

**EMBRACE MENTAL HEALTH  
CENTER (EMHC)**

***CLINIC MONTHLY  
INDICATORS***

***REPORT 16***

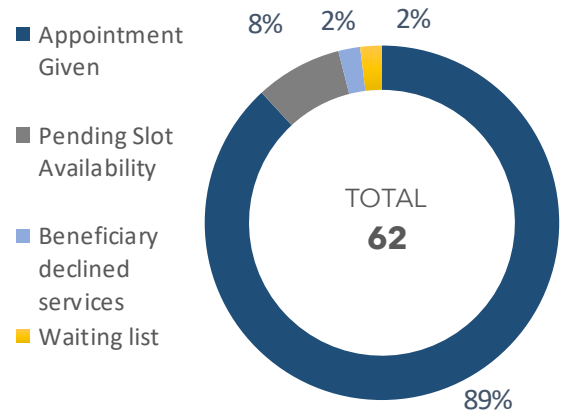
**REPORTING PERIOD**  
MARCH 2022

*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 REQUESTS FOR SERVICES

62

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.

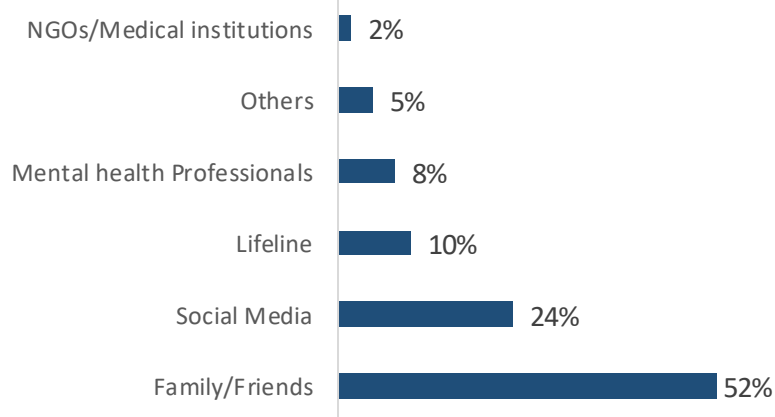


## II. REFERRAL SOURCE

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

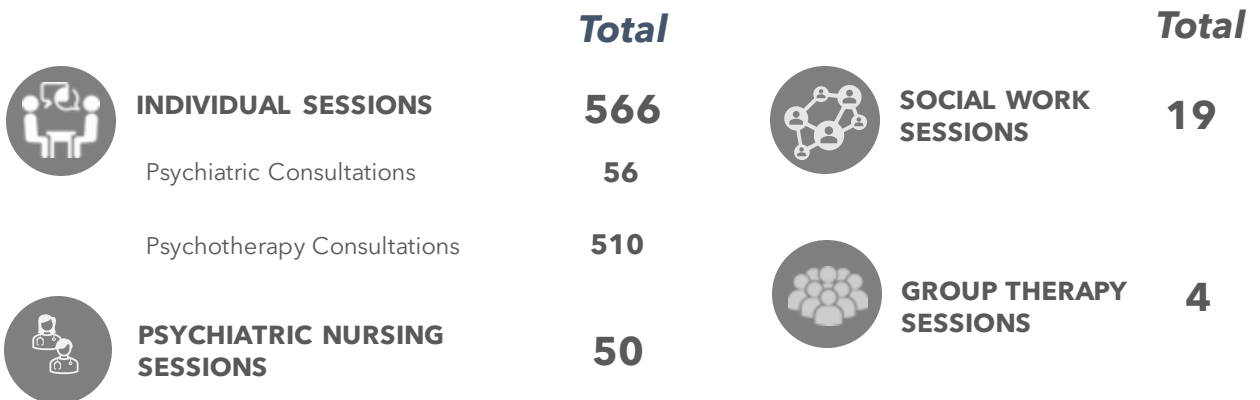
\*Note that the graph reflects the percentage of beneficiaries who reached out to the Embrace Mental Health Centre during the reported month, regardless of whether they received an appointment or not.

\*Note that mental health professionals include practitioners at Embrace

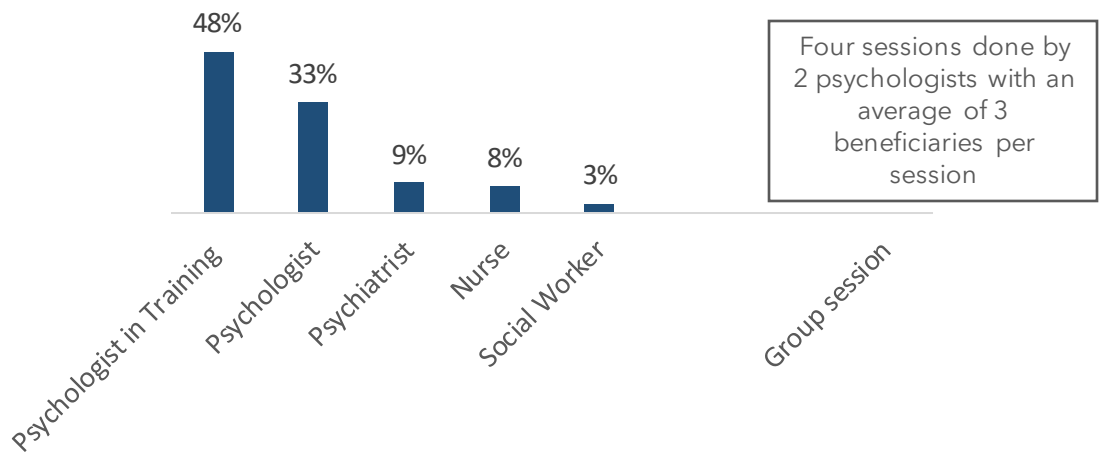


## III. SERVICES PROVIDED

639 sessions



#### IV. TYPE OF PRACTITIONER SEEN



#### V. BENEFICIARIES SEEN

**221**

**Total**

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

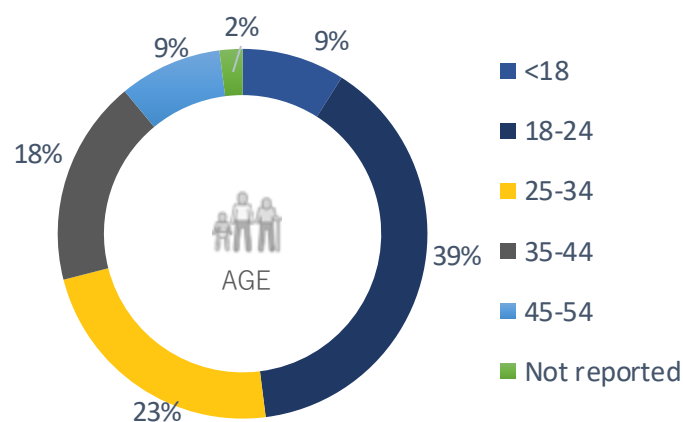
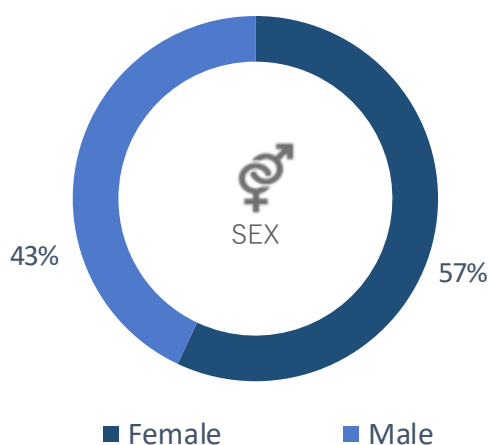
**221**

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

**44**

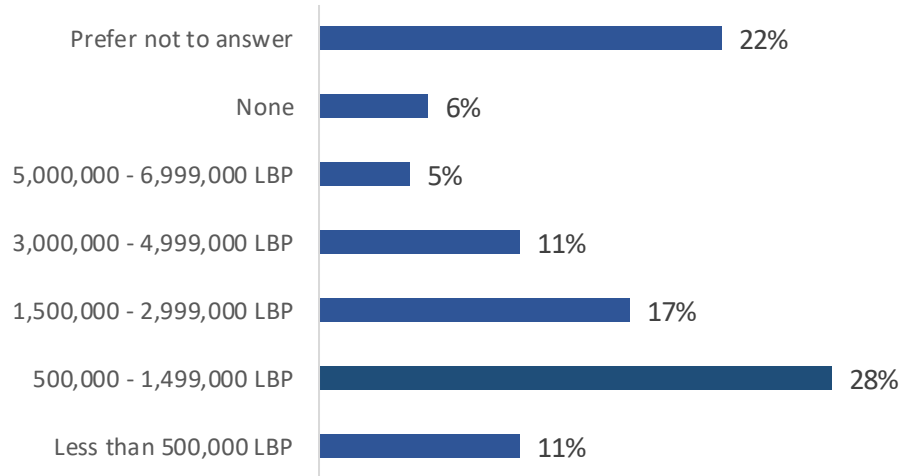
#### VI. NEW BENEFICIARY DEMOGRAPHICS

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

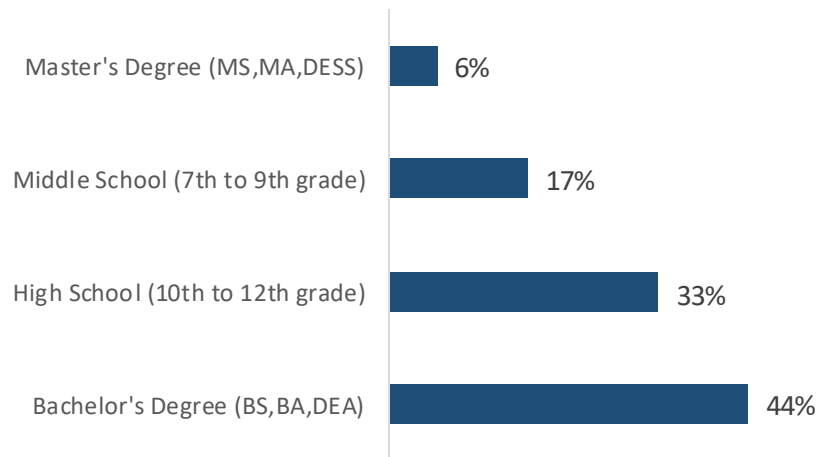


The mean age of beneficiaries was **28** years old.

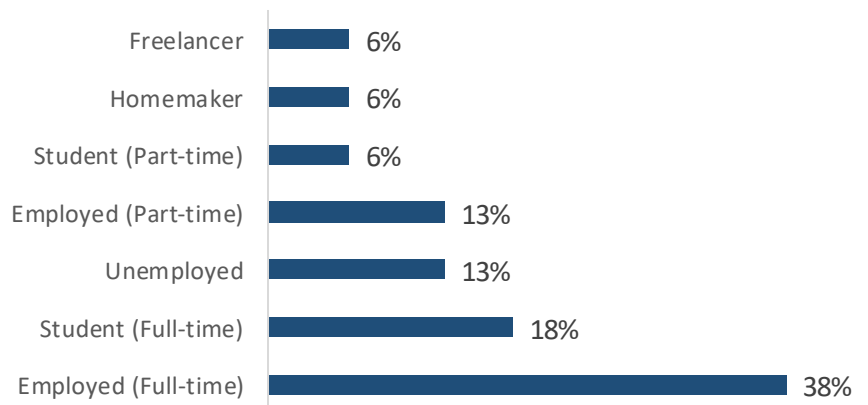
INCOME STATUS



HIGHEST EDUCATIONAL STATUS



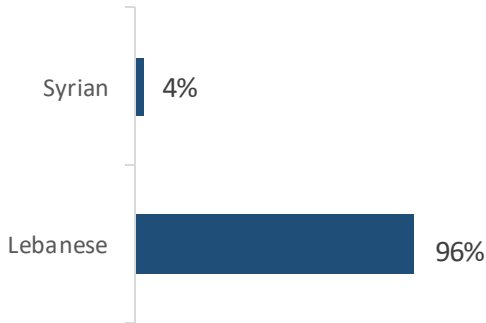
EMPLOYMENT STATUS



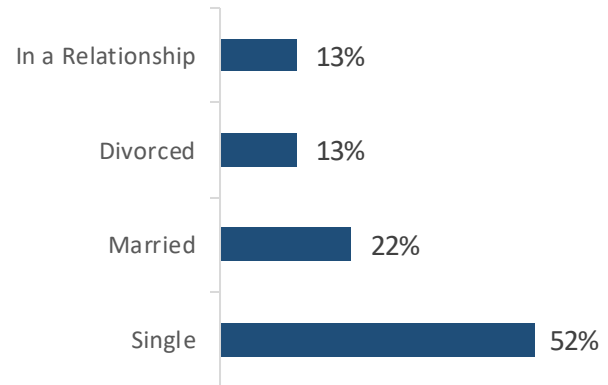
Valid % are reported



### NATIONALITY



### MARITALSTATUS



Valid % are reported

## VII. PHARMACOLOGICAL TREATMENT

# 80

During the month of March, the EMHC covered the cost of medications prescribed by its own psychiatrists for **80** beneficiaries seen at the EMHC.

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

## 2

### MOST COMMONLY ACQUIRED MEDICATIONS:

## VENLAX

## OLANZAMED

## PANTOPRAZOLE

## VIII. MEDICAL REFERRALS

# 4

During the month of March, **4** beneficiaries were referred by Embrace psychiatrists to for medical tests at Medical Diagnostic Treatment Center to undergo medical tests. The beneficiaries received blood tests measuring the levels of Folic Acid, TSH, Lithium and Ferritin among others. **All fees of medical testing were covered by Embrace.**

**2** beneficiaries were referred to inpatient psychiatric care at Saydet Zgharta hospital for a duration of **5 and 14 days** respectively. **All Hospitalization fees were covered by Embrace.**

## IX. MENTAL HEALTH SURVEY SCORES

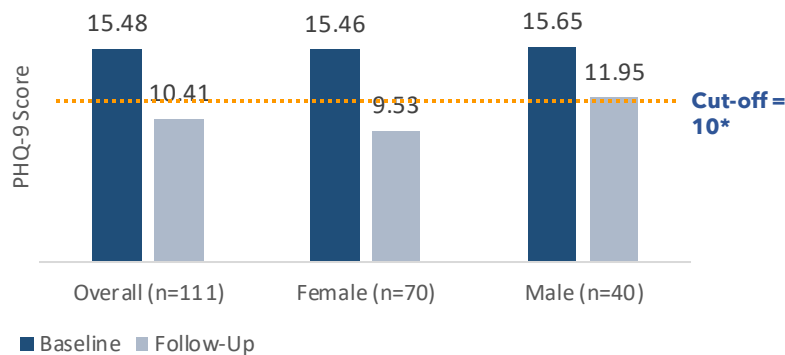
During their first visit, the beneficiaries are asked about common symptoms of depression, anxiety and trauma. As they progress through treatment, beneficiaries are asked to take the same surveys again every few months.

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.
3. **TSQ:** a brief trauma questionnaire used to predict a PTSD diagnosis.

### A SNAPSHOT OF BENEFICIARY IMPROVEMENT OVER 1 YEAR October 2020 - September 2021

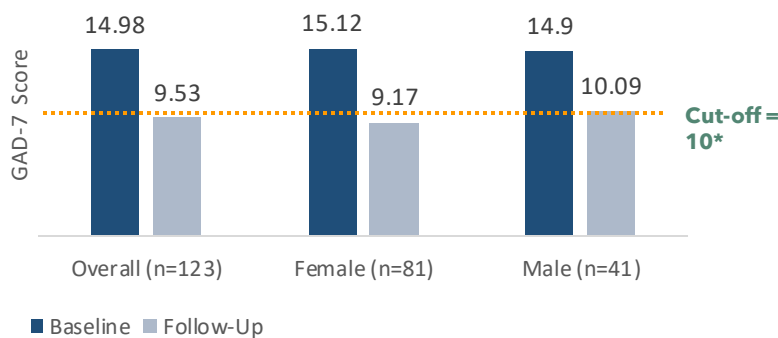
#### Levels of Depression Reported Pre and Post Treatment (n=111)



\*Note that the indicated cut-off score has been shown to have 89% sensitivity in detecting current depression (Manea et al., 2012)

Around **70%** of beneficiaries reported substantial improvements in symptoms of depression.

#### Levels of Anxiety Reported Pre and Post Treatment (n = 123)

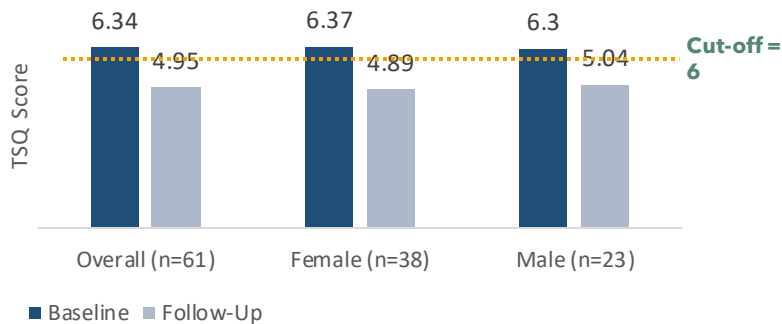


\*Note that the selected cut-off score has been shown to have 89% sensitivity in detecting current depression (Spitzer et al., 2006)

Around **76%** of beneficiaries reported substantial improvements in symptoms of anxiety.

## A SNAPSHOT OF BENEFICIARY IMPROVEMENT OVER 1 YEAR CONT'D October 2020 - September 2021

### Post-traumatic Symptomatology (n = 61)

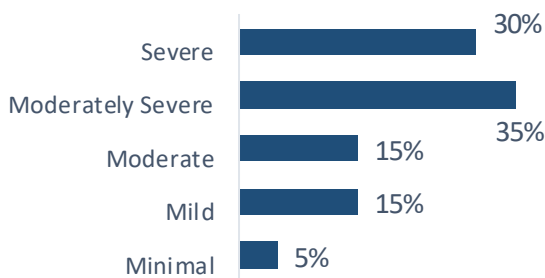


Around **53%** of beneficiaries reported **improvements** in trauma symptomatology.

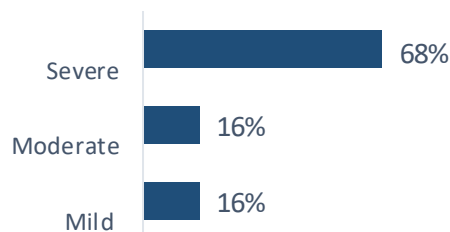
## MENTAL HEALTH SURVEY SCORES AT FIRST ENCOUNTER

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):

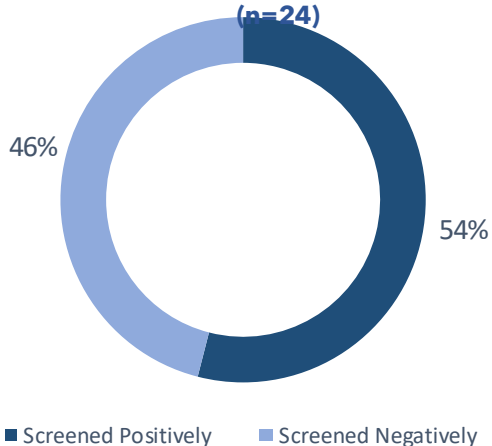
### DEPRESSIVE SYMPTOM SEVERITY (n=20)



### ANXIETY SYMPTOM SEVERITY (n=19)



### POST-TRAUMATIC SYMPTOMATOLOGY (n=24)



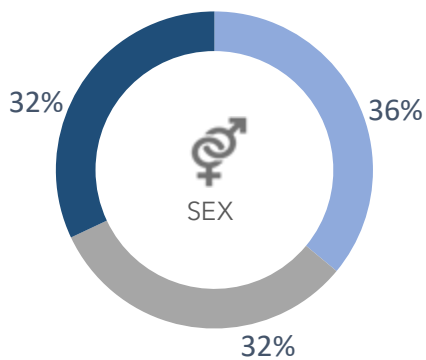
**\*Note** that screening positively or negatively does not determine or rule out a diagnosis. Screening positively is predictive of post traumatic stress disorder (PTSD).

## BENEFICIARY DEMOGRAPHICS

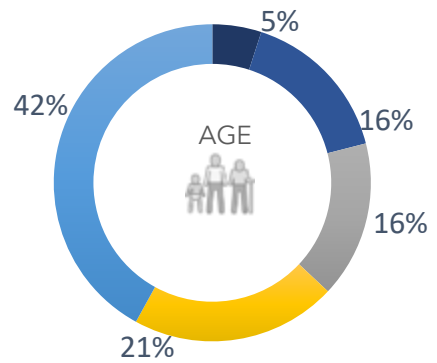
TOTAL NUMBER OF BENEFICIARIES SEEN

19

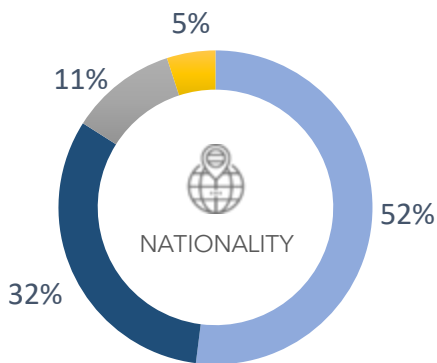
The below charts present the demographics of **all** beneficiaries the social worker engaged with. This includes new cases and follow ups on other cases active from previous months.



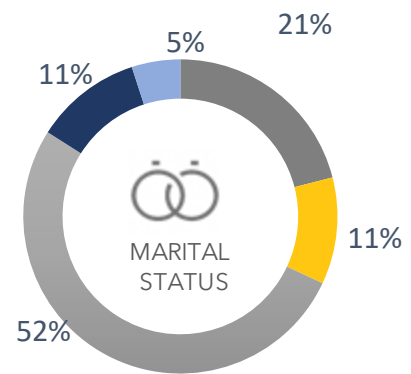
■ Not reported ■ Male ■ Female



■ <18 ■ 18-24 ■ 25-34 ■ 35-44 ■ Not reported



■ Not reported ■ Lebanese ■ Syrian ■ Palestinian



■ Single ■ Not reported ■ In a Relationship ■ Married ■ Divorced



## 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 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 staffed by one social worker who coordinates with a multi-disciplinary internal team of psychologists, psychiatrists, psychiatric nurse, hotline operators and clinical supervisors.

<b>TOTAL NUMBER OF CONSULTATIONS</b>	<b>19</b>	<b>TOTAL NUMBER OF ACTIVE CASES</b>	<b>30</b>
<b>1<sup>st</sup> CONSULT</b>	<b>5</b>	<b>FOLLOW UP</b>	<b>14</b>
		<b>TOTAL NUMBER OF CLOSED CASES</b>	<b>9</b>

### ZOOM IN ON NEW CASES

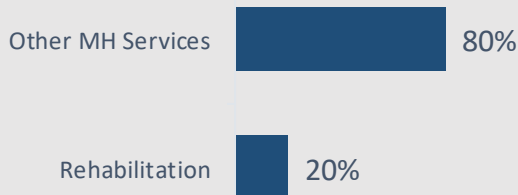


URGENCY  
LEVEL

100 % moderate level

### ZOOM IN ON NEW CASES CONT'D

#### REASONS FOR REFERRAL (n=5)



#### REFERRALS PROVIDED (n = 5)



**\*Note** that percentages for the bar chart may add up to more than 100% because multiple types of referrals can be provided; Abbreviations: MH = Mental Health  
*Other MH Services* included: Hospitalization for suicide crisis and/or substance detoxification

**\*Note** that percentages for the bar chart may add up to more than 100% because multiple types of referrals can be provided;