EMBRACE MENTAL HEALTH CENTER (EMHC)

CLINIC MONTHLY INDICATORS

REPORT 26

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 | 59

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.

To note that "referred outside" is related to the period "January 23 till January 31". Prior January 23, this indicator was not documented.

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

TOTAL 59

5%
29%
36%
30%
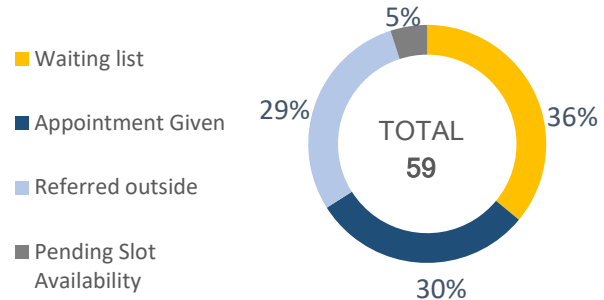
II. REFERRAL SOURCE

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

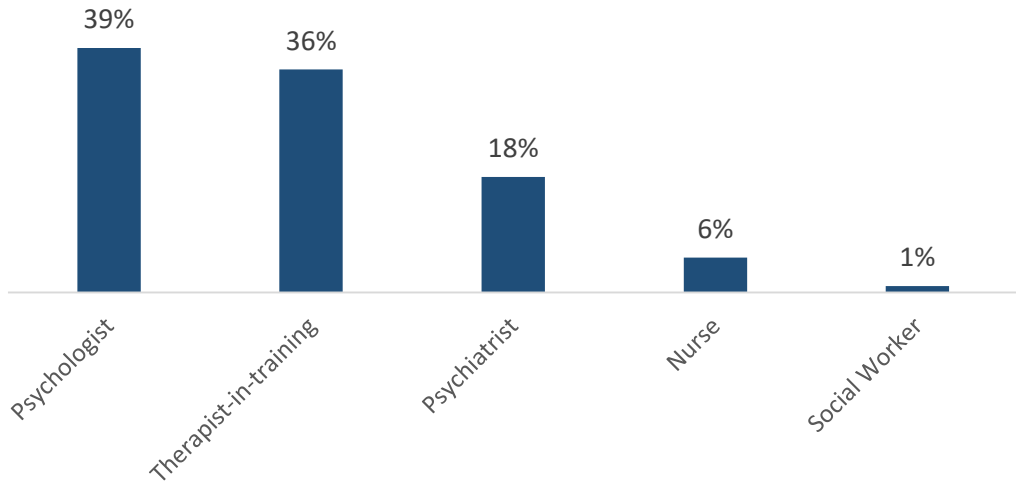**Note that mental health professionals include practitioners at Embrace*

Referral Source	Percentage
Lifeline	3%
Mental Health Professionals	8%
Social Media	28%
Family/Friends	61%
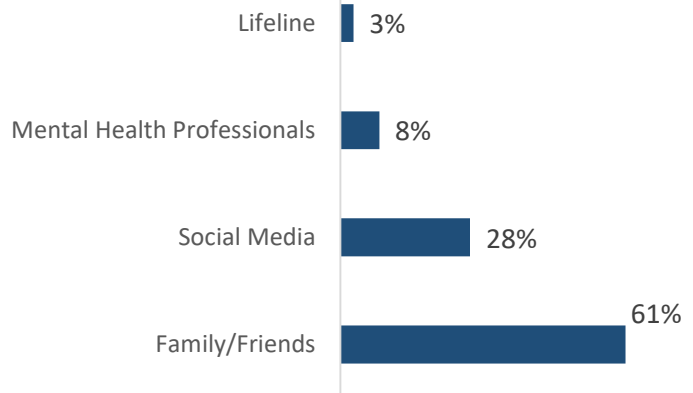
III. SERVICES PROVIDED | 380 sessions

Total **number of beneficiaries** seen (first or follow-up visits): **165**
Total **number of sessions** provided for the **165** beneficiaries: **380**

	Total
INDIVIDUAL SESSIONS	353
Psychiatric Consultations	70
Psychotherapy Consultations	283

	Total
PSYCHIATRIC NURSING SESSIONS	21
SOCIAL WORK SESSIONS	6

IV. TYPE OF PRACTICIONER SEEN

Psychologist: 39%
Therapist-in-training: 36%
Psychiatrist: 18%
Nurse: 6%
Social Worker: 1%

V. BENEFICIARIES SEEN   165

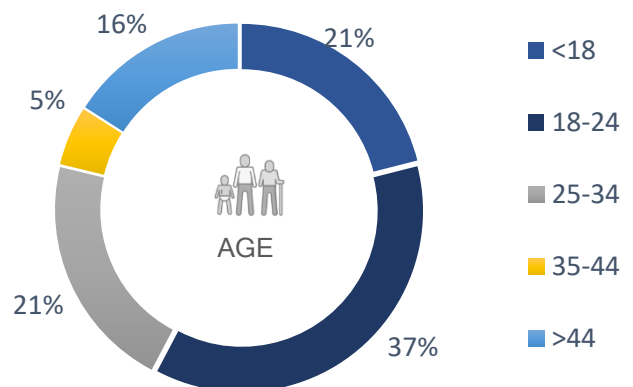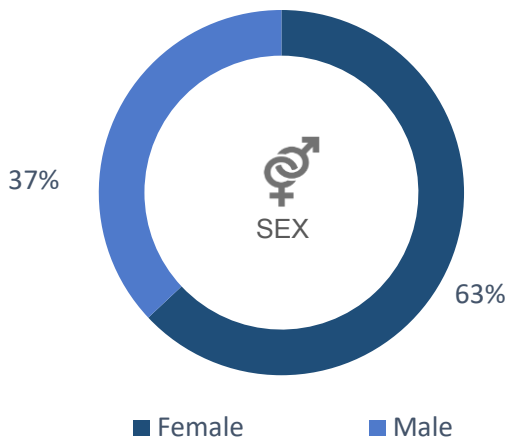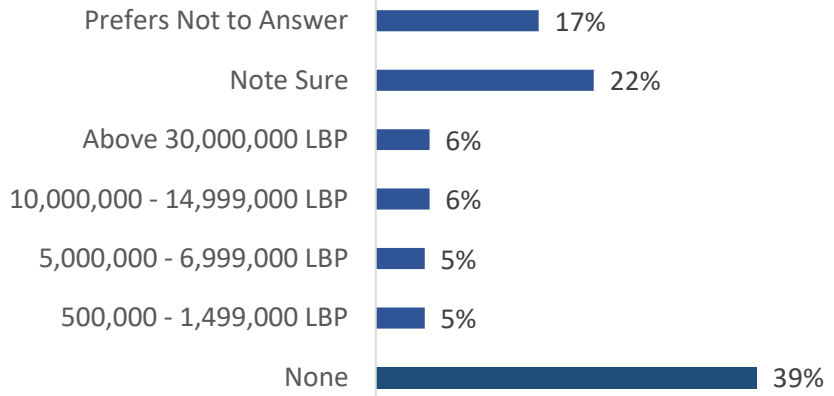|	Total
NUMBER OF BENEFICIARIES SEEN (*first session or follow up*)	165
NUMBER OF NEW BENEFICIARIES SEEN *(those whose first session was this month)*	19

VI. NEW BENEFICIARY DEMOGRAPHICS

The below charts present basic demographic information for the **new** beneficiaries served during the reporting period (n=19).
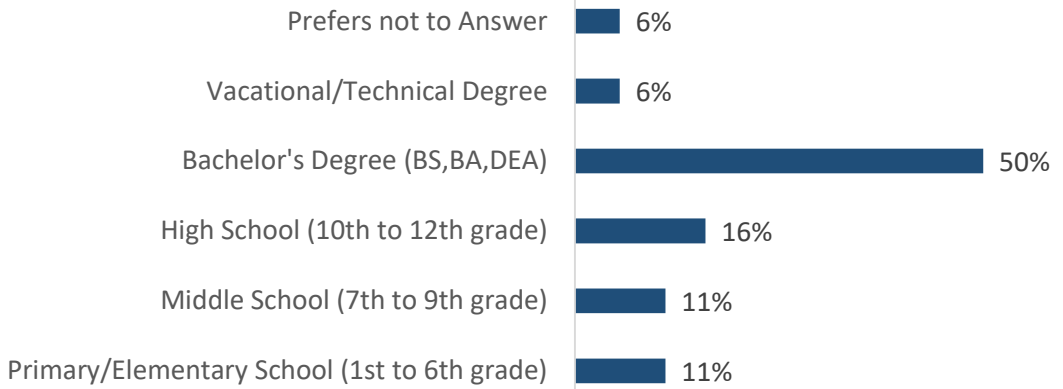
SEX
- 63% Female
- 37% Male

AGE
- <18: 21%
- 18-24: 37%
- 25-34: 21%
- 35-44: 5%
- >44: 16%

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

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INCOME STATUS (n=18)

Category	Percentage
Prefers Not to Answer	17%
Note Sure	22%
Above 30,000,000 LBP	6%
10,000,000 - 14,999,000 LBP	6%
5,000,000 - 6,999,000 LBP	5%
500,000 - 1,499,000 LBP	5%
None	39%

HIGHEST EDUCATIONAL STATUS (n=18)

Category	Percentage
Prefers not to Answer	6%
Vacational/Technical Degree	6%
Bachelor's Degree (BS,BA,DEA)	50%
High School (10th to 12th grade)	16%
Middle School (7th to 9th grade)	11%
Primary/Elementary School (1st to 6th grade)	11%

EMPLOYMENT STATUS (n=18)

Category	Percentage
Freelancer	6%
Employed (Full-time)	33%
Unemployed	61%

MARITAL STATUS (n=18)

Category	Percentage
Divorced	6%
Married	17%
Single	77%

NATIONALITY (n=18)

Syrian 6%

Lebanese 94%

GEOGRAPHIC LOCATION (n=18)

Bekaa 6%

North Lebanon 6%

Mount Lebanon 11%

Beirut 77%
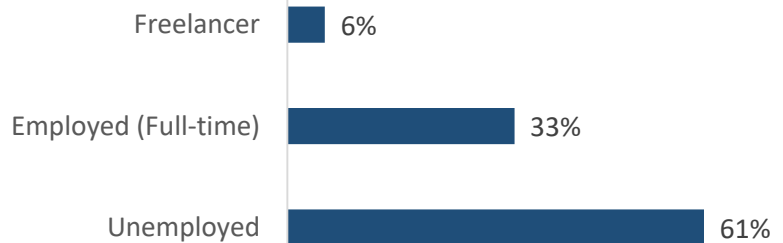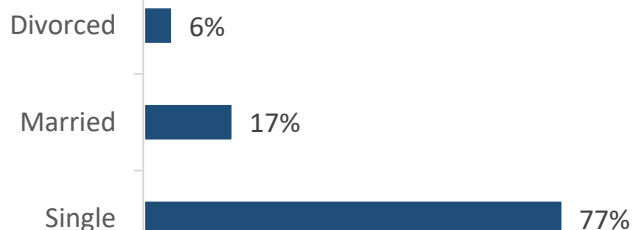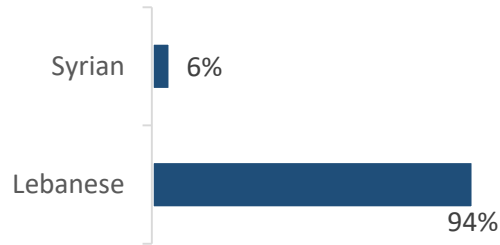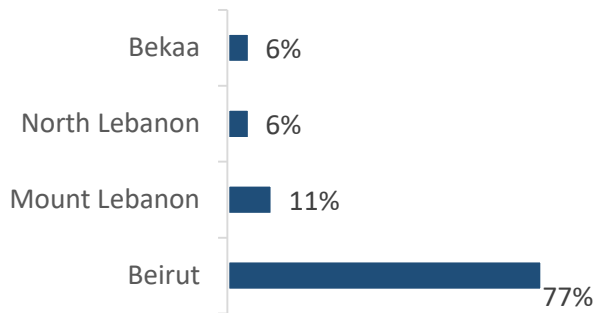
VII. PHARMACOLOGICAL TREATMENT | 23

During the month of January, the EMHC covered the cost of medications prescribed by its own psychiatrists for 23 beneficiaries seen at the EMHC.

AVERAGE NUMBER OF PRESCRIPTION ITEMS ACQUIRED BY BENEFICIARY:

2

MOST COMMONLY ACQUIRED MEDICATIONS:

OLANZAPINE   LAMOTRIGINE   FLUOXETINE

VIII. MEDICAL REFERRALS | 4

During the month of January, 4 beneficiaries were referred by Embrace psychiatrists to Medical Diagnostic Treatment Center and CEDIM to undergo medical tests. The beneficiaries received blood tests measuring the levels of CBC, TSH, Lithuim and electrolytes among others. **All fees of medical testing were covered by Embrace.**
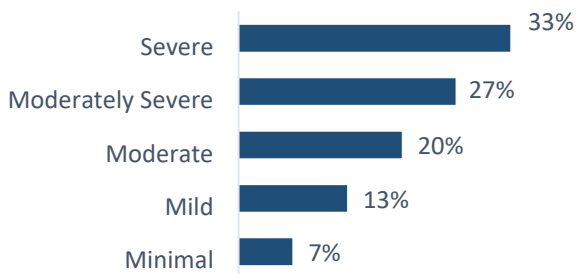
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IX. MENTAL HEALTH SURVEY SCORES AT FIRST ENCOUNTER

The below charts present a summary of symptom severity for beneficiaries <u>whose first session was this month</u> (i.e., the charts represent scores at beneficiaries' first session):
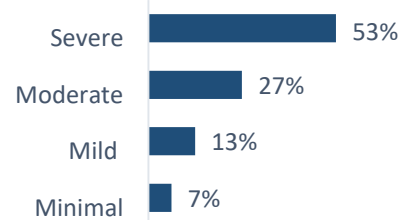
PHQ-9: a validated instrument used for measuring the severity of depression.
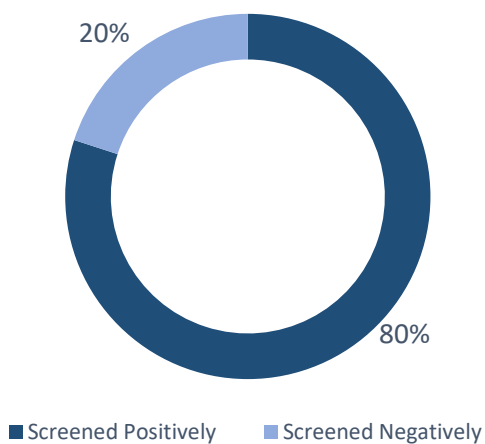**GAD-7**: a validated instrument used for measuring the severity of anxiety.

DEPRESSIVE SYMPTOM SEVERITY (n=15)

Severity	Percentage
Severe	33%
Moderately Severe	27%
Moderate	20%
Mild	13%
Minimal	7%

ANXIETY SYMPTOM SEVERITY (n=15)

Severity	Percentage
Severe	53%
Moderate	27%
Mild	13%
Minimal	7%

POST-TRAUMATIC SYMPTOMATOLOGY (n=15)

- Screened Positively: 80%
- Screened Negatively: 20%

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.

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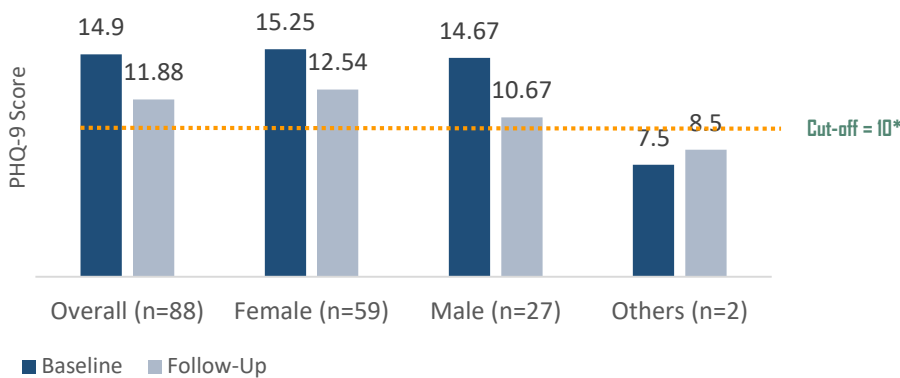## MENTAL HEALTH SURVEY SCORES OVER 6 MONTHS

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.

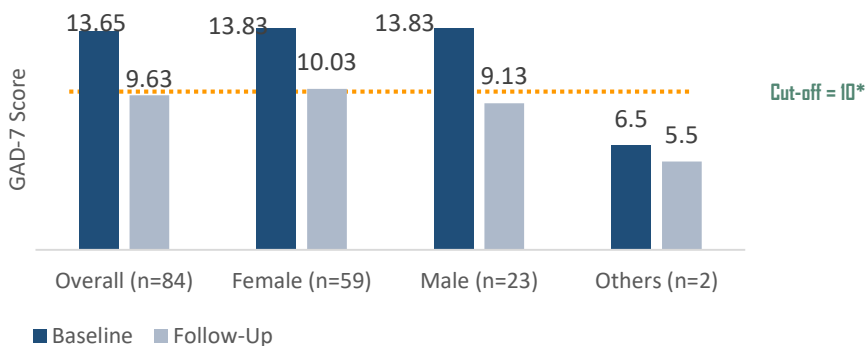## A SNAPSHOT OF BENEFICIARY IMPROVEMENT OVER 6 MONTHS
April 2022 – September 2022

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

PHQ-9 Score

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

Cut-off = 10*

■ Baseline ■ Follow-Up

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)

GAD-7 Score

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

Cut-off = 10*

■ Baseline ■ Follow-Up

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 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 *	6

1st CONSULT#	2	FOLLOW UP **	4

TOTAL NUMBER OF BENEFICIARIES SEEN / CONTACTED	4

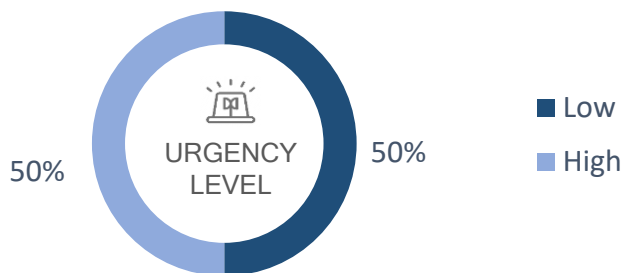| TOTAL NUMBER OF ACTIVE CASES	8

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
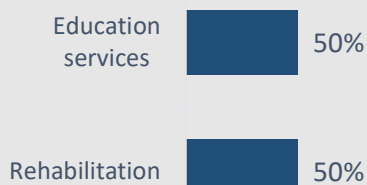*# 1st Consult: Refers to the number of beneficiaries who were referred for the first time during this month from EMHC to social work services*
***Follow up: Refers to the number of follow up consultations (out of the total consultations)*

ZOOM IN ON NEW CASES

URGENCY LEVEL

50%   50%

■ Low
■ High

REASONS FOR REFERRAL (n=2)

Education services — 50%

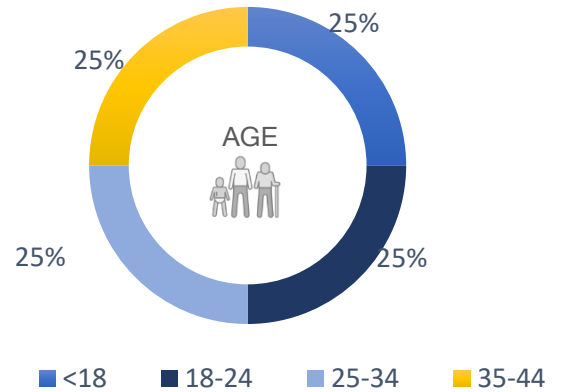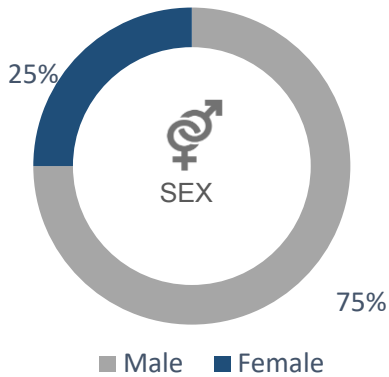Rehabilitation — 50%

REFERRALS PROVIDED (n = 2)

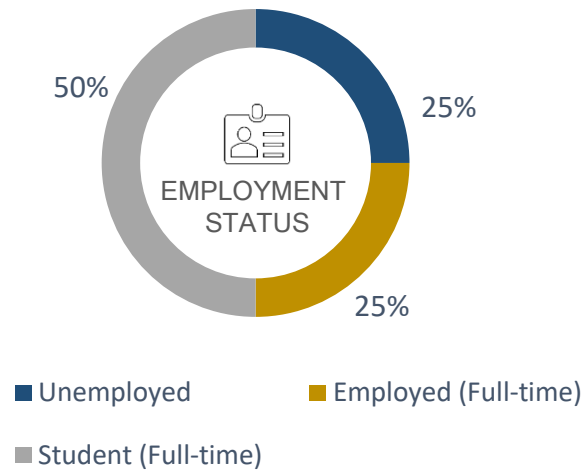100% Referred to NGOs
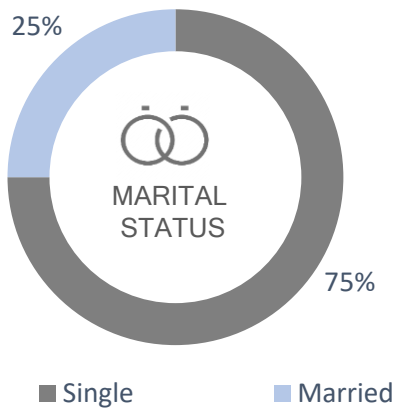
BENEFICIARY DEMOGRAPHICS

| TOTAL NUMBER OF BENEFICIARIES SEEN / CONTACTED | 4 |

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

25%
75%

■ Male ■ Female

AGE

25% 25%
25% 25%

■ <18 ■ 18-24 ■ 25-34 ■ 35-44

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

MARITAL STATUS

25%
75%

■ Single ■ Married

EMPLOYMENT STATUS

50% 25%
25%

■ Unemployed ■ Employed (Full-time)
■ Student (Full-time)

NATIONALITY

100% Lebanese

GEOGRAPHIC LOCATION

100% Beirut