

EMBRACE MENTAL HEALTH
CENTER (EMHC)

*CLINIC MONTHLY
INDICATORS*

REPORT 28

REPORTING PERIOD
MARCH 2023

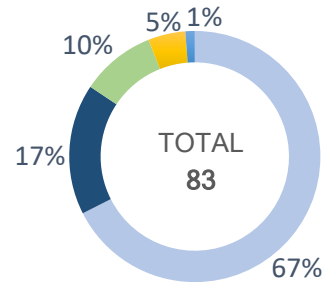
Disclaimer: The below numbers are meant to offer a snapshot of the activities hosted and beneficiaries served at the Embrace Mental Health Center. While information is recorded as accurately as possible, not all information is available at all times.

I. NEW REQUESTS FOR SERVICES

83

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.

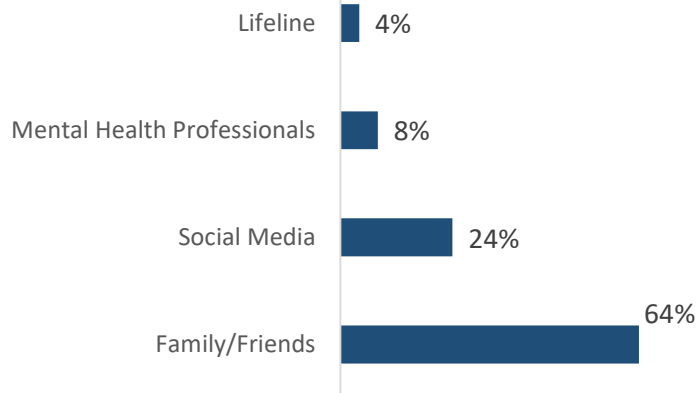
- Referred outside
- Appointment Given
- Waiting list
- Pending Slot Availability
- No Services - Not Available



II. REFERRAL SOURCE

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




*Note that mental health professionals include practitioners at Embrace



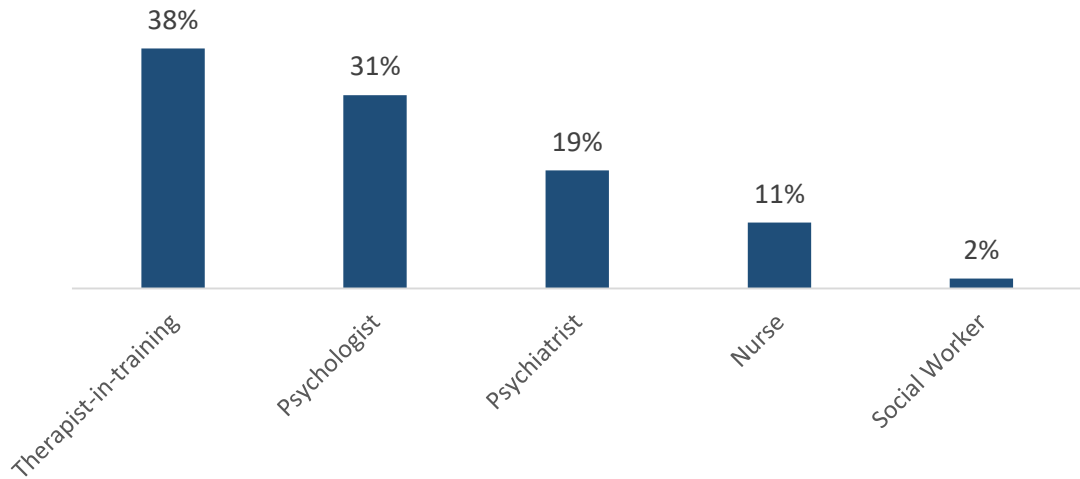
III. SERVICES PROVIDED

505 sessions

Total number of beneficiaries seen (first or follow-up visits): 196
Total number of sessions provided for the 196 beneficiaries: 505

| | <i>Total</i> | | <i>Total</i> |
|---|--------------|--|--------------|
|  INDIVIDUAL SESSIONS | 444 |  PSYCHIATRIC NURSING SESSIONS | 53 |
| Psychiatric Consultations | 95 | | |
| Psychotherapy Consultations | 349 |  SOCIAL WORK SESSIONS | 8 |

IV. TYPE OF PRACTITIONER SEEN



V. BENEFICIARIES SEEN

196

Total

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

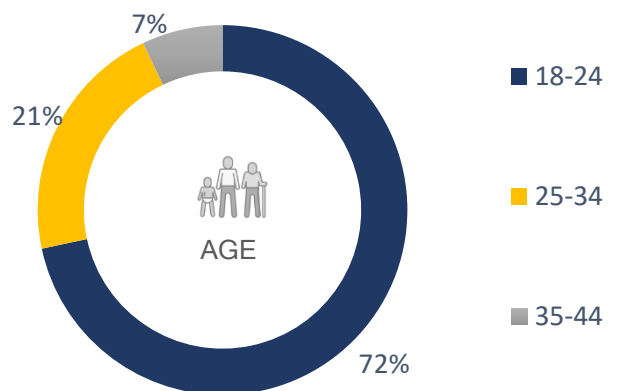
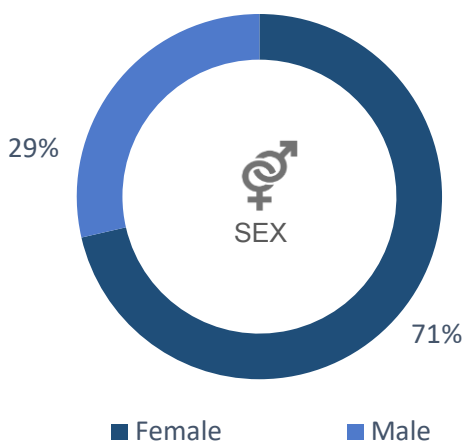
182

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

14

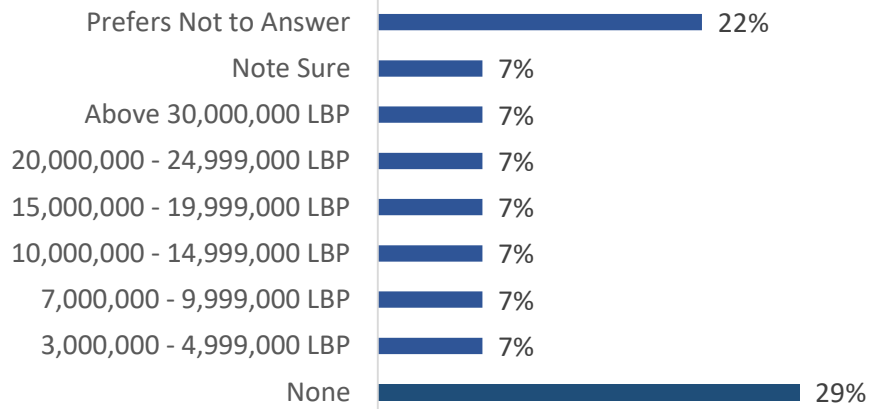
VI. NEW BENEFICIARY DEMOGRAPHICS

The below charts present basic demographic information for the new beneficiaries served during the reporting period (n=14).

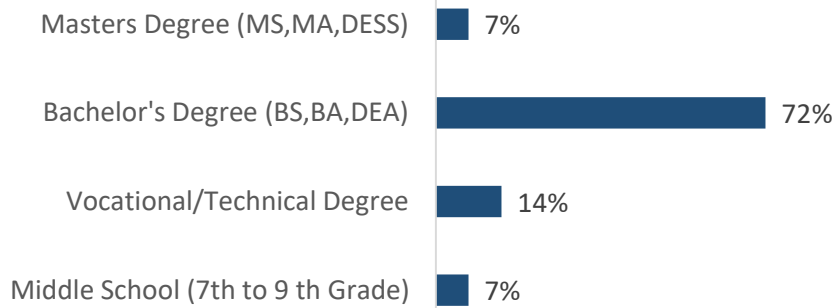


The mean age of beneficiaries was of **23** years old.

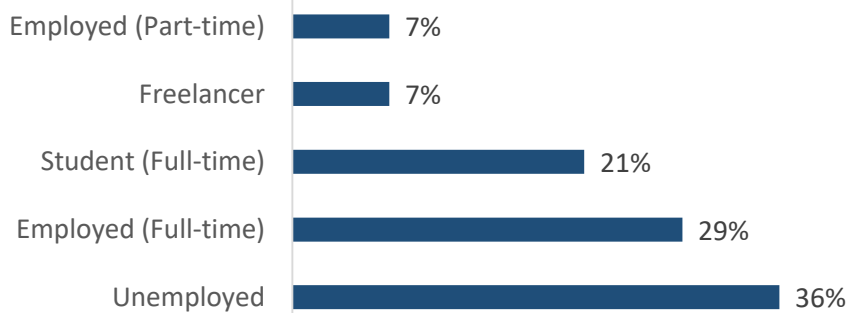
INCOME STATUS



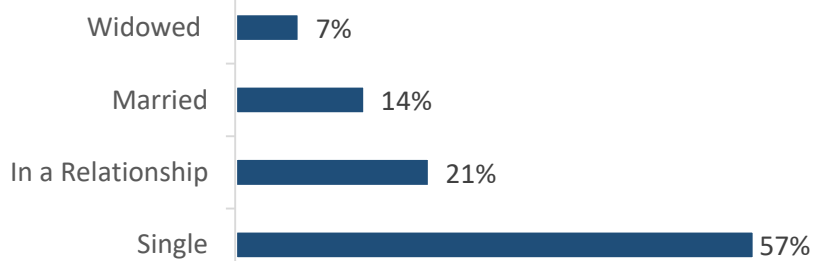
HIGHEST EDUCATIONAL STATUS



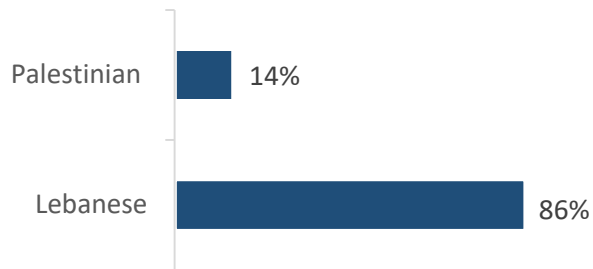
EMPLOYMENT STATUS



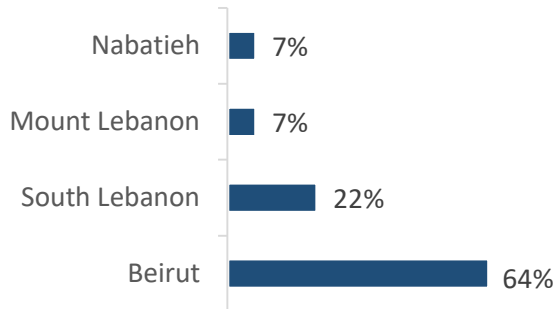
MARITAL STATUS



NATIONALITY



GEOGRAPHIC LOCATION



VII. PHARMACOLOGICAL TREATMENT

14

During the month of MARCH, the EMHC covered the cost of medications prescribed by its own psychiatrists for **14** beneficiaries seen at the EMHC.

AVERAGE NUMBER OF PRESCRIPTION ITEMS ACQUIRED BY BENEFICIARY:

2

MOST COMMONLY ACQUIRED MEDICATIONS:

VENLAFAXINE

DULOXETINE

OLANZAPINE

VIII. MEDICAL REFERRALS

1

During the month of MARCH, **1** beneficiary was referred by Embrace psychiatrists to inpatient psychiatric care at Saydet Zgharta hospital for a duration of **2 days**. All Hospitalization fees were covered by Embrace.

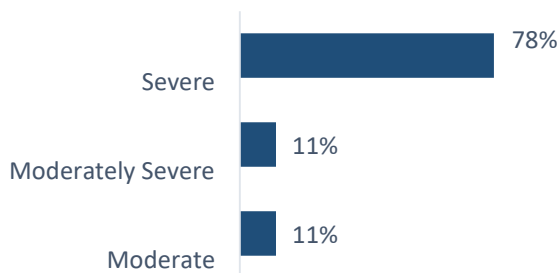
IX. MENTAL HEALTH SURVEY SCORES AT FIRST ENCOUNTER

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):

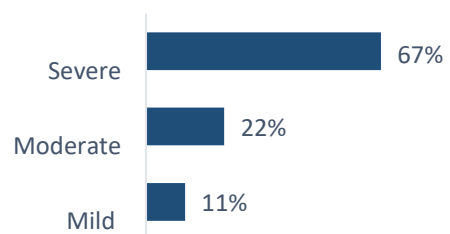
PHQ-9: a validated instrument used for measuring the severity of depression.

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

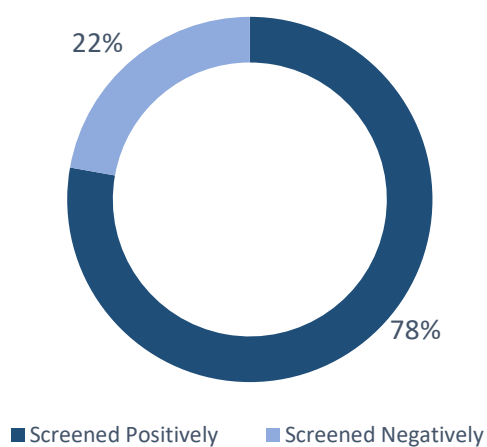
DEPRESSIVE SYMPTOM SEVERITY (n=9)



ANXIETY SYMPTOM SEVERITY (n=9)



POST-TRAUMATIC SYMPTOMATOLOGY (n=9)



TSQ is a brief trauma questionnaire used to predict a post traumatic stress disorder (PTSD) diagnosis.

***Note** that screening positively or negatively does not determine or rule out a diagnosis. Screening positively is predictive of PTSD.

MENTAL HEALTH SURVEY SCORES OVER ONE YEAR

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.

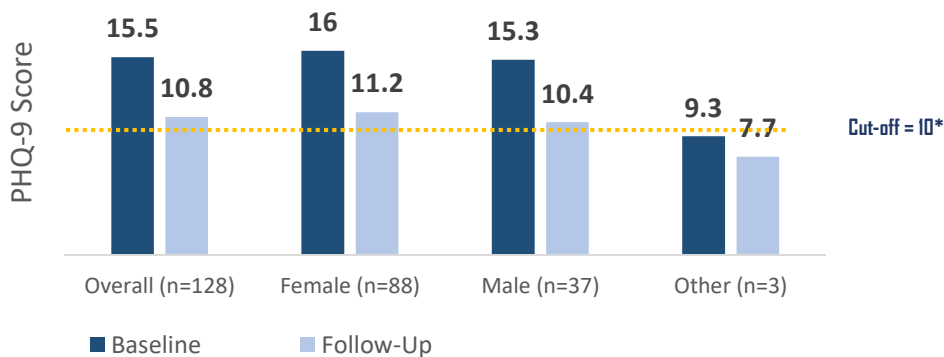
The questionnaires are:

1. **PHQ-9**: a validated instrument for measuring the severity of depression.
2. **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 12 MONTHS January - December 2022

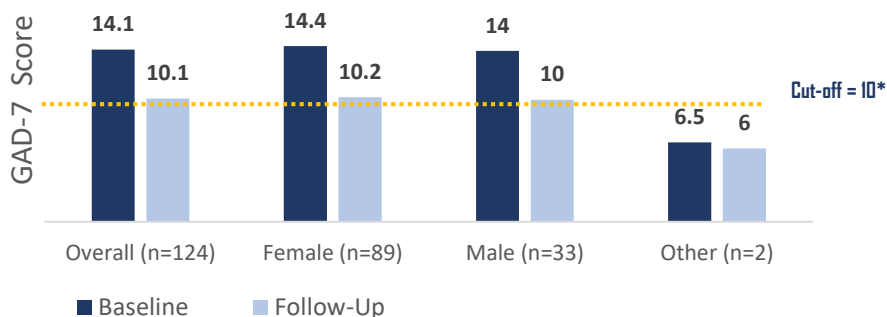
Levels of Depression Reported Pre and Post Treatment (n = 128)



Around **70%** 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 = 124)



Around **69%** 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)

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

| | | | |
|--|---|------------------------------|----|
| TOTAL NUMBER OF CONSULTATIONS * | 8 | TOTAL NUMBER OF ACTIVE CASES | 10 |
| 1 st CONSULT# | 6 | FOLLOW UP ** | 2 |
| TOTAL NUMBER OF BENEFICIARIES SEEN / CONTACTED | | 6 | |
| | | TOTAL NUMBER OF CLOSED CASES | 2 |

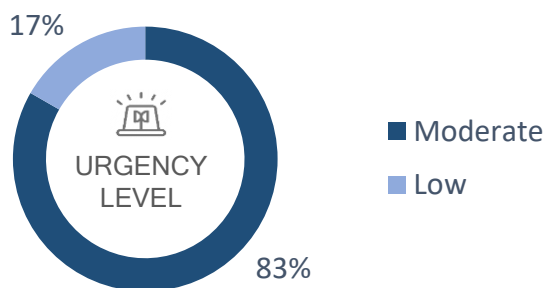
**Total number of consultations: Refers to all social work consultations taking place between the Mental Health Social Worker and beneficiaries referred (may include more than 1 consultation per beneficiary)*

Total Number of Active Cases: Refers to the number of beneficiaries who are still being followed up by the Mental Health Social Worker

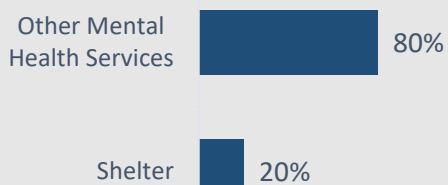
1st Consult: Refers to the number of beneficiaries who were referred for the first time during this month from EMHC to social work services

***Follow up: Refers to the number of follow up consultations (out of the total consultations)*

ZOOM IN ON NEW CASES



REASONS FOR REFERRAL (n=5)



REFERRALS PROVIDED (n = 4)

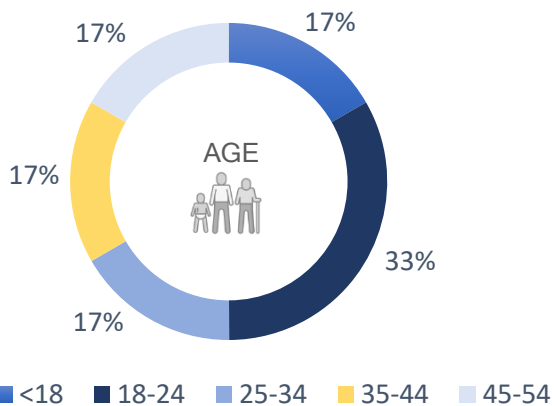
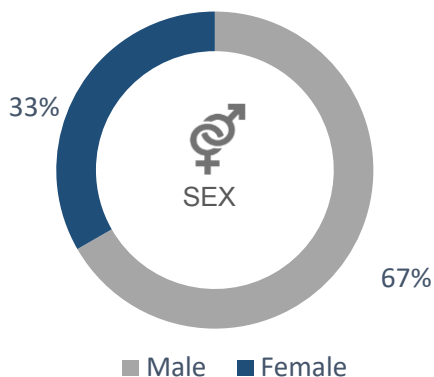
Referred to an NGO

BENEFICIARY DEMOGRAPHICS

TOTAL NUMBER OF BENEFICIARIES SEEN / CONTACTED

6

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 **28** years old.

