embrace

EMBRACE MENTAL HEALTH CENTER (EMHC)

CLINIC MONTHLY INDICATORS

REPORT 15

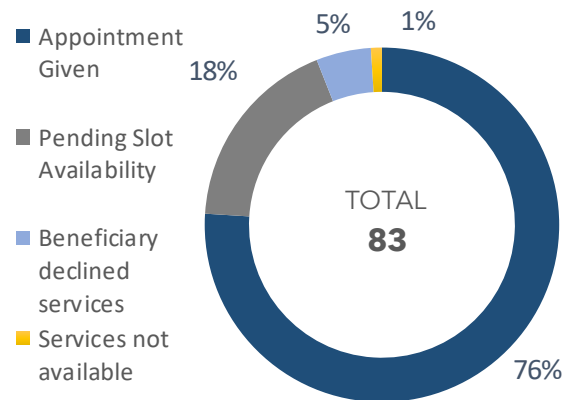**REPORTING PERIOD**
FEBRUARY 2022

I. NEW REQUESTS FOR SERVICES | 83

Every beneficiary that calls the clinic is briefly screened to better gather basic demographic information, understand the reason for which they are seeking services, and orient them accordingly. The new requests represents the number of people who called requesting EMHC services. The outcome of the new requests represents the decision taken after the information was gathered from the potential beneficiary.
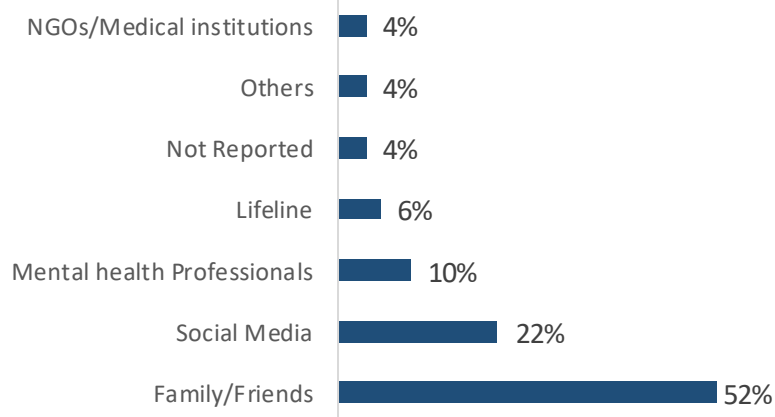
- Appointment Given
- Pending Slot Availability
- Beneficiary declined services
- Services not available

TOTAL
83

5% 1%
18%
76%

II. REFERRAL SOURCE

The referral source represents the different ways beneficiaries were referred to or learned about the Embrace Mental Health Center.

*Note that the graph reflects the percentage of beneficiaries who reached out to the Embrace Mental Health Centre during the reported month, regardless of whether they received an appointment or not.
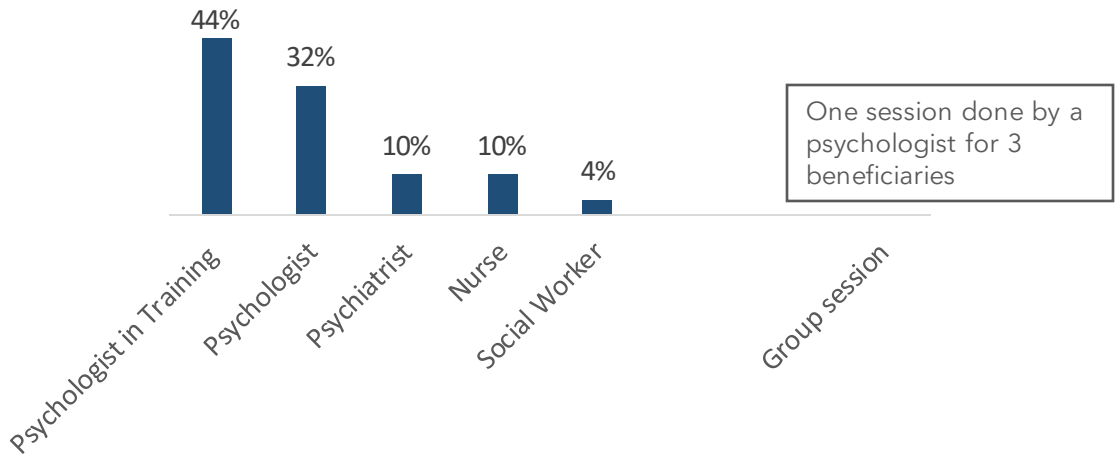*Note that mental health professionals include practitioners at Embrace

Referral Source	Percentage
NGOs/Medical institutions	4%
Others	4%
Not Reported	4%
Lifeline	6%
Mental health Professionals	10%
Social Media	22%
Family/Friends	52%

III. SERVICES PROVIDED | 561 sessions

INDIVIDUAL SESSIONS — *Total* **483**

   Psychiatric Consultations — **58**

   Psychotherapy Consultations — **425**

PSYCHIATRIC NURSING SESSIONS — **55**

SOCIAL WORK SESSIONS — *Total* **22**

GROUP THERAPY SESSIONS — **1**

IV. TYPE OF PRACTICIONER SEEN

44%
32%
10% 10%
4%

Psychologist in Training
Psychologist
Psychiatrist
Nurse
Social Worker
Group session

One session done by a psychologist for 3 beneficiaries

V. BENEFICIARIES SEEN   214

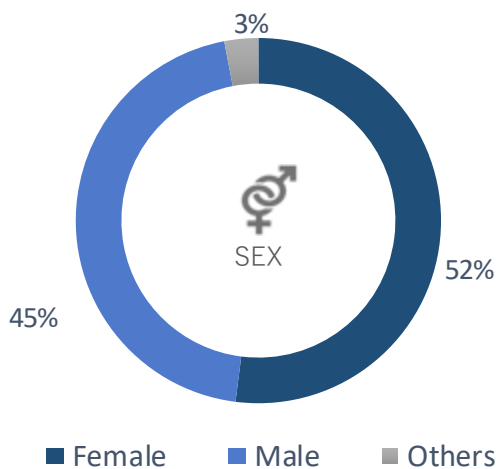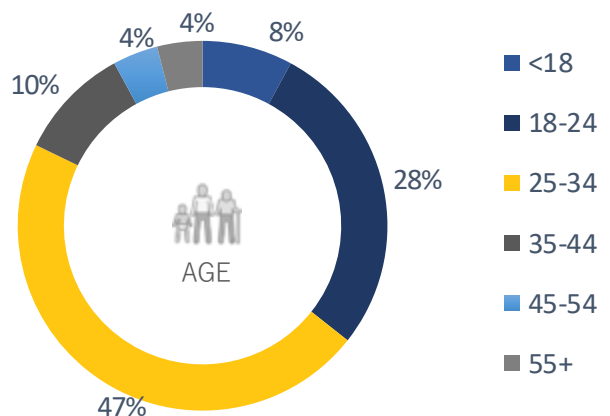|	Total
NUMBER OF BENEFICIARIES SEEN (*first session or follow up*)	**214**
NUMBER OF NEW BENEFICIARIES SEEN (*those whose first session was this month*)	**51**

VI. NEW BENEFICIARY DEMOGRAPHICS

The below charts present basic demographic information for the **new** beneficiaries served during the reporting period (n=51).
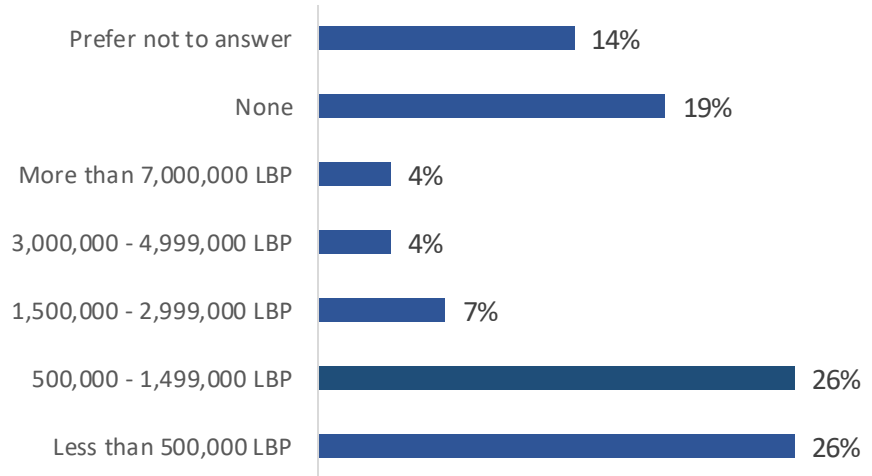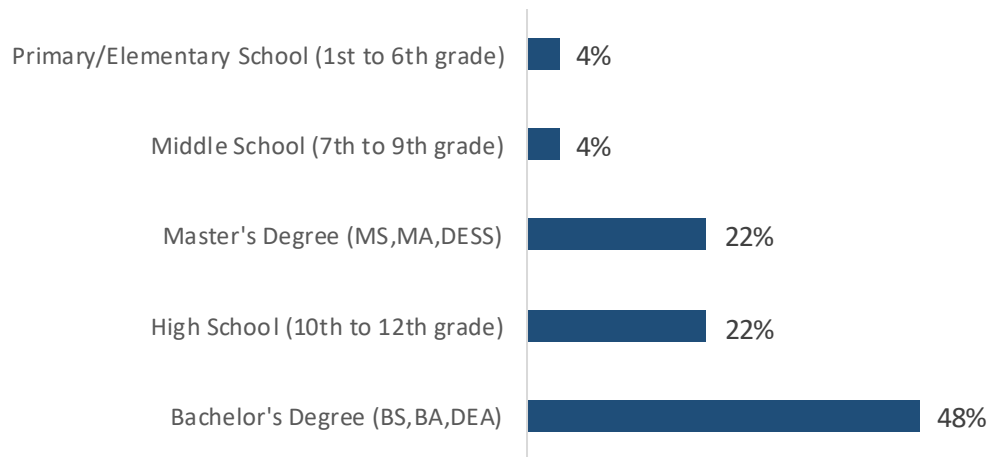
3%
52%
45%

SEX

■ Female ■ Male ■ Others

Valid % are reported

4% 4% 8%
10%
28%

AGE

47%

■ <18
■ 18-24
■ 25-34
■ 35-44
■ 45-54
■ 55+

The mean age of beneficiaries was **29** years old.

INCOME STATUS

Category	Percentage
Prefer not to answer	14%
None	19%
More than 7,000,000 LBP	4%
3,000,000 - 4,999,000 LBP	4%
1,500,000 - 2,999,000 LBP	7%
500,000 - 1,499,000 LBP	26%
Less than 500,000 LBP	26%

HIGHEST EDUCATIONAL STATUS

Category	Percentage
Primary/Elementary School (1st to 6th grade)	4%
Middle School (7th to 9th grade)	4%
Master's Degree (MS,MA,DESS)	22%
High School (10th to 12th grade)	22%
Bachelor's Degree (BS,BA,DEA)	48%

EMPLOYMENT STATUS

Category	Percentage
Employed (Full-time)	12%
Freelancer	16%
Employed (Part-time)	20%
Student (Full-time)	24%
Unemployed	28%
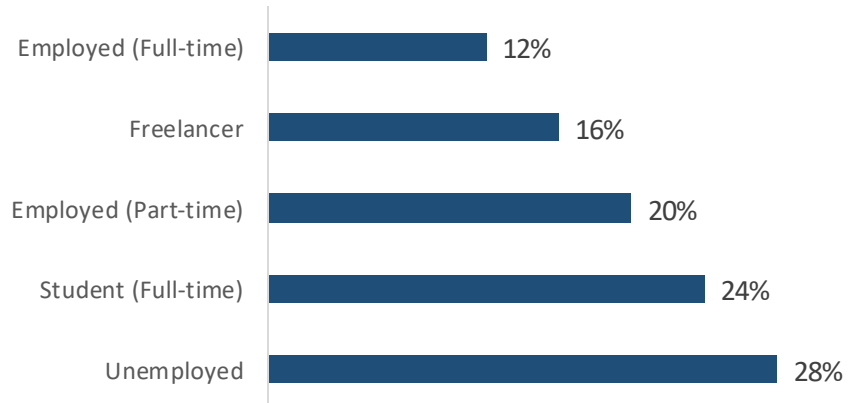
Valid % are reported

NATIONALITY

Syrian 7%

Lebanese 93%

MARITALSTATUS

Cohabitating 1%

In a Relationship 23%

Married 27%

Single 46%

INSURANCE COVERAGE

Army and armed forces 6%

Private Insurance - Syndicate / Association 11%

Private Insurance - Self-sponsored 11%

None 22%

National Social Security Fund 50%
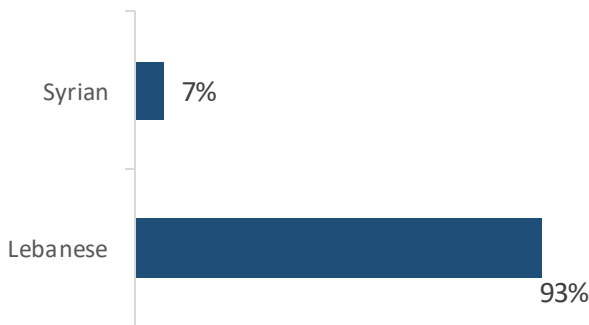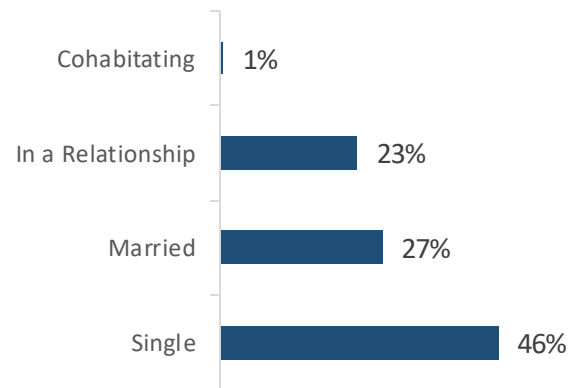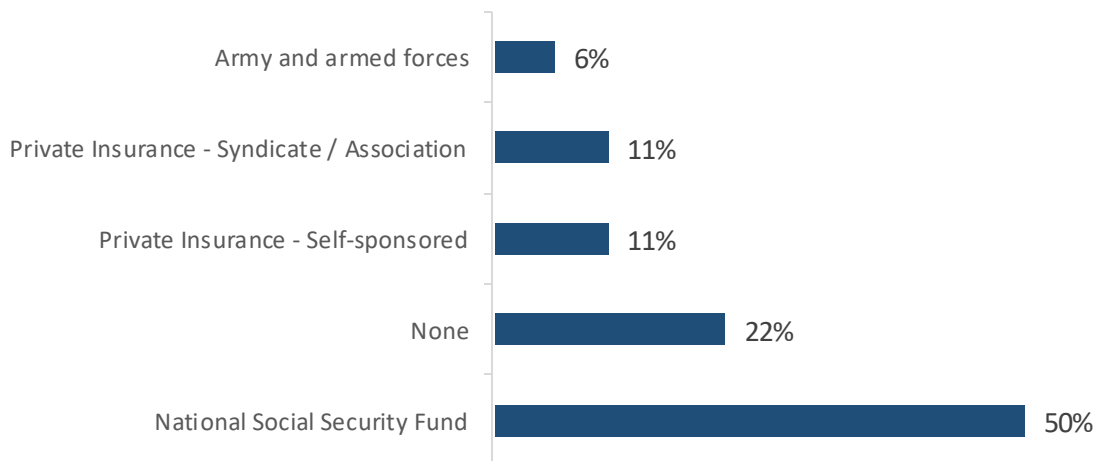
Valid % are reported

VII. PHARMACOLOGICAL TREATMENT   48

During the month of February, the EMHC covered the cost of medications prescribed by its own psychiatrists for **48** beneficiaries seen at the EMHC.

AVERAGE NUMBER OF PRESCRIPTION ITEMS ACQUIRED BY BENEFICIARY:

1

MOST COMMONLY ACQUIRED MEDICATIONS:

ESCITALOPRAN   **OLANZAPINE**   **SERTRALINE**

VIII. MEDICAL REFERRALS | 4

During the month of February, **3** beneficiaries were referred by Embrace psychiatrists to for medical tests at Medical Diagnostic Treatment Center to undergo medical tests. The beneficiaries received blood tests measuring the levels of Folic Acid, TSH, Lithium and Ferritin among others. **All fees of medical testing were covered by Embrace.**

1 beneficiary was referred to inpatient psychiatric care at the Mount Lebanon hospital for a duration of **12 days**. **All Hospitalization fees were covered by Embrace.**

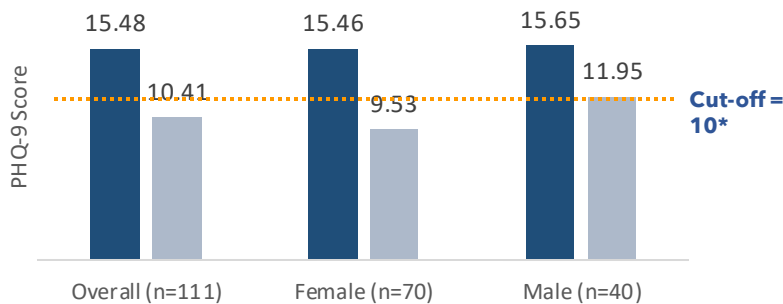## IX. MENTAL HEALTH SURVEY SCORES

During their first visit, the beneficiaries are asked about common symptoms of depression, anxiety and trauma. As they progress through treatment, beneficiaries are asked to take the same surveys again every few months.

The questionnaires are:

1. **PHQ-9**: a validated instrument for measuring the severity of depression.
2. **GAD-7**: a validated instrument for measuring the severity of anxiety.
3. **TSQ:** a brief trauma questionnaire used to predict a PTSD diagnosis.

A SNAPSHOT OF BENEFICIARY IMPROVEMENT OVER 1 YEAR
October 2020 – September 2021

Levels of Depression Reported Pre and Post Treatment (n=111)

PHQ-9 Score

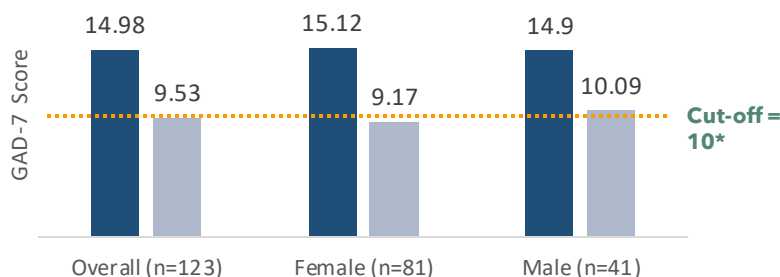|	Overall (n=111)	Female (n=70)	Male (n=40)
Baseline	15.48	15.46	15.65
Follow-Up	10.41	9.53	11.95

Cut-off = 10*

■ Baseline ■ Follow-Up

*Note that the indicated cut-off score has been shown to have 89% sensitivity in detecting current depression (Manea et al., 2012)

Around **70%** of beneficiaries reported substantial improvements in symptoms of depression.

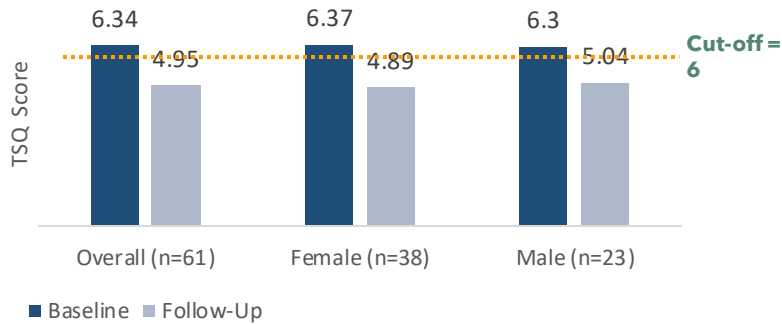**Levels of Anxiety Reported Pre and Post Treatment (n = 123)**

GAD-7 Score

	Overall (n=123)	Female (n=81)	Male (n=41)
Baseline	14.98	15.12	14.9
Follow-Up	9.53	9.17	10.09

Cut-off = 10*

■ Baseline ■ Follow-Up

*Note that the selected cut-off score has been shown to have 89% sensitivity in detecting current depression (Spitzer et al., 2006)

Around **76%** of beneficiaries reported substantial improvements in symptoms of anxiety.

A SNAPSHOT OF BENEFICIARY IMPROVEMENT OVER 1 YEAR CONT'D
October 2020 – September 2021

Post-traumatic Symptomatology
(n = 61)

TSQ Score

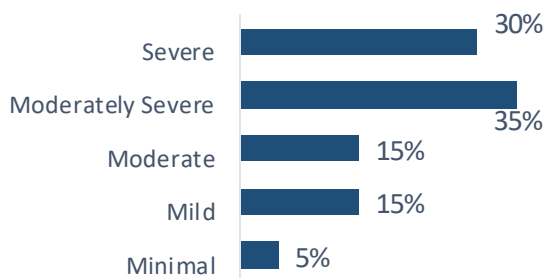|	Baseline	Follow-Up
Overall (n=61)	6.34	4.95
Female (n=38)	6.37	4.89
Male (n=23)	6.3	5.04

Cut-off = 6

■ Baseline ■ Follow-Up

Around **53%** of beneficiaries reported **improvements** in trauma symptomatology.
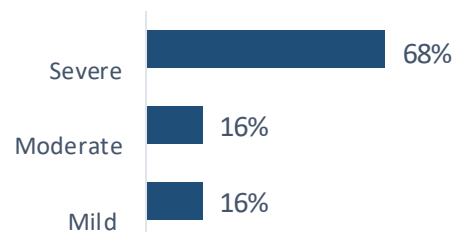
MENTAL HEALTH SURVEY SCORES AT FIRST ENCOUNTER

The below charts present a summary of symptom severity for beneficiaries whose first session was this month (i.e., the charts represent scores at beneficiaries' first session):
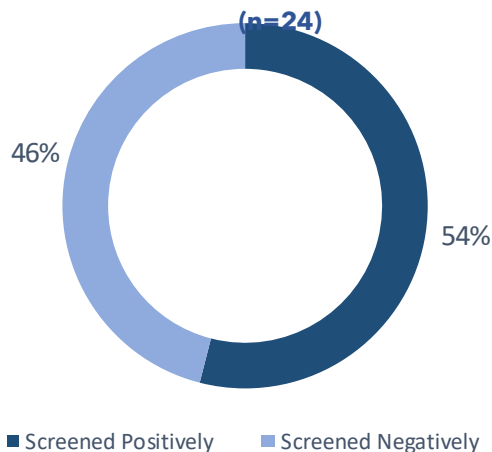
DEPRESSIVE SYMPTOM SEVERITY (n=20)

Severity	%
Severe	30%
Moderately Severe	35%
Moderate	15%
Mild	15%
Minimal	5%

ANXIETY SYMPTOM SEVERITY (n=19)

Severity	%
Severe	68%
Moderate	16%
Mild	16%

POST-TRAUMATIC SYMPTOMATOLOGY (n=24)

46% — Screened Negatively
54% — Screened Positively
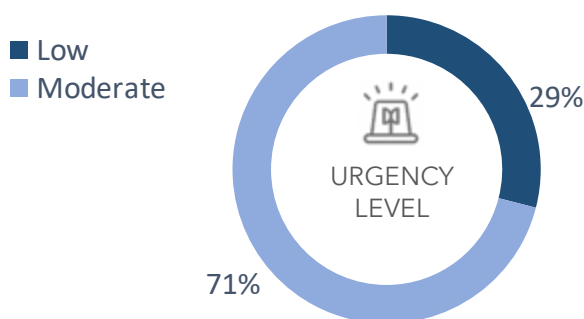
■ Screened Positively ■ Screened Negatively

*__Note__ that screening positively or negatively does not determine or rule out a diagnosis. Screening positively is predictive of post traumatic stress disorder (PTSD).
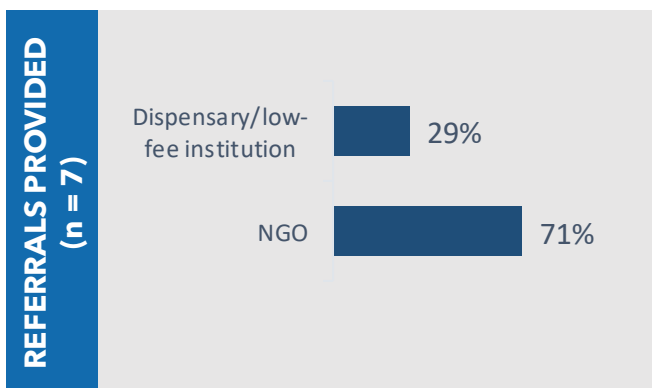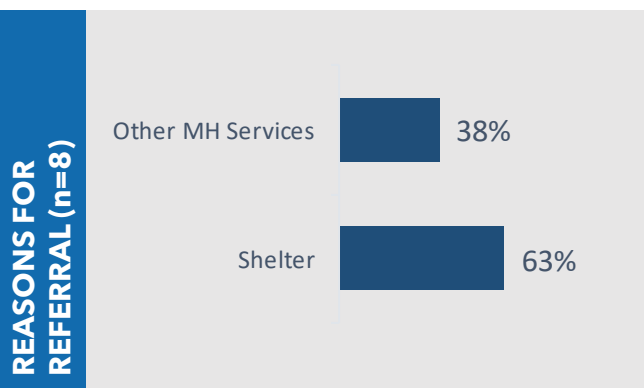
X. SOCIAL WORK

The social work department at Embrace serves both the **Embrace Mental Health Center (EMHC)** and the **National Lifeline (1564)**. It aims to provide a holistic approach to mental health care by offering psycho-social assistance to beneficiaries. The Social Work Department is resourced with comprehensive referral networks linked with governmental and non-governmental organizations that provide a wide range of psychosocial services from livelihood, shelter, basic assistance, child protection, and organizations catering to the needs of vulnerable groups such as refugees, LGBTQ community and persons affected by gender-based violence. The department is currently staff by one social worker who coordinates with a multi-disciplinary internal team of psychologists, psychologists, psychiatric nurse, hotline operators and clinical supervisors.

TOTAL NUMBER OF CONSULTATIONS	22

TOTAL NUMBER OF ACTIVE CASES	34

1ˢᵗ CONSULT	7	FOLLOW UP	15

TOTAL NUMBER OF CLOSED CASES	1

ZOOM IN ON NEW CASES

- ■ Low
- ■ Moderate

URGENCY LEVEL

29%

71%

ZOOM IN ON NEW CASES CONT'D

REASONS FOR REFERRAL (n=8)

- Other MH Services — 38%
- Shelter — 63%

REFERRALS PROVIDED (n = 7)

- Dispensary/low-fee institution — 29%
- NGO — 71%

***Note** that percentages for the bar chart may add up to more than 100% because multiple types of referrals can be provided; Abbreviations: MH = Mental Health
Other MH Services included: Hospitalization for suicide crisis and/or substance detoxification

***Note** that percentages for the bar chart may add up to more than 100% because multiple types of referrals can be provided;
2 beneficiaries were not referred due to unavailability of service needed or the beneficiary refused the referral.

71% of all new cases provided with a referral in the reporting period (n=5) were referred to **NGOs**.
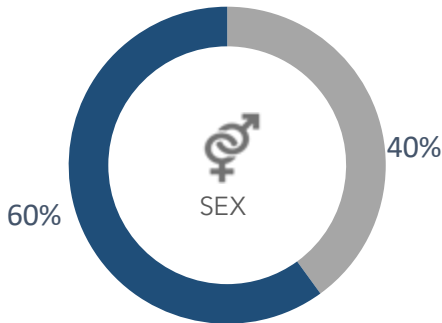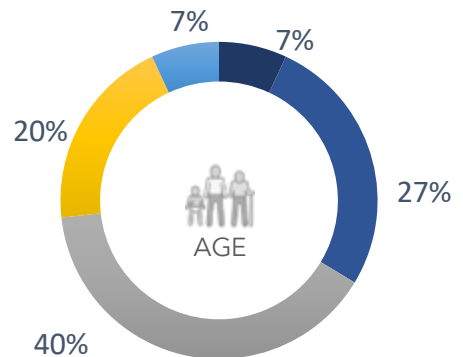
BENEFICIARY DEMOGRAPHICS

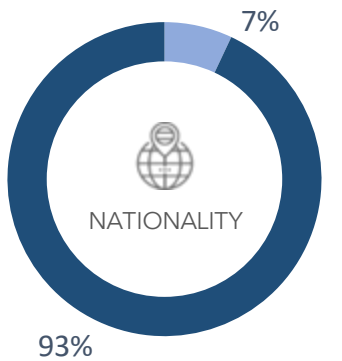| TOTAL NUMBER OF BENEFICIARIES SEEN	15

The below charts present the demographics of **all** beneficiaries the social worker engaged with. This includes new cases and follow ups on other cases active from previous months.
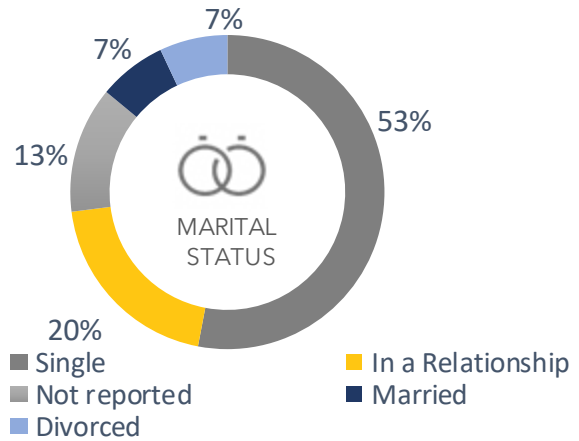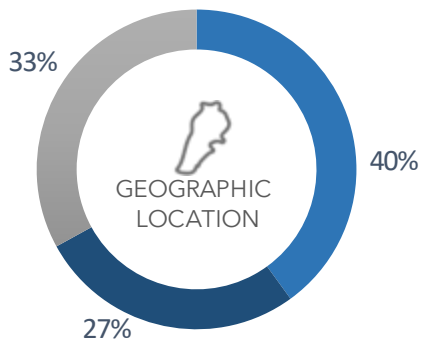
SEX
- 40%
- 60%
- ■ Male ■ Female

AGE
- 7%
- 7%
- 20%
- 27%
- 40%
- ■ <18 ■ 18-24 ■ 25-34 ■ 35-44 ■ Not reported

NATIONALITY
- 7%
- 93%
- ■ Not reported ■ Lebanese

MARITAL STATUS
- 7%
- 7%
- 53%
- 13%
- 20%
- ■ Single ■ In a Relationship
- ■ Not reported ■ Married
- ■ Divorced

GEOGRAPHIC LOCATION
- 33%
- 40%
- 27%
- ■ Beirut ■ Mount Lebanon ■ Not reported