



## MoM-Beirut MHPSS TF

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| <b>Date</b>  | Tuesday September 12  | <b>Venue</b>               | WHO conference room (-1)  |
| <b>Time</b>  | 02:30pm to 03:30pm  | <b>Minutes prepared by</b> | Rawan Hamedeh and Nour Kik  |
| <b>Organizations attending</b>   | ABAAD, Agence française de Développement, Caritas, IDRAAC, EMDR Lebanon Association, International Medical Corps, International Rescue Committee, Islamic association, Fundación Promoción Social de la Cultura, Handicap International, Himaya, Medair, Ministry of Public Health, Restart Centre. |                            |   |
| <b>Agenda</b>  |   |                            |   |
| <ol style="list-style-type: none"> <li>1. National mental health campaign 2017 for World Mental Health Day</li> <li>2. MHPSS community service utilization indicators</li> <li>3. Updates from MHPSS TF organizations on activities current/planned</li> <li>4. Mapping of specialized mental health services</li> <li>5. General Updates</li> </ol>   |   |                            |   |
| <b>Discussion</b>  |   |                            | <b>Action / Decision / Suggestion</b>   |
| <ol style="list-style-type: none"> <li>1. National mental health campaign 2017 for World Mental Health Day</li> </ol>  |   |                            |   |
| <ul style="list-style-type: none"> <li>➤ On the occasion of the World Mental Health Day, observed on October 10, the Ministry of Public Health in collaboration with its partners re-launched its national mental health campaign 2017 on Depression that was initially launched on World Health Day this year. The campaign will take place from September 11 until October 10, 2017</li> <li>➤ Theme: Depression</li> <li>➤ Slogan: Let's Talk about it to get out of it</li> <li>➤ Aim: To raise awareness about depression to reduce stigma and encourage people to help themselves and seek help when needed.</li> <li>➤ Key messages include: <ul style="list-style-type: none"> <li>- Depression, like all mental disorders, is for the vast majority of cases a transient condition that will pass.</li> <li>- With proper care and support, a person with depression can go back to their usual life in matter of weeks.</li> <li>- There are numerous things that one can do that are scientifically proven to help overcome depression</li> </ul> </li> </ul> |   |                            | <ul style="list-style-type: none"> <li>➤ All the campaign material is available on the following link: <a href="http://www.moph.gov.lb/en/Pages/0/11830/nationalmentalhealth-campaign-2017#/en/Pages/0/11830/national-mental-health-campaign-2017">http://www.moph.gov.lb/en/Pages/0/11830/nationalmentalhealth-campaign-2017#/en/Pages/0/11830/national-mental-health-campaign-2017</a></li> <li>➤ A guide for awareness sessions on depression (with all the key messages of the campaign) will be shared with all TF members, including a pre- and post- test in case organisations would like to conduct awareness sessions and evaluate them.</li> </ul> |

- Campaign consists of multiple components: TV spot, radio spot, informational brochures and posters.
- Regular awareness messages will be posted on the MOPH Facebook page: <https://www.facebook.com/mophleb/> . The support of all in sharing these messages will contribute to spreading the messages as widely as possible.
- MOPH hotline 1214 will be activated throughout the month of the campaign for persons who wish to learn more about the campaign or find out about nearby services.
- MHPSS TF organizations are encouraged to spread the campaign key messages highlighted in the informational brochure. Link:

[Brochure \(English\)](#)

[Brochure \(Arabic\)](#)

- Packs of informational brochures are available for distribution to MHPSS TF organizations who wish to distribute them among the beneficiaries in their organizations.
- A list of Primary Health care (PHC) centres providing services in mental health is available for referral, in addition to a list of university hospitals providing mental health services and collaborating in this campaign. The list is available online for public use. This list is an updated version (Version 1.1) from the one published in April.

## 2. MHPSS community service utilization indicators

- One of the MHPSS TF action plan objectives was to develop a list of MHPSS indicators to produce national data on access to and utilization of mental health services.
- After a thorough development process which incorporated the feedback of task force members and expert, the list of indicators is finalized.
- An online platform to facilitate reporting on the indicators is under development by the MOPH and all actors will be asked to report on it as of 2018.
- This minimum set of indicators focuses on access to available mental health services and on some quality components.

- The MOPH-National Mental Health Programme is ready to support all actors in developing or updating their internal data collection tools in line with these indicators.
- The list of indicators will be shared with all actors along with the focal person from the MOPH-NMHP for assistance.

## 3. Updates from MHPSS TF organizations on activities current/planned

➤ **IMC :**

- Ongoing case management support in all areas
- Piloting Inter-Personal Therapy (IPT) among non-specialized staff (case managers and social workers) in their organisation
- Staff care projects that will be launched in 2-3 months

➤ **MSF:**

- New brochures will be soon released on MH topics
- Plan to create videos using the content of these brochures to be used for awareness
- Plan of action process for next year is still in the process. Coordination has been initiated with the National Mental Health Programme at the MOPH to align the planning of activities with the national strategy.

➤ **Restart:**

- Mental health services for refugees registered in UNHCR

➤ **IRC:**

- Mental support program Only 2 staff are left in Tripoli
- Piloting IPT for men with depression (WHO manual)
- Main challenge faced: lack of consistency in attendance from the men (due to struggles with work and frequent evictions for the Syrian refugees)

➤ **IDRAAC:**

- Finalizing project targeting Syrian refugees and the data analysis. Results will be shared once done.
- Intervention ongoing targeting school children on building resilience and coping skills. It includes parenting skills for parents
- Medical screening for elderly is also being conducted.

➤ **Himaya:**

- Organizing its annual conference on 20-21 October building and strengthening the Child Protection (CP) Network (Invitation and program will be shared soon). This will inform a project with the MOPH on building CP policy within hospitals.

➤ **FPSC:**

- MHPSS services in Zahle SDC
- Services: psychiatry, psychology, case management and medication

➤ **Medair:**

- Psychologist in SDC marej from Monday to Friday providing psychotherapy and PSS for children and adults both syrians and Lebanese

➤ Concerns about the unavailability of specialized services in Aley and west Bekaa area were raised.

➤ Concerns about the referral of patients to psychiatric hospitals were also raised. It was shared that work in line with the national mental health strategy is being done to contract with general hospitals that have inpatient units and plans to open a new psychiatric unit in a public hospital. Updates will be shared when available.

➤ **Caritas**

- Provide psychiatric and psychotherapy consultations
- Are coordinating with the MOPH towards the delivery of mental health services in line with the national mental health strategy.

➤ **Dorcas**

- Community center in Aley delivering services for Lebanese and Syrians

➤ **Dar el Fatwa/MAPS**

- A new pilot study is starting in Bekaa area.

➤ **Inter-agency Health update:**

- Conducted a 5Ws mapping of different facilities where primary healthcare services are provided
- This included information from a few organisations on the staff that are trained on mental health

- The project is to be discussed with the MOPH-NMHP prior to initiation.
- In line with circular 48, approval from a local accredited ethical committee must be sought for any study in MHPSS and substance use response. The official ethical approval and the full protocol of the study must be submitted to the MOPH for review and official approval for the study initiation.
- Once the mapping of specialized mental health services by the MHPSS TF is completed, the results will be triangulated with the 5ws mapping to ensure comprehensiveness of each.

**4. Mapping of specialized mental health services**

- A small mapping of specialized mental health services to map services in every governorate is launched.
- An excel sheet will be circulated to be filled for only specialized mental health services (psychiatric consultation, psychotherapy consultation, consultation provided by GP trained on the mhGAP)

- It is highly important that all organisations fill out the sheet as it will contribute to improving coordination and effectiveness of referrals to ensure persons are directed to the nearest services.

## 5. General Updates

### ➤ **Into the Dawn Walk 2017**

- Annual walk organized by Embrace with the partnership of the Ministry of Public on the occasion of the International Day for the Prevention of Suicide on September 10.
  - The walk showcased the launching of the first national suicide prevention helpline for Lebanon.
  - More details about the helpline will be given in next meeting.
- In preparation for the helpline launching, a campaign has been initiated under the slogan of “الحكي بطول العمر” or ”Let’s end the silence in order to end suicide”
- Any person can enter the website: <https://embracelifeline.org/> and record a short voice message of support to persons who are going through difficult times to encourage people to speak up about suicide and break the stigma. These voice notes will be used in the campaign promoting the launching of the helpline.

### ➤ **Training on EMDR therapy approach**

- As part of MHPSS TF objective to scale-up evidence-based psychotherapy approaches in Lebanon, a training on EMDR Therapy (an evidence-based approach for the treatment of trauma) will take place in October organized by the EMDR Lebanon Association and supported by the MOPH-National Mental Health Programme. The invitation was shared with the task force. Application submission by practicing psychotherapists is ongoing.
- Interested applicants are encouraged to submit their application.

**Next meeting: To be determined**