

## MoM-Bekaa MHPSS TF

<b>Date</b>	Tuesday 27 September 2016	<b>Venue</b>	UNHCR Zahleh
<b>Time</b>	1:00-2:00pm	<b>Minutes prepared by</b>	Nour Kik
<b>Organizations attending</b>	Fundacion Promocion Social de la Cultura, International Medical Corps, Medecins du Monde, Ministry of Public Health, UNHCR, UNICEF		

### Agenda

1. **Presentation of the finalized psychotropic and neurological medication list for humanitarian settings**
2. **Review of implementation status of 2016 MHPSS TF action plan**
3. **Brainstorming session for 2017 action plan: challenges and gaps**
4. **General Updates**

Discussion	Action / Decision / Suggestion
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#### 1. Presentation of the finalized psychotropic and neurological medication list for humanitarian settings

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| <ul style="list-style-type: none"> <li>➤ Issue: Since the Onset of the Syrian crisis, local and international NGOs have initiated specialized mental health services targeting displaced Syrians, Palestinian refugees and vulnerable Lebanese, using different lists of psychotropic and neurologic medications; some of the latter medication being costly with no evidence of added benefits. This was leading to challenges in maintaining the continuum of care for patients when moving between the different levels of care and therefore to a need to rationalize the medication list.</li> <li>➤ The rationalization of the medication list was conducted in line with domain 2 of the “Mental Health and Substance Use Strategy for Lebanon 2015-2020”, specifically with objective <b>2.3.3 Revise the MoPH list of psychotropic medications for prescriptions by specialists.</b></li> <li>➤ Starting points             <ul style="list-style-type: none"> <li>- MOPH/YMCA list as a base</li> <li>- Psychotropic and neurological medications used by NGOs/iNGOs</li> <li>- Lebanese National Drug Index 2015</li> <li>- WHO essential list</li> </ul> </li> <li>➤ Two psychotropic and neurological medication lists were developed:             <ol style="list-style-type: none"> <li>1) For Adults and Children, with recommended line of treatment</li> <li>2) For Emergency Rooms of Hospitals</li> </ol> </li> <li>➤ 5 categories of psychotropic medications: 1.Antipsychotics, 2.Anxiolytics, 3.Antidepressants, 4.Mood stabilizers, and 5.Antiepileptic drugs</li> <li>➤ Medications categorized by cost effectiveness (line of treatment)</li> </ul> | <ul style="list-style-type: none"> <li>➤ The finalized lists will be shared with the task force.</li> </ul> |
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<ul style="list-style-type: none"> <li>➤ Eligibility: Lebanese and non-Lebanese in the MOPH primary health care network</li> <li>➤ To ensure that there is a unified channel of distribution for Lebanese and non-Lebanese, and to maintain a certain level of cost-effectiveness and quality control, the following distribution channel will be set for the added medication (in addition to the regular channel in PHC centres via YMCA for the essential medications) : <ul style="list-style-type: none"> <li>- Via MOPH → 8 community mental health referral centers (1 in each governorate)</li> <li>- Referral from other PHC centres for psychotropic medication will be accepted, with medication periodic review</li> <li>- For advanced medications: first prescription by psychiatrist or neurologist; prescription renewal will be opened soon for mhGAP doctor</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>➤ The list of these community mental health referral centers will be share with the task force once they are identified.</li> </ul>
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**2. Review of implementation status of 2016 MHPSS TF action plan**

<ul style="list-style-type: none"> <li>➤ The implementation status of the 10 objectives on the MHPSS TF 2016 action plan were reviewed.</li> <li>➤ The implementation of all objectives is on track.</li> </ul>	
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**3. Brainstorming session for 2017 action plan: challenges and gaps**

<ul style="list-style-type: none"> <li>➤ In preparation for the development of the 2017 MHPSS TF action plan, a discussion around challenges and gaps in MHPSS work was held during the meeting.</li> <li>➤ Challenges and gaps brought up by participants: <ul style="list-style-type: none"> <li>- Gaps in the availability of mental health services in the Bekaa</li> <li>- Absence of institutions for non-Lebanese children with developmental disorders</li> <li>- Lack of services for persons with epilepsy and for persons with substance use disorders in the Bekaa</li> <li>- Long waiting lists in NGOs</li> <li>- High risk cases: need time to have approval from hospital</li> <li>- Challenge in ensuring transportation to hospital or other needed services</li> <li>- No opportunity for re-integration of persons into the community and no community support</li> <li>- Big number of patients coming from a neurologist with unprofessional and inaccurate diagnosis.</li> <li>- A lot of prescriptions from neurologists for psychotropic medications are leading to addiction on prescription medication</li> <li>- No system for cross-checking that patients are not benefiting from same service in different organisations.</li> <li>- Capacity-building for front-liners: they do not transmit (and they have low salaries)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>➤ To ensure that all actors have the opportunity to participate in the development of the action plan, an anonymous and short online feedback form (2 questions only) was shared with the task force to collect feedback on challenges and priorities to be addressed. All members are encouraged to provide any further feedback they may have through filling the survey.</li> </ul>
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<p>➤ Suggested actions by participants to address challenges:</p> <ul style="list-style-type: none"> <li>- Training community groups (family committees in the region) on identifying mental health disorders and referral</li> <li>- Linking community mental health centres and teams with protection and shelter hubs and with the committees in the region</li> <li>- Ensuring the availability of disaggregated data for the Bekaa</li> </ul>	
<p><b>4. General Updates</b></p>	
<p>➤ 4Ws (Who is doing What, Where and until When) mapping exercise was launched. Around 25 organisations have contributed so far and still expecting some organisations to send their sheets in the coming week.</p>	<p>➤ Organisations that haven't filled it yet are urged to do so as it is critical for a comprehensive and reflective mapping that is timely and useful for everyone.</p>
<p>➤ <b>Update on the National Mental Health Programme's current activities in light of the implementation of the "Mental Health and Substance Use Strategy for Lebanon 2015-2020":</b></p> <p><b>DOMAIN 1: Leadership and governance</b></p> <ul style="list-style-type: none"> <li>• Finalizing an inter-ministerial substance use response strategy (objective 1.1.3)</li> <li>• Developing a mental health and substance use strategy for prisons (objective 5.5.1)</li> <li>• Revising laws and regulations related to mental health and substance use (objective 1.3.1)</li> </ul> <p><b>DOMAIN 2: Reorientation and scaling-up of mental health services</b></p> <ul style="list-style-type: none"> <li>• Integrating mental health into PHC centres and Social Development Centres (SDCs): mhGAP trainings +support and supervision (Objective 2.1.1)</li> <li>• Piloting a community-based multidisciplinary mental health team (Objective 2.1.2)</li> <li>• Contracting with general hospitals for beds in inpatient psychiatric wards (Objective 2.1.3)</li> <li>• Adapting and piloting an e-mental health guided self-help programme for Lebanon with WHO (Objective 2.1.7)</li> <li>• Developing accreditation standards for mental health/substance use institutions/organizations taking into consideration the special needs of children, children with disabilities and other vulnerable groups (Objective 2.4.1)</li> </ul>	<p>➤ Regular updates are provided through the National Mental Health Programme Newsletter accessible on the NMHP page on the new MOPH website: <a href="http://www.moph.gov.lb/en/Pages/6/553/the-national-mental-health-program#collapse_1349">http://www.moph.gov.lb/en/Pages/6/553/the-national-mental-health-program#collapse_1349</a></p> <p>➤ The national strategy and publications of the NMHP are also available on and downloadable from this webpage.</p>

- Developing a code of ethics for mental health/substance use service providers (Objective 2.4.2)

### **Domain 3: Promotion and Prevention**

- Starting discussions with MEHE and MOSA to work towards: integrating evidence-based mental health promotion and prevention into:
  - national protection programming (social protection, child protection, SGBV, minors in the judiciary system) (3.1.2)
  - maternal and child health programmes (3.1.3)
  - Schools (3.1.4)
- Implementing an evidence-based framework for prevention and monitoring of suicide: suicide prevention Helpline project with Embrace (3.1.5)

### **Domain 4: Monitoring and Evaluation**

- Integrating a core set of mental health indicators within the national HIS at all levels: outpatient (dispensaries, PHC centres, and mental health clinics) and inpatient (psychiatric hospitals and psychiatric wards) (Objective 4.1.1)
- Developing a psychiatric registry

**Next meeting: Tuesday October 25, 2016 at 1pm in UNHCR Zahleh**