

1. HISTORY

- The idea for a Psychiatric Institution originated in 1875 when the State President of that time reported that two mentally disturbed patients were located in Kroonstad and the Caledon River.
- The first buildings of the hospital were erected in Bloemfontein on 8 May 1883. The hospital was officially opened in 1884. The main focus was care of the mentally disturbed.
- Other buildings like the Recreation Hall, Main Kitchen, Laundry and Stores were built in 1923. Major extensions took place in the sixties, seventies, eighties and nineties.
- In 1986 the treatment became more scientifically based and the Diagnostic Statistical Manual (DSM) classification system came to light. The multi-professional team approach was established and the hospital divided into a Psychiatric division and the Care and Rehabilitation Centre for mentally challenged.
- The name of the Hospital was changed from Oranje Hospital to Free State Psychiatric Complex by the MEC.DOHFS on the 29 April 2003 in line with the Dept plan to rename the hospitals in the Province.
- Today Free State Psychiatric Complex consists of 877 approved beds and provides services to the Free State province and parts of the Northern Cape

2. INTRODUCTION

The Free State Psychiatric Complex caters for in and out patient services for adult and children of the Free State Province and is situated in the centre of Bloemfontein. The institution is also responsible for outreach services into the Free State community for Mental Health Care services.

The Institution with its 877 approved beds is allocated as follows:

- Forensic Unit – 144
- Acute Psychiatry Services - 68
- Observation Unit – 20
- Psycho – Geriatric Unit – 55
- Long term Unit - 120
- Kosmos Care and Rehabilitation Centre – 470

The institution proximally sees 600 Adult outpatients and 550 Child and Adolescent outpatients per month.

3. FREE STATE PSYCHIATRIC COMPLEX VISION AND MISSION.

VISION

A long and healthy life for the Free State Community.

MISSION

The Free State Psychiatric Complex (FSPC) will achieve its vision by:

- Providing quality, assessable and comprehensive health services through a family and community based Primary Health Care (PHC) approach to the Free State Community.
- Optimally utilizing all its resources to provide a caring and compassionate service;
- Empowering and developing all its personnel and stake holders; and
- Adopting evidence based and information centered approach to planning and decision making for the achievement of better health outcomes.

SERVICES RENDERED AT THE FREE STATE PSYCHIATRIC COMPLEX

4.1 INPATIENTS

The inpatient services are operating 24 hours and are rendered in different units on the grounds.

Services are delivered within the provisioning of all applicable National and Provincial legislation, including the Mental Health Care Act (Act of 17 of 2002).

There are three levels of service:

- Level III** – Complicated treatment resistant conditions where specialized intervention required.
- Level II** – Specialized intervention required.
- Level I** – Uncomplicated non-treatment resisted condition where clients can be treated by Primary Health Care practitioners.

Services	Purpose of the Service	Level of service
Observation Services	Observation "in-patient" services of people (who have committed a crime) referred by court for (30 days) observation to evaluate the person's Mental status in order to determine whether the person is trial able and or accountable for the crime committed. "Out patient" observation services of referred by court observandi for short court or psychology evaluation.	III
Forensic Services	In-patient care, treatment and rehabilitation services of patients' referred by Court of Law as state patients after found not trial able and or not accountable in court.	III
Acute Psychiatry Services	In-patient care, treatment and rehabilitation services of Mentally ill service users on short-term basis. 72 hour assessments on involuntary service users.	II (&III)
Long term Psychiatry Services	Treatment of complicated or treatment resistant chronic Mentally ill service users on long-term basis.	II
Psycho-geriatric Services	Treatment of aged chronic Mentally ill service users on long-term basis.	I
Kosmos -Care and Rehabilitation Centre Services	Care, treatment and rehabilitation for persons with severe or profound mentally handicapped.	I

4.2 OUTPATIENTS

This service is operational from 07H00-16H00 Monday to Friday and renders basic care to psychiatric patients on a outpatient basis.

Services	Purpose of the Service	Level of service
Child Mental Health Care Services	Out patient Mental Health care, treatment and rehabilitation services to children & adolescents service users within their family framework.	III
Adult Outpatients Services	Out patient care, treatment & rehabilitation services of complicated or treatment resistant Adult Mentally ill service users.	II

4.3 OUTREACH SERVICES

Outreach Services in line with the applicable Acts & Policies	Multidisciplinary team outreach to regional hospitals, some district hospitals, designated CHC and some identified clinics. See 5.1	III to II & I
24 Hour telephonic consultation/liaison services	Support to the DHS facilities in a form of telephonic consultation between the Health professionals e.g. Medical Practitioners in the community with the specialists at FSPC e.g. Psychiatrists. See 5.2	III

5. FSPC SUPPORT TO THE DISTRICT HEALTH FACILITIES AND REGIONAL HOSPITALS IN THE FREE STATE

5.1 OUTREACH SERVICES AND SUPPORT TO THE DHS FACILITIES

- The Multidisciplinary teams from FSPC visit the Regional Hospitals, specific clinics and District hospitals in the Free State Province to provide Mental Health care to the service users, to empower and support the DHS Health professionals.
- During this visits the Multidisciplinary team members focus mainly on the consultation of the patients referred/sifted by the health professionals in the clinics and they also offer in-service training to Health professionals to capacitate them to be able to handle and manage Mental Health care users in the community.

5.2 TWENTY (24) HOUR CONSULTATION

- Support to the DHS facilities also given in a form of telephonic consultation between the Health professionals e.g. Medical Practitioners in the community and DHS facilities with the specialists at FSPC e.g. Psychiatrists in the case of uncertainties.
- During weekdays from 07H00-16H00 consultation is done with the Psychiatrists who can be contacted at:
-FSPC First Evaluation/Out patient Department for Adult patient,
-Child Mental Unit for children i.e. for any person below age 18.
- After hours i.e. from 16H00-07H00 the consultation can be done with the Registrar/Specialist on call .The call list is always available at the FSPC Switchboard at this Telephone No. (051) 407-9911.

5.3 ALLIED HEALTH PROFESSIONAL SERVICES

The FSPC `s care, treatment and rehabilitation are based on a holistic multi professional team approach in all services provided.

Social work, Occupational Therapy, Physiotherapy and dietetic services is available.

Occupational Therapy runs the following programs:

- In Acute wards a remedial& rehabilitation program
- In Forensic work area a remedial & rehabilitation program
- In Psychiatric long-term wards a maintenance program
- In Kosmos work area a maintenance program

6. REFERRAL CHANNELS/ ADMISSION CHANNELS

- Admission to the different sections in FSPC is solely done according to the following statutory laws: - Mental Health Act 17 of 2007, Criminal Procedure Act 50 of 1977 and other relevant laws.
- Observandi admitted in Observation unit are sent by Court of law for observation by FSPC multidisciplinary team to determine their trial ability and accountability on the crime committed.

- Patients that the outcome of 30 Days observation reveals that they need to get mental health care are then referred by Court of law for care, treatment and rehabilitation in the Forensic wards.
- Service users to Acute wards are referred by members of the Multidisciplinary team from Clinics, Casualty Departments of Regional, and some District Hospitals and First Evaluation service at FSPC Outpatients Unit.
- Service users to Psychiatric Long Term and Psycho-geriatric wards are transferred within FSPC services by the respective Multidisciplinary team for prolonged care, treatment and rehabilitation at FSPC.
- Service users to the Kosmos Care and Rehabilitation wards for the mentally handicapped are referred by Social and Welfare Organisations doctors and evaluated by the multidisciplinary team for possible admission.
- Child and adolescent service users to the Child Mental Health service are referred by members of the Multidisciplinary team, School Health Services, doctors, social workers, other help services in the community.
- Service users to OPD Adult are referred via the other levels of care, doctors and community resources.

7. PATIENTS RIGHTS CHARTER

- To be treated in a healthy, therapeutic, affordable, accessible and effective Mental Health Care Service;
- To be treated with respect and human dignity (and to privacy as far as possible);
- To have appropriate information, his or her rights and appropriate counselling before consenting to care, treatment and rehabilitation and participate in the decision making;
- Not to be discriminated against on the basis of race, gender, religion, age, sexual orientation or ability to pay and mental status;
- To protection from abuse, exploitation, forced labour and degrading treatment;
- To have (clinical and social) information recorded and handled in a confidential and private manner;
- To intimate adult relationship which may be limited by the CEO if the Mental Health care user/patients ability to consent is diminished;
- To legal aid and legal representation during submission of application, lodging an appeal and/or appearing before magistrate, judge or Review Board in terms of applicable relevant laws;
- To complain or submit a grievance, and be informed of the process to follow in order to have the complaint or grievance heard and addressed and to receive feedback on the complaint;
- Right to be supplied with discharge reports on discharge from the institution.

7.1 THE RESPONSIBILITY OF THE PATIENT

- Ensuring a healthy life-style;
- Respecting the rights of other patients and staff;
- Protecting and caring for the environment;
- Utilising, without abuse, the Health System optimally and comprehensively within the Policies and Legislation;
- Treating all the Health Care providers with dignity and respect;
- To providing Health Care providers with all relevant and accurate information for diagnostic, treatment and rehabilitation plans;
- Complying with the prescribed treatment, as agreed upon between the patient and the Health Care provides, and following discharge;
- To enquire about the cost of the services, treatment & rehabilitation procedure and to arrange for the payment of these costs timely in full.

7.2 FAMILY/GUARDIAN RESPONSIBILITIES

- To continue to take responsibility even when the patient is not under your care through cooperating with the Health Care providers at all times;
- To responsibly administer or assist in the administration of any disability grant or other material/physical resources provided for the patients;
- To assist in the clinical management of the patient, as directed or guided by clinical & social work personnel;
- To avoid making available barred substances, which may delay improvement of the patients and/or equipments barred from use by the patients at the Hospital, which may be a danger to the patient, staff and other patients.

8. VISITING TIME

- The visiting time to the FSPC vary between Sections/Wards due to special activities, which are taking place in different Sections/Wards.
- Visiting time for all the sections/wards is displayed at the entrance of that section/ward or alternatively the in-charge/sister in charge of the section/ward may assist with the information.

9. FREE STATE PSYCHIATRIC COMPLEX CONTACT INFORMATION:

First interviews:

Children: 051-4079377/370
Adults: 051-4079251/250

Head of Free State Psychiatric Complex:

Mr. MP Tsibolane
Chief Executive Officer
Room A 114
1ST Floor Administration Building FSPC
Telephone No. (051) 407-9260 / 381
Facsimile (051) 4079 211
E-mail address: TsibolMP@fshealth.gov.za

Enquiries:

Tel: (051)-4079 450 O/H
(FSPC Information Help Desk Office for all inquiries)
(051)-4079 911 A/H
(FSPC Switchboard)

OR

Enquiry can be made from the ward where the patient is admitted if possible.

Address:

Postal
Private Bag x20607
Bloemfontein
9301

Physical
Nico van der Merwe Avenue 35
Bloemfontein
9301

DEPARTMENT OF HEALTH TOLL FREE NUMBER
0800 53 55 54

FREE STATE PSYCHIATRIC COMPLEX

INFORMATION BROCHURE

