

**EMBRACE MENTAL HEALTH
CENTER (EMHC)**

***CLINIC MONTHLY
INDICATORS***

REPORT 34

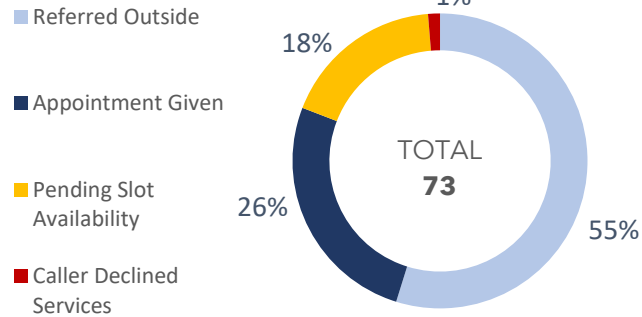
REPORTING PERIOD
SEPTEMBER 2023

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

73

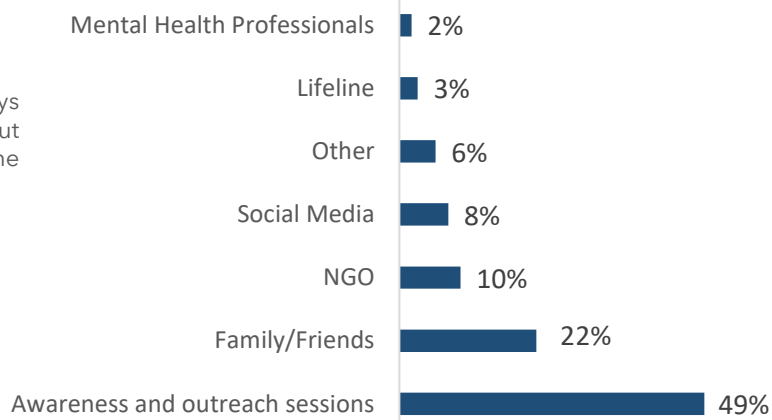
Every beneficiary that calls the clinic is briefly screened to gather basic demographic information, understand the reason for which they are seeking services, and orient them accordingly. The new requests represents the number of people who called requesting EMHC services. The outcome of the new requests 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.



II. REFERRAL SOURCE

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

*Note that mental health professionals include practitioners at Embrace



III. SERVICES PROVIDED

278 sessions

Total **number of beneficiaries** seen (first or follow-up visits): **190**
 Total **number of sessions** provided for the **190** beneficiaries: **278**

	Total		Total
INDIVIDUAL SESSIONS	223	PSYCHIATRIC NURSING SESSIONS	46
Psychiatric Consultations	56		
Psychotherapy Consultations*	92	SOCIAL WORK SESSIONS	9
Mobile Mental Health Clinic* Consultations	75		

* For the month of September, the total number of psychotherapy consultations decreased as therapists-in-training graduated from the clinical training program of 2022/2023 and they are no longer practicing at EMHC. The new group of therapists-in-training will join in October 2023.

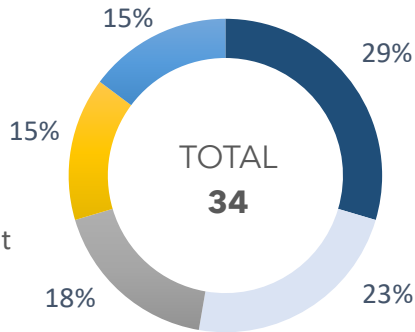
* The Mobile Mental Health Clinic (MMHC) is an expansion of the Embrace Mental Health Center (EMHC). It was introduced in May 2023. The MMHC team travels across Lebanon by Embrace's bus, converted into an equipped clinic, to offer free psychiatric consultations, and provide prescribed medications as well as referral to the needed services.

IV. CANCELLED OR NO-SHOW APPOINTMENTS

34

Percent out of total cancelled or no-show

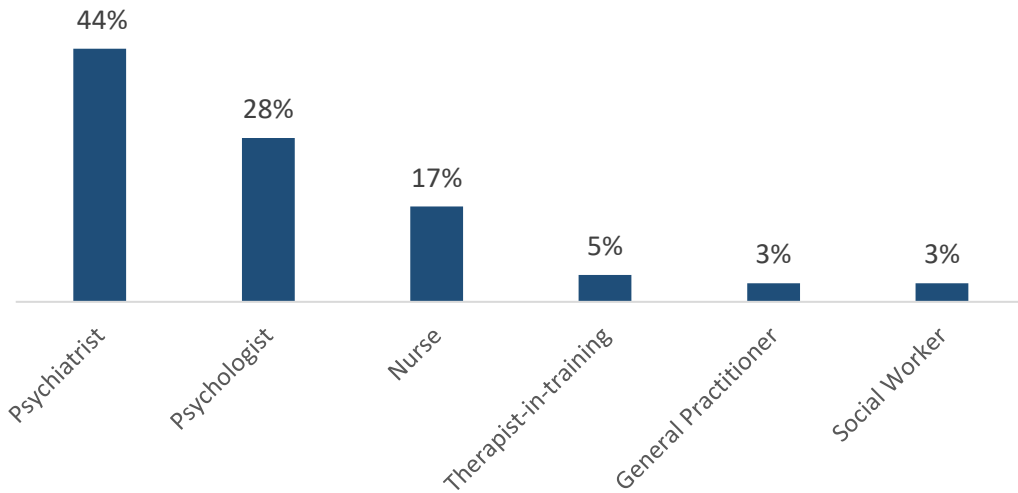
- Cancelled same day & replaced*
- Cancelled 24h prior & replaced*
- Cancelled same day & not replaced
- Cancelled 24h prior & not replaced
- No Show



A total of **16** appointments were either **cancelled by the beneficiary and not replaced** or the **beneficiary did not show for his/her appointment** which represents **4%** and **2%** respectively out of total booked appointments (n=312) for the month of September.

* By an appointment to another beneficiary

V. TYPE OF PRACTICIONER SEEN



VI. BENEFICIARIES SEEN

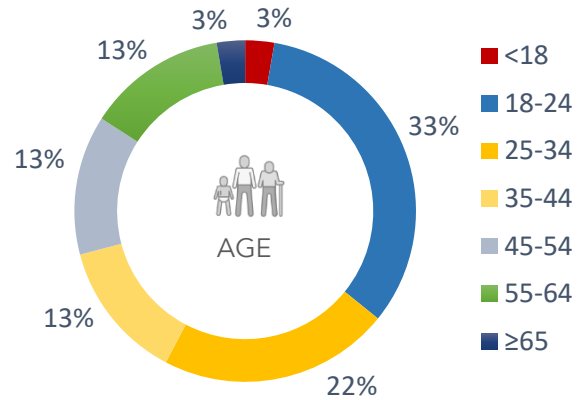
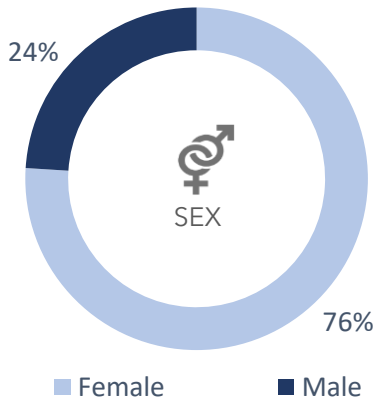
190

	Total
NUMBER OF BENEFICIARIES SEEN (first session or follow up)	190
NUMBER OF NEW BENEFICIARIES SEEN (those whose first session was this month)	75

VII. NEW BENEFICIARY DEMOGRAPHICS

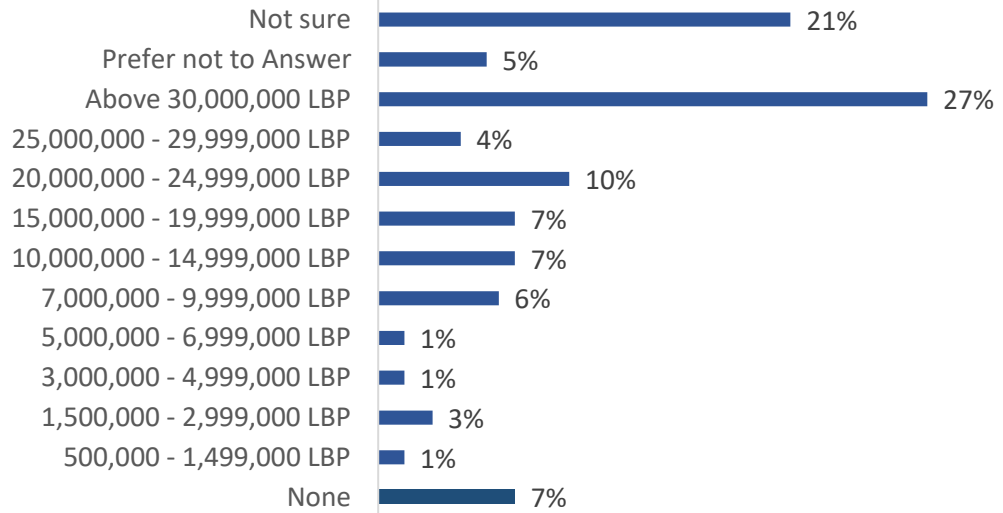
The below charts present basic demographic information for the **new** beneficiaries served during the reporting period (n=75).

EMHC new beneficiaries = 6
MMHC new beneficiaries = 69

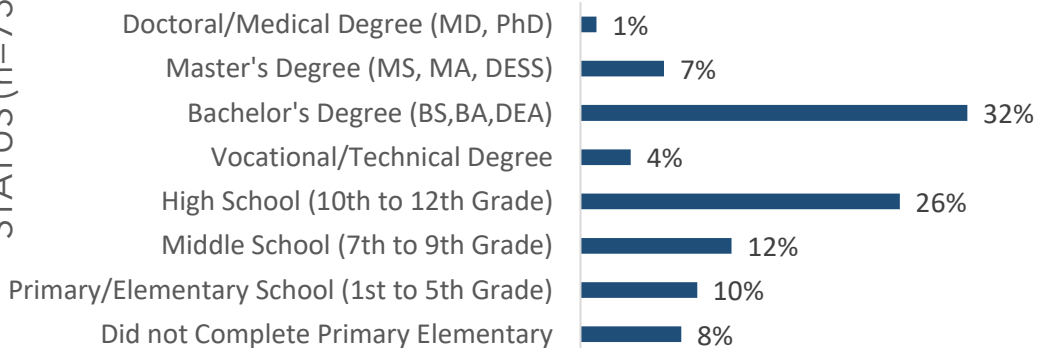


The mean age of beneficiaries was of **35** years old.

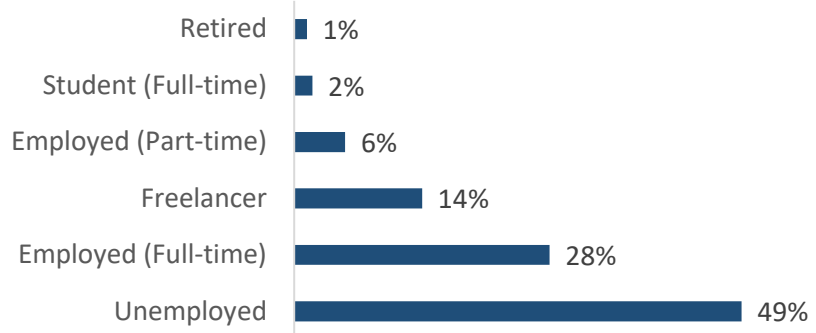
INCOME STATUS (n=73)



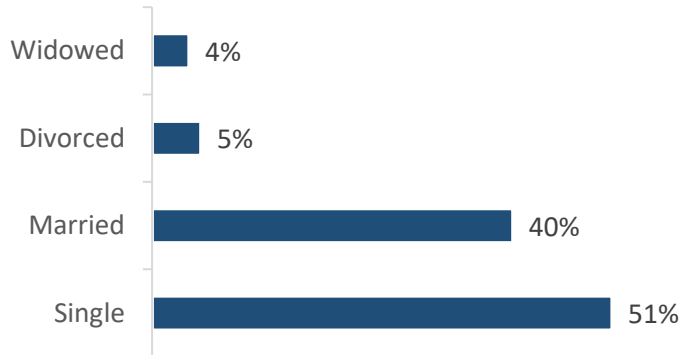
HIGHEST EDUCATIONAL STATUS (n=73)



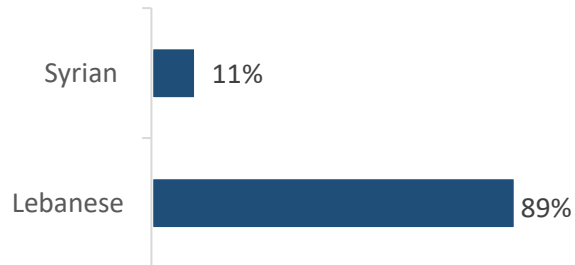
EMPLOYMENT STATUS (n=71)



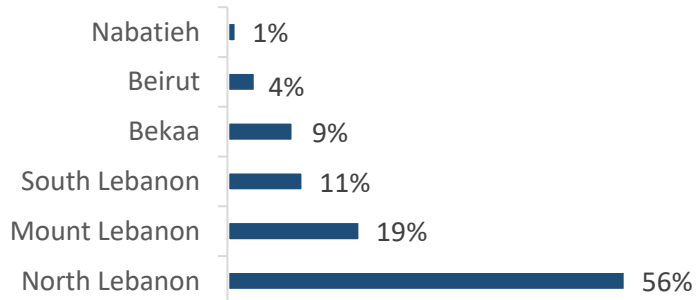
MARITAL STATUS (n=73)



NATIONALITY (n=73)



GEOGRAPHIC LOCATION



VIII. PHARMACOLOGICAL TREATMENT

45

During the month of September, the EMHC covered the cost of medications prescribed by its own psychiatrists for **45** beneficiaries seen at the EMHC.

AVERAGE NUMBER OF PRESCRIPTION ITEMS ACQUIRED BY BENEFICIARY:

2

MOST COMMONLY ACQUIRED MEDICATIONS:

FLUOXETINE

LAMOTRIGINE

QUETIAPINE

IX. PHARMACOLOGICAL TREATMENT provided to beneficiaries transferred to PHCC through MMHC

68

During the month of September, the MMHC covered the cost of **68** medications prescribed for **42** MMHC beneficiaries.

MOST COMMONLY ACQUIRED MEDICATIONS:

ESCITALOPRAM

SERTRALINE

FLUOXETINE

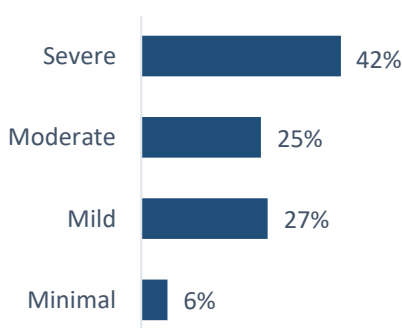
XI. MENTAL HEALTH SURVEY SCORES AT FIRST ENCOUNTER

The below charts present a summary of symptom severity for **EMHC and MMHC** beneficiaries whose first session was this month (i.e., the charts represent scores at beneficiaries' first session):

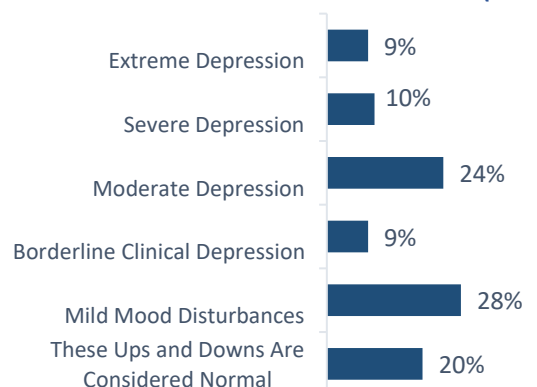
BDI II: Beck Depression inventory - a validated instrument used for measuring the severity of depression.

GAD-7: Generalized Anxiety disorder 7 - a validated instrument used for measuring the severity of anxiety.

ANXIETY SYMPTOM SEVERITY (n=71)



DEPRESSIVE SYMPTOM SEVERITY (n=70)



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.

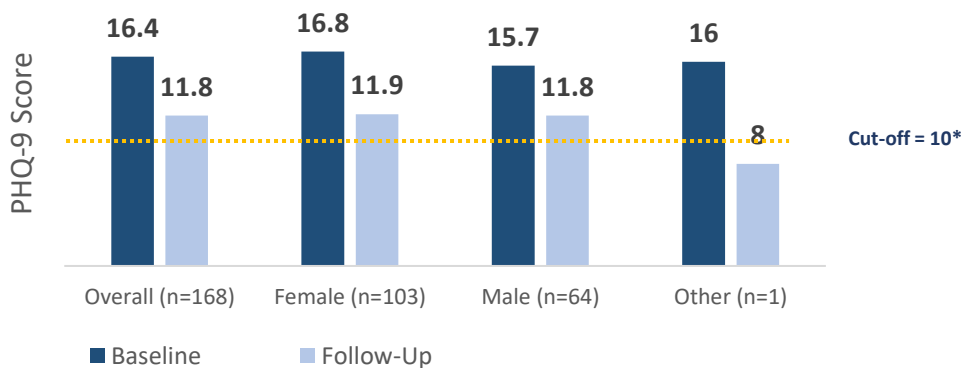
The questionnaires are:

- PHQ-9:** a validated instrument for measuring the severity of depression.
- GAD-7:** a validated instrument for measuring the severity of anxiety.

*Beneficiaries seen by psychiatrists are asked to fill the survey on each visit;
Those seen by psychologists on the first session, every 12 sessions and on the last session;
Those seen by therapists-in-training on the first session, every 3 months and on the last session.*

A SNAPSHOT OF BENEFICIARY IMPROVEMENT OVER 6 MONTHS December 2022 - May 2023

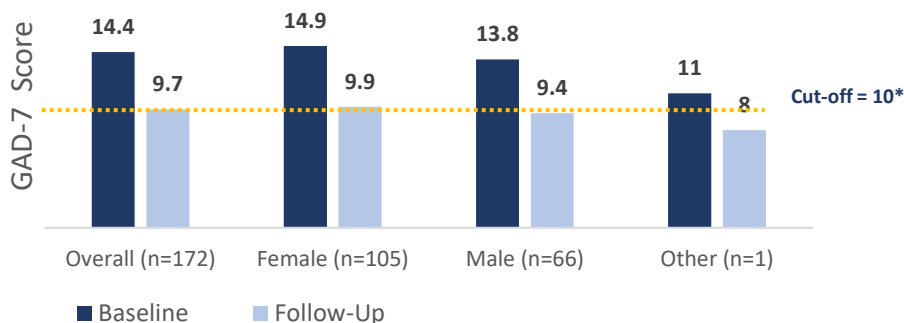
Levels of Depression Reported Pre and Post Treatment (n = 168)



Around **71%** 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 = 172)



Around **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 anxiety (Spitzer et al., 2006)

XII. 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 resourced with a comprehensive referral database that is updated every 4 months and is 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, psychiatrists, psychiatric nurse, and the National Lifeline (1564).

TOTAL NUMBER OF CONSULTATIONS *	9	TOTAL NUMBER OF ACTIVE CASES	8
1st CONSULT# (EMHC)	1	TOTAL NUMBER OF CLOSED CASES	2
FOLLOW UP** (EMHC)	8		
TOTAL NUMBER OF BENEFICIARIES SEEN / CONTACTED		5	

**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 CASE



High

REASONS FOR REFERRAL

Vocational Training

REFERRALS PROVIDED

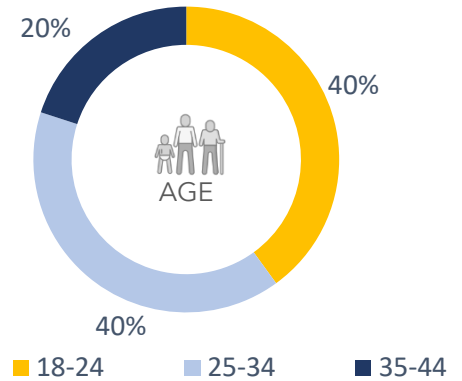
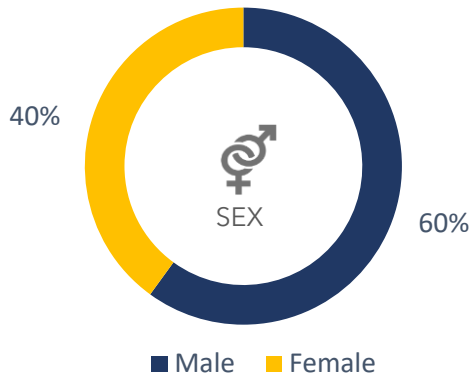
Referred to an NGO

BENEFICIARY DEMOGRAPHICS

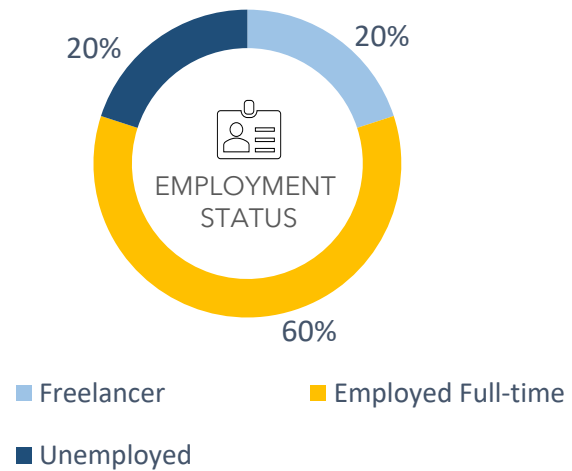
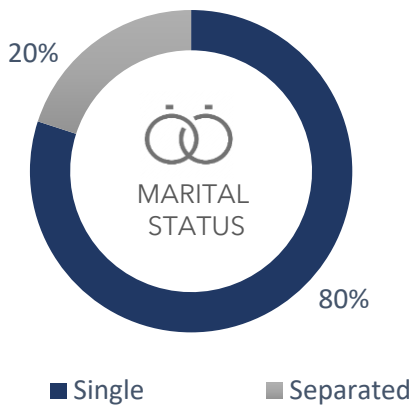
TOTAL NUMBER OF BENEFICIARIES SEEN / CONTACTED

5

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.



The mean age of beneficiaries was 26 years old.



100% Lebanon



100% Beirut