

EMBRACE MENTAL HEALTH
CENTER (EMHC)

*CLINIC MONTHLY
INDICATORS*

REPORT 20

REPORTING PERIOD
JULY 2022

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.

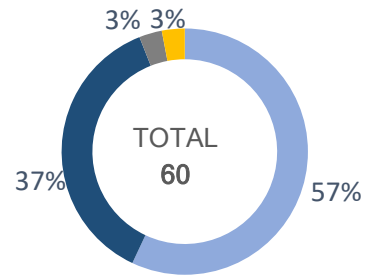
I. NEW REQUESTS FOR SERVICES

60

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 psychiatric consultations were referred outside because it was not possible to give new appointments due to the long waiting list.

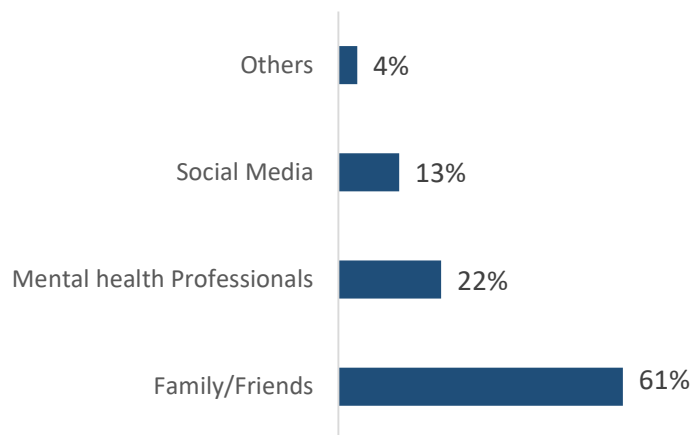
- Referred outside
- Appointment Given
- Pending Slot Availability
- Waiting list



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*







III. SERVICES PROVIDED

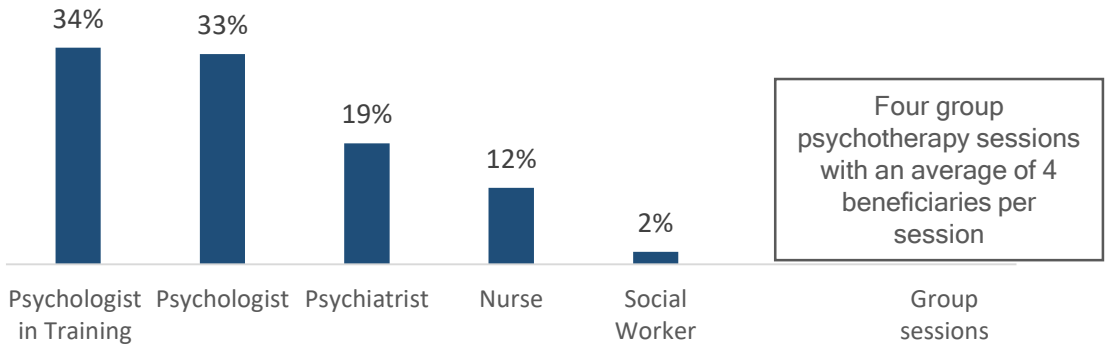
408 sessions

Total number of beneficiaries seen (first or follow-up visits): 185

Total number of sessions provided for the 185 beneficiaries: 408

	<i>Total</i>		<i>Total</i>
 INDIVIDUAL SESSIONS	347	 PSYCHIATRIC NURSING SESSIONS	49
Psychiatric Consultations	78		
Psychotherapy Consultations	269		
 SOCIAL WORK SESSIONS	8	 GROUP THERAPY SESSIONS	4

IV. TYPE OF PRACTITIONER SEEN



V. BENEFICIARIES SEEN

185

Total

NUMBER OF BENEFICIARIES SEEN (*first session or follow up*)

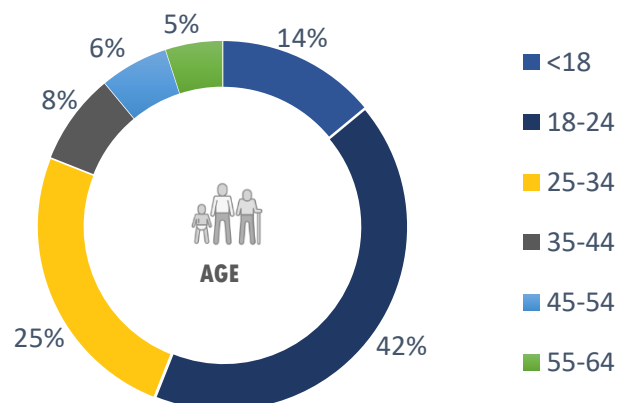
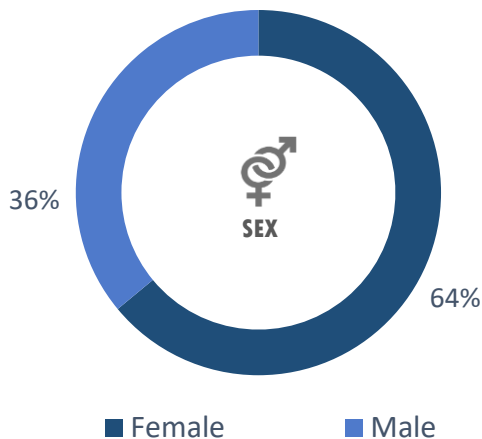
185

NUMBER OF NEW BENEFICIARIES SEEN (*those whose first session was this month*)

36

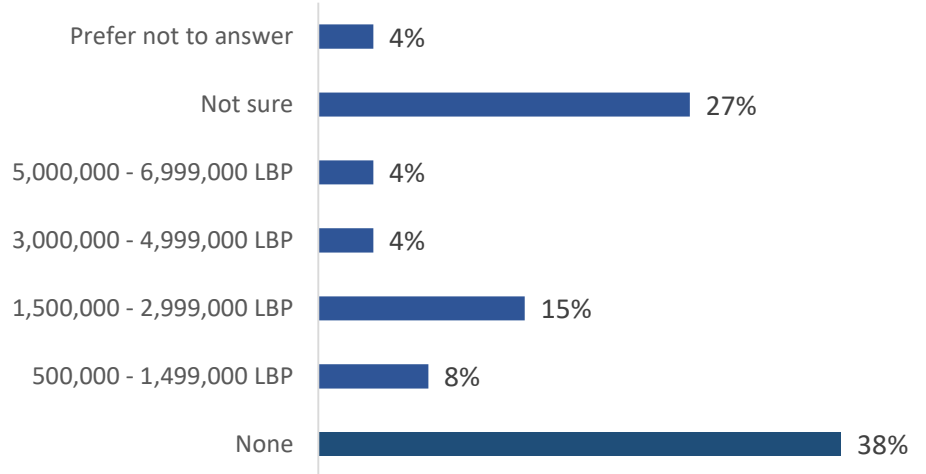
VI. NEW BENEFICIARY DEMOGRAPHICS

The below charts present basic demographic information for the **new** beneficiaries served during the reporting period (n=36).

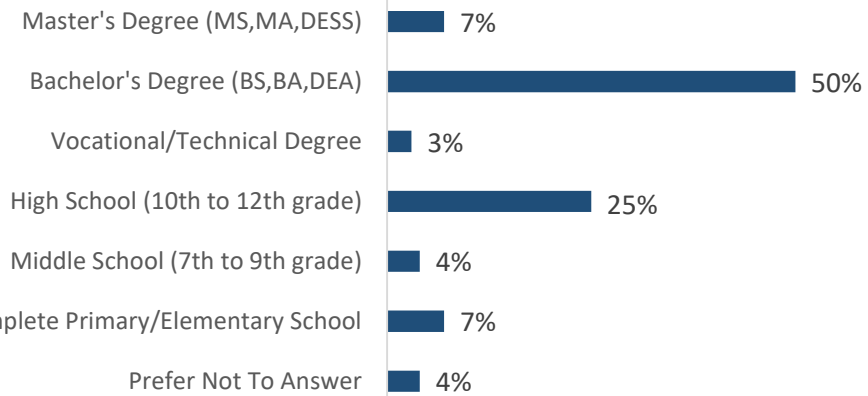


The mean age of beneficiaries was **26** years old.

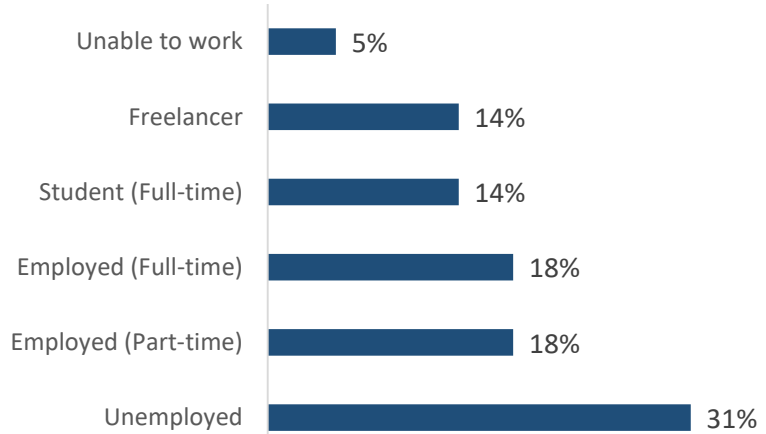
INCOME STATUS (N=26)



HIGHEST EDUCATIONAL STATUS (N=28)



EMPLOYMENT STATUS (N=22)



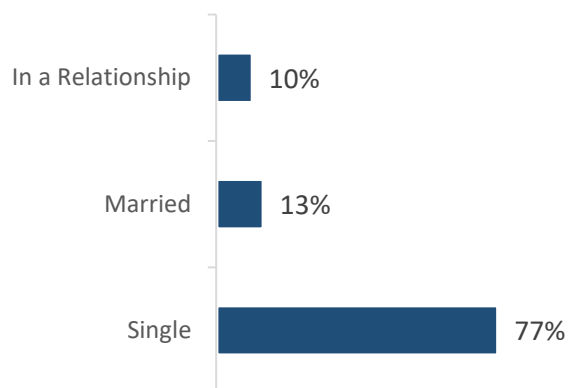


NATIONALITY (n=30)

100% Lebanese



MARITAL STATUS (N=30)



VII. PHARMACOLOGICAL TREATMENT

57

During the month of July, the EMHC covered the cost of medications prescribed by its own psychiatrists for **57** beneficiaries seen at the EMHC.

AVERAGE NUMBER OF PRESCRIPTION ITEMS ACQUIRED BY BENEFICIARY:

2

MOST COMMONLY ACQUIRED MEDICATIONS:

FLUOXETINE

ESCITALOPRAM

OLANZAPINE

VIII. MEDICAL REFERRALS

3

During the month of July, **3** beneficiaries were referred by Embrace psychiatrists to Medical Diagnostic Treatment Center and to Cedim to undergo medical tests. The beneficiaries received blood tests measuring the levels of CBC, Vitamin D, Vitamin B12, TSH and Lithium among others.

All fees of medical testing were covered by Embrace.

IX. MENTAL HEALTH SURVEY SCORES

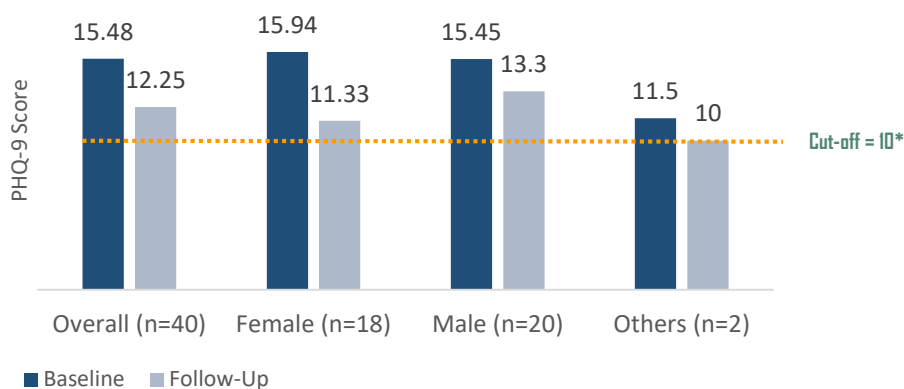
During their first visit, the beneficiaries are asked about common symptoms of depression and anxiety. As they progress through treatment, beneficiaries are asked to take the same surveys again every few months.

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.

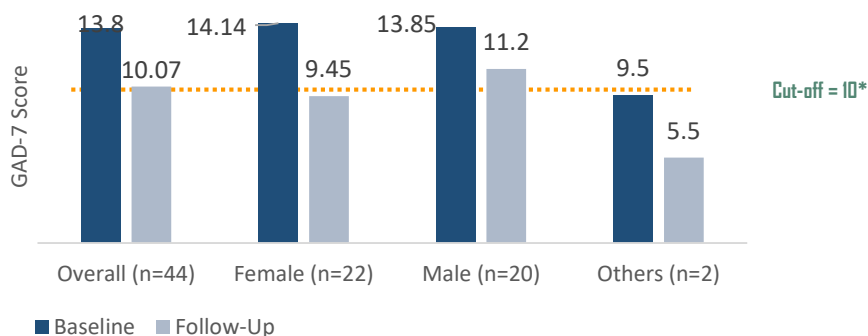
A SNAPSHOT OF BENEFICIARY IMPROVEMENT OVER 6 MONTHS October 2021 - March 2022

Levels of Depression Reported Pre and Post Treatment (n = 40)



*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 = 44)

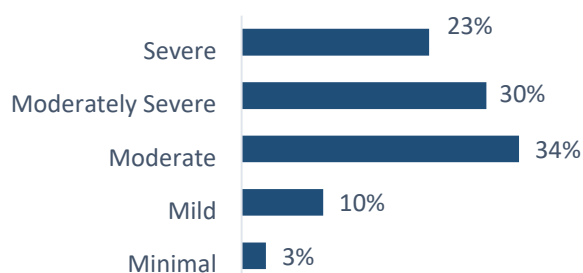


*Note that the selected cut-off score has been shown to have 89% sensitivity in detecting current anxiety (Spitzer et al., 2006)

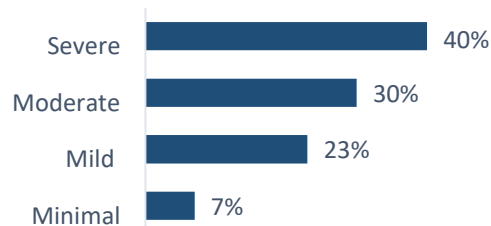
MENTAL HEALTH SURVEY SCORES AT FIRST ENCOUNTER

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):

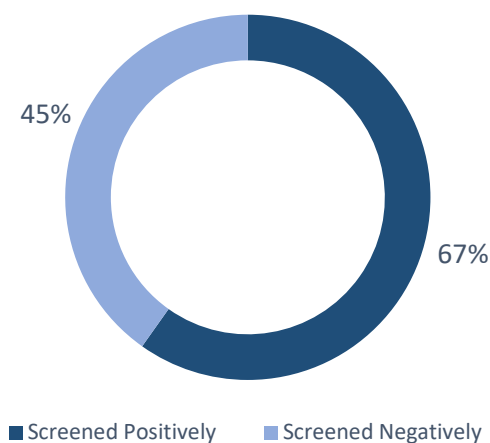
DEPRESSIVE SYMPTOM SEVERITY (n=30)



ANXIETY SYMPTOM SEVERITY (n=30)



POST-TRAUMATIC SYMPTOMATOLOGY (n=30)



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.

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 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 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 *	8	TOTAL NUMBER OF ACTIVE CASES	17
1 st CONSULT#	1	FOLLOW UP **	7
		TOTAL NUMBER OF CLOSED CASES	3

**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



URGENCY
LEVEL

1 new case - Low level

ZOOM IN ON NEW CASES CONT'D

REASON FOR
REFERRAL (n=1)

Rehabilitation

REFERRAL PROVIDED
(n = 1)

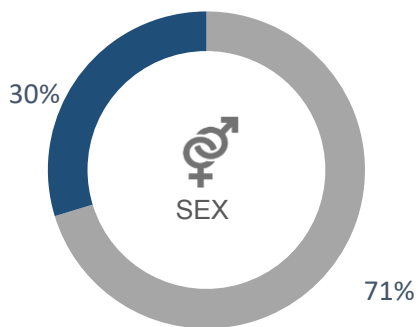
NGO

BENEFICIARY DEMOGRAPHICS

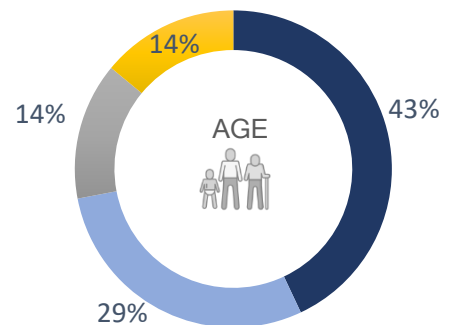
TOTAL NUMBER OF BENEFICIARIES SEEN

7

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.

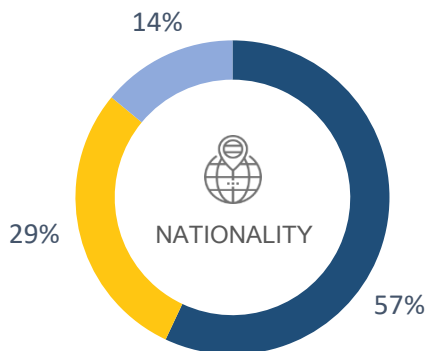


■ Male ■ Female

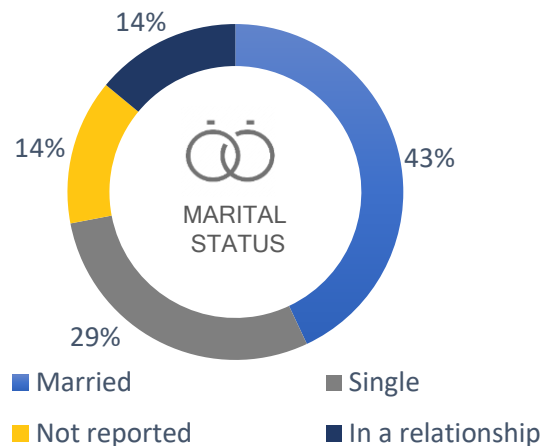


The mean age of beneficiaries was **24** years old.

■ <18 ■ 18-24 ■ 35-44 ■ 45-54



■ Lebanese ■ Syrian ■ Not reported



■ Married ■ Single
■ Not reported ■ In a relationship