

EMBRACE MENTAL HEALTH  
CENTER (EMHC)

*CLINIC MONTHLY  
INDICATORS*

*REPORT 21*

REPORTING PERIOD  
AUGUST 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 APPOINTMENTS GIVEN

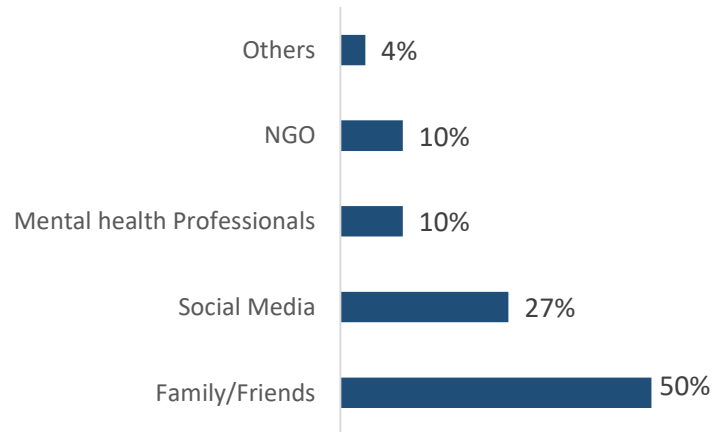
10

For the current period, 10 new appointments were given as 2021/2022 clinical training program came to its end, thus few beneficiaries were seen by therapists-in-training.

## 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*



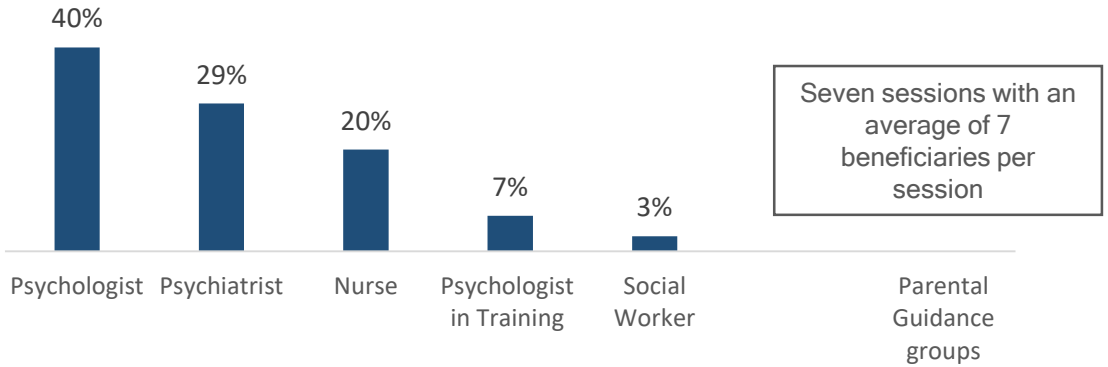
## III. SERVICES PROVIDED

274 sessions

*Total number of beneficiaries seen (first or follow-up visits): 120*  
*Total number of sessions provided for the 120 beneficiaries: 274*

	<i>Total</i>		<i>Total</i>
 <b>INDIVIDUAL SESSIONS</b>	<b>206</b>	 <b>PSYCHIATRIC NURSING SESSIONS</b>	<b>53</b>
Psychiatric Consultations	78		
Psychotherapy Consultations	128		
 <b>SOCIAL WORK SESSIONS</b>	<b>8</b>	 <b>PARENTAL GUIDANCE GROUP SESSIONS</b>	<b>7</b>

#### IV. TYPE OF PRACTITIONER SEEN



#### V. BENEFICIARIES SEEN

120

*Total*

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

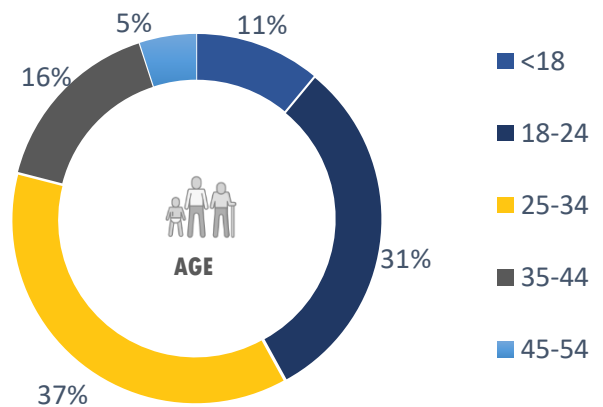
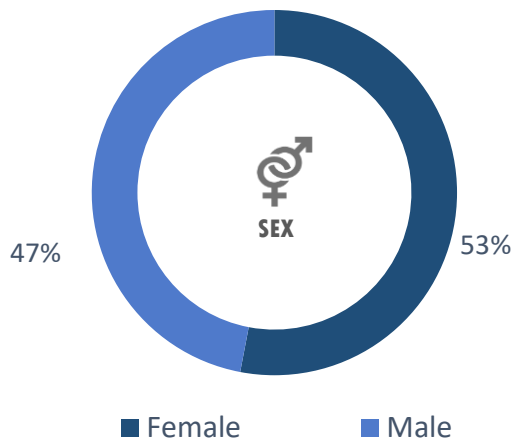
120

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

19

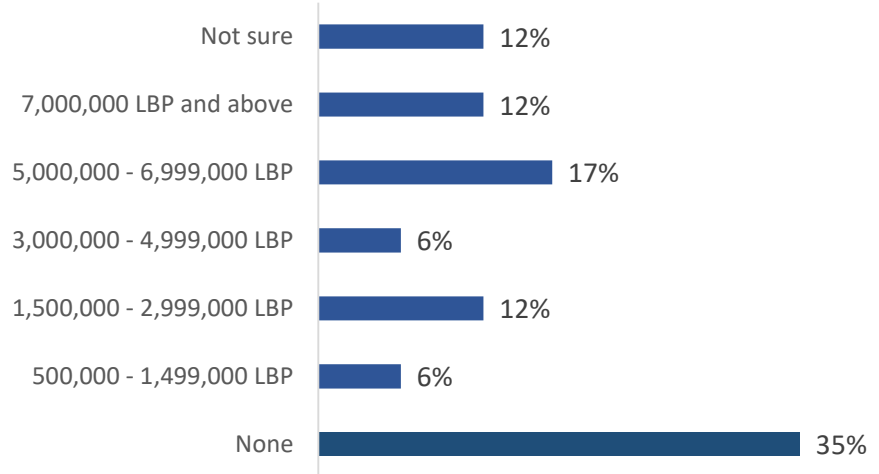
#### VI. NEW BENEFICIARY DEMOGRAPHICS

The below charts present basic demographic information for the **new** beneficiaries served during the reporting period (n=19).

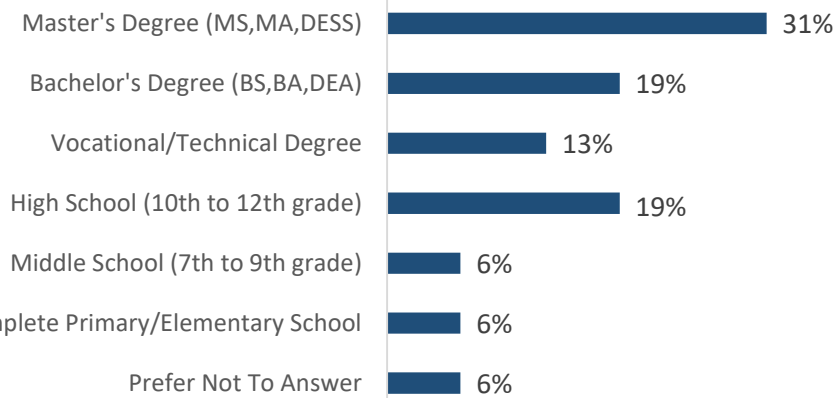


The mean age of beneficiaries was **27** years old.

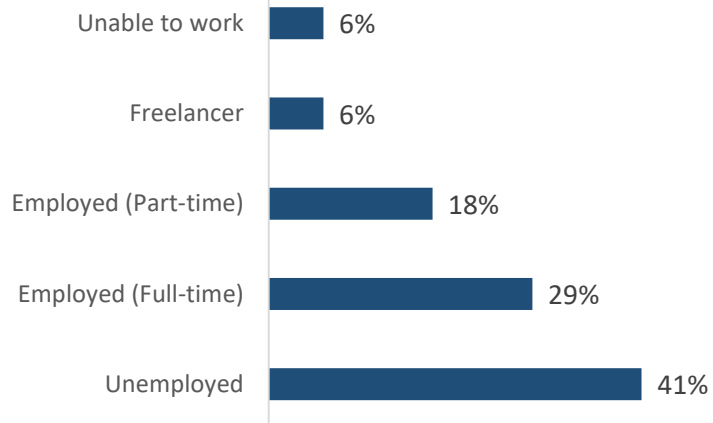
**INCOME STATUS (N=17)**



**HIGHEST EDUCATIONAL STATUS (N=16)**

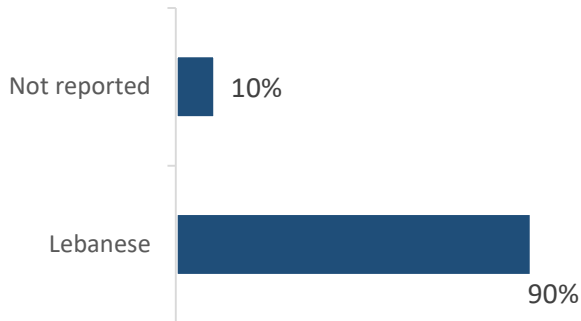


**EMPLOYMENT STATUS (N=17)**

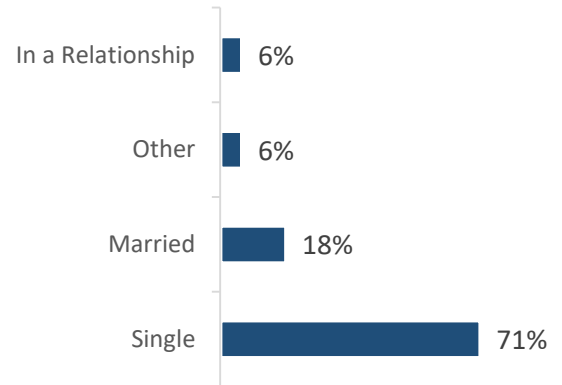




### NATIONALITY (n=17)



### MARITAL STATUS (N=17)



## VII. PHARMACOLOGICAL TREATMENT

63

During the month of August, the EMHC covered the cost of medications prescribed by its own psychiatrists for **63** beneficiaries seen at the EMHC.

### AVERAGE NUMBER OF PRESCRIPTION ITEMS ACQUIRED BY BENEFICIARY:

2

### MOST COMMONLY ACQUIRED MEDICATIONS:

FLUOXETINE

ESCITALOPRAM

VENLAFAXINE

## VIII. MEDICAL REFERRALS

3

During the month of August, **1** beneficiaries was referred by Embrace psychiatrists to Medical Diagnostic Treatment Center to undergo medical tests. The beneficiaries received blood tests measuring the levels of GPT, GGT, calcium and TSH among others. **All fees of medical testing were covered by Embrace.**

**2** beneficiaries were referred to inpatient psychiatric care at Saydet Zgharta hospital and at Mount Lebanon for a duration of **1 and 11 days** respectively. **All Hospitalization fees were covered by Embrace.**

## IX. MENTAL HEALTH SURVEY SCORES

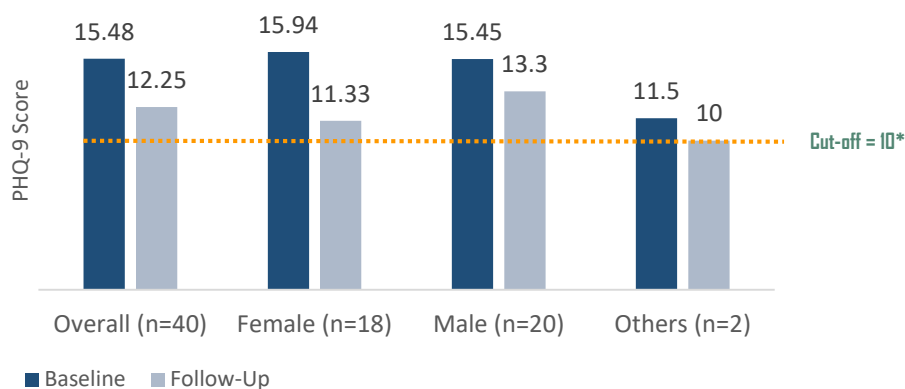
During their first visit, the beneficiaries are asked about common symptoms of depression and anxiety. As they progress through treatment, beneficiaries are asked to take the same surveys again every few months.

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.

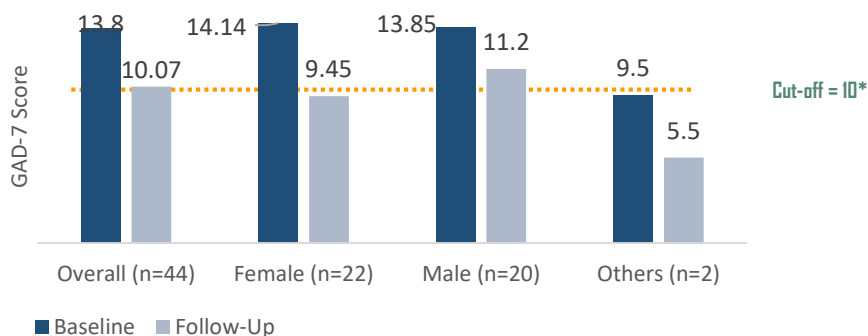
### A SNAPSHOT OF BENEFICIARY IMPROVEMENT OVER 6 MONTHS October 2021 - March 2022

#### 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)

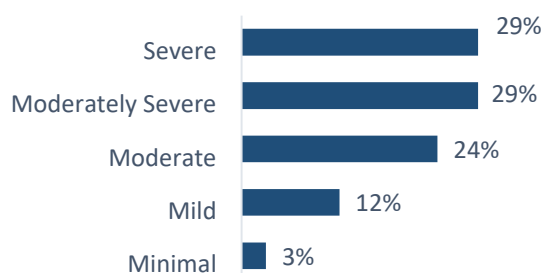


\*Note that the selected cut-off score has been shown to have 89% sensitivity in detecting current anxiety (Spitzer et al., 2006)

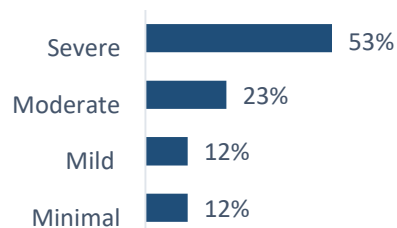
## MENTAL HEALTH SURVEY SCORES AT FIRST ENCOUNTER

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):

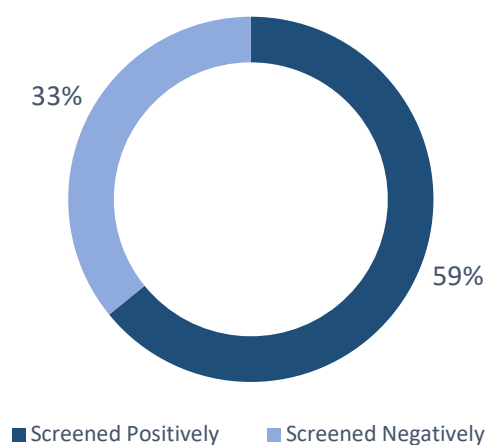
### DEPRESSIVE SYMPTOM SEVERITY (n=17)



### ANXIETY SYMPTOM SEVERITY (n=17)



### POST-TRAUMATIC SYMPTOMATOLOGY (n=17)



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 <sup>st</sup> 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*

*# 1<sup>st</sup> 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 - High level

### ZOOM IN ON NEW CASES CONT'D

REASON FOR  
REFERRAL (n=1)

Basic need

REFERRAL PROVIDED  
(n = 1)

NGO

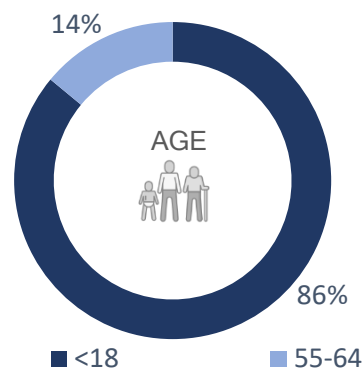
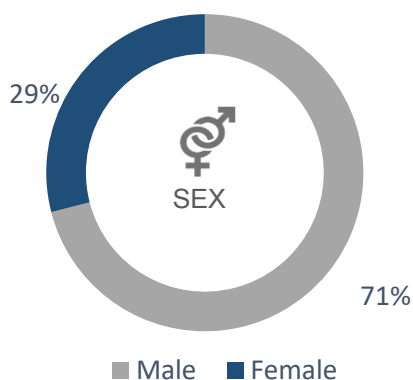


## BENEFICIARY DEMOGRAPHICS

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.



The mean age of beneficiaries was **27** years old.

