

# MoM-Bekaa MHPSS TF

<b>Date</b>	23 <sup>rd</sup> of October	<b>Venue</b>	UNHCR - Zahle
<b>Time</b>	12:00pm to 1:00pm	<b>Minutes prepared by</b>	Alain Gebrayel (MOPH-National Mental Health Programme)

<b>Organizations attending</b>	Arc En Ciel, , Danish Refugee Council (DRC), Fundación Promoción Social (FPS), Humedica, International Committee of the Red Cross (ICRC), International Medical Corps (IMC), International Organization for Migration (IOM), Intersos, MAGNA, Medair, Medecins du Monde (MDM), Medical Teams International (MTI), Médecins Sans Frontières Swtizerland (MSF-Swiss), Ministry of Social Affairs, Ministry of Public Health, Mousawat, Relief International (RI), The Lebanese Women Democratic Gathering (RDFL)
--------------------------------	--

## Agenda

1. Updates and discussions on gaps and challenges faced in MHPSS work by actors
2. Update on the 3<sup>rd</sup> Annual Mental Health Campaign
3. Brief Description on the Guide for the rational prescription of medications for priority mental and neurological conditions for specialists in the Public Health system
4. Updates and upcoming events from MoPH in line with the national mental health strategy implementation

Discussion	Action / Decision / Suggestion
------------	--------------------------------

### 1. Updates and discussions on gaps and challenges faced in MHPSS work by actors

<ul style="list-style-type: none"> <li>➤ MDM: Some staff are observing decreased referral to specialized consultations. Referral of specialized cases (have low referral numbers). People are getting saturated and know about all the services. Low referral and low consultations.</li> <li>➤ Some organisations have reported that persons with a mental illness are going to see Sheikhs because of Jinn misconceptions. MDM shared that they have tried to approach a Sheikh but he refused to see them.</li> <li>➤ FPS: shared that two persons with active suicidal ideation of Syrian nationality couldn't be admitted to hospital because FPS could not cover hospitalisation. Two other Lebanese couldn't be admitted because FPS couldn't cover the 10% difference that MoPH does not cover.</li> <li>➤ Actors were finding difficulty to find centers to refer children with special needs and autism to.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Arc En Ciel and Mousawat will share their list of activities with the focal persons to refer to.</li> <li>➤ Arc En Ciel have activities and services for persons with autism and special needs.</li> </ul>
--	---

- ICRC started to work in Aarsal (FGDs) to start awareness sessions; they are searching for a healthcare facility to provide specialized mental health services to Syrians and Lebanese.
- MSF-Switzerland are offering medical group support sessions for persons with diabetes and psychological group session interventions.
- Arc En Ciel offer 15 sessions psychotherapy for Syrians and Lebanese of all age categories. Details about services to be shared by email with task force
- Support groups of 8 to 15 persons will be done in 3 Informal Settlements for stress and anxiety management with MDM. 18 Refugee Outreach Volunteers will start awareness session in parallel myths and facts around mental health.

## 2. Update on the 3<sup>rd</sup> Annual Mental Health Campaign

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>➤ The MOPH launched the third annual national awareness campaign on mental health in a public event in Nejmeh Square in Beirut on the 14<sup>th</sup> of September featured <a href="#">live on Facebook</a>, under the sponsorship of the World Health Organization, Abaad, IMC and MDM.</li> <li>➤ The aim of the campaign is to increase knowledge around Mental Health and emphasize the importance of active listening and talking, through encouraging persons to talk about mental health openly, anytime and anywhere.</li> <li>➤ The launching event included: <ul style="list-style-type: none"> <li>- interactive awareness raising activities through booth organized by MHPSS actors (12 organizations participated).</li> <li>- Short documentary on public perception on mental health: <a href="#">Link</a></li> <li>- Testimonies of persons with lived experience: <a href="#">Link</a></li> <li>- Q&amp;A with mental health professionals featured Live on Facebook: <a href="#">Link</a></li> </ul> </li> <li>To watch an overview of the event: <a href="#">Link</a></li> <li>To watch the Awareness video of the campaign: <a href="#">Link</a></li> <li>➤ The campaign will extend until World Mental Health Day (October 10).</li> <li>➤ Slogan: “صار وقت نحكي صحة نفسية”<br/>“time to talk mental health”</li> </ul> | <ul style="list-style-type: none"> <li>➤ It would be much appreciated if your organizations and yourselves could share the posts on Facebook to reach as many persons as possible</li> <li>➤ An awareness presentation is being prepared by the Ministry of Public Health with the key messages of the campaign that will be disseminated to all actors for their use to deliver awareness sessions.</li> </ul> |
|---|---|

➤ Hashtag: #صار وقت نحكي #Time\_To\_Talk

Through the MOPH facebook page awareness videos and a weekly infographic around mental health will be posted throughout the month until October 10. To follow and share: <https://www.facebook.com/mophleb/>

### 3. Brief Description on the Guide for the rational prescription of medications for priority mental and neurological conditions for specialists in the Public Health system

- The guide was developed in line with objective 2.3.4 of the national mental health strategy for Lebanon 2015-2020: “Develop guidelines for the rational prescription of psychotropic medications”
- Reference document for evidence-based and culturally appropriate decision-making for pharmacological treatment of priority mental and neurological conditions.
- Based on the “[\*National List of Psychotropic and Neurological Medications for Humanitarian Response, v2.0\*](#)” which was developed to harmonize the procurement and provision of medications amongst all actors.
- In addition, a separate list of medical tests needed to monitor the side effects of these medications (as per the guide) is available.
- In line with the continuum of care, this guide advocates for the rational medication prescription based on the national list and highlights the importance of the psychosocial component in the treatment of mental and neurological conditions as part of the holistic person-centred care.
- The process of development encompassed two rounds of technical review from experts at local and international levels.
- This guide was made possible through the fruitful collaboration between the MOPH-National Mental Health Programm and the World Health Organization

- Next step: Orientation sessions for psychiatrists and neurologists on the guide in October-November 2018
- Request was sent to share contacts of psychiatrists and neurologists working in your organisations to share with them invitation
  - **If not done yet, please share**

### 4. Updates and upcoming events from MoPH in line with the national mental health strategy implementation

- An overview on the implementation status of the national mental health strategy was provided across its five domains of action ( 1)Leadership and governance, 2) Service organization and scale-up, 3)Promotion and Prevention, 4) Information, Evidence and Research and 5) Vulnerable Groups)

Some specific updates on projects and trainings included:

➤ **UPDATE on World BANK Project:**

Under World Bank supported project of MOPH “Emergency Primary Health Care Restoration Project” Towards universal health coverage: packages of mental health care will be subsidized in 40 PHCCs serving the most economically vulnerable populations in Lebanon”. Additional community mental health centers will also be established to cover all governorates.

➤ **Update on guided e-self help intervention:**

The Step by Step intervention (guided e- self-help intervention for adults) developed by MOPH and WHO Geneva was piloted in the beginning of 2018. It is a 5 sessions story-based online intervention through which persons can learn strategies to cope with difficult emotions such as stress, anger, anxiety, etc. Now, the programme that was running on website version, was turned into an application and is being finalized. Next Step: Randomized Controlled Trial (RCT) to study effectiveness. The RCT is currently in the feasibility phase; it will extend from October till the end of December.

➤ **Training of Trainers on the national self-care manual for frontliners:**

- In line with one of the objectives of the MHPSS TF 2018 Action Plan : national self-care manual for frontliners as developed.
- TOT is being organized by MOPH and ABAAD
- A call for applications has been sent to all actors in Lebanon who are interested.
- Self-care training will be held for trainers on October 15 and 16.
- Trainers will then administer the training to five groups of frontliners under the supervision of the MOPH-NMHP.
- Application deadline: Wednesday October 10<sup>th</sup>

➤ **Trainings for frontliners on the crisis management protocols**

- previously developed and piloted in line with the MHPSS TF Action Plan 2017
- Aim: provide guidance for non-health professionals on how to attend to a person in a crisis situation and to identify their primary concern (MH, shelter, SGBV, CP)

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>○ The protocols are currently in the design and printing phase.<br/>Six one day trainings will be conducted all over Lebanon's regions (most probably beginning of November)</li><li>○ An email will be sent to task force members to attend the trainings.</li><li>○ This is in collaboration with Fundacion Promocion Social (FPS)</li></ul> |  |
|--|--|

<b>Next meeting: (Tuesday 27<sup>th</sup> of November, UNCHR - Zahle)</b>
---