



REPUBLIC OF LEBANON
MINISTRY OF PUBLIC HEALTH

National Mental Health Programme - Updates



MINISTRY OF PUBLIC HEALTH
MENTAL HEALTH PROGRAMME

Beirut/Mount Lebanon Health Working
group meeting
17 August 2017

OUTLINE

- Overview of the NMHP
- Updates (strategy domains)
- In focus: training

Overview of the NMHP

Launched 8 May 2014

Partners:

- WHO
- IMC
- UNICEF



UPDATES



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1. Leadership and Governance

2. Reorientation of Services

3. Prevention and Promotion

4. Health Information System

5. Vulnerable Groups

1. Leadership and Governance

- Revision of the MH law
- Inter-ministerial substance use response strategy for Lebanon (2016-2021) and its implementation plan launched
- Planning to develop a media toolkit

2. *Reorientation of Services*

PHC:

- Integration of MH into Primary care

Community mental health services:

- Piloting CMHC in each governorate
 - Multi-disciplinary team (psychiatrist, psychiatric nurse, psychologist, case manager/social worker)
 - Act as referral center to trained PHC centers
- Currently piloting the centers and recruiting staff

2. Reorientation of Services

Mental Health services:

CMHCs being established with NMHP

1. Makhzoumi foundation
2. MOSA Zalhe (with FPSC and MDM)
3. RHUH (with MDM and ICRC)

PHCs having MH services being established with IMC

1. Mar Antonios Jdeideh
2. Bajra social.cultural.club
3. Tayyouneh Lebanese association for early childhood development
4. Bebdine Akkar
5. Tebbaneh PHC
6. MOSA zgharta
7. Dari Baalbeck
8. Labweh PHCs
9. Nafela foundation – Taanayel
10. Azzeh PHC in Abrar
11. Kayan PHC – Tyr
12. Mouwasat PHC - Saida

2. *Reorientation of Services*

General hospitals:

- Increase number of psychiatric beds
- Training for ER staff on management of psychiatric emergencies and supervision

Specialized services:

- Planning to develop criteria for hospitalization and discharge (in order to decrease length of stay)
- First assessment of MH quality of services to be conducted Oct 2017 (WHO Quality Rights Toolkit)

2. *Reorientation of Services*

In addition:

- MH accreditation criteria for PHCs, psychiatric wards in general hospitals, and mental health hospitals
- Revision of essential list of medication + procurement
- Piloting e-mental health intervention with WHO Geneva
- Integration of MH packages in UHC

3. *Prevention and promotion*

- Suicide helpline will be launched in Sept 2017
- Annual awareness campaigns
- 2017 campaign was launched on World Health Day (7 April 2017)
 - Slogan: الإكتئاب: خَلينا نحكي عنو، لنطلع منو
 - TV spot; brochures; posters; social media posts
 - Continuation until World Mental Health Day 10 October

4. *Health Information System*

- Integrating mental health indicators into the National Health Information System
- Piloting of National Mental Health Registry – for psychiatrists
- Testing 4 Ws platform for service mapping

5. *Vulnerable groups*

- Manual for training of Mental Health Professional working with LGBT community under finalization (with LEBMASH)
- Working with families of missing persons in collaboration with ICRC (ambiguous loss)
- Developing strategy for mental health and Substance use in Lebanese prisons (with WHO)
- MHPSS task force for coordination of MHPSS in the humanitarian response
- Coordinating with UNRWA for mental health of Palestinian Refugees

IN FOCUS: TRAINING

A. mhGAP

B. Inter-Personal Therapy (IPT)

C. E-Mental Health

D. Management of Psychiatric Emergencies

E. Crisis Management

F. EMDR

A. Mental Health Gap Action Programme (mhGAP)



- **70 centers have been trained so far in collaboration with WHO**
- **Modules:**
 - Depression
 - Psychosis
 - Developmental disorders
 - Alcohol and drug use
 - Suicide/self-harm

AREA	BEIRUT	MOUNT LEBANON	BEKAA	SOUTH	NORTH
70 CENTERS	4	19	16	18	13

A. Mental Health Gap Action Programme (mhGAP)



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- 1 visit per center / month
- 2 psychiatrists supervising the MDs trained
- 1 psychotherapists supervising the nurses and social workers trained (in collaboration with Relief International)
- Planning to recruit 2 additional psychotherapists (in collaboration with IMC)

Support and
supervision



A. Mental Health Gap Action Programme (mhGAP)



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Next phase:

- Focus is on 30-40 centers selected based on the following criteria:
 - Geographical location
 - Patient load
 - Staff motivation
 - Staff evaluation during previous supervisory visits
 - Presence of other programs (i.e. accreditation, UHC)
- These centers will receive (by October 2017)
 - Refresher training (2d): for staff previously trained
 - Regular training (4d): for untrained staff (if available)

A. Mental Health Gap Action Programme (mhGAP)



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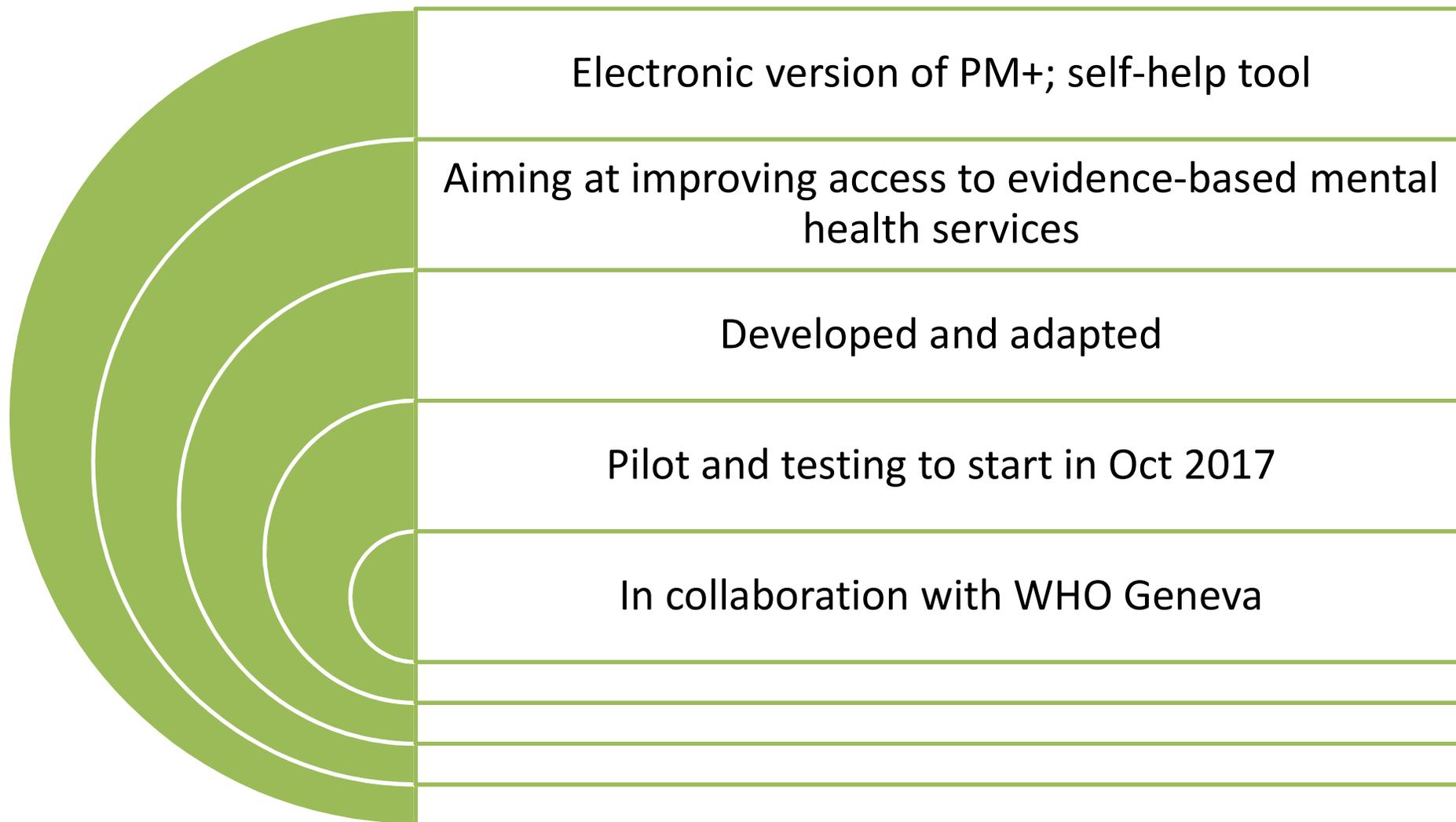


B. Inter-Personal Therapy (IPT)

- Interpersonal Psychotherapy:
 - evidence based intervention
 - first-line therapy
 - management of moderate-severe depression
- In collaboration with GCC and Colombia University

Date – 2017	Activity
July 17-20 th	Training for health providers on IPT
July 21 st	Orientation workshop to introduce the IMPACT platform to Pilot Community Mental Health Center
August	Two formal orientation online trainings to Pilot Community Mental Health Center
Last week of September	IMPACT platform: Train team on Streamline the depression care pathway, including case identification, methods of tracking treatment uptake, adherence and outcomes.

C. E-Mental Health





Training on Management of Psychiatric Emergencies at Emergency Departments

- > 200 staff from 116 hospitals trained (public and private) (RESTART Initiative)
- Evaluation of the intervention (qualitative)
- 10 hospitals (Public and Private) selected to train the full ER team and receive supervision (with WHO)
- Training to start in September

E. Crisis management

Protocols
developed and
piloted; currently
under finalization

For frontline staff
(any sector) to be
able to manage
persons in a
crisis and referral

Planning to roll
out training

F. EMDR training

Eye Movement Desensitization and Reprocessing:
Effective therapy for post traumatic stress disorder for
treating anxiety and other psychological disorders that
developed after disturbing life experiences

5-day standard training in October



Any questions?

THANK YOU