embrace

EMBRACE MENTAL HEALTH CENTER

CLINIC INDICATORS REPORT 009

REPORTING PERIOD APRIL 2021

I. NEW REQUESTS FOR SERVICES | 75

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.

15%

■ Pending Slot Availability

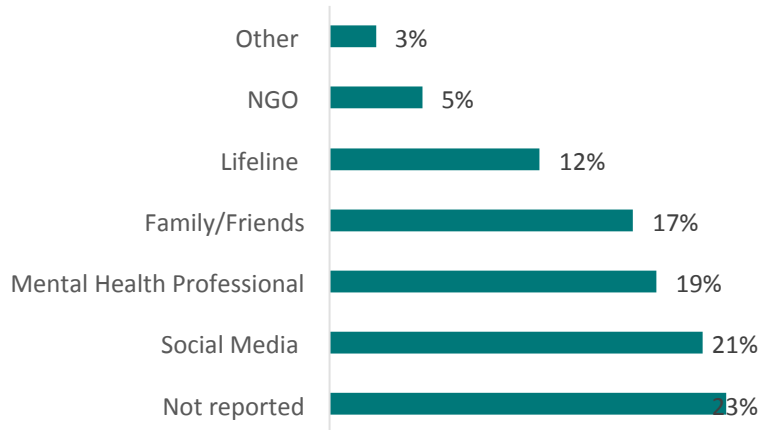■ Appointment Given

TOTAL
75

85%
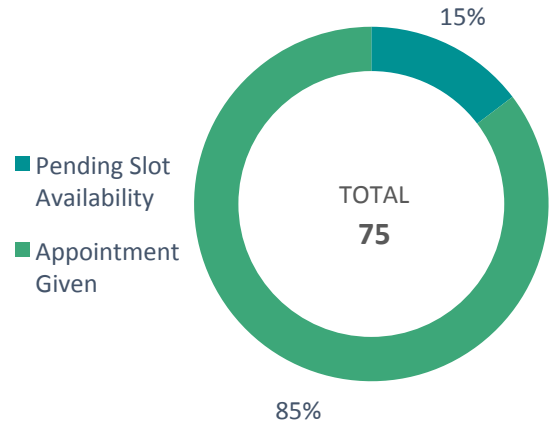
II. REFERRAL SOURCE

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
Other	3%
NGO	5%
Lifeline	12%
Family/Friends	17%
Mental Health Professional	19%
Social Media	21%
Not reported	23%

III. SERVICES PROVIDED | 519

INDIVIDUAL CONSULTATIONS:
Total **458**
- *Psychiatric Consultations: 136*
- *Psychological Consultations: 322*
- *Average Number of Session Per Beneficiary: 3*

GROUP CONSULTATIONS
These include CBT- and EMDR-based recurring groups .
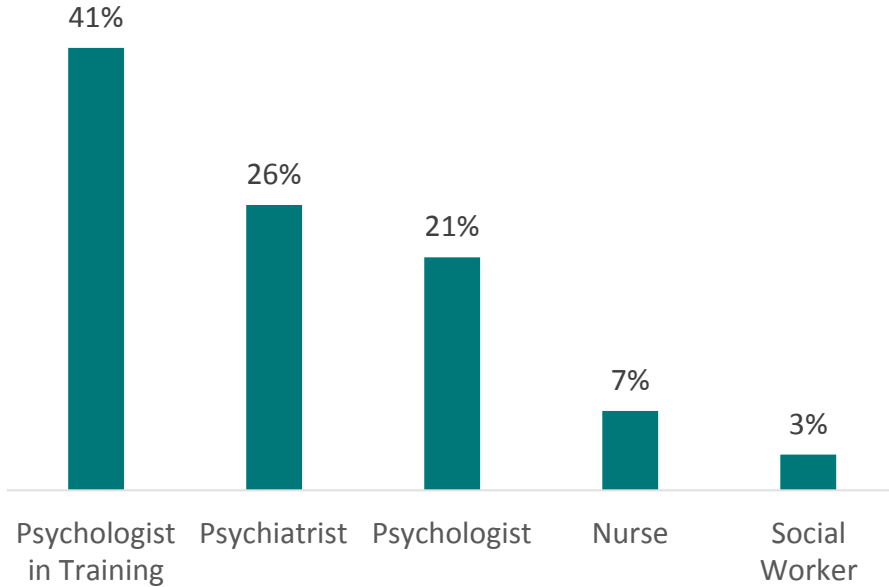*Total* **6**

NURSING CONSULTATIONS **38**

SOCIAL WORK CONSULTATIONS **17**

IV. TYPE OF PRACTICIONER SEEN

- Psychologist in Training: 41%
- Psychiatrist: 26%
- Psychologist: 21%
- Nurse: 7%
- Social Worker: 3%

V. BENEFICIARIES SERVED   200
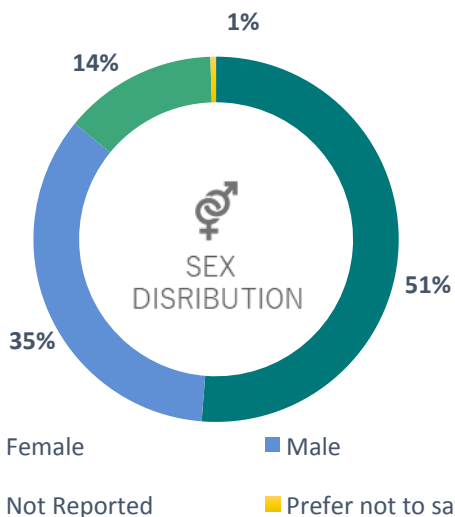
	Total
NUMBER OF BENEFICIARIES SERVED (*first session or follow up*)	**200**
NUMBER OF NEW BENEFICIARIES SERVED (*those whose first session was this month*)	**50**

VI. BENEFICIARY DEMOGRAHICS

SEX DISRIBUTION

- Female: 51%
- Male: 35%
- Not Reported: 14%
- Prefer not to say: 1%

AGE GROUPS

- 18-34: 63%
- Not reported: 17%
- 35-49: 13%
- <18: 5%
- 50-64: 2%
- 65>: 1%
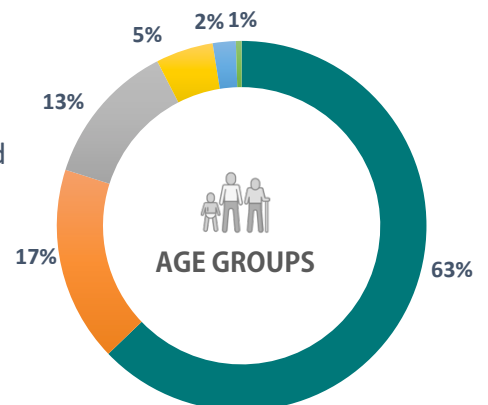
The mean age of beneficiaries was **28** years old

embrace

INCOME STATUS

Category	Percentage
Above 7,000,000 LBP	1%
5,000,000 - 6,999,000 LBP	1%
3,000,000 - 4,999,000 LBP	3%
Not sure	7%
Prefer not to say	9%
1,500,00 - 2,999,000 LBP	9%
No Income	12%
Less than 500,000 LBP	15%
500,000 - 1,499,000 LBP	19%
Not Reported	25%
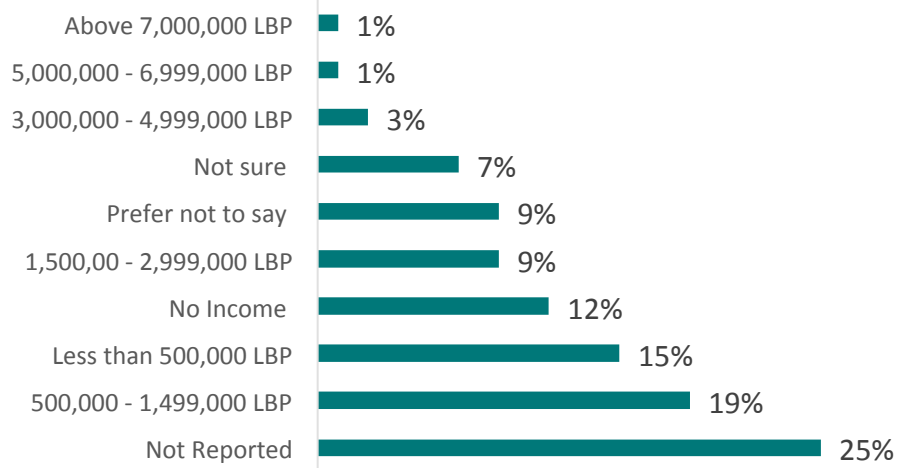
HIGHEST EDUCATIONAL STATUS

Category	Percentage
Doctoral/Medical Degree (MD,PhD)	1%
Primary/Elementary School (1st to 6th grade)	1%
Middle School (7th to 9th grade)	3%
Master's Degree (MS,MA,DESS)	12%
High School (10th to 12th grade)	20%
Bachelor's Degree (BS,BA,DEA)	26%
Not Reported	37%

EMPLOYMENT STATUS

Category	Percentage
Unable to Work	1%
Other	2%
Student (Part-time)	3%
Employed (Part-time)	5%
Freelancer	8%
Unemployed	15%
Employed (Full-time)	21%
Student (Full-time)	21%
Not Reported	25%

NATIONALITY

- 79% Lebanese
- 16% Not Reported
- 4% Syrian
- 2% Other

MARITAL STATUS

- Widowed 1%
- Divorced 1%
- Other 2%
- Seperated 2%
- Married 8%
- In a Relationship 14%
- Not reported 16%
- Single 57%

INSURANCE COVERAGE

- Cooperative of Government Employees 1%
- Other 2%
- Prefer not to say 3%
- Army and Armed Forces 4%
- Private Insurance - Syndicate, Association, or 5%
- Private Insurance by Employer 5%
- Private Insurance - Self-sponsored 6%
- None 14%
- National Social Security Fund 20%
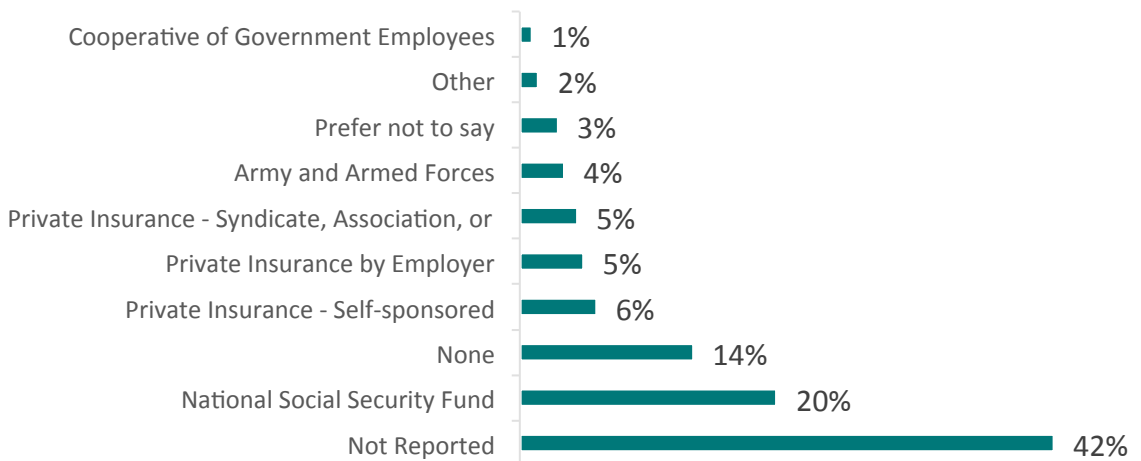- Not Reported 42%

VII. MEDICAL REFERRALS   1

During the month of April, **1** beneficiary was referred to in-patient psychiatric care. The beneficiary was initially admitted at the *American University of Beirut Medical Center (AUBMC)* and was later transferred to *Saydet Zgharta*.

The total **length of stay** across both hospitals was 12 days.

VIII. PHARMACOLOGICAL TREATMENT | 59

During the month of April, the EMHC covered the cost of medications prescribed by staff psychiatrists for **59** beneficiaries EMHC.

AVERAGE NUMBER OF PRESCRIPTION ITEMS ACQUIRED BY BENEFICIARY:
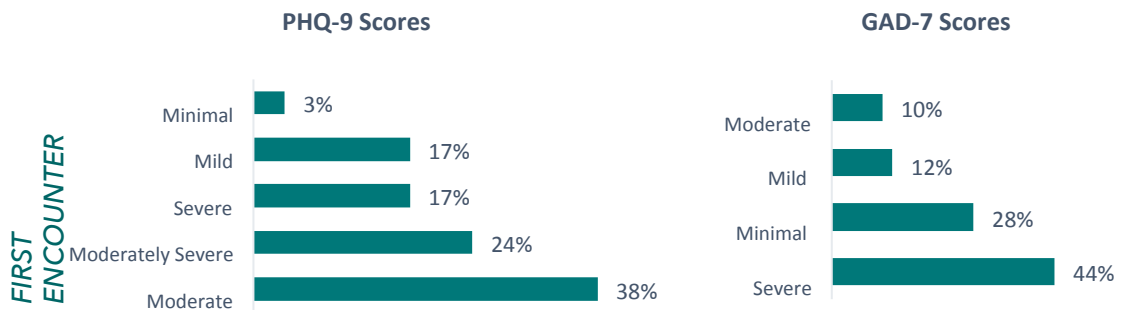
3

MOST COMMONLY ACQUIRED MEDICATIONS:

Fluoxetine   **Lamotrigine**   **Escitalopram**

VIX. MENTAL HEALTH SURVEY SCORES

1. **PHQ-9**: a validated instrument for measuring the severity of depression.
   Interpretation: 0-4 "None/Minimal", 5-9 "Mild", 10-14 "Moderate", 15-19 "Moderately Severe", 2_ "Severe"

2. **GAD-7**: a validated instrument for measuring the severity of anxiety.
   Interpretation: 0-4 "None/Minimal", 5-9 "Mild", 10-14 "Moderately Severe", 15-21 "Severe"

3. **TSQ**: a brief trauma questionnaire used to predict a PTSD diagnosis.
   Interpretation: A score of 6 or more is predictive of a PTSD diagnosis.

PHQ-9 Scores

FIRST ENCOUNTER

Minimal	3%
Mild	17%
Severe	17%
Moderately Severe	24%
Moderate	38%

GAD-7 Scores

Moderate	10%
Mild	12%
Minimal	28%
Severe	44%

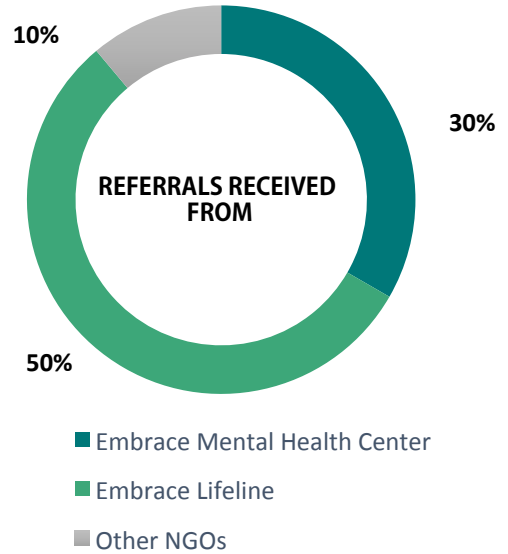|	PHQ-9	GAD-7	TSQ
Sample Size (N)	29	34	23
Average Score	14.06	14.41	6.52

*__Note__ that the above graphs show the percent frequency of categorical classifications on the PHQ-9 and GAD-7 for the samples indicated in the table.
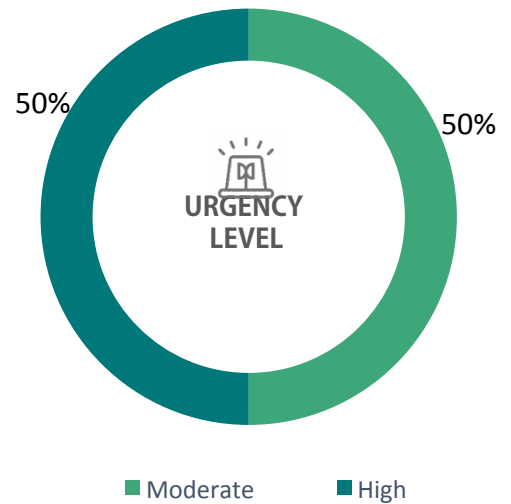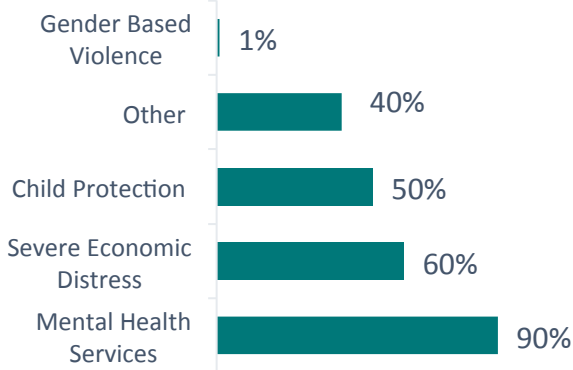
X. ZOOM IN ON SOCIAL WORK DEPARTMENT

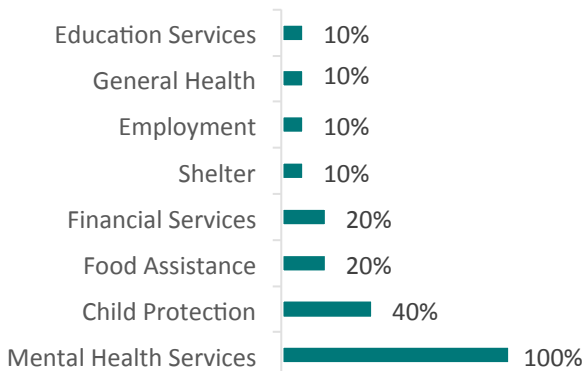**TOTAL NUMBER OF REFERRED CASES**   11

The social work department at Embrace serves both the Embrace Mental Health Center (EMHC) and the Embrace Lifeline. It aims to provide a holistic approach to mental health care by offering psycho-social assistance to beneficiaries served by both the EMHC and the Lifeline. The EMHC and Embrace Lifeline are 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.
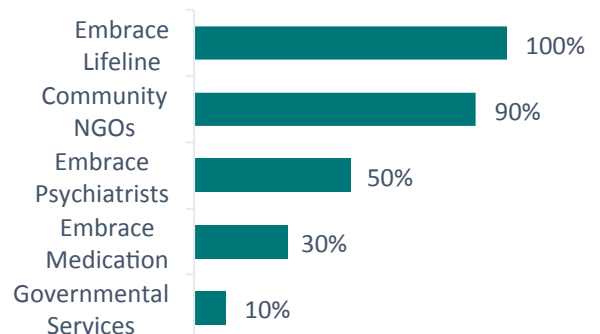
REFERRALS RECEIVED FROM

10%
30%
50%

- Embrace Mental Health Center
- Embrace Lifeline
- Other NGOs

REASONS FOR REFERRAL

Gender Based Violence	1%
Other	40%
Child Protection	50%
Severe Economic Distress	60%
Mental Health Services	90%

URGENCY LEVEL

50%   50%

- Moderate
- High

TYPES OF REFERRALS PROVIDED

Education Services	10%
General Health	10%
Employment	10%
Shelter	10%
Financial Services	20%
Food Assistance	20%
Child Protection	40%
Mental Health Services	100%

REFERRALS MADE TO

Embrace Lifeline	100%
Community NGOs	90%
Embrace Psychiatrists	50%
Embrace Medication	30%
Governmental Services	10%

*Note** that percentages for the above 3 bar charts may add up to more than 100% because multiple types of referrals can be provided.

embrace

SOCIO-DEMOGRAPHICS OF BENEFICIARIES

SEX DISRIBUTION

40%

60%

- Female
- Male

AGE GROUPS

10%

40%

10%

40%

- <18
- 18-34
- 35-49
- 50-64

NATIONALITY

60%

40%

- Lebanese
- Syrian

GEOGRAPHIC LOCATION

10%

10%

10%

70%

- Mount Lebanon
- Beirut
- Bekaa
- Not Reported

MARITAL STATUS

10%

10%

10%

70%

- Divorced
- Married
- Single
- Seperated