

**EMBRACE MENTAL HEALTH
CENTER (EMHC)**

***CLINIC MONTHLY
INDICATORS***

REPORT 14

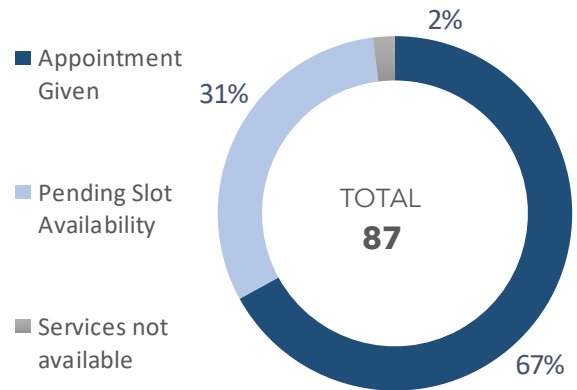
REPORTING PERIOD
JANUARY 2022

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

90

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.

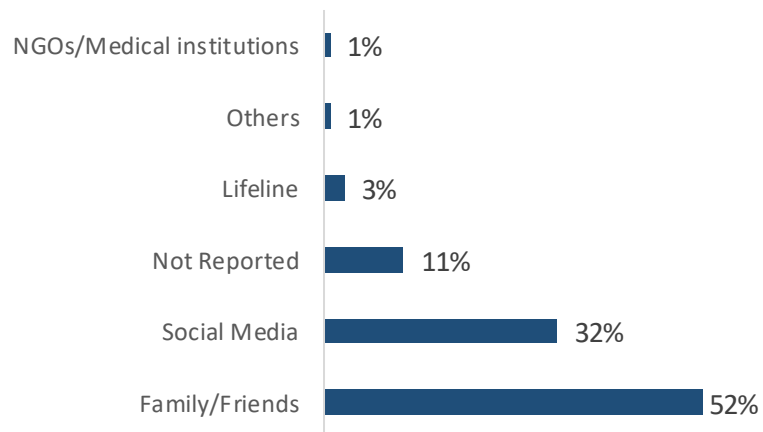


II. REFERRAL SOURCE

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

579 sessions



INDIVIDUAL SESSIONS

Total

511

Psychiatric Consultations

90

Psychotherapy Consultations

421



PSYCHIATRIC NURSING SESSIONS

37

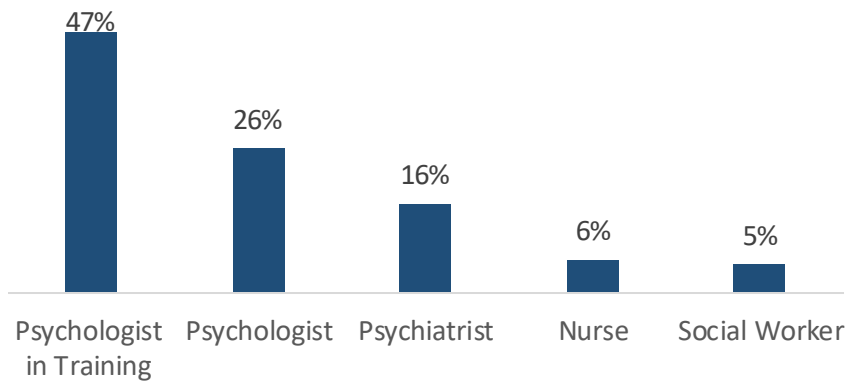


SOCIAL WORK SESSIONS

Total

31

IV. TYPE OF PRACTITIONER SEEN



V. BENEFICIARIES SEEN

204

Total

NUMBER OF BENEFICIARIES SEEN (first session or follow up)

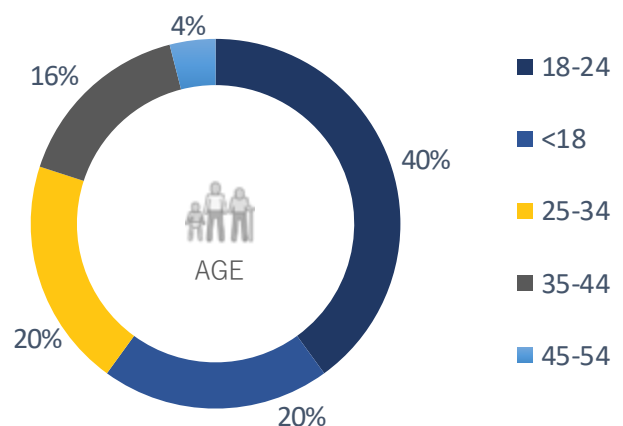
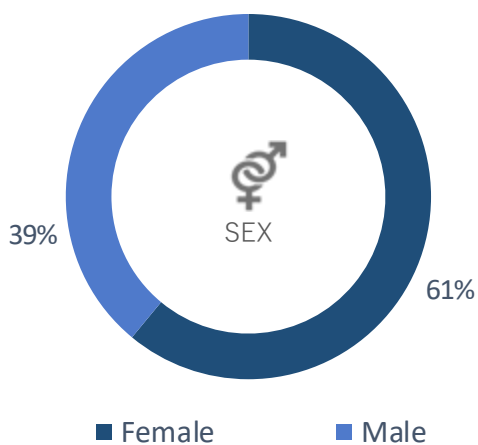
204

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

59

VI. NEW BENEFICIARY DEMOGRAPHICS

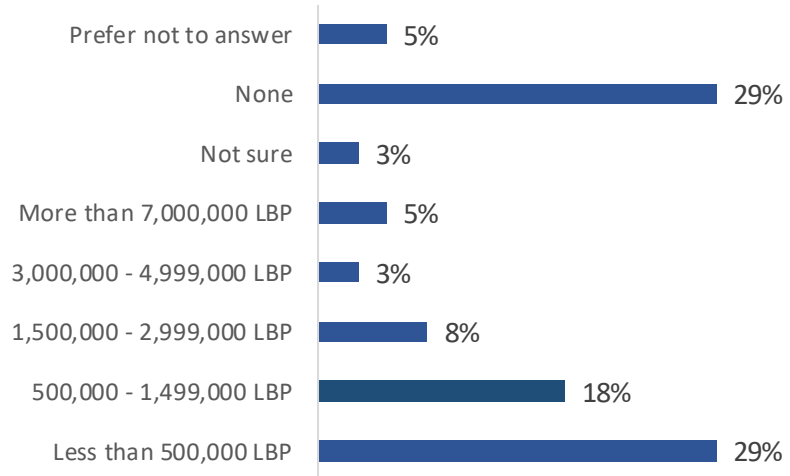
The below charts present basic demographic information for the **new** beneficiaries served during the reporting period (n=59).



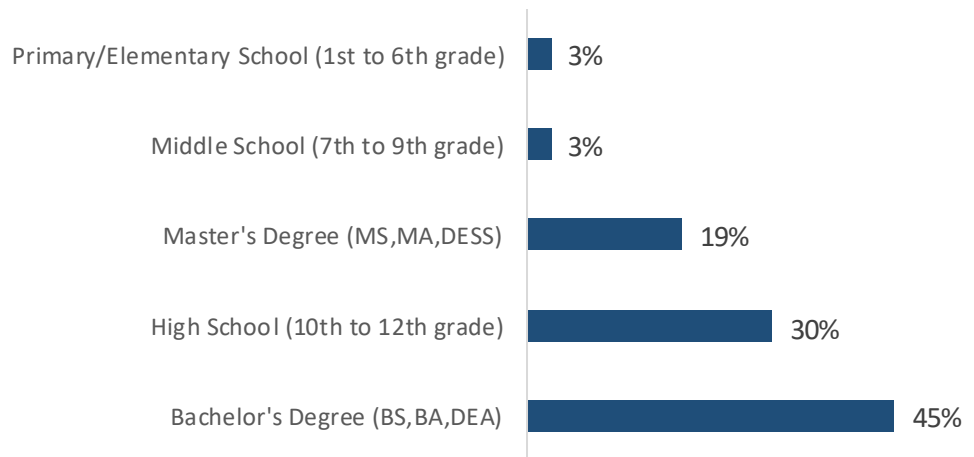
The mean age of beneficiaries was **26** years old.

Valid % are reported

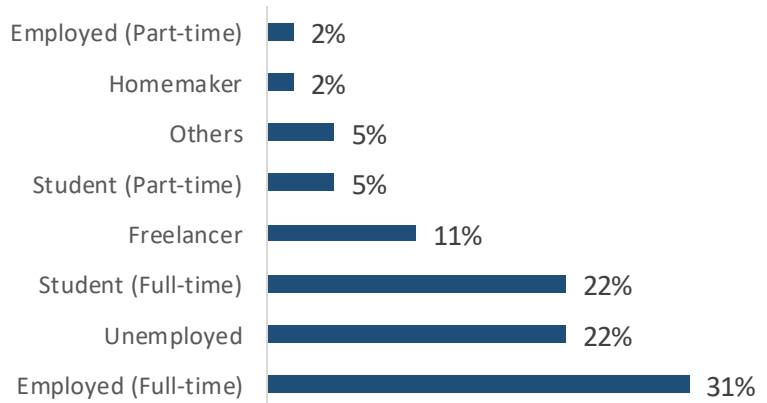
INCOME STATUS



HIGHEST EDUCATIONAL STATUS



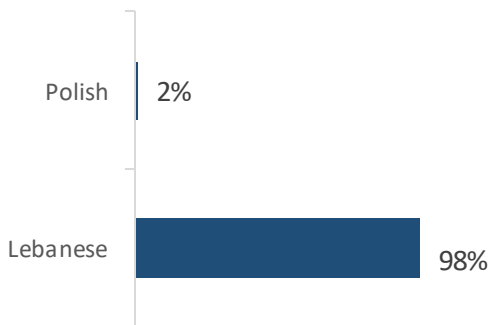
EMPLOYMENT STATUS



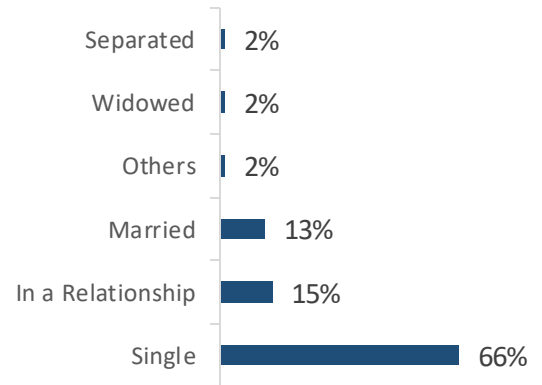
Valid % are reported



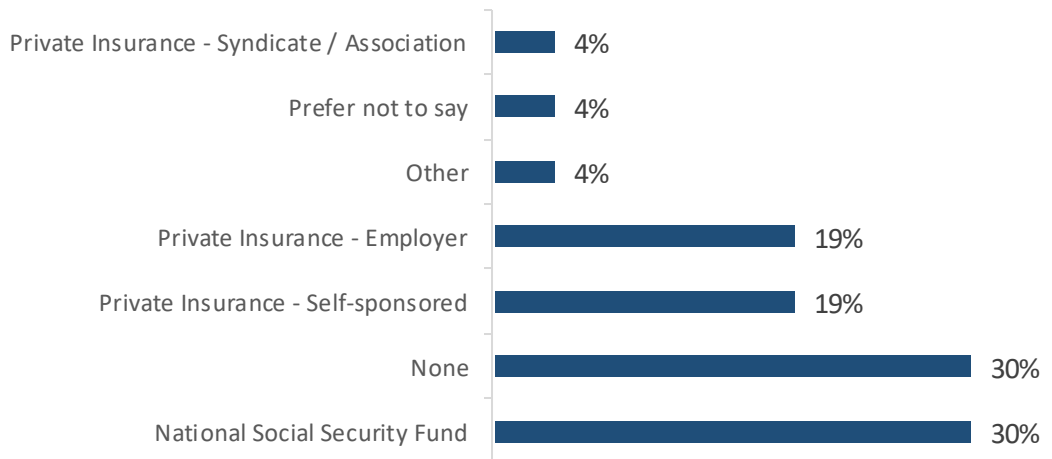
NATIONALITY



MARITAL STATUS



INSURANCE COVERAGE



Valid % are reported

VII. PHARMACOLOGICAL TREATMENT

105

During the month of January, the EMHC covered the cost of medications prescribed by its own psychiatrists for **105** beneficiaries seen at the EMHC.

AVERAGE NUMBER OF PRESCRIPTION ITEMS ACQUIRED BY BENEFICIARY:

2

MOST COMMONLY ACQUIRED MEDICATIONS:

EZOMEPRAZOL

METHYLPHENID

DULOXETINE BIOGARAN

VIII. MEDICAL REFERRALS

4

During the month of January, **3** beneficiaries were referred by Embrace psychiatrists to the medical Lab at Medical Diagnostic Treatment Center and **1** to CEDIM to undergo medical tests. The beneficiaries received blood tests measuring the levels of Folic Acid, TSH, Lithium and Ferritin among others.

Moreover, **2** beneficiaries were referred to inpatient psychiatric care at the Mount Lebanon hospital for a duration of **4 and 10 days** respectively.

IX. MENTAL HEALTH SURVEY SCORES

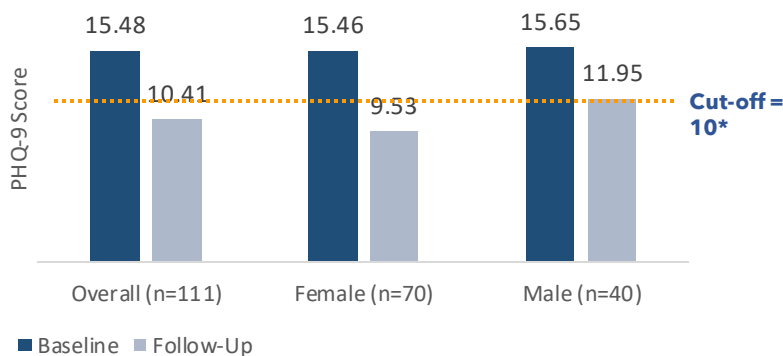
During their first visit, the beneficiaries are asked about common symptoms of depression, anxiety and trauma. As they progress through treatment, beneficiaries are asked to take the same surveys again every few months.

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.

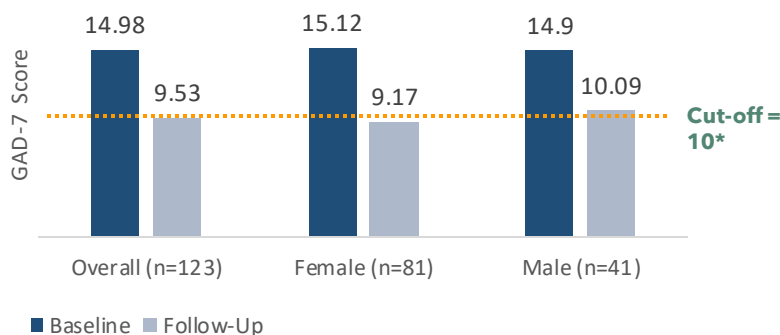
A SNAPSHOT OF BENEFICIARY IMPROVEMENT OVER 1 YEAR October 2020 - September 2021

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



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

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



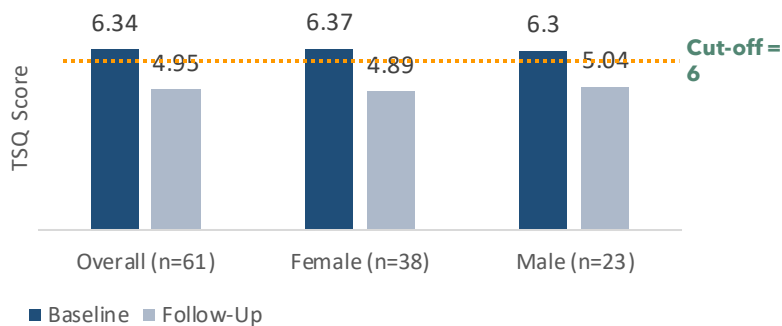
Around **76%** of beneficiaries reported substantial improvements in symptoms of anxiety.

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

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

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

Post-traumatic Symptomatology (n = 61)

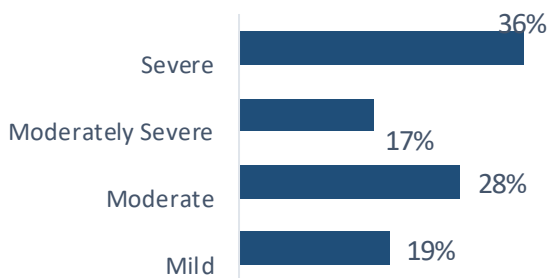


Around **53%** of beneficiaries reported **improvements** in trauma symptomatology.

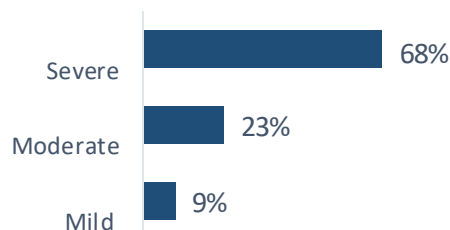
MENTAL HEALTH SURVEY SCORES AT FIRST ENCOUNTER

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):

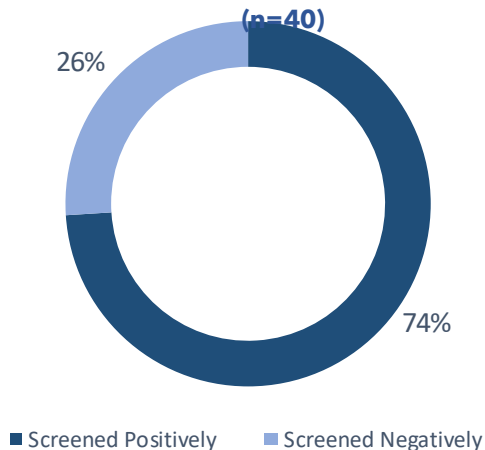
DEPRESSIVE SYMPTOM SEVERITY (n=23)



ANXIETY SYMPTOM SEVERITY (n=39)



POST-TRAUMATIC SYMPTOMATOLOGY (n=40)



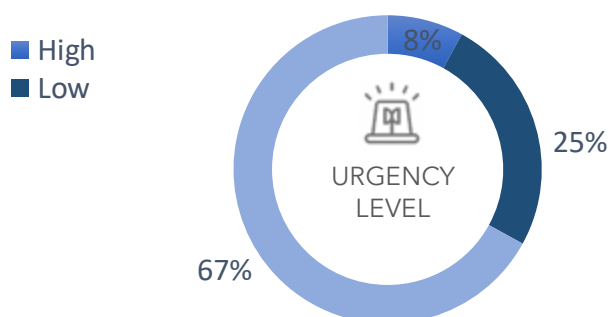
***Note** that screening positively or negatively does not determine or rule out a diagnosis. Screening positively is predictive of post traumatic stress disorder (PTSD).

X. SOCIAL WORK

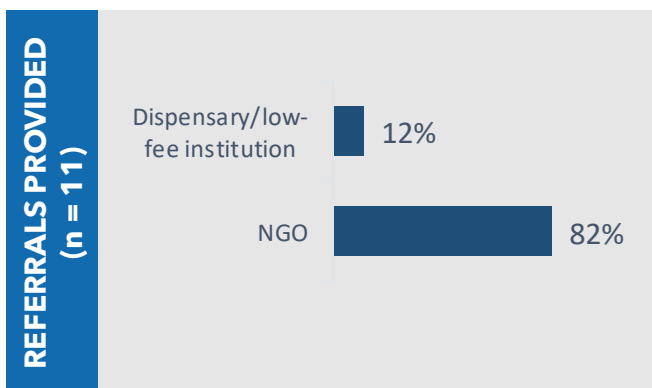
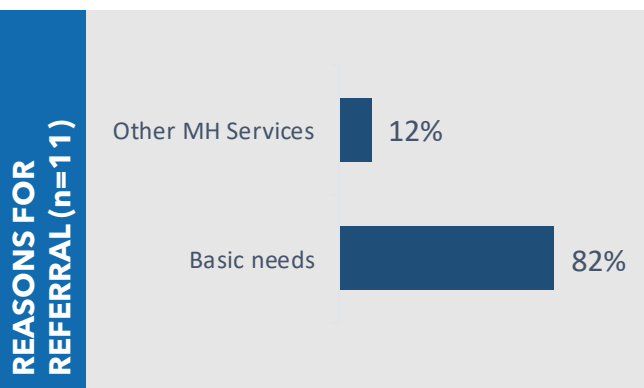
The social work department at Embrace serves both the **Embrace Mental Health Center (EMHC)** and the **National Lifeline (1564)**. It aims to provide a holistic approach to mental health care by offering psycho-social assistance to beneficiaries. The Social Work Department is resourced with comprehensive 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	31	TOTAL NUMBER OF ACTIVE CASES	28
1st CONSULT	11	FOLLOW UP	20
		TOTAL NUMBER OF CLOSED CASES	1

ZOOM IN ON NEW CASES



ZOOM IN ON NEW CASES CONT'D



***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;
2 beneficiaries were not referred due to unavailability of service needed or the beneficiary refused the referral.

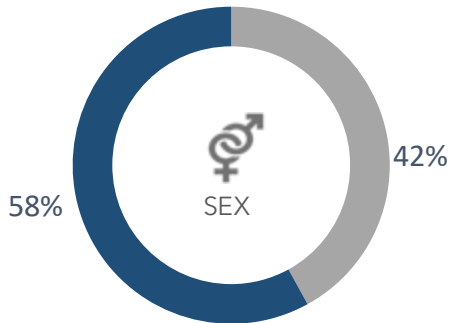
64% of all new cases provided with a referral in the reporting period (n=7) were referred to **NGOs**.

BENEFICIARY DEMOGRAPHICS

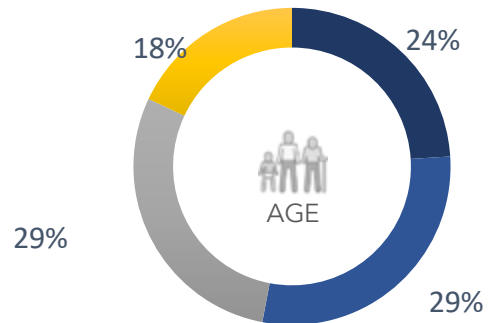
TOTAL NUMBER OF BENEFICIARIES SEEN

17

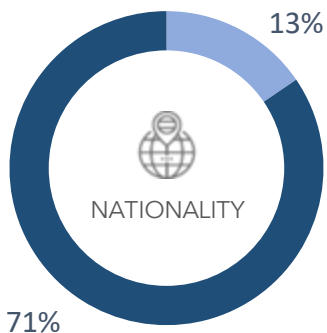
The below charts present the demographics of **all** beneficiaries the social worker engaged with. This includes new cases and follow ups on other cases active from previous months.



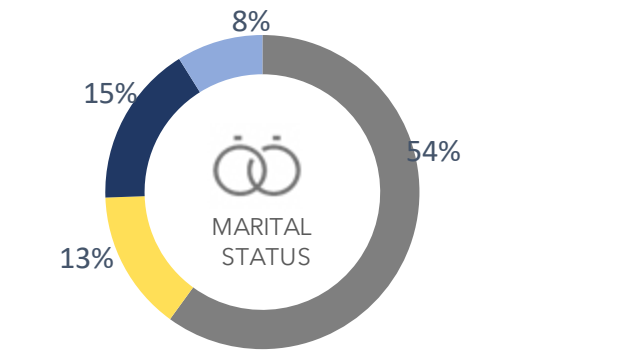
■ Male ■ Female



■ <18 ■ 18-24 ■ 25-34 ■ 35-44



■ Not reported ■ Lebanese



■ Single ■ Not reported ■ Married ■ Divorced