



"Community involvement" in Psychology Department, UWC

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UWC Community Psychology History

- Discussions with Mr Leolyn Jackson - Students on the West Coast not using UWC as first choice for tertiary education. Discussions followed that led to a partnership between the Psychology Department, School Liason Unit and Rural Transformation Company (Now Rural Impact).
- July 2007 the project started 6 Honours students gave up one week of their midyear vacation to volunteer their time.
- We did career assessments and workshops including goal setting and future planning
- Communities included - Citrusdal, Clanwilliam, Graafwater, Elands Bay and **Lamberts Bay** (Cederberg Municipality).
- 2008 We had 50 students coming to UWC from the Cederberg Municipality and registration fees was paid by the Cederberg Municipality and businesses in the region.



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The community of Lambert's Bay



- Lambert's Bay is the service-learning site for community psychology honours students for their community engagement
- Rural, coastal, fishing community
- Approximately 6200 people
- Afrikaans – predominant language
- Low employment opportunities
- High alcohol and substance use rates
- High school drop-out rates



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MASTERS COMMUNITY ENGAGEMENT

- What it means to use research psychology skills in community engagement
- Use research skills to support current functioning
- Completed a series of needs assessment (through street-intercept method)
 - Discover if community members were aware of social services
 - Develop recommendations for NGO to improve services
- Workshops
 - With learners from primary school
 - Issues of masculinity and femininity (what it means to be a 'male' and a 'female')
- Focus groups
 - Worked with ECD teachers in order to improve morale and services
- Engagement Reports
 - Methods, analyses, results and recommendations NB

BYC BENEFICIARY SERVICE EVALUATION FORM

Gender	Programme/Service enrolled for
Male Female	
Age	Duration of participation

1. How happy are you with this service?

1 = Extremely unhappy 5 = neither unhappy nor happy 9 = Extremely happy + 10

2. Why are you not happy if?

Lamberts Bay Report

Community Psychology
MA Research Psychology



2014

Lambert's Bay Community Engagement: Findings & Recommendations

MA Research Psychology
University of the Western Cape

EXECUTIVE SUMMARY

The Bay Community Engagement (BYC) at Lambert's Bay was initiated with a view to support the community. The main objectives of the project were to assess the community's needs and to provide support services. The project was successful in achieving its objectives and the community members were very satisfied with the services provided.

The findings of the project are as follows:

1. The community members were very satisfied with the services provided.
2. The community members were very satisfied with the services provided.
3. The community members were very satisfied with the services provided.

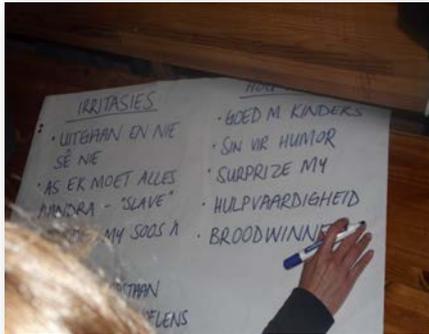
Recommendations for the future:

1. A further study should be conducted to assess the community's needs.
2. The community members should be encouraged to participate in the project.
3. The community members should be encouraged to participate in the project.

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HONOURS COMMUNITY ENGAGEMENT

- Students complete the theoretical components of community psychology in class and the practical component of the module normally over a three day period in Lamberts Bay (previously Graafwater, Clanwilliam).
- Typically 3-4 days
- Engagement takes many forms:
 - Workshops
 - Interviews
 - Discussions
 - Presentations



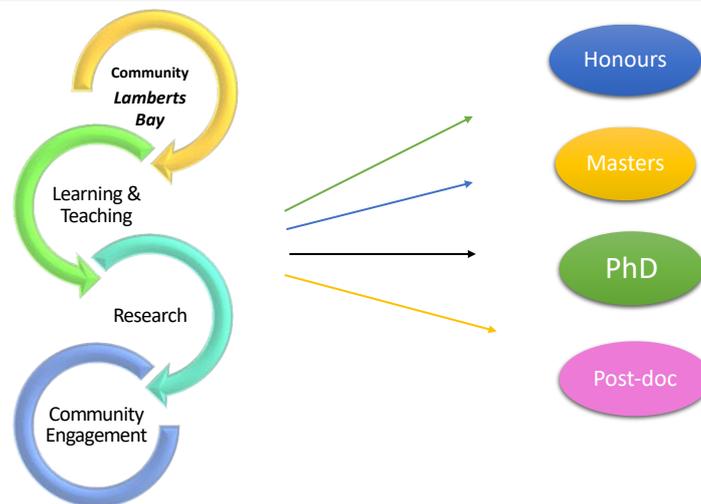
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- **Liaising** with community stakeholders
- Workshop **Goals**
- Post-engagement **report** to NGO
- Student **reflections – digital photostory**



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Over time...



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Take home message

- Community involvement has been defined as the encouragement of patients to **participate in health decision-making**, and **identifying health needs in their community**. It also ensures the **respect for diversity** as it allows for the **planning and evaluation of appropriate health services** for the community.
- **Evolution of community involvement**
- Incumbent on the researcher to not only continuously *reflect* on aims of the project but also the possible *effects* of chosen methods, the **quality of the relationship** and the *action* that would take place **after** the interaction



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Examples of Outputs

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Masters' Theses

- Carlson, S. (2020). Ascertainning the structural validity of the adapted English and translated Afrikaans version of the Family Resilience Assessment (FRAS) sub-scales
- October, K. (2018). An investigation into the correlates of the six resilience dimensions of family resilience in an impoverished rural community in the Western Cape.
- Daniels A. (2017). Exploring experiences of adult children of perceived problem drinkers in a low-income community in the Western Cape
- Twigg J. (2017). A qualitative exploration of the dimensions of family resilience in a rural community on the West Coast
- Towfie, S. (2011). Community leaders' perception of risk factors that influence methamphetamine addiction in two low-socioeconomic status communities.

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PhD's

Jenny Rose (2020)

- The effect of the Circle of Security Parenting Program on parental self-efficacy and internalizing behaviours: A randomised control trial
- Conducted her pilot study of Circle of Security Programme
- Attachment-based parenting intervention
- A group of parents from community
- Reported to have been very helpful – parents have requested a follow up.

Serena Isaacs (2018)

- Developing a contextually-based family resilience programme
- Based on community-identified family needs
- Family Resilience Strengthening Programme
- Programme to be housed and facilitated by NGO staff

Charl Davids

- A community's participation in the development of a community based substance abuse intervention programme in a West Coast rural community: A participatory action research approach
- Developing a community based substance abuse programme

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TRAINING, PUBLICATIONS, CONFERENCE PRESENTATIONS

• Training

- Training of sport coaches to do HIV prevention through sport
- Certified four-day short course, a key information session on substance abuse, offered at the University of the Western Cape CEU was adapted to fit the context of this community.

• Webinar and conference presentations

- Davids, C & Isaacs, S (2014). Webinar via Adobe Connect Successful Interventions to Create Positive Futures for Youth at Risk
- Davids, C. (2016). "A community's participation in the development of a community based substance abuse intervention programme in a West Coast rural community." 6th International Conference on Community Psychology
- Martin, G., Cupido, J. & Davids, C. (2016). "Theoretical and best practice models of community-based substance abuse programmes: A Systematic Review." 6th International Conference on Community Psychology.
- Isaacs, S., Rose, J. Davids, C. (2016). "Transformative learning: postgraduate student reflections on a community engagement programme in South Africa." 6th International Conference on Community Psychology
- Davids CI & Isaacs S. (2012) Substance abuse in the Western Cape: Reflections from a community engagement project. International Psychology Conference, Cape Town

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- Isaacs, S., Roman, N.V. & Savahl, S. (2019). An exploration of the family resilience needs of a rural community in South Africa: A sequential explanatory mixed methodological study design. *Current Psychology*, 38, 1634-1648. Doi: <https://doi.org/10.1007/s12144-017-9722-5>
- Isaacs, S., Roman, N.V. & Savahl, S. (2018). The development of a family resilience-strengthening programme for families in a South African rural community. *Journal of Community Psychology*, 46(3), <https://doi.org/10.1002/jcop.21962>.
- Isaacs, S., Roman, N.V., Savahl, S. & Sui, X.C. (2018). Using the RE-AIM framework to identify best practice models for family intervention development: A systematic review. *Child and Family Social Work*, 23(1), 122-136. doi: 10.1111/cfs.12380.
- Isaacs, S., Roman, N.V., Savahl, S. & Sui, X.C. (2018). Adapting and validating the Family Resilience Assessment Scale for use in an Afrikaans rural community in South Africa.
- **Isaacs, S., Rose, J. Davids, C. (2016). Transformative learning: Postgraduate students' reflections on a community engagement program in South Africa. *Social Behavior and Personality* (44) 103-116.**
- Roman, N., Isaacs, S. Davids, C., Sui, X. (2016). How well are families doing? A description of family well-being in South Africa. *Family Medicine and Community Health*, (4,3) 1-10.
- Davids, C. & Adam, M. (2012). HIV and Aids prevention through sport participation. An introductory manual for sport coaches, sport teachers, youth leaders and sport administrators. PEPFAR and CDC funded



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Thank you

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