



# Friends of Valkenberg Trust

Supporting Recovery

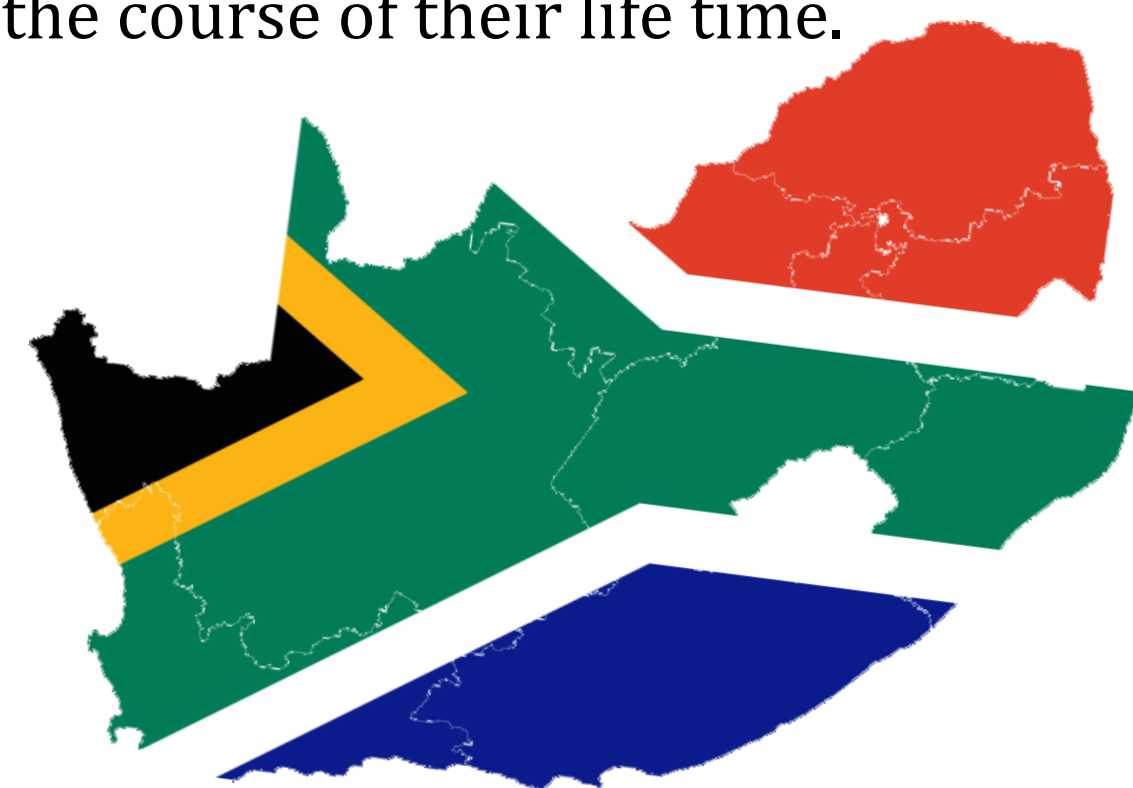
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## Cape Town, South Africa

Cape Town is the second most populous city in South Africa and it is the provincial capital and primate city of the Western Cape. It is famous for its harbor, Cape Floral Kingdom, and Table Mountain.

### Interesting Facts:

- It is home to the largest and fastest growing township- Khayelitsha.
- Official unemployment rate is 25.2% but is as high as 40% to 95% in impoverished communities (townships).
- 1 of 5 South Africans will suffer from mental illness throughout the course of their life time.



## Friends of Valkenberg Trust

FoV works in conjunction with hospital staff to provide a range of services designed to bring hope and comfort to patients during their stay at Valkenberg Psychiatric Hospital.

Through its 50+ volunteers, FoV provides a range of services meeting direct needs and helping over 458 patients along the road to recovery.



## Internship Overview

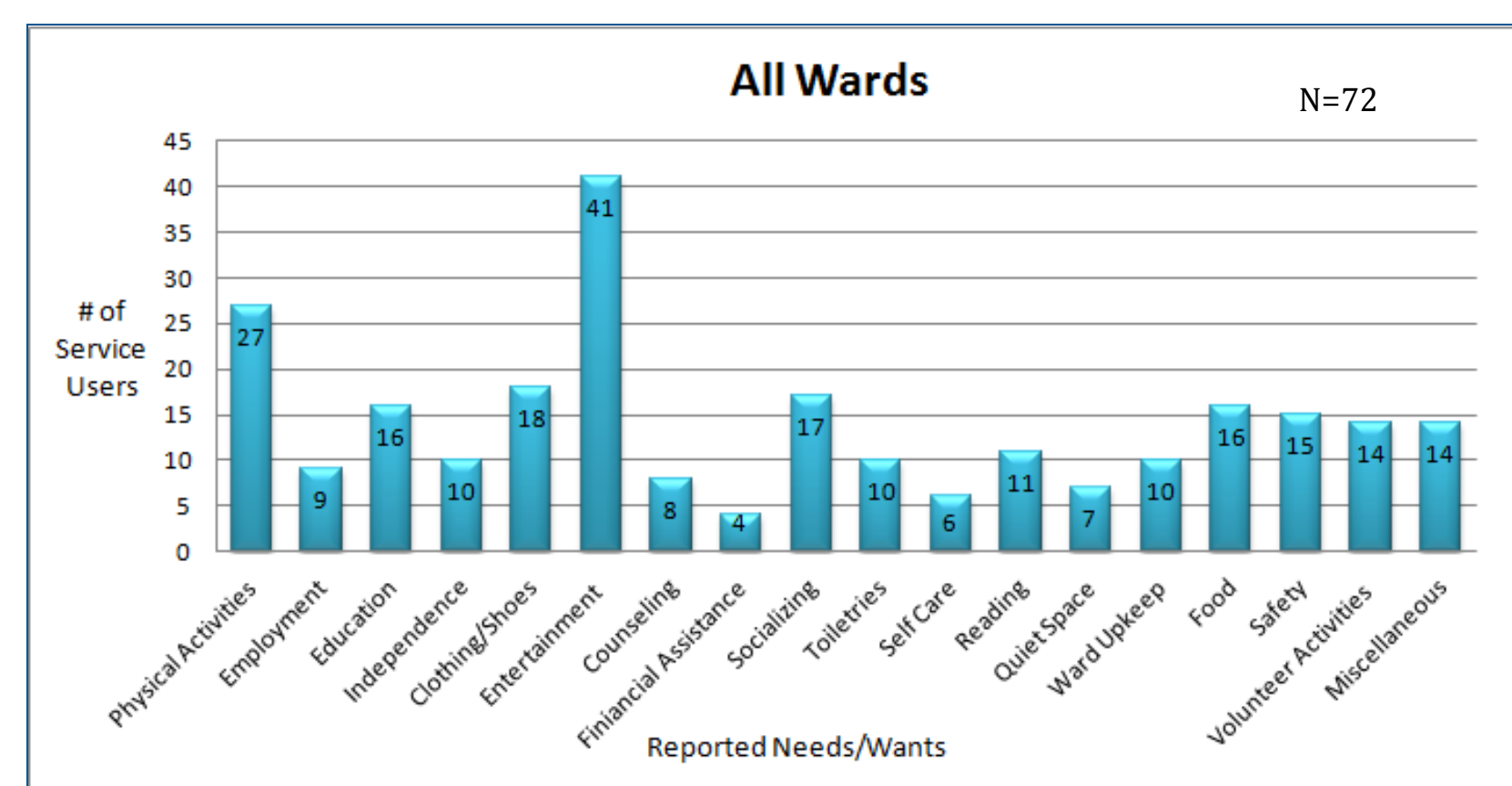
**Field placement responsibilities:** I had the opportunity to engage in a variety of projects that provide support to aid patient recovery, some include:

- Cooking
- Beauty Salon
- Arts and Crafts
- Friendly Shop Thrift Store
- Dance
- Administrative Tasks
- Fundraising
- Organizing Hospital Events
- Volunteer Safety Protocol
- Evaluation and Needs Assessment Project

## Evaluation and Needs Assessment

**Purpose:** Gather patient feedback to increase agency awareness about clients' needs and the impact of services offered by Friends of Valkenberg on service user recovery.

### Qualitative Themes



## Skills Utilized/Developed

- Applied evaluation and needs assessment skills that are client and culture specific
- Increased skills in the field of mental health
- Enhanced interviewing skills

## Classroom Connections

683- Evaluation in Social Work- Janet Ray  
• Learned basic evaluation concepts

612 002- Mental Health and Mental Disorders of Children and Youth- Daniel Fischer  
• Learned about most prevalent Mental Health Disorders, and diagnostic criteria-DSMV

## Lessons Learned

- Importance of working in a partnerships with domestic agencies and colleagues
- Flexibility in adjusting to patients needs and circumstances
- Address immediate concerns by following the appropriate chain of command without risking the purpose of the project and patient well being and trust.

## Career Connections

- The opportunity to apply social work skills within a global context was vital as it has prepared me for my future endeavors of working in Mexico.
- The evaluation project developed my expertise as an evaluator and allowed me to gain skills that are key to working in a mental health setting, another of my career goals.

## Advice

- Avoid high unrealistic expectations
- Take INITIATIVE!!!
- Practice cultural humility

### Mandela Day Donations



### Cooking Class



### Preparing for Sewing Class



### Elephant Sanctuary



*"Psychiatric patients have been neglected by society at large, and if we only make a difference to one patient on one day, then we're doing something worthwhile and making an important difference"*

- Françoise Robertson, Founder of FoV

## Acknowledgements

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Patients of Valkenberg Hospital