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EMBRACE MENTAL HEALTH CENTER (EMHC)

CLINIC MONTHLY INDICATORS

## *REPORT 23*

Disclaimer: The below numbers are meant to offer a snapshot of the activities hosted and beneficiaries served at the Embrace Mental Health Center. While information is recorded as accurately as possible, not all information is available at all times.

I. NEW REQUESTS FOR SERVICES | 48

Every beneficiary that calls the clinic is briefly screened to 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 in the adjacent chart represents the decision taken after the information was gathered from the potential beneficiary.

For the current period, beneficiaries in need of psychotherapy consultations were referred outside because it was not possible to give new appointments due to the long waiting list.

- Referred outside
- Appointment Given
- Pending Slot Availability
- Waiting list

4% 2%

TOTAL 48

48%

46%
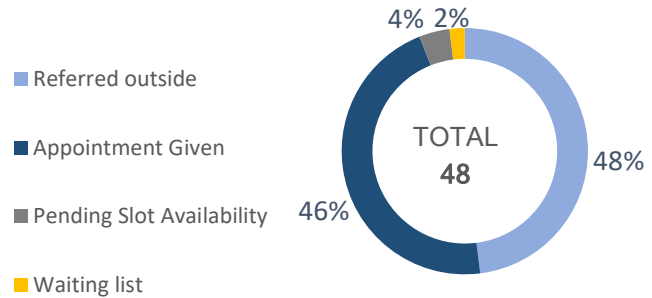
II. REFERRAL SOURCE

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

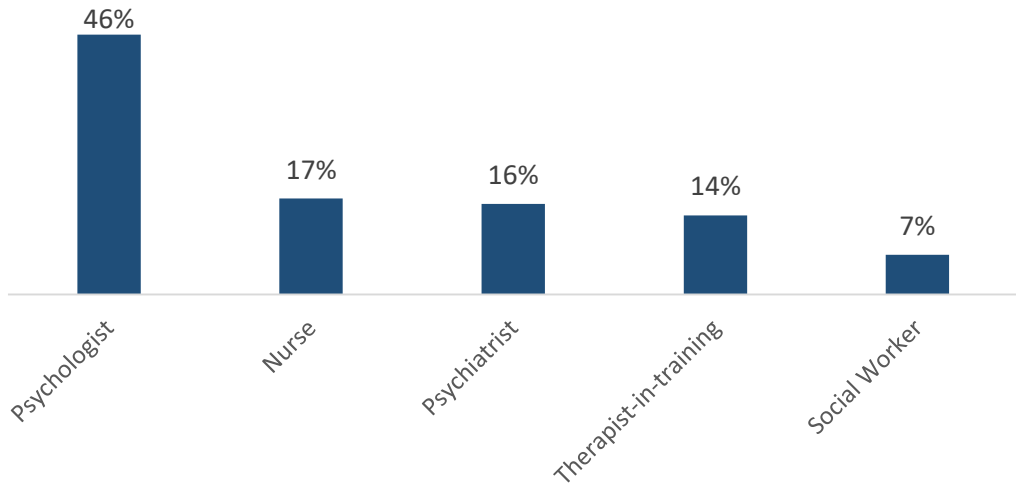*Note that mental health professionals include practitioners at Embrace

Lifeline 4%

Mental health Professionals 16%

Family/Friends 80%
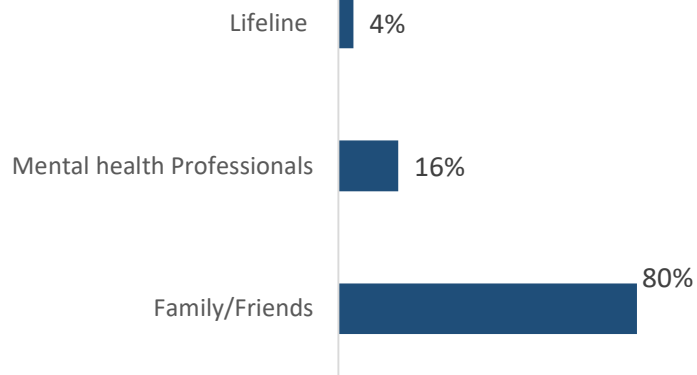
III. SERVICES PROVIDED | 255 sessions

Total number of beneficiaries seen (first or follow-up visits): 94
Total number of sessions provided for the 94 beneficiaries: 255

	Total
INDIVIDUAL SESSIONS	188
Psychiatric Consultations	40
Psychotherapy Consultations	148

	Total
PSYCHIATRIC NURSING SESSIONS	44

SOCIAL WORK SESSIONS	17

PARENTAL GUIDANCE GROUP SESSIONS	6

IV. TYPE OF PRACTICIONER SEEN

Practitioner	Percentage
Psychologist	46%
Nurse	17%
Psychiatrist	16%
Therapist-in-training	14%
Social Worker	7%

V. BENEFICIARIES SEEN

94

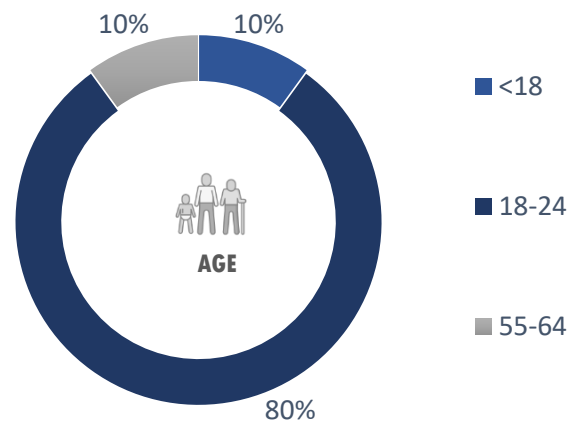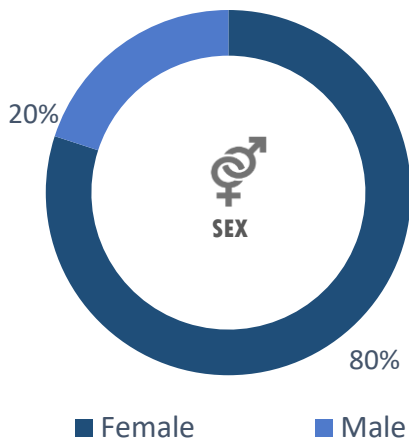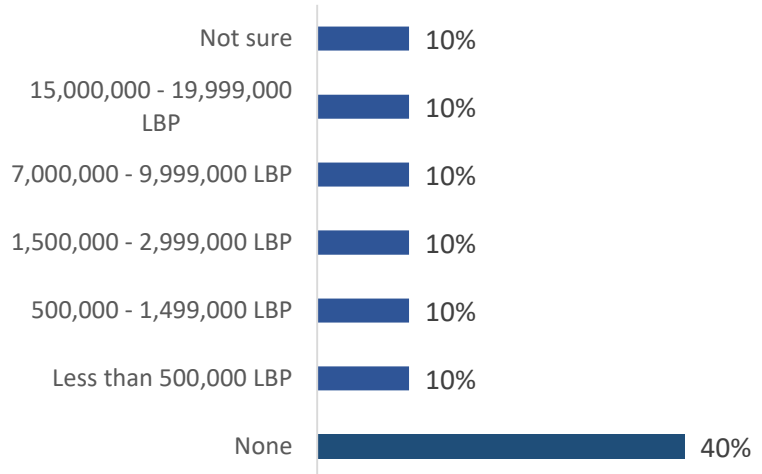|	Total
NUMBER OF BENEFICIARIES SEEN (*first session or follow up*)	94
NUMBER OF NEW BENEFICIARIES SEEN (*those whose first session was this month*)	10

VI. NEW BENEFICIARY DEMOGRAPHICS

The below charts present basic demographic information for the **new** beneficiaries served during the reporting period (n=10).
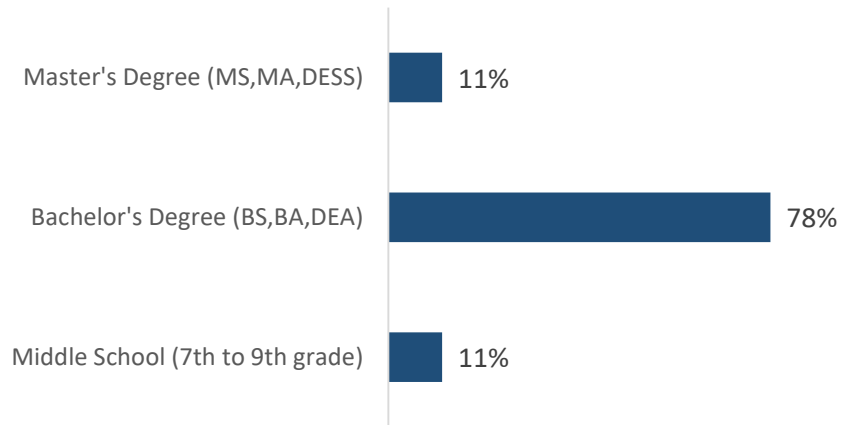
SEX

- Female 80%
- Male 20%

AGE

- <18 — 10%
- 18-24 — 80%
- 55-64 — 10%

*The mean age of beneficiaries was **23** years old.*

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INCOME STATUS (N=10)

Category	Percentage
Not sure	10%
15,000,000 - 19,999,000 LBP	10%
7,000,000 - 9,999,000 LBP	10%
1,500,000 - 2,999,000 LBP	10%
500,000 - 1,499,000 LBP	10%
Less than 500,000 LBP	10%
None	40%

HIGHEST EDUCATIONAL STATUS (N=9)

Category	Percentage
Master's Degree (MS,MA,DESS)	11%
Bachelor's Degree (BS,BA,DEA)	78%
Middle School (7th to 9th grade)	11%

EMPLOYMENT STATUS (N=8)

Category	Percentage
Employed (Full-time)	12%
Employed (Part-time)	25%
Unemployed	63%

MARITAL STATUS (N=10)
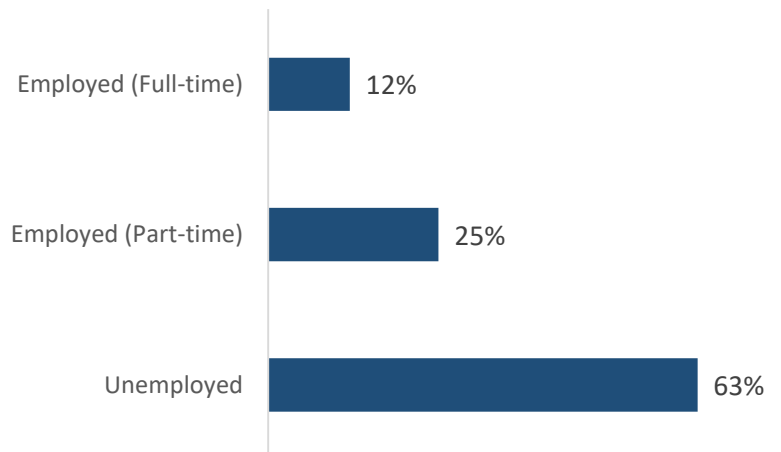
Divorced	10%
In a Relationship	10%
Married	10%
Single	70%
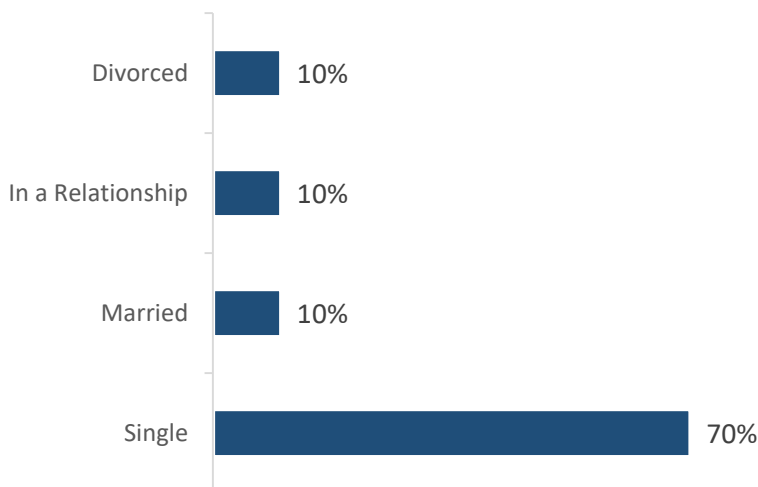
NATIONALITY (n=10)

100% Lebanese

GEOGRAPHIC LOCATION (n=9)

100% Beirut

VII. PHARMACOLOGICAL TREATMENT | 26

During the month of October, the EMHC covered the cost of medications prescribed by its own psychiatrists for 26 beneficiaries seen at the EMHC.

AVERAGE NUMBER OF PRESCRIPTION ITEMS ACQUIRED BY BENEFICIARY:

1

MOST COMMONLY ACQUIRED MEDICATIONS:

FLUOXETINE	VENLAFAXINE	LAMOTRIGINE

VIII. MEDICAL REFERRALS | 1

During the month of October, 1 beneficiary was referred by Embrace psychiatrists to inpatient psychiatric care at Mount Lebanon hospital for a duration of 4 days. All Hospitalization fees were covered by Embrace.

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):
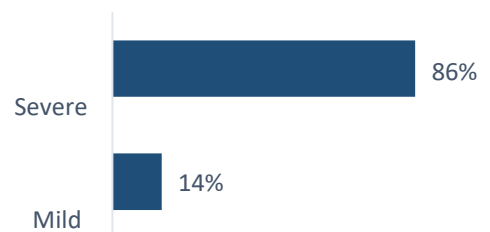
PHQ-9: a validated instrument used for measuring the severity of depression.
GAD-7: a validated instrument used for measuring the severity of anxiety.

DEPRESSIVE SYMPTOM SEVERITY (n=7)

Severe	57%
Moderately Severe	29%
Moderate	14%
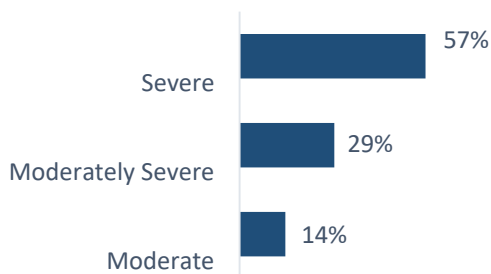
ANXIETY SYMPTOM SEVERITY (n=7)

Severe	86%
Mild	14%

POST-TRAUMATIC SYMPTOMATOLOGY (n=7)

33%

86%

■ Screened Positively   ■ Screened Negatively

TSQ is a brief trauma questionnaire used to predict a post traumatic stress disorder (PTSD) diagnosis.

*Note that screening positively or negatively does not determine or rule out a diagnosis. Screening positively is predictive of PTSD.

IX. MENTAL HEALTH SURVEY SCORES

During their first visit, the beneficiaries are asked about common symptoms of depression and anxiety. 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.
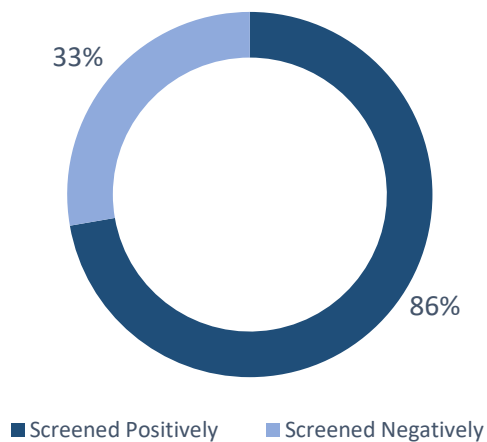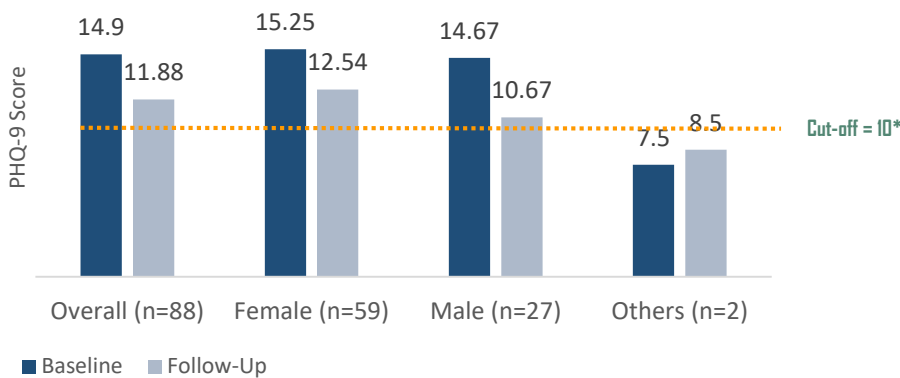2. **GAD-7**: a validated instrument for measuring the severity of anxiety.

A SNAPSHOT OF BENEFICIARY IMPROVEMENT OVER 6 MONTHS
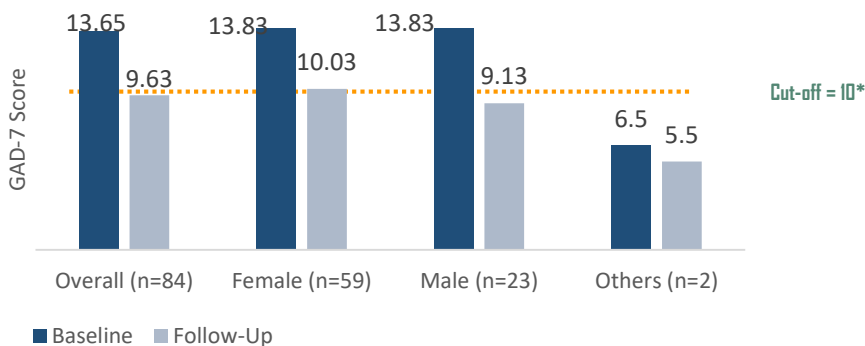## April 2022 – September 2022

Levels of Depression Reported Pre and Post Treatment (n = 88)

	Overall (n=88)	Female (n=59)	Male (n=27)	Others (n=2)
Baseline	14.9	15.25	14.67	7.5
Follow-Up	11.88	12.54	10.67	8.5

Cut-off = 10*

Around **56%** of beneficiaries reported substantial improvements in symptoms of depression.

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

Levels of Anxiety Reported Pre and Post Treatment (n = 84)

	Overall (n=84)	Female (n=59)	Male (n=23)	Others (n=2)
Baseline	13.65	13.83	13.83	6.5
Follow-Up	9.63	10.03	9.13	5.5

Cut-off = 10*

Around **67%** of beneficiaries reported substantial improvements in symptoms of anxiety.

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

X. SOCIAL WORK

The social work department at **Embrace Mental Health Center (EMHC)** aims to provide a holistic approach to mental health care by offering psycho-social assistance to beneficiaries. The Social Work Department is resourced with a comprehensive referral database that is updated every 4 months. 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 staffed by one social worker who coordinates with a multi-disciplinary internal team of psychologists, psychologists, psychiatric nurse, hotline operators and clinical supervisors.

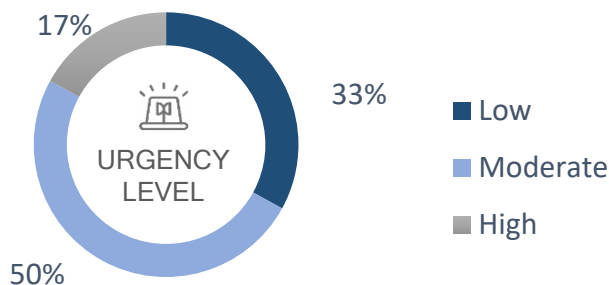| TOTAL NUMBER OF CONSULTATIONS *	**17**		TOTAL NUMBER OF ACTIVE CASES	**14**
1st CONSULT# **3**	FOLLOW UP **	**14**	TOTAL NUMBER OF CLOSED CASES	**9**

Total number of consultations: Refers to all social work consultations taking place between the Mental Health Social Worker and beneficiaries referred (may include more than 1 consultation per beneficiary)
Total Number of Active Cases: Refers to the number of beneficiaries who are still being followed up by the Mental Health Social Worker
 # 1st Consult: Refers to the number of beneficiaries who were referred for the first time during this month from EMHC to social work services
***Follow up: Refers to the number of follow up consultations (out of the total consultations)*

ZOOM IN ON NEW CASES

17%
33%
URGENCY LEVEL
■ Low
■ Moderate
■ High
50%

REASONS FOR REFERRAL (n=2)

Rehabilitation — 50%

Basic assistance — 50%

REFERRALS PROVIDED (n = 2)

100% referred to NGOs

*****Note** that percentages for the bar chart may add up to more than 100% because multiple types of referrals can be provided.

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BENEFICIARY DEMOGRAPHICS

TOTAL NUMBER OF BENEFICIARIES SEEN	16

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

31% — 69%

Male / Female

AGE

13% / 13% / 13% / 24% / 37%

<18 / 18-24 / 25-34 / 35-44 / 55-64

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

NATIONALITY

6% — 94%

Lebanese / Syrian

MARITAL STATUS

6% / 25% / 69%

Single / Married / In a relationship

GEOGRAPHIC LOCATION

6% / 19% / 75%

Mount Lebanon / Beirut / Not reported

EMPLOYMENT STATUS

6% / 6% / 13% / 13% / 25% / 38%

Unemployed / Employed (Full-time) / Not reported / Student (Full-time) / Employed (Part-Time) / Freelancer