



EMBRACE MENTAL HEALTH CENTER

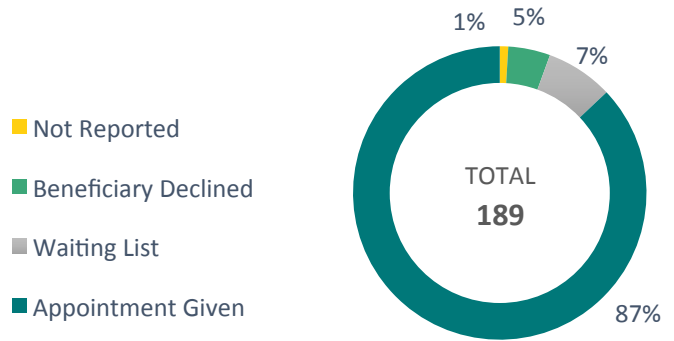
***CLINIC
INDICATORS
REPORT 008***

**REPORTING PERIOD MARCH
2021**

I. TRIAGE

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.

Every beneficiary that calls the clinic is briefly screened (i.e., triaged) to better gather basic demographic information, understand the reason for which they are seeking services, and orient them accordingly. The triage number represents the number of people who called who could potentially become beneficiaries. The outcome of the triage represents the decision taken after the information was gathered from the potential beneficiary.

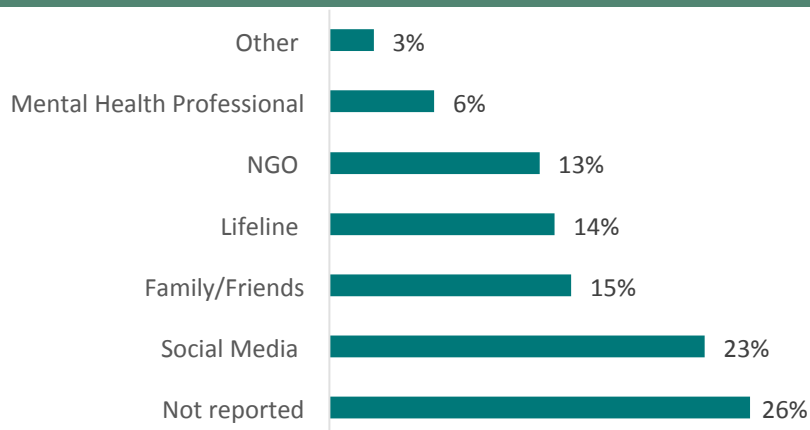


II. REFERRAL SOURCE

The referral source represents the different ways beneficiaries were referred 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



III. SESSION TYPE



INDIVIDUAL CONSULTATIONS:

These include one-to-one psychological or psychiatric consultations.

AVERAGE NUMBER OF SESSIONS/BENEFICIARY: 3

Total

486



PHONE CONSULTATIONS

These include screening calls for admission to group sessions or consults with the staff nurse

9

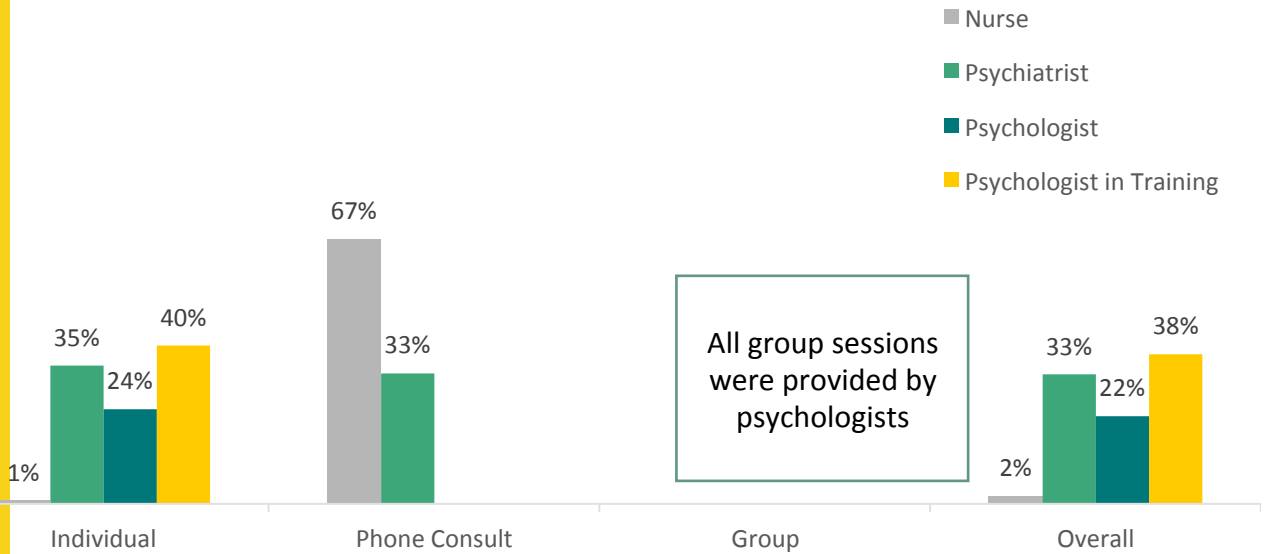


GROUP CONSULTATIONS

These include CBT- and EMDR-based recurring groups.

7

IV. TYPE OF PRACTITIONER SEEN



V. BENEFICIARY INFORMATION

22% of all beneficiaries served this month were new beneficiaries.

TOTAL NUMBER OF NEW BENEFICIARIES

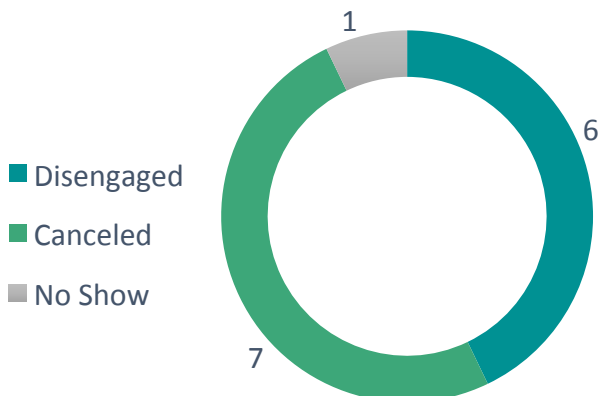
(those whose first session was this month):

42

TOTAL NUMBER OF BENEFICIARIES SERVED

(first session or follow up): **189**

BENEFICIARY DISENGAGEMENT*



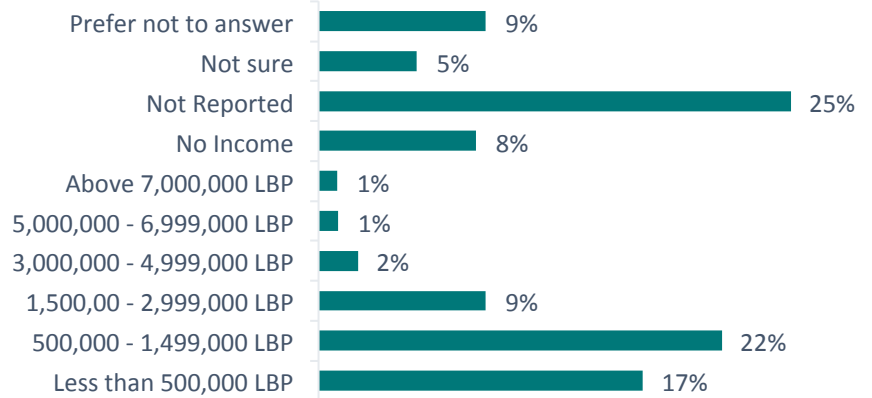
Note that in taking the necessary precautions in response to the rising COVID-19 cases in the country, Embrace is operating at a 30% capacity for in-person services. **57** appointments were cancelled (to be rescheduled at a later time). While most sessions were conducted online, some beneficiaries opted to postpone their appointment until lockdown was terminated due to technical or personal reasons.

*Cancelled/No Show: Do **not** include those who later rescheduled their session

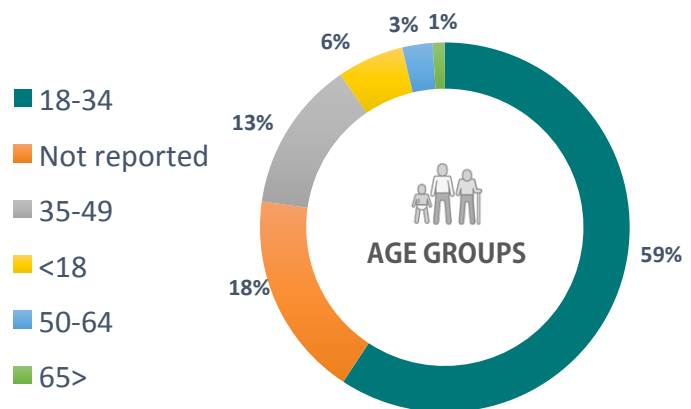
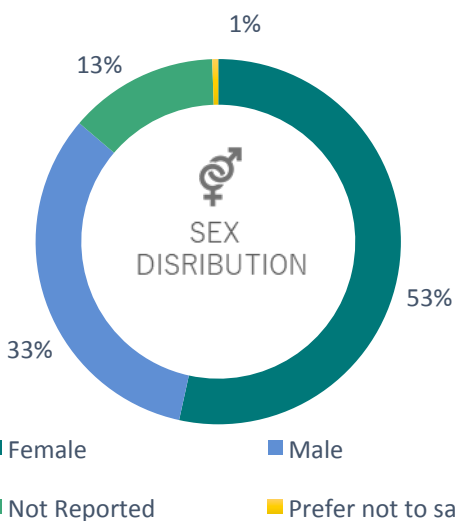
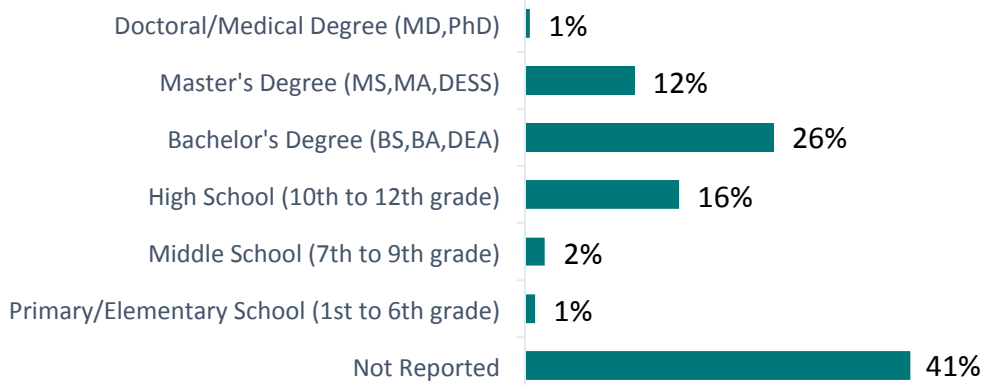
***Note** that the beneficiary disengagement graph reflects the number of beneficiaries who are no longer interested in receiving mental health services from Embrace Mental Health Clinic

VI. SOCIODEMOGRAPHICS OF BENEFICIARIES SERVED

INCOME STATUS

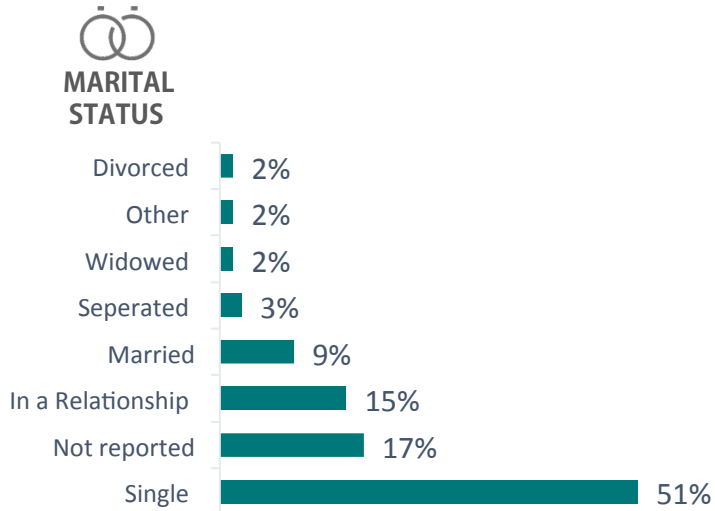
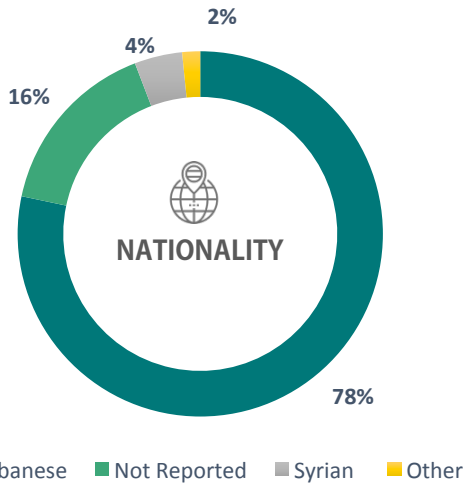


HIGHEST EDUCATIONAL STATUS

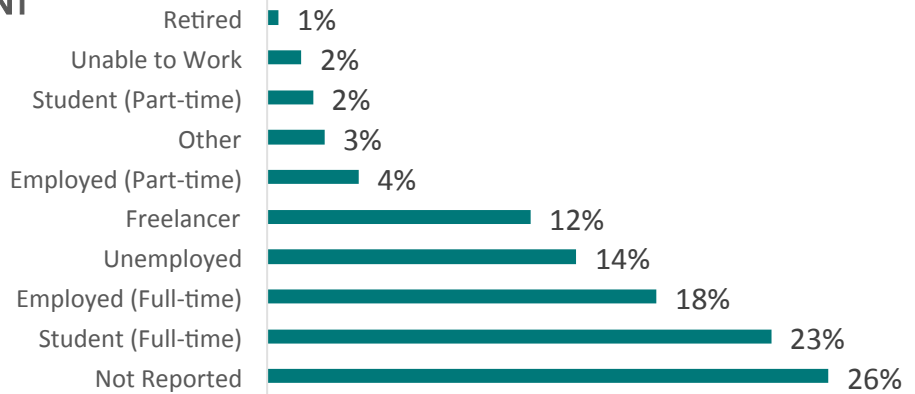


The mean age of beneficiaries was **27** years old.

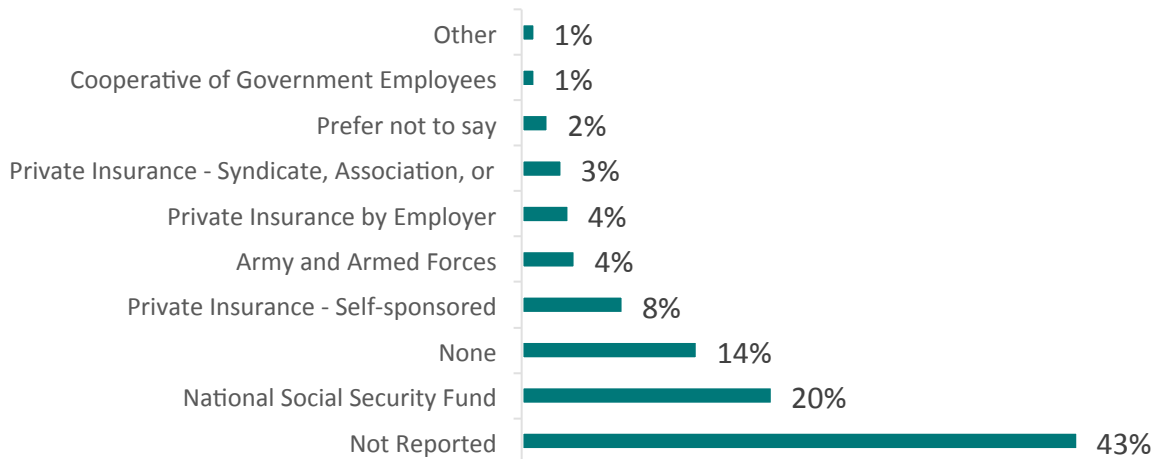
VI. SOCIODEMOGRAPHICS OF BENEFICIARIES SERVED



EMPLOYMENT



INSURANCE COVERAGE



VII. INDIVIDUAL SESSION OUTCOMES



EXTERNAL REFERRALS

- **3%** of all individual sessions ended in a referral to external services (i.e., services outside of EMHC). These referrals include but are not limited to hospitals and medical labs.



INPATIENT HOSPITALIZATIONS

- EMHC covered the cost of inpatient psychiatric care for **2** beneficiaries in March.
- **1** beneficiary who had been admitted to an inpatient unit at the end of February was discharged in March.
- Beneficiaries were admitted at Mount Lebanon Hospital and Rafic Hariri Hospital and the average length of stay was 10 days.

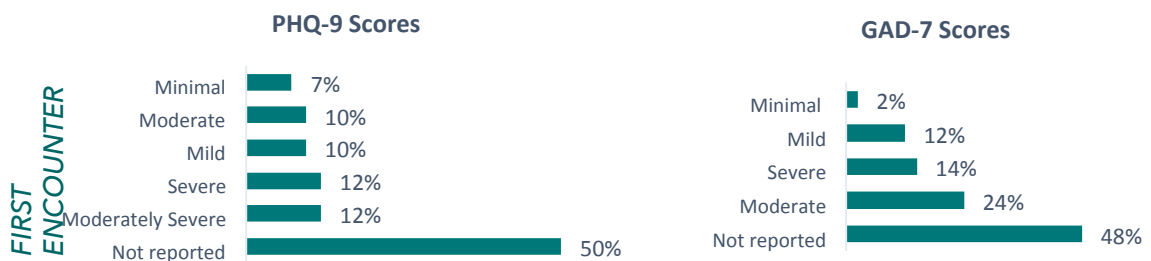


PROVISION OF MEDICATION

During the month of March, the EMHC covered the cost of medications prescribed by staff psychiatrists for **60** beneficiaries EMHC totaling **5,298,697 LBP**.

VIII. 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", 20-27 "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	GAD-7	TSQ
Sample Size (N)	21	22	12
Average Score	13.90	13.14	6.33

*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.