

MEDIA RELEASE

Private acute mental healthcare facility opened in Roodepoort

Responding to the increasing demand for private services in the specialised field of mental health, Life Healthcare opened an 80 bed dedicated mental health facility in Roodepoort at the beginning of June 2012, making mental health services more accessible to West Rand communities.

Life Poortview is specifically designed and decorated in order to create a therapeutic environment conducive to the recovery of mental health users choosing admission to the facility. It houses private and semi-private rooms and wards, as well as observation facilities and an ECT unit for mental health users in need of a higher level of care. There are also individual and group therapy rooms, lounges, recreation facility, TV and dining rooms, and an ample sized private garden.

Worldwide, and also in South Africa, there is a growing need for mental healthcare services. According to the World Health Organisation, depression alone is likely to be the single highest contributor to global burden of disease by 2030 – more so than heart disease, stroke, road traffic accidents, and HIV/AIDS.

Life Poortview specialises in the treatment of mental health disorders, including substance dependence and other addictions that are associated with these disorders. For instance, persons suffering from mood and anxiety disorders such as depression, phobias, post traumatic stress and panic disorders and personality disorders such as avoidance and dependence behaviour can seek treatment at the facility. A comprehensive intervention programme is offered to users whose functioning has become impaired either as a result of their dependency on psychoactive substances or any other addiction associated with their mental health disorder. The programme intends to break the cycle of addiction through detoxifying the user whilst implementing an intensive cognitive behavioural psychotherapy programme in order to interrupt the cycle of addiction and foster ongoing abstinence. “The treatment programmes offered at Life Poortview have been developed to achieve optimal outcomes through the short term treatment of mental healthcare users admitted to the facility,” says Dr Marinda Overbeek, who manages Life Poortview and Life Riverfield Lodge, “these programmes were designed to provide comprehensive and holistic treatment in order to facilitate recovery”.

The multidisciplinary team of medical, therapy and nursing professionals involved in the treatment and care of users, reflects the holistic approach to mental healthcare at Life Poortview. The team includes psychiatrists, a general practitioner, psychologists, occupational therapists, physiotherapists, social workers and mental health nurses offering 24 hour care and support. The team members involved in the treatment and care of users will vary according to the specific needs of each individual user.

A dedicated aftercare programme has been developed to monitor and support mental healthcare users for a period of 12 months after their discharge. During this time social workers offer individual follow-up and support on a weekly or monthly basis, depending on the user's need. Users are also encouraged and assisted to identify and join appropriate support groups.



Life Healthcare is the biggest provider of private acute mental healthcare in South Africa. “In line with the group’s organic growth strategy, we have expanded our acute mental health services and operate 350 dedicated private acute mental health beds in South Africa,” says managing director of Life Healthcare, Michael Flemming, “We are also one of the first private providers of acute mental healthcare in South Africa to operate beds for assisted and involuntary users, in addition to catering for voluntary users”.

Life Healthcare currently provides mental healthcare at seven dedicated facilities, namely in Gauteng at the newly opened Life Poortview in Roodepoort, Life Glynnview in Benoni, Life Riverfield Lodge in Fourways and Life New Kensington Clinic in Johannesburg; in the Eastern Cape at Life St Mark’s Clinic in East London and Life Huntersraig Hospital in Port Elizabeth; and in KwaZulu-Natal at Life St Joseph’s in Durban.

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