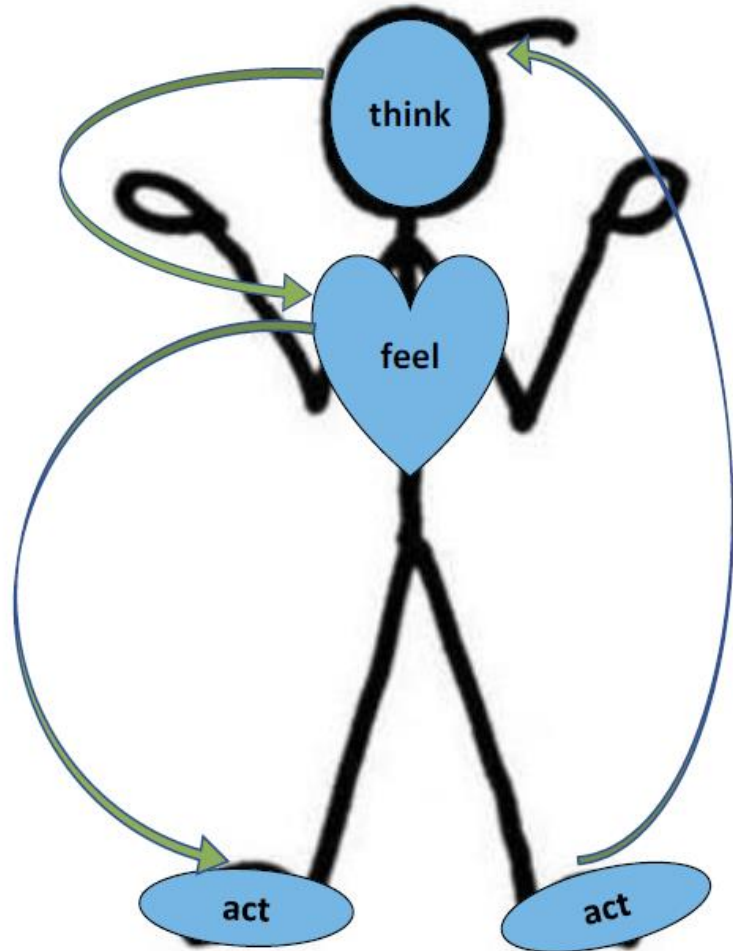
- Giving meaning to your name
- Understanding personal values
- Mindfull vs. Mindful
- Deep breathing techniques
- Becoming a guide on the side
- Wellness wheel
- Planning for self-care
- Integration into practice



The Reflective Journey:



South Africa - HIV
ATTC



What we **THINK** affects the way we feel and the way we act

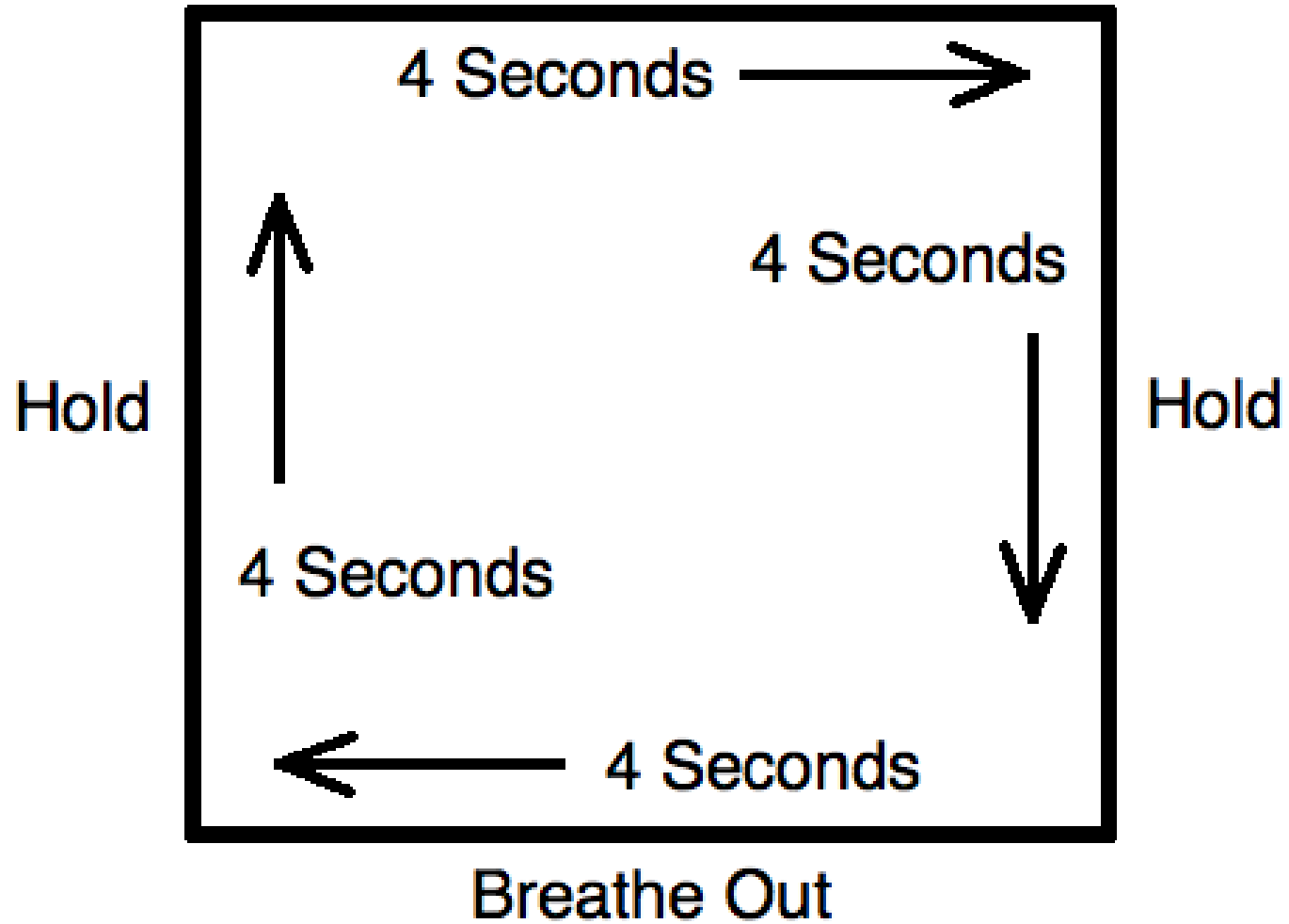
The way we **FEEL** affects the way we think and the way we act

The way we **ACT** affects how we feel and what we think

Breathe in



South Africa - HIV
ATTC





Becoming a Guide on the Side:



South Africa - HIV
ATTIC



HOW YOU
FELT AFTER?



be a guide on the side who is **non-judgemental**



be a guide on the side who **feels with**



be a guide on the side who **motivates**

WHAT DID
THEY DO?



WHY YOU
FELT SAFE?

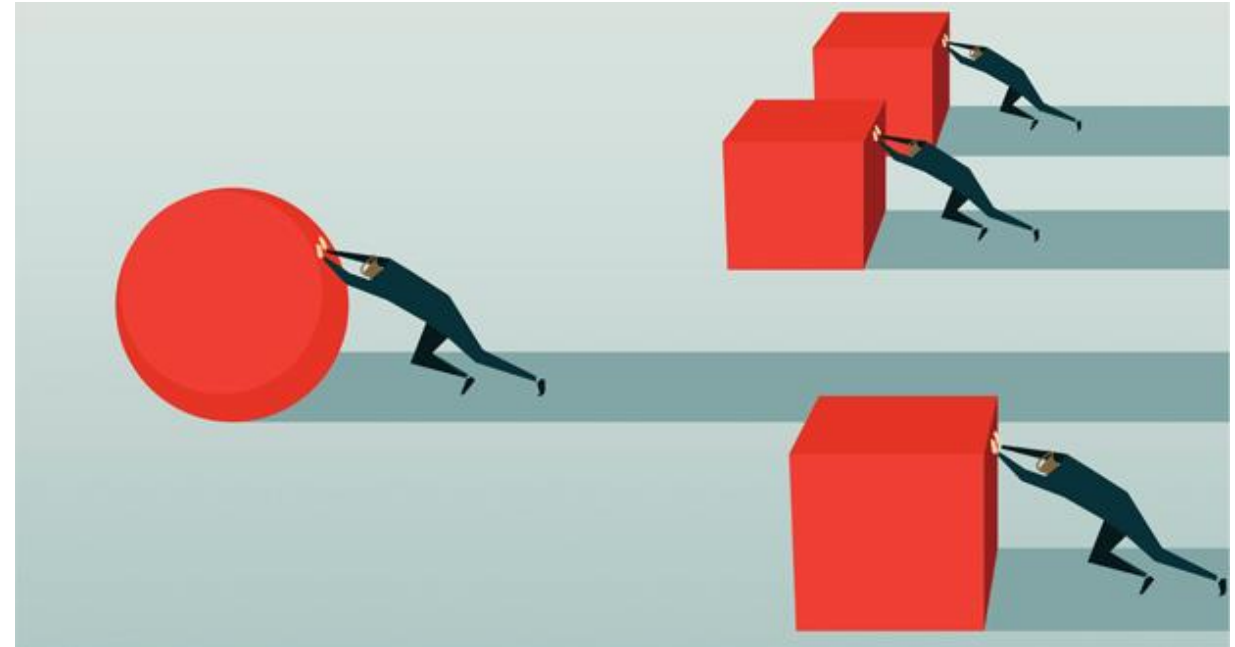
Challenges encountered:



South Africa - HIV
ATTC



- Updating the manual to include relevant content that is current
- Appropriate screening/detection tool
- Clarifying the myths and stigma related to MH
- Delivering the training to the appropriate providers at a level that could be understood
- Language barriers
- Adapting the facilitation according to the needs of the participants





Feedback:



South Africa - HIV
ATTC



- “We were taught about self-care and how important it is to care for our self as providers of care.”
- “Being mindful of balancing different parts of my life.”
- “The training journey challenged what I thought I knew about myself.”
- “I learned more about taking care of myself and putting myself in other peoples’ shoes.
- “The training was informative, fun and enjoyable.”



SANCA Horizon Clinic, Sept 2019



Amajuba: CMED Pilot, August 2019



South Africa - HIV
ATTC

