

**EMBRACE MENTAL HEALTH
CENTER (EMHC)**

***CLINIC MONTHLY
INDICATORS***

REPORT 18

REPORTING PERIOD
MAY 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 APPOINTMENTS GIVEN

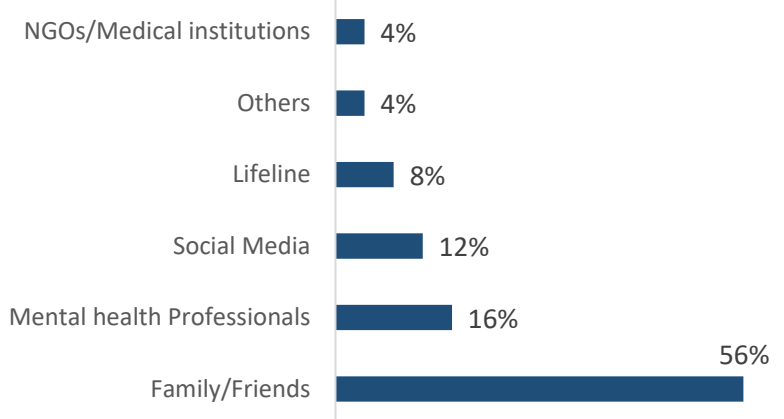
25

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.*

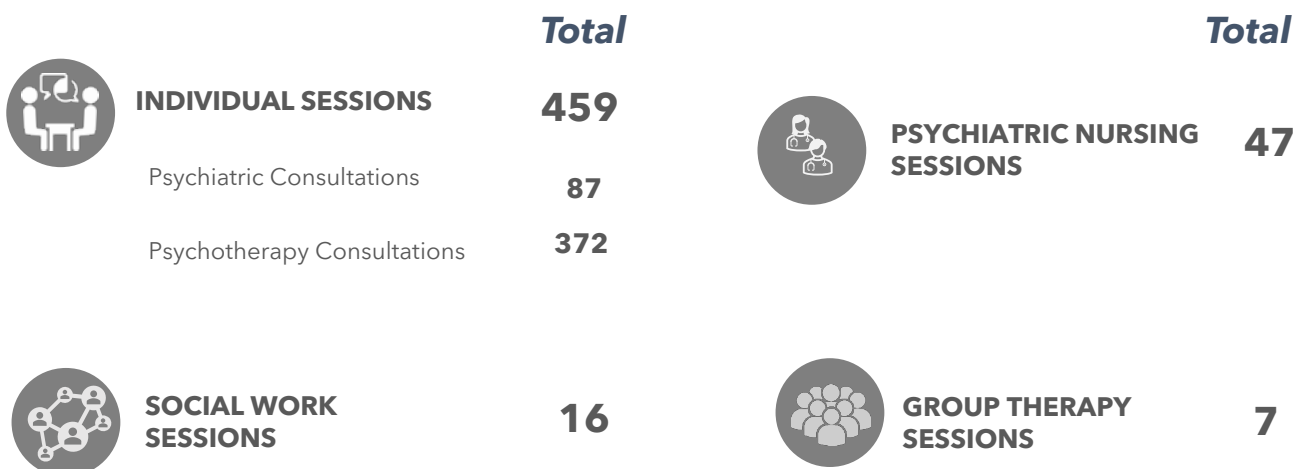
**Note that mental health professionals include practitioners at Embrace*



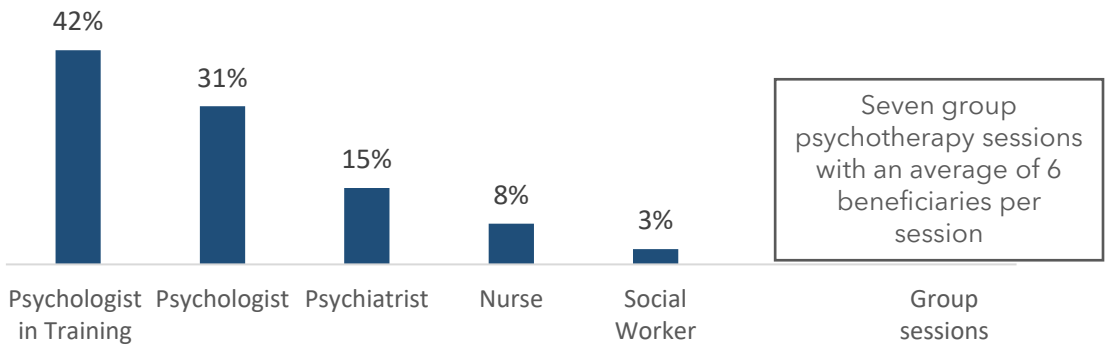
III. SERVICES PROVIDED

529 sessions

Total **number of beneficiaries** seen (first or follow-up visits): 211
 Total **number of sessions** provided for the 211 beneficiaries: **529**



IV. TYPE OF PRACTITIONER SEEN



V. BENEFICIARIES SEEN

211

Total

NUMBER OF BENEFICIARIES SEEN (first session or follow up)

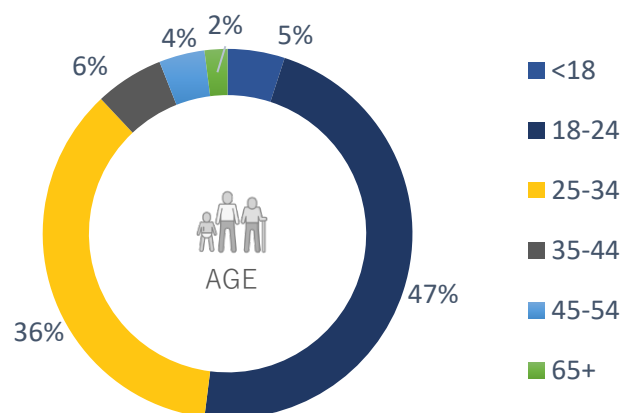
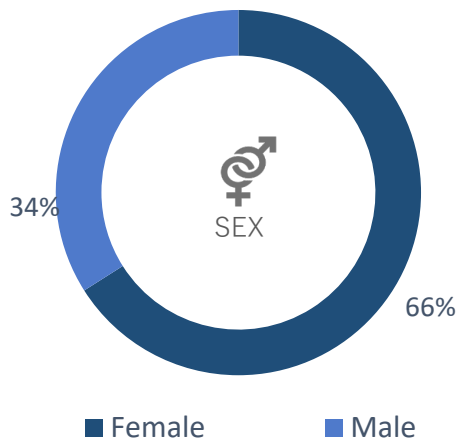
211

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

53

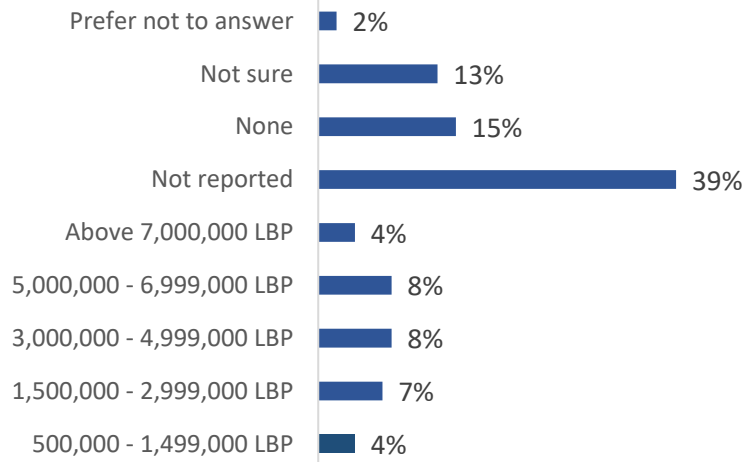
VI. NEW BENEFICIARY DEMOGRAPHICS

The below charts present basic demographic information for the **new** beneficiaries served during the reporting period (n=53).

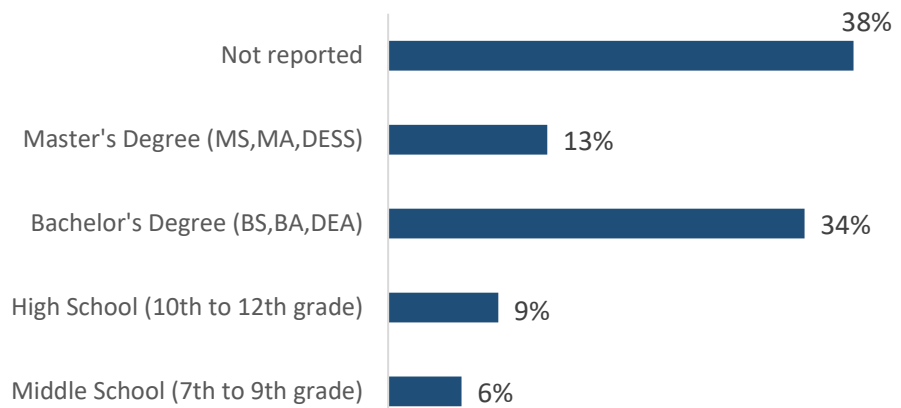


The mean age of beneficiaries was **26** years old.

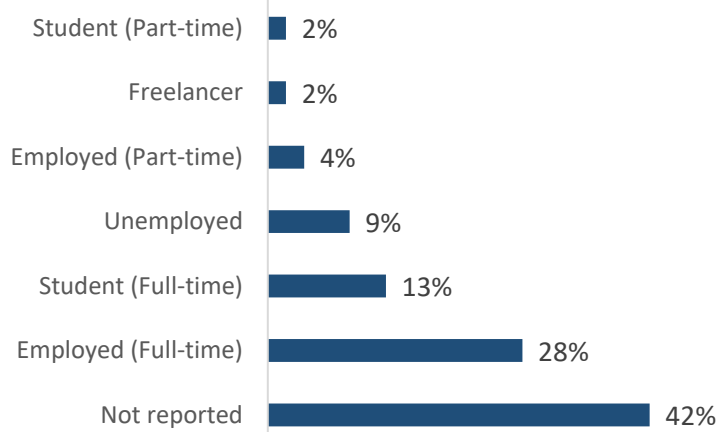
INCOME STATUS



HIGHEST EDUCATIONAL STATUS

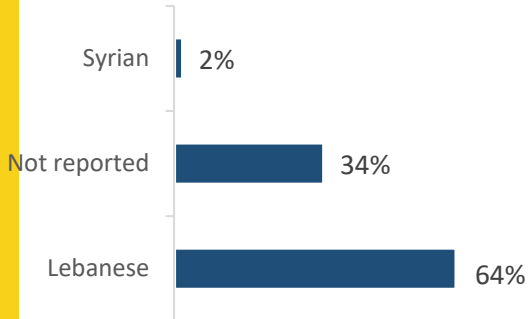


EMPLOYMENT STATUS

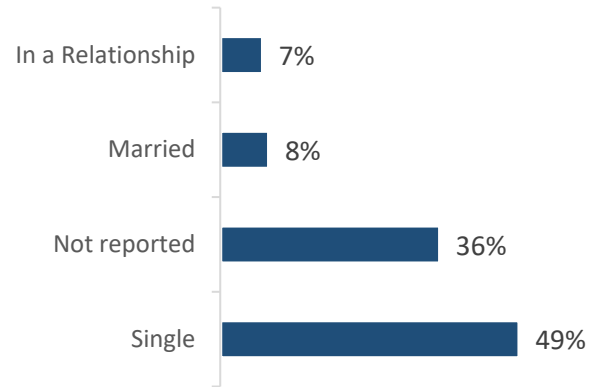




NATIONALITY



MARITALSTATUS



VII. PHARMACOLOGICAL TREATMENT

68

During the month of April, the EMHC covered the cost of medications prescribed by its own psychiatrists for **68** beneficiaries seen at the EMHC.

AVERAGE NUMBER OF PRESCRIPTION ITEMS ACQUIRED BY BENEFICIARY:

2

MOST COMMONLY ACQUIRED MEDICATIONS:

OLANZAPINE

FLUOXETINE

LAMOTRIGINE

VIII. MEDICAL REFERRALS

6

During the month of April, **5** beneficiaries were referred by Embrace psychiatrists to Medical Diagnostic Treatment Center to undergo medical tests and **1** to CEDIM. 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.**

IX. MENTAL HEALTH SURVEY SCORES

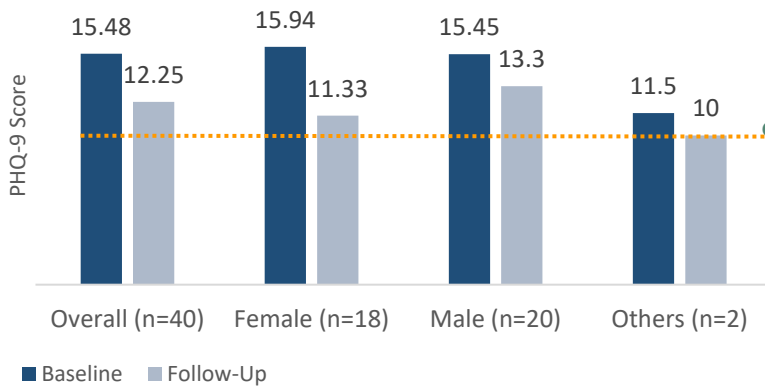
During their first visit, the beneficiaries are asked about common symptoms of depression, anxiety and trauma. As they progress through treatment, beneficiaries are asked to take the same surveys again every few months.

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.

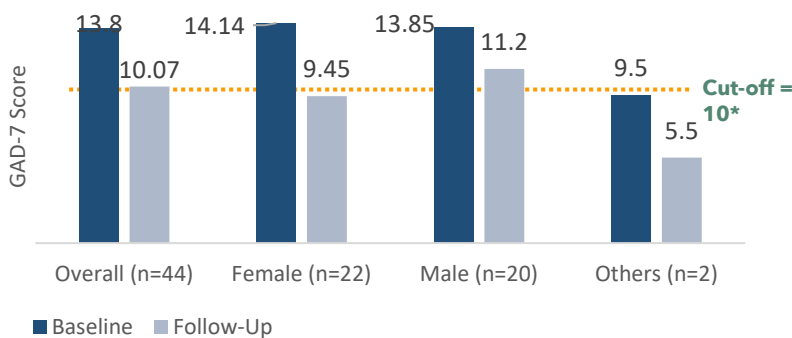
A SNAPSHOT OF BENEFICIARY IMPROVEMENT OVER 6 MONTHS October 2021 - March 2022

Levels of Depression Reported Pre and Post Treatment (n = 40)



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

Levels of Anxiety Reported Pre and Post Treatment (n = 44)



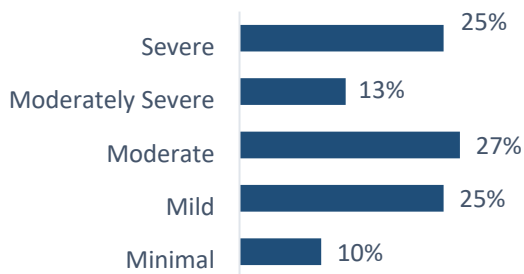
75% of beneficiaries reported substantial improvements in symptoms of anxiety.

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

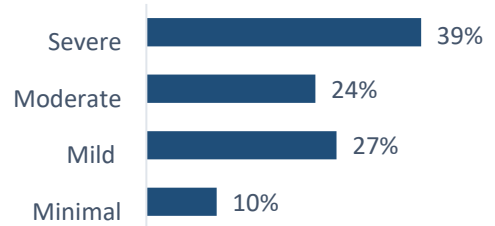
MENTAL HEALTH SURVEY SCORES AT FIRST ENCOUNTER

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):

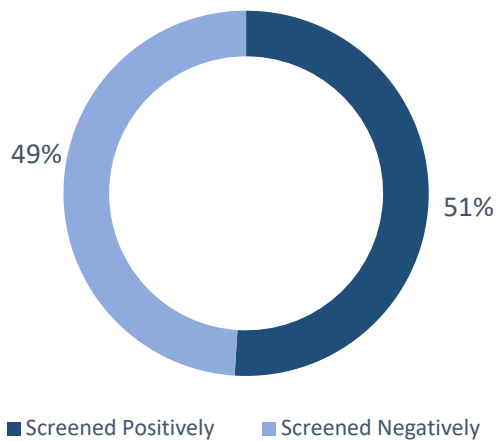
DEPRESSIVE SYMPTOM SEVERITY (n=40)



ANXIETY SYMPTOM SEVERITY (n=41)



POST-TRAUMATIC SYMPTOMATOLOGY (n=41)



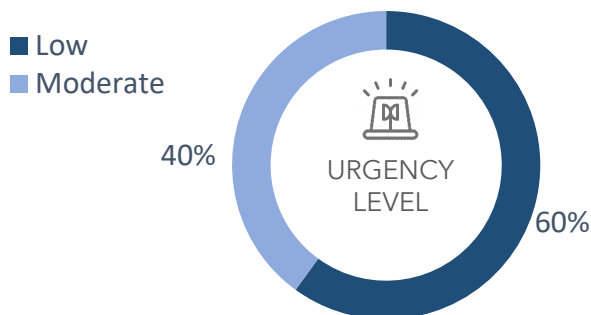
***Note** that screening positively or negatively does not determine or rule out a diagnosis. Screening positively is predictive of post traumatic stress disorder (PTSD).

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	16	TOTAL NUMBER OF ACTIVE CASES	21
1st CONSULT	10	FOLLOW UP	6
		TOTAL NUMBER OF CLOSED CASES	2

ZOOM IN ON NEW CASES

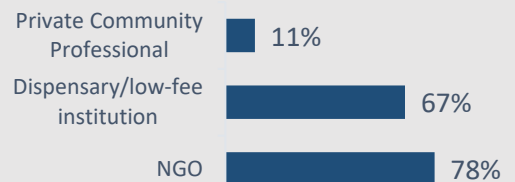


ZOOM IN ON NEW CASES CONT'D

REASONS FOR REFERRAL (n=9)

100% other MH services

REFERRALS PROVIDED (n = 9)



***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

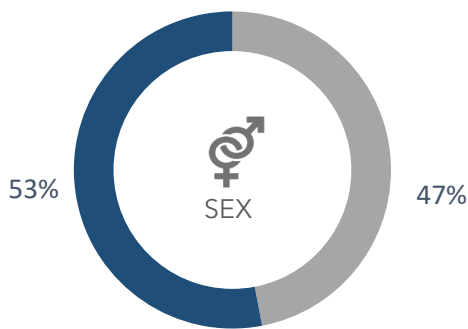
***Note** that percentages for the bar chart may add up to more than 100% because multiple types of referrals can be provided;

BENEFICIARY DEMOGRAPHICS

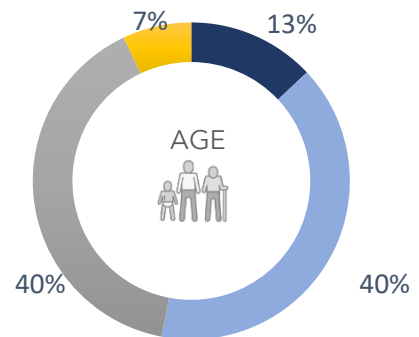
TOTAL NUMBER OF BENEFICIARIES SEEN

15

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.

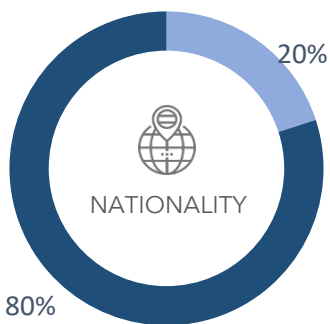


■ Male ■ Female

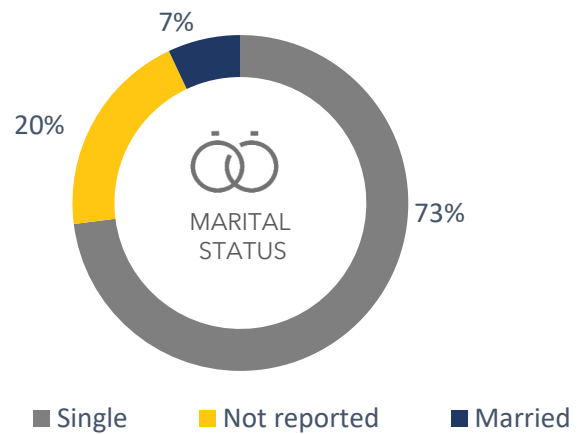


The mean age of beneficiaries was **24** years old.

■ <18 ■ 18-24 ■ 25-34 ■ 35-44



■ Not reported ■ Lebanese



■ Single ■ Not reported ■ Married