

# MoM-Beirut MHPSS TF

<b>Date</b>	Tuesday 9 May	<b>Venue</b>	WHO conference room (-1)
<b>Time</b>	3:00 pm to 4:00 pm	<b>Minutes prepared by</b>	Rawan Hamadeh
<b>Organizations attending</b>	Embrace fund, EMDR association Lebanon, Fundacion Promocion Social de la Cultura, GIZ, Handicap International, Heartland Alliance International, Himaya, International Committee of the Red Cross, IDRAAC, International Medical Corps, International Organisation for Migration, International Rescue Committee, Medecins Sans Frontiere, Ministry of Public Health, Mosaic, Restart centre, Relief International, UNICEF, UNHCR.		
<b>Agenda</b>			
<ol style="list-style-type: none"> <li>1. National Mental Health campaign 2017</li> <li>2. Mental health system reform in Lebanon: Documentary</li> <li>3. Updates on MHPSS TF 2017 action plan implementation</li> <li>4. Updates from MHPSS TF organisations including activities updates</li> <li>5. General Updates</li> </ol>			
<b>Discussion</b>			<b>Action / Decision / Suggestion</b>
<b>1. National Mental Health campaign 2017</b>			
<ul style="list-style-type: none"> <li>➤ The National Mental Health Campaign 2017 on the occasion of World Health Day was launched on April 7 in the Grand Serai.</li> <li>➤ Corresponded with the launching of the WHO regional campaign for World Health Day from Lebanon.</li> <li>➤ Theme: Depression</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 to help him/herself</li> </ul> </li> <li>➤ Campaign material includes: TV spot, informational brochures and posters.</li> <li>➤ MOPH 1214 will be activated throughout the month of the campaign and until the end of May for persons who which to learn more about the campaign or find out about nearby services.</li> </ul>			<ul style="list-style-type: none"> <li>➤ MHPSS TF organizations are encouraged to spread the campaign key messages highlighted in the informational brochure: <ul style="list-style-type: none"> <li><a href="http://www.moph.gov.lb/userfiles/files/Programs%26Projects/MentalHealthProgram/MOPHNational%20Mental%20Health%20Campaign%202017-Brochure.pdf">http://www.moph.gov.lb/userfiles/files/Programs%26Projects/MentalHealthProgram/MOPHNational%20Mental%20Health%20Campaign%202017-Brochure.pdf</a></li> </ul> </li> <li>➤ Packs of informational brochures are available for distribution to MHPSS TF organizations who wish to distribute them among the beneficiaries in their organizations.</li> <li>➤ All campaign material (Informational brochures, awareness video, posters) and the</li> </ul>

- 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.
- The campaign was highly covered by the media, the event was broadcasted live on different TV channels and was reported in addition to the TV spots and interviews related to the campaign on different media stations.

list of MOPH network Primary Healthcare Centers and university hospitals providing services in mental health are available online on the MOPH website through the following link:

<http://www.moph.gov.lb/en/Pages/0/11830/national-mentalhealth-campaign-2017#/en/Pages/0/11830/national-mental-health-campaign-2017>

## 2. Mental health system reform in Lebanon: Documentary

### 2. Mental health system reform in Lebanon: Documentary

- A documentary has been published highlighting the vision of the Ministry of Public Health for mental health in Lebanon and presenting the achievements that have been made so far to reach this vision starting from the establishment of the National Mental Health Programme, to the launching of the National Mental Health Strategy and the implementation of various objectives in different domains of the Strategy.
  - Following questions that arose from the discussion, it was clarified that mental health services are being organized in line with the National Mental Health Strategy according to the WHO service organisation pyramid for an optimal mix of services for mental health. As such, work is being done at different levels:
    - Informal services:
      - Piloting guided self-help e-mental health services to allow self-help in case of specific mental health conditions such as anxiety
      - Rolling-out Psychological First Aid training for the provision of humane, supportive, and practical assistance for people who are distressed.
    - Formal services:
      - Level 1: Integration of mental health into primary health care.  
Training primary care physicians, nurses and social workers on the WHO mental health Gap Action Programme adapted for Lebanon; to identify and manage persons with mental disorders. More than 75 Primary care center have been training on the mhGAP and are followed-up on-site by the MOPH Support and Supervision unit.
      - Level 2:
        - Development of community-based multidisciplinary mental health teams (CMHTs): Persons with complex mental health conditions will be referred from the primary healthcare centers with integrated services to the CMHTs for specialized care. The MOPH, in collaboration with different partners is currently working on developing eight of these teams.
        - Scaling-up evidence-based psychotherapies including 1) Inter-Personal Psychotherapy (IPT) for the treatment of a variety of psychiatric disorders, including affective, anxiety and eating disorders, for a wide age range and 2) Eye-Mouvement Desensitization Reprocessing Therapy for the treatment of Post-Traumatic Stress Disorder.
      - Level 3:
        - Contracting general hospitals that have psychiatric units for beds (in addition to covering inpatient care in psychiatric hospitals).
        - Training Emergency Room staff on management of psychiatric emergencies to strengthen the identification and stabilization of patients with psychiatric emergencies.
- The documentary is available on the MOPH Youtube channel on the following link:  
[https://www.youtube.com/watch?v=WPK8Xv8B\\_rg](https://www.youtube.com/watch?v=WPK8Xv8B_rg)

### 3. Updates on MHPSS TF 2017 action plan implementation

## **1. Establish referral system for crisis management**

- Crisis management protocols currently being piloted
- After that, protocols to be edited and finalized
- 4Ws online platform development almost complete for piloting

## **2. Establish multidisciplinary community mental health teams in underserved areas**

- Coordination with different partners to establish at least 4 teams in 2017 across Lebanon
- Location in every governorate is under identification

## **3. Up-scale evidence-based psychotherapy approaches**

### 1) Inter-Personal Psychotherapy (IPT)

- Training for psychologists currently working in the humanitarian field on IPT
- First training: July for 5 days
- Agenda and Invitation to be shared soon for psychologists to participate
- Selection criteria and process.
- Expectations: dedicating 2 hours per week of supervision until supervised on 3 cases and met criteria for competency

### 2) Eye Movement Desensitization and Reprocessing Therapy for Trauma

- Trainings to be conducted in collaboration with EMDR Association Lebanon
- First training tentative date: October

## **4. Build the capacity of non-specialized staff to identify and refer persons with mental disorders**

- Coordinating with Protection sector to organize trainings for Protection staff on severe mental disorders and developmental disorders and on Psychological First Aid

## **5. Develop practical guidance and tools for monitoring and evaluation of MHPSS programmes in line with the IASC Framework for**

### **Monitoring and Evaluation of MHPSS Programmes in Emergencies**

- Newly released IASC framework for M&E under review
- Adaptation process to be set

## **6. Conduct workshops on best practices and evidence-based approaches for humanitarian settings in MHPSS (including IASC guidelines)**

- Topics under identification based on needs of task force

#### **7. Train MHPSS service providers on the “Developmental disorders”**

##### **module from the mhGAP**

- Securing funding to roll-out trainings

#### **8. Mainstream mental health in Protection outreach and awareness**

##### **material**

- Coordination with Protection sector to review previously developed material and contribute to material to be newly developed

- PSS key messages developed by CP working group committee share with MHPSS chairs for revision.

#### **4. Updates from MHPSS TF organisations including activities updates**

##### ➤ Handicap International:

- Activities are going to decrease and some will stop by the end of August due to the end of the emergency phase
- Will support 8 local partners (4 in Bekaa and 4 in North) and refer to them the identified cases.

##### ➤ IDRAAC:

- Treatment of patients in Beirut (around 2000 cases per year) for free or for reduced prices
- Plans to build 2 additional centers one in Bekaa and another one in Beirut in 2017

##### ➤ FPSC:

- Community mental health clinic in Zahleh in close collaboration with MOPH and with MDM. Treatment of patients (around 350 consultations a month) in the community mental health center in Zahleh.
- Ready to receive referrals.
- Receive persons of all age groups

##### ➤ IRC:

- Research with Oxford University in collaboration with UNICEF on the mental health of parents throughout the parenting skills program
- Deputy coordinator for child protection will be sharing the details soon.

##### ➤ GIZ:

- Working with MHPSS.net to create an online mapping tool similar to the 4Ws at a regional level for the Middle East area.
- Staff care research project called “help the helper project” to take place in Jordan, Lebanon, Iraq and Turkey. Launched in August last year, the project is continuing with a pilot phase for half a year starting this summer.

➤ IDRAAC is interested to explore possibilities to align with the national mental health strategy framework for mental health service organisation. Possibilities can be explored through discussion with the MOPH-NMHP.

<ul style="list-style-type: none"> <li>➤ IOM: <ul style="list-style-type: none"> <li>- In partnership with MOSA, launching a unit inside one of the Social Development Centres in Sarafand in the South to provide PSS activities</li> <li>- The unit is open for any other NGO to conduct PSS activities within it.</li> </ul> </li>   <li>➤ UNICEF: <ul style="list-style-type: none"> <li>- CP sector working on PSS with a target of 130 thousands to be reached by community-based activities such as support groups, parenting skills, open spaces for children.</li> <li>- PSS committee is working on a manual on focused PSS in Lebanon.</li> <li>- UNICEF are also currently working, through a consultancy company, with MOSA on revising the MOSA national plan for SDCs. the national plan with MOSA in SDCs</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>➤ IOM inquired about nearby centres in Sarafand area that provide specialized mental health services. The Lebanese Welfare Association Centre in Sarafand was indicated as one such centre.</li>   <li>➤ UNICEF invited interested actors to participate in a meeting on Friday May 11 at 12pm in Gefinor 6<sup>th</sup> floor which is a brainstorming meeting around key emotional needs of children in preparation for the manual on focused-PSS. Some of the vulnerabilities targeted are child marriage, child labor, children living in high risk communities, children victims of gender-based violence or physical violence and/or neglect etc.</li>   <li>➤ A participant suggested to create a set of minimum requirements for PSS activities to ensure that funded activities are within this scope. UNICEF stated that they have a set of minimum requirements for their partners and they have a mapping tool in addition to activity info.</li>   <li>➤ A participant stressed on the need to have definitions of MHPSS services to enhance mapping. It was highlighted that the 4Ws online platform will be accompanied with an annex glossary of terms for services covered contextualized to the local context.</li> </ul>
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**5. General Updates**

<p>➤ <b>UNHCR:</b></p> <ul style="list-style-type: none"> <li>- Update on SOP of referral programme for refugees in need of care: urgent life-saving conditions (ex: substance use and overdose) can be referred for inpatient care (when no specific psychological care is needed)</li> <li>- No referrals for rehabilitation</li> </ul>	
<p>➤ <b>List of psychotropic and neurologic medication recommended for prescription in humanitarian settings by MOPH</b></p> <ul style="list-style-type: none"> <li>- 4 PHCs in different governorates are identified to hold the listed medications for distribution.</li> <li>- Protocols for handling medications and detailed distribution channels will be developed to standardize their use.</li> </ul>	
<p>➤ <b>Nature Podcast on Global Mental Health</b></p> <ul style="list-style-type: none"> <li>- Audio show published by Nature Journal in collaboration with Grand Challenges Canada</li> <li>- First episode: around global mental health</li> <li>- During this episode, three experts, including Dr. Rabih El Chammay, head of the National Mental Health Programme at the Ministry of Public Health in Lebanon, discuss the evidence for interventions, how to get help to the right people, and which challenge, if solved, would help the most.</li> <li>- In addition to discussing the priorities in global mental health, Dr. Chammay highlights the work being done by the MOPH in reforming the mental health system in Lebanon.</li> </ul>	<p>➤ The podcast is accessible through the link below:  <a href="http://www.moph.gov.lb/en/Pages/6/12033/nature-podcast-global-mental-health">http://www.moph.gov.lb/en/Pages/6/12033/nature-podcast-global-mental-health</a></p>
<p><b>Next meeting: Tuesday July 13, 2017 at 2pm in the WHO conference room (-1)</b></p>	