



MINISTRY OF PUBLIC HEALTH
MENTAL HEALTH PROGRAMME

Mental Health System Reform in Lebanon

National Mental Health Programme

13 May 2016

Outline

- Why is Mental Health a Public Health priority
- Mental Health and Substance Use Strategy for Lebanon 2015-2020
- MHPSS Task Force

Burden of mental disorders

- **10%** of adults suffer from a mental disorder
- Up to **30%** of Primary Care Attenders
- Between **0.5 and 2%** of all adults suffer from a chronic, severe mental disorder
- About **1 in 10 children** suffer from a childhood mental disorder

Leading causes of years of life lived with disability

1	Unipolar depressive disorders	10.9%
2	Hearing loss, adult onset	4.6%
3	Refractory errors	4.6%
4	Alcohol use disorders	3.7%
5	Cataracts	3.0%
6	Schizophrenia	2.7%
7	Osteoarthritis	2.6%
8	Bipolar affective disorder	2.4%
9	Iron-deficiency anaemia	2.2%
10	Birth asphyxia and birth trauma	2.2%

(Both sexes, all ages)

Predictions for the leading causes of disability and mortality in 2030

World	1	HIV/AIDS
	2	Unipolar depressive disorder
	3	Ischaemic heart dis.
High-income countries	1	Unipolar depressive disorder
	2	Ischaemic heart disease
	3	Alzheimer
Middle-income countries	1	HIV/AIDS
	2	Unipolar depressive disorder
	3	Cerebrovascular
Low-income countries	1	HIV/AIDS
	2	Perinatal disorder
	3	Unipolar depressive disorder

- Severe mental disorders associated with **2 to 3 fold increase in mortality**, independent of suicide
- Mental disorders associated with **unhealthy lifestyles**, e.g. smoking
- Alcohol use is major risk factor for a number of medical disorders

- Discrimination in employment
- Increased expenditure on medical treatment, e.g. multiple consultations and medications

Mental Health: a Public Health Priority

- Human rights protection
- Public health and economic burden
- Cost and cost-effectiveness (as low as 2\$ per capita)
- Equitable access and financial protection

- Three psychiatric hospitals
- Seven psychiatric wards in general hospitals
- Outpatient care mainly in the private sector
- MOPH covers inpatient care and psychotropic medication
- Private insurances do not cover mental health
- No mental health legislation
- No mental health strategy

BACKGROUND (National Mental Health Programme)

Launching May 2014

Partners:

- WHO
- IMC
- UNICEF





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Mental Health and Substance Use

Prevention, Promotion, and Treatment

Strategy for Lebanon
2015 - 2020

Strategy launching

- The strategy was launched on May 14, 2015
- “The strategy is not that of the MoPH but rather a NATIONAL Strategy and its successful implementation will require the continued implication and collaboration of all actors on the ground.” Dr. Walid Ammar, Director-General of the MoPH



- Vision
- Mission
- Values and Guiding Principles
- Domains
- Goals
- Strategic objectives
- Targets for successful achievement of objective.

“All people living in Lebanon will have the opportunity to enjoy the best possible mental health and well-being”

*“To ensure the development of a **sustainable** mental health system that guarantees the **universal accessibility** to **high quality** mental health **curative and preventive** services through a **cost-effective, evidence-based, multidisciplinary** approach, with an emphasis on **community involvement, continuum of care, human rights, and cultural relevance.**”*

- Autonomy
- Dignity
- Participation
- Empowerment
- Quality
- Accountability and Integrity

1. Leadership and Governance
2. Reorientation of Services
3. Prevention and Promotion
4. Health Information System and Research
5. Vulnerable Groups

1- LEADERSHIP and GOVERNANCE

- Legislation (Enact, Revise, Develop)
- Financing (Revise MOPH budget, Insurances)
- Advocacy (Media, User Association, Stigma)
- Emergency response plan
- Substance Use Strategy

2- REORIENTATION OF SERVICES

- Integration of Mental Health into Primary Care
- Contracting Psychiatric wards
- Building a referral system (Community-based)
- Monitor Mental Health facilities for Human Rights protection
- Assessment of persons in long-stay facilities
- Piloting e-mental health guided self-help programme

2- REORIENTATION OF SERVICES

Human Resources

Capacity building plans, with all actors

- Multidisciplinary approach
- Biopsychosocial model
- Recovery model

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Target Population

- Specialized Staff
- Non-specialized staff
- Non- health staff
- Undergraduate curricula

2- REORIENTATION OF SERVICES

Quality improvement

- Accreditation Criteria for MH/SU facilities
- Code of ethics for MH/SU providers
- Monitoring and Evaluation System

2- REORIENTATION OF SERVICES

Procurement and distribution of medication

- Revise the list of MOPH restricted list of medication
- Develop guidelines for rational prescription of psychotropic medication

3- PREVENTION and PROMOTION

- Inter-ministerial action plan
- Framework for prevention and monitoring of suicide
- Integration of evidence-based mental health promotion and prevention in: Protection programming, Schools, Maternal and Child Health programmes

4- Health Information System and Research

HIS and M&E



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- Integrating a core set of mental health indicators within the national HIS at all levels of care

4- Health Information System and Research

Research



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- Setting priority research areas aiming at service development

5- VULNERABLE GROUPS

- Children and Adolescents
- Foreign Domestic Workers
- Older adults
- Families of disappeared from armed conflicts and wars
- LGBT community
- Persons receiving Palliative Care
- Persons in Prisons
- Persons living with disabilities
- Persons living with HIV/AIDS
- SGBV survivors
- Survivors of torture and their families
- Palestinian refugees
- Displaced populations

5- VULNERABLE GROUPS

GOAL

“Improve access to equitable evidence based mental health preventive and curative services for all vulnerable groups living in Lebanon”

- Chaired by the Ministry of Public Health
- Co-Chaired by WHO and UNICEF
- Includes all actors (UN, iNGOs, local NGOs, Other Ministries)
- Aiming at Mainstreaming, Harmonizing and up-scaling MHPSS services in the Syrian Crisis response

- Around 60 organizations
- Monthly meetings:
 - Centrally: Beirut
 - Regionally: North, South and Bekaa
- Platform for exchange and coordination
- Annual action plan
- Linkage with TFs/WGs from other sectors

MHPSS TF Action Plan 2016

- Develop a **referral system** for crisis management linking all levels of care
- Maintain an online **4Ws** mapping
- Develop and report on **key indicators** on MHPSS community service utilization
- Disseminate **staff care** recommendations based on assessment results
- Develop a **code of conduct** for NGOs working in MHPSS in line with the national code of ethics developed by the ministry

MHPSS TF Action Plan 2016

- Harmonize 1) **recruitment criteria** and 2) **range of salaries and benefits** of mental health professionals working in the humanitarian field
- Scale-up **mental health trainings for ER staff** in selected key hospitals
- **Capacity building for non-specialized staff** (ROVs, front-liners, community mobilizers, CP and SGBV case managers...)
- Conduct **IPT trainings and supervision**