

MoM-Central MHPSS TF-22

Date	Tuesday 12 July 2016	Venue	WHO Conference Room (-1)
Time	2:00-3:00	Minutes prepared by	Nour Kik

Organizations attending	Embrace, EMDR Lebanon Association, Dorcas MSD, Fundacion Promocion Social de la Cutlura, GIZ, IDRAAC, International Medical Corps, Lebanese Red Cross, MDM, MSF Belgium, Ministry of Public Health, Ministry of Social Affairs, UNICEF, UNRWA
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Agenda

1. **Presentation of the Suicide Helpline Project by Embrace**
2. **Presentation of the Inter-Personal Psychotherapy Project by IMC**
3. **Preparation for Annual Performance evaluation of the TF**
4. **General updates**

Discussion	Action / Decision / Suggestion
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1. Presentation of the Suicide Helpline Project by Embrace

- Embrace Fund is currently working with the National Mental Health Programme and other health affiliates in developing a hotline for suicide prevention
- This project is in line with strategic objective 3.1.5 in the “Mental Health and Substance Use Strategy for Lebanon 2015-2020”: *“Implement an evidence-based framework for prevention and monitoring of suicide”*
- The current name for the hotline is “Embraceline”—not final name
- Embraceline is a specialized telephone helpline that will provide accurate information about mental illness, immediate emotional support and psychological crisis intervention, assessment of suicide risk and referral to community-based resources.
- Main beneficiaries: individuals of all age groups and nationalities in Lebanon, experiencing suicidal ideation, or having survived a suicide attempt or know someone considering suicide; in addition to individuals with mental illness suffering from an emotional crisis who require referral or accurate information about mental health and services without feeling stigmatized.
- Social Return on Investment: \$6.0 for every \$1 invested

<ul style="list-style-type: none"> ➤ The Embraceline will utilize the network of MHPSS TF organisations to ensure proper regional referral of callers nationwide. As such, the effectiveness of the helpline will depend on the referral network that will be built by the task force and on timely 4Ws mappings. ➤ Partnership opportunities: <ol style="list-style-type: none"> 1. Join referral network: Embrace have reiterated the importance of developing a network for success. This is why Embrace has come to the task force with this presentation. 2. Become a sponsor or donor: Embrace are ready to partner with organization interested in funding the annual operational budget to contribute to the sustainability of the helpline 3. Become a trainer to deliver training workshops to Embraceline volunteers (areas of expertise may include LGBT, sexual health, gender-based violence and foreign worker’s rights) 4. Conduct evaluation research 	<ul style="list-style-type: none"> ➤ The detailed presentation of the Embraceline which includes contact information of Embrace will be shared with the task force along with the minutes of the meeting.
<p>2. Presentation of the Inter-Personal Psychotherapy Project by IMC</p>	
<ul style="list-style-type: none"> ➤ Action 10 on the MHPSS TF Action plan 2016, in line with the recommendations of the 4Ws report 2015: Conduct Inter-Personal Psychotherapy (IPT) trainings and supervision for 20 participants selected from TF organizations, universities and scientific societies ➤ The implementation of this project was supported by IMC as a partner of the NMHP and was implemented in collaboration with Columbia University ➤ Goal: building national capacity in IPT, adapted in content and delivery methods to increase local relevance for CMDs in persons affected by the Syrian crisis in Lebanon. ➤ Project trainees included future IPT providers and senior clinicians who will be future IPT trainers <ul style="list-style-type: none"> • These participants were selected based on specific qualification criteria developed by the NMHP, Columbia University trainers and IMC. ➤ The training was divided into 3 phases: 1. Training of trainers to reach competency levels as IPT providers. 2. Supervision phase: 3. Advanced training of trainers on intensive IPT skills and clinical management skills. ➤ Future steps: 	

<ul style="list-style-type: none"> • Continuation of supervision until existing participants reach competency levels • Securing funds for the future phases including future trainings to scale-up IPT beyond the humanitarian response 	
<p>3. Preparation for the Annual Performance evaluation of the TF</p>	
<p>➤ In preparation for the annual performance evaluation of the task force, feedback of the task force was collected on the areas to be evaluated, which include:</p> <ul style="list-style-type: none"> • Coordination Communication and information sharing • Planning • Inter-sectoral linkages • Anonymous surveys will be distributed 	<p>➤ It was suggested to include as well: “implementation”</p>
<p>4. General Updates</p>	
<p>➤ Update on the E-Mental health guided self-help service provision pilot project of the MOPH in collaboration with WHO:</p> <ul style="list-style-type: none"> - The intervention is currently being finalized and culturally adapted to the context. - Coding of the intervention into an online interface will begin soon. 	
<p>➤ The MOPH is currently preparing for the National Mental Health campaign which will be launched beginning September and will extent until October 10 (World Mental Health Day).</p> <ul style="list-style-type: none"> - Theme: depression. - Aim: to increase awareness and reduce stigma. - Tools: TV sport, Radio clip and informational brochures and - Throughout the month of the campaign, the MOPH hotline will refer patients to Primary Health Care Centres within the MOPH network across Lebanon which have integrated mental health. - A competition has been launched among university media and communication students for the development of the TV spot. <p>➤ A series of trainings on the crisis management protocols that were developed and finalized will begin on July 21. Two training dates are scheduled in every region (Beirut, North, South and Bekaa). The trainings will be an English but Arabic translation will be available.</p> <p>➤ Invitation email will be sent in the coming couple of days.</p>	<p>➤ Suggestion from task force participant: To consider finding a way to flag patients that are coming to the PHC after hearing about the campaign.</p>
<p>Next meeting: Tuesday August 9, 2016 at 2pm at the WHO Conference Room (-1), Lebanese University Glass building, Mathaf.</p>	

