EMBRACE MENTAL HEALTH CENTER (EMHC)

CLINIC MONTHLY INDICATORS

REPORT 36

embrace

I. NEW REQUESTS FOR SERVICES | 45

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
- Put on Waiting List

TOTAL **45**

53% · 36% · 11%
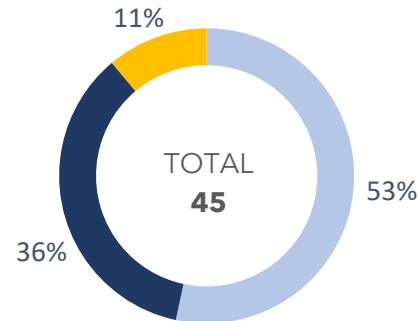
II. REFERRAL SOURCE

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

*Note that mental health professionals include practitioners at Embrace

Source	%
Lifeline	1%
NGO	2%
Social Media	18%
Family/Friends	26%
Mental Health Professionals	53%
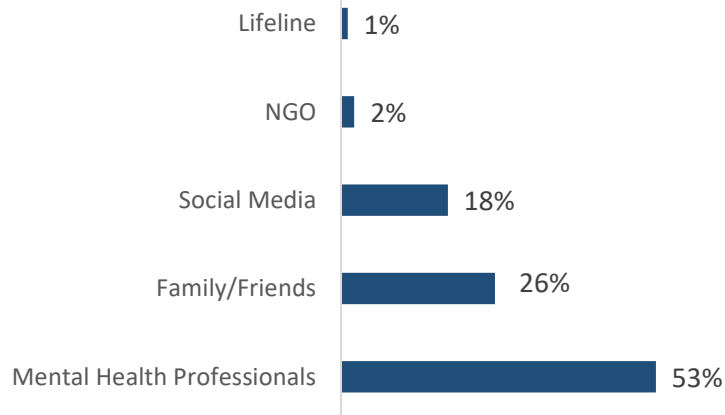
III. SERVICES PROVIDED | 428 sessions

Total **number of beneficiaries** *seen (first or follow-up visits):* **240**
Total **number of sessions** *provided for the* **240** *beneficiaries:* **428**

INDIVIDUAL SESSIONS — *Total* **361**

	Total
Psychiatric Consultations	85
Psychotherapy Consultations	198
Mobile Mental Health Clinic* Consultations	78

PSYCHIATRIC NURSING SESSIONS — *Total* **59**

SOCIAL WORK SESSIONS — **8**

* The Mobile Mental Health Clinic (MMHC) is an expansion of the Embrace Mental Health Center (EMHC). It was introduced in May 2023. The MMHC team travels across Lebanon by Embrace's bus, converted into an equipped clinic, to offer free psychiatric consultations, and provide prescribed medications as well as referral to the needed services.

IV. CANCELLED OR NO-SHOW APPOINTMENTS | **83**

Percent out of total cancelled or no-show

- Cancelled same day & replaced*
- Cancelled same day & not replaced
- Cancelled 24h prior & replaced*
- Cancelled 24h prior & not replaced
- No Show

TOTAL
83

47%
16%
17%
6%
14%
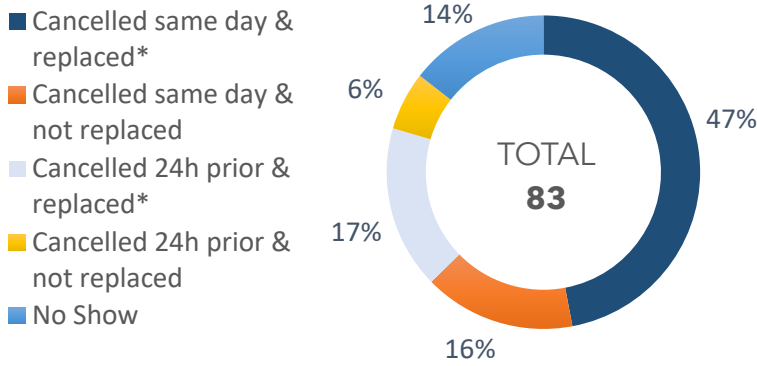
*A total of **30** appointments were either **cancelled by the beneficiary and not replaced** or the **beneficiary did not show for his/her appointment** which represents **4%** and **2%** respectively out of total booked appointments (n=511) for the month of November.*

* By an appointment to another beneficiary

V. TYPE OF PRACTICIONER SEEN

35% Psychiatrist
28% Therapist-in-training
18% Psychologist
14% Nurse
3% General Practitioner
2% Social Worker
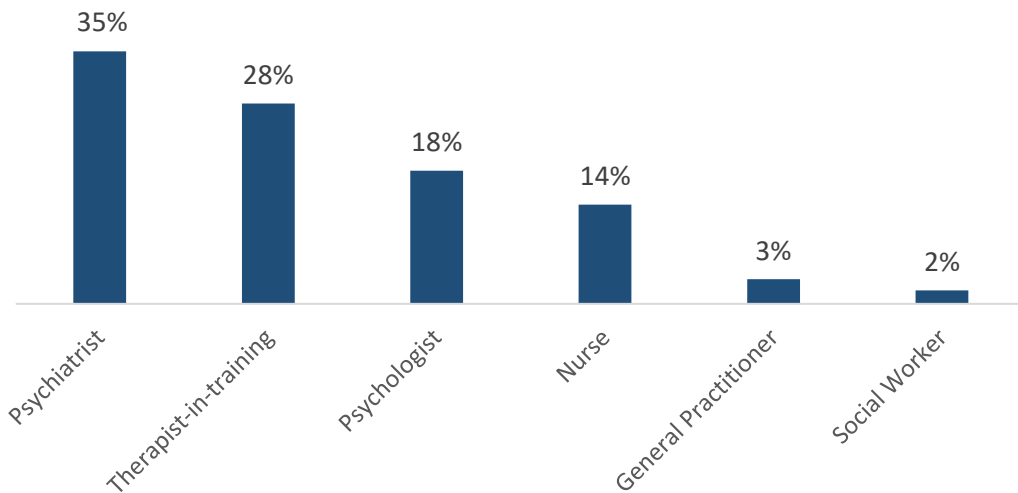
VI. BENEFICIARIES SEEN | **240**

	Total
NUMBER OF BENEFICIARIES SEEN (*first session or follow up*)	**240**
NUMBER OF NEW BENEFICIARIES SEEN (*those whose first session was this month*)	**78**

VII. NEW BENEFICIARY DEMOGRAPHICS

The below charts present basic demographic information for the **new** beneficiaries served during the reporting period (n=78).
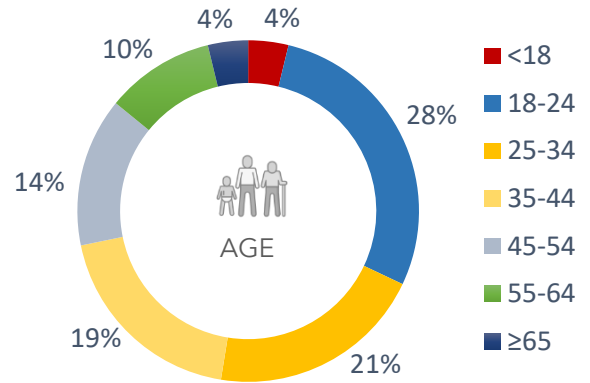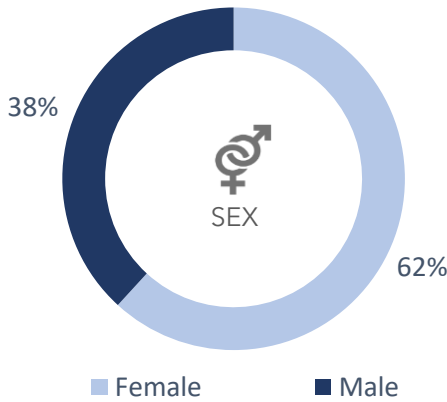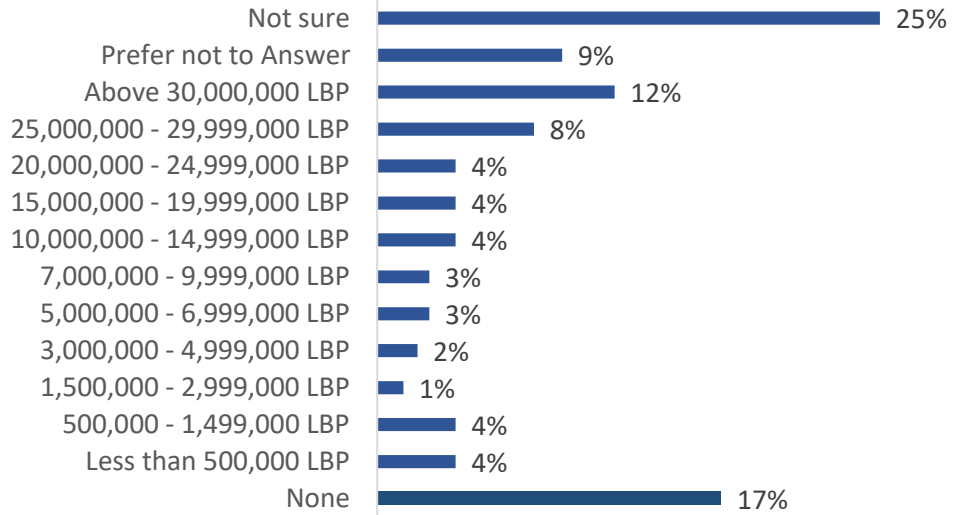
EMHC **new beneficiaries = 34**
MMHC **new beneficiaries = 44**

SEX

38% Male

62% Female

■ Female   ■ Male

AGE

4% <18
4% ≥65
28% 18-24
21% 25-34
19% 35-44
14% 45-54
10% 55-64

■ <18
■ 18-24
■ 25-34
■ 35-44
■ 45-54
■ 55-64
■ ≥65

The mean age of beneficiaries was of **35** years old.

INCOME STATUS (n=76)

Category	Percentage
Not sure	25%
Prefer not to Answer	9%
Above 30,000,000 LBP	12%
25,000,000 - 29,999,000 LBP	8%
20,000,000 - 24,999,000 LBP	4%
15,000,000 - 19,999,000 LBP	4%
10,000,000 - 14,999,000 LBP	4%
7,000,000 - 9,999,000 LBP	3%
5,000,000 - 6,999,000 LBP	3%
3,000,000 - 4,999,000 LBP	2%
1,500,000 - 2,999,000 LBP	1%
500,000 - 1,499,000 LBP	4%
Less than 500,000 LBP	4%
None	17%

HIGHEST EDUCATIONAL STATUS (n=74)

Category	Percentage
Doctoral/Medical Degree (MD, PhD)	1%
Master's Degree (MS, MA, DESS)	5%
Bachelor's Degree (BS,BA,DEA)	43%
Vocational/Technical Degree	3%
High School (10th to 12th Grade)	18%
Middle School (7th to 9th Grade)	11%
Primary/Elementary School (1st to 5th Grade)	9%
Did not Complete Primary Elementary	7%
Prefers not Answer	3%

EMPLOYMENT STATUS (n=76)

Category	Percentage
Homemaker	1%
Other	2%
Student (Part-time)	3%
Unable to Work	3%
Student (Full-time)	8%
Employed (Part-time)	11%
Freelancer	11%
Employed (Full-time)	18%
Unemployed	43%

MARITAL STATUS (n=76)

Category	Percentage
Divorced	1%
Separated	1%
Other	1%
Widowed	3%
In a relationship	4%
Married	35%
Single	55%

NATIONALITY (n=76)

Category	Percentage
Syrian	3%
Other*	4%
Lebanese	93%

*Armenian, Palestinian, Ukrainian

GEOGRAPHIC LOCATION

Category	Percentage
Bekaa	4%
North Lebanon	11%
Mount Lebanon	13%
Beirut	72%
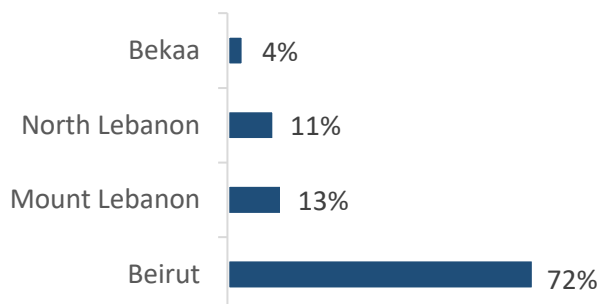
VIII. PHARMACOLOGICAL TREATMENT | 28

During the month of November, the EMHC covered the cost of medications prescribed by its own psychiatrists for **28** beneficiaries seen at the EMHC.

AVERAGE NUMBER OF PRESCRIPTION ITEMS ACQUIRED BY BENEFICIARY:

| 2 |

MOST COMMONLY ACQUIRED MEDICATIONS:

| FLUOXETINE | SERTRALINE | LAMOTRIGINE |

IX. PHARMACOLOGICAL TREATMENT provided to beneficiaries transferred to PHCC through MMHC | 135

During the month of November, the MMHC covered the cost of **135** medications prescribed for **52** MMHC beneficiaries.

MOST COMMONLY ACQUIRED MEDICATIONS:

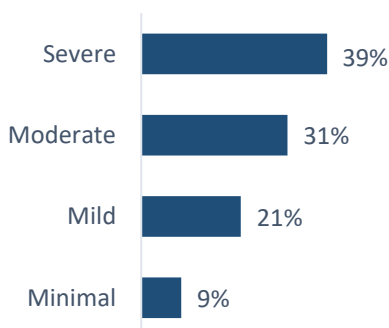| ESCITALOPRAM | SERTRALINE | RISPERDONE |

XI. MENTAL HEALTH SURVEY SCORES AT FIRST ENCOUNTER

The below charts present a summary of symptom severity for **EMHC and MMHC** beneficiaries **whose first session was this month** (i.e., the charts represent scores at beneficiaries' first session):
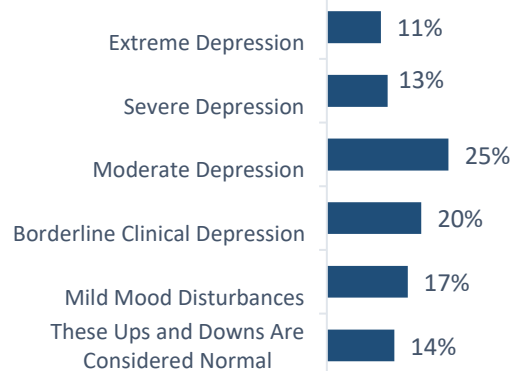
BDI II: Beck Depression inventory - a validated instrument used for measuring the severity of depression.
GAD-7: Generalized Anxiety disorder 7 - a validated instrument used for measuring the severity of anxiety.

ANXIETY SYMPTOM SEVERITY (n=71)

- Severe — 39%
- Moderate — 31%
- Mild — 21%
- Minimal — 9%

DEPRESSIVE SYMPTOM SEVERITY (n=71)

- Extreme Depression — 11%
- Severe Depression — 13%
- Moderate Depression — 25%
- Borderline Clinical Depression — 20%
- Mild Mood Disturbances — 17%
- These Ups and Downs Are Considered Normal — 14%

MENTAL HEALTH SURVEY SCORES OVER 6 MONTHS

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.
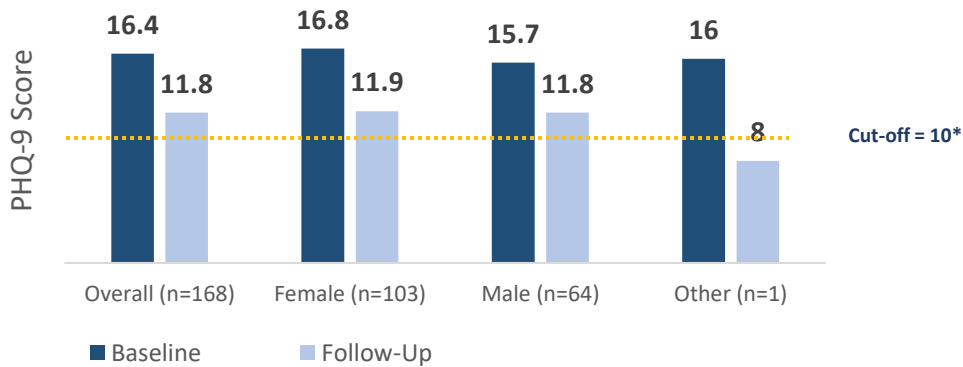The questionnaires are:

1. **PHQ-9**: a validated instrument for measuring the severity of depression.
2. **GAD-7**: a validated instrument for measuring the severity of anxiety.

Beneficiaries seen by psychiatrists are asked to fill the survey on each visit;
Those seen by psychologists on the first session, every 12 sessions and on the last session;
Those seen by therapists-in-training on the first session, every 3 months and on the last session.

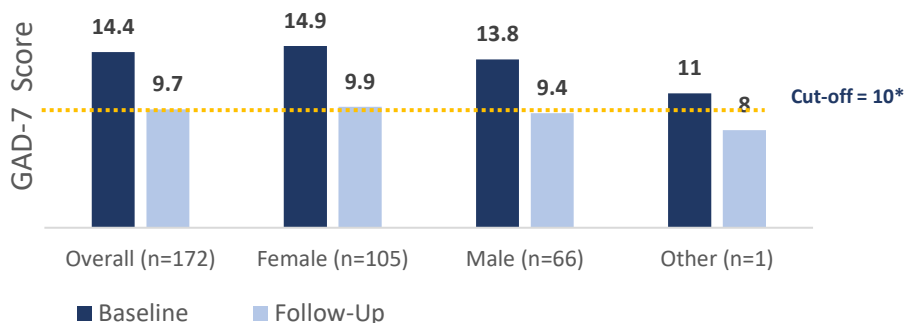### A SNAPSHOT OF BENEFICIARY IMPROVEMENT OVER 6 MONTHS
December 2022 – May 2023

Levels of Depression Reported Pre and Post Treatment (n = 168)

PHQ-9 Score

	Overall (n=168)	Female (n=103)	Male (n=64)	Other (n=1)
Baseline	16.4	16.8	15.7	16
Follow-Up	11.8	11.9	11.8	8

Cut-off = 10*

■ Baseline   ■ Follow-Up

Around **71%** 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 = 172)

GAD-7 Score

	Overall (n=172)	Female (n=105)	Male (n=66)	Other (n=1)
Baseline	14.4	14.9	13.8	11
Follow-Up	9.7	9.9	9.4	8

Cut-off = 10*

■ Baseline   ■ Follow-Up

Around **75%** 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)

XII. SOCIAL WORK

The mental health social worker at the **Embrace Mental Health Center** (EMHC) aims to provide a holistic approach to mental health care by offering psycho-social assistance to beneficiaries. The center is a resourced with a comprehensive referral database that is updated every 4 months and a linked with a network of 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 mental health social worker coordinates with a multi-disciplinary internal team of psychologists, psychologists, psychiatric nurse, and the National Lifeline (1564).

TOTAL NUMBER OF CONSULTATIONS *	8	TOTAL NUMBER OF ACTIVE CASES	16

1st CONSULT#	3	FOLLOW UP**	5	TOTAL NUMBER OF CLOSED CASES	1

TOTAL NUMBER OF BENEFICIARIES SEEN / CONTACTED	6

*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 and MMHC to social work services
**Follow up: Refers to the number of follow up consultations (out of the total consultations)

ZOOM IN ON NEW CASE

URGENCY LEVEL   Moderate

REASONS FOR REFERRAL

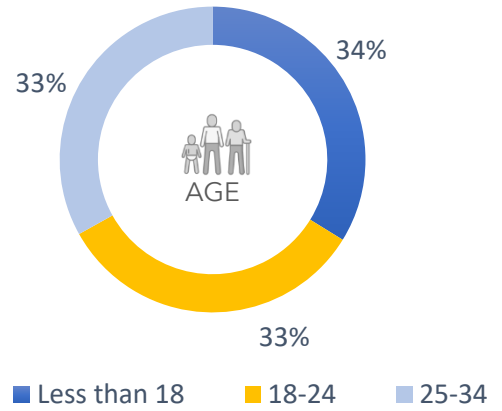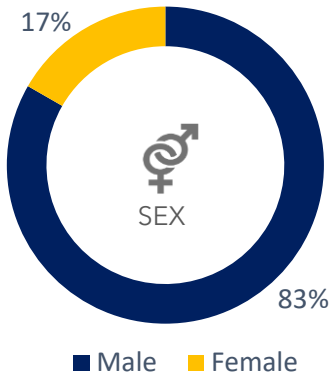|	
Rehabilitation (cognitive, speech, etc)	33%
Vocational Training	33%
Other Mental Health Services	34%

REFERRALS PROVIDED (n=2)

Referred to an NGO

BENEFICIARY DEMOGRAPHICS

TOTAL NUMBER OF BENEFICIARIES SEEN / CONTACTED | **6**

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

17%
83%

■ Male ■ Female

AGE

34%
33%
33%

■ Less than 18 ■ 18-24 ■ 25-34

The mean age of beneficiaries was **20** years old.

MARITAL STATUS

Single

EMPLOYMENT STATUS

17%
33%
17%
33%

■ Employed Part-time ■ Employed Full-time
■ Student Full Time ■ Unemployed

NATIONALITY

17%
17%
66%

■ Lebanese ■ Syrian ■ Not Reported

GEOGRAPHIC LOCATION

33%
67%

■ Beirut ■ Mount Lebanon

embrace