



EMBRACE MENTAL HEALTH CENTER

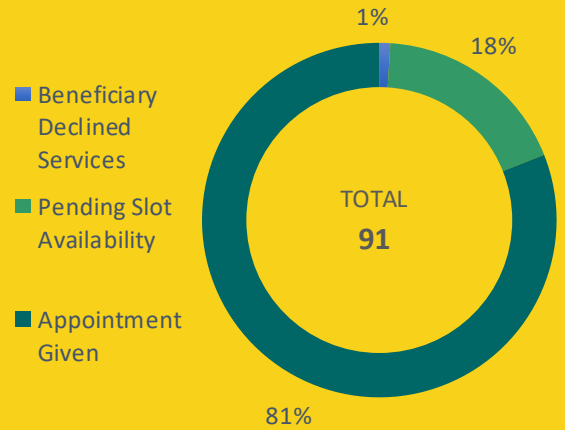
CLINIC INDICATORS

REPORTING PERIOD
SEPTEMBER 2021

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

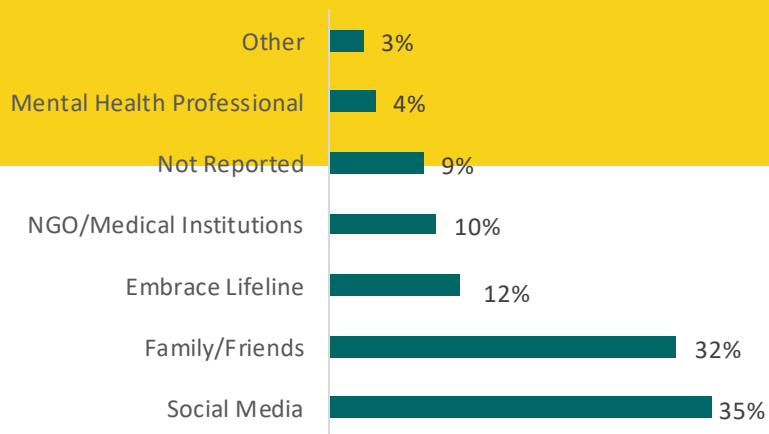
91



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

473



INDIVIDUAL CONSULTATIONS

Total

382

- *Psychiatric Consultations:*

94

- *Psychological Consultations:*

288



NURSING CONSULTATIONS

61

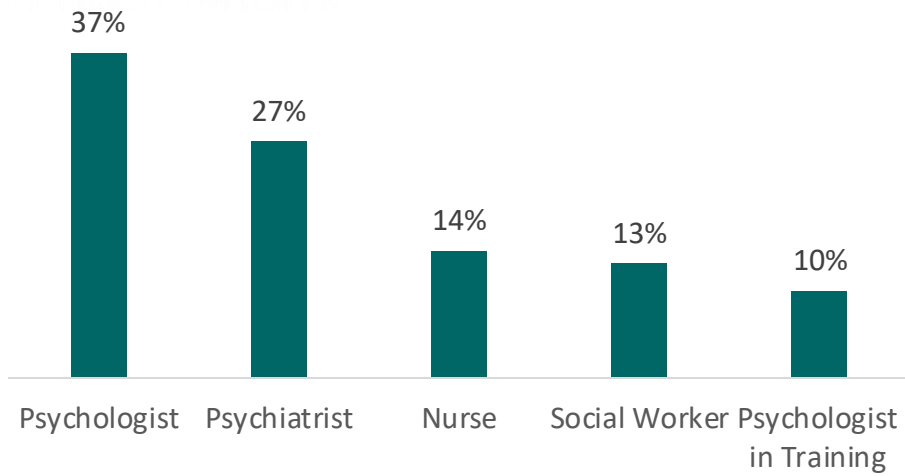


SOCIAL WORK CONSULTATIONS

Total

30

IV. TYPE OF PRACTICIONER SEEN



V. BENEFICIARIES SERVED

194

Total

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

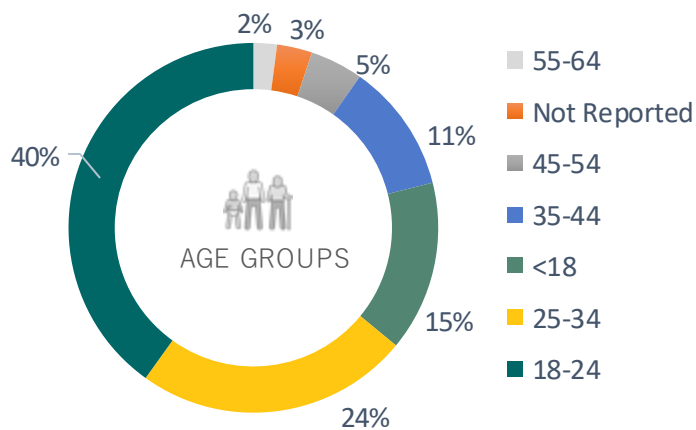
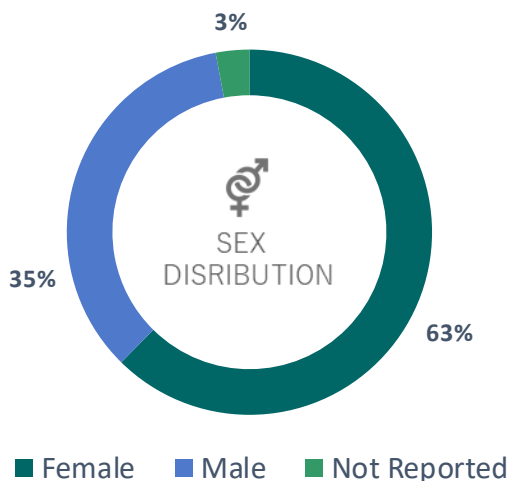
194

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

60

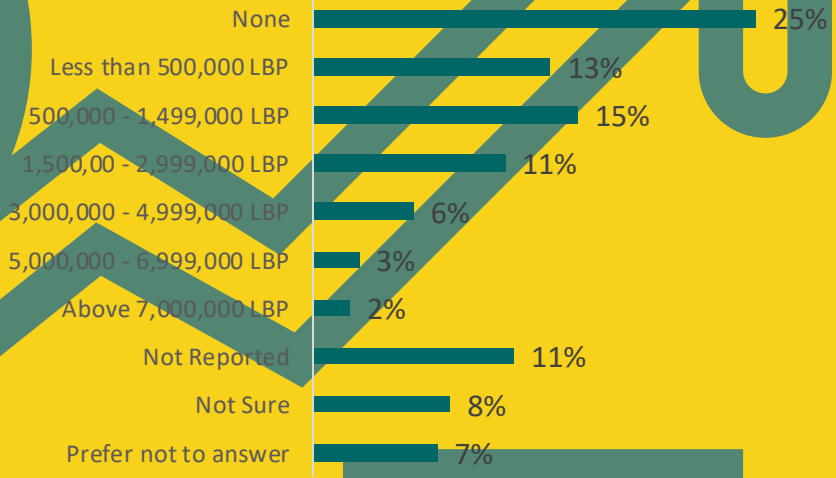
VI. BENEFICIARY DEMOGRAPHICS

The below charts present basic demographic information for the total beneficiaries served during the reporting period (n=194).

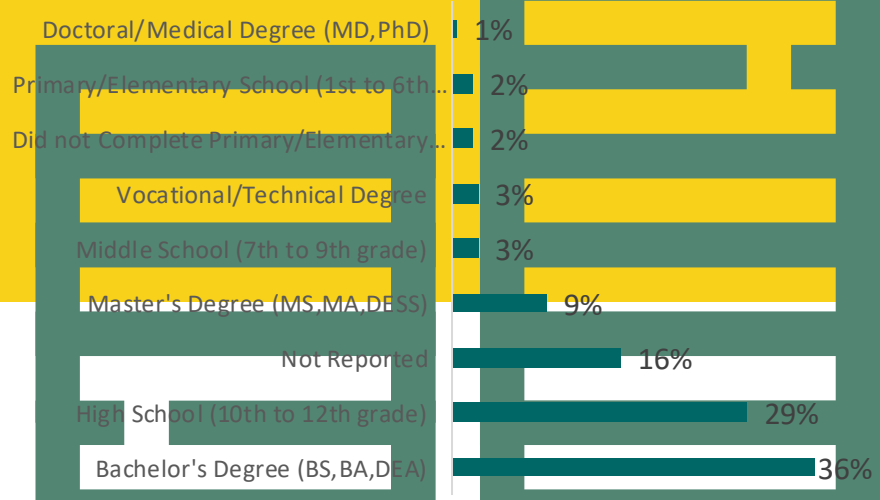


The mean age of beneficiaries was **26** years old.

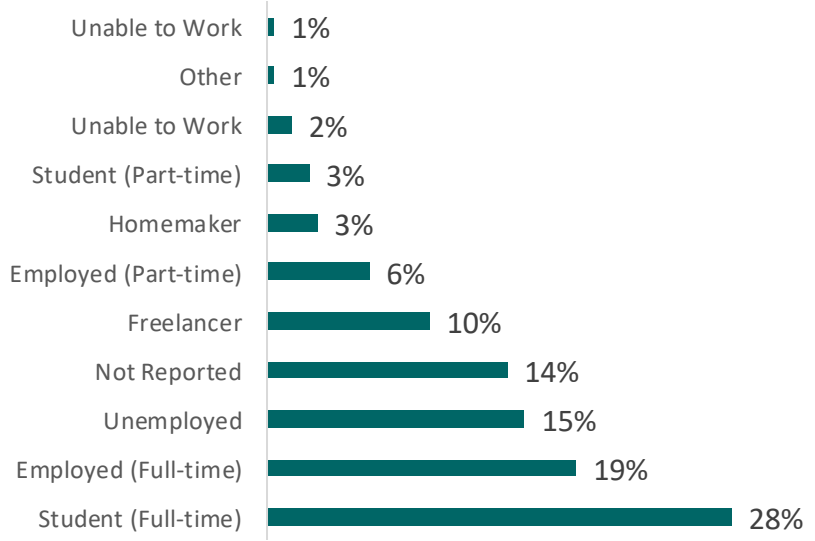
INCOME STATUS

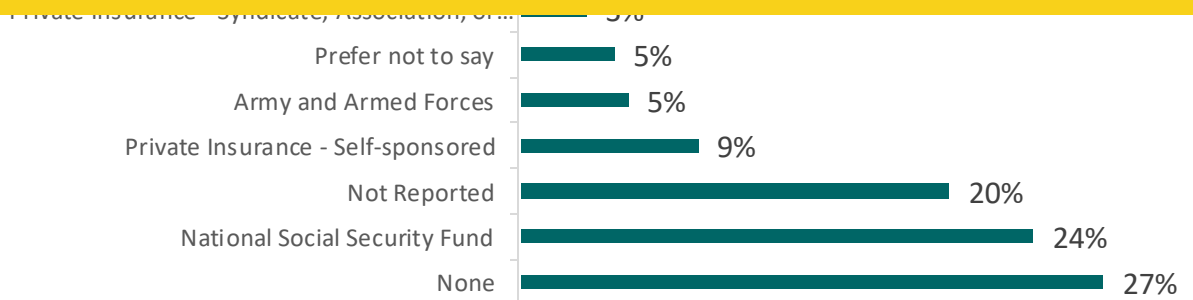
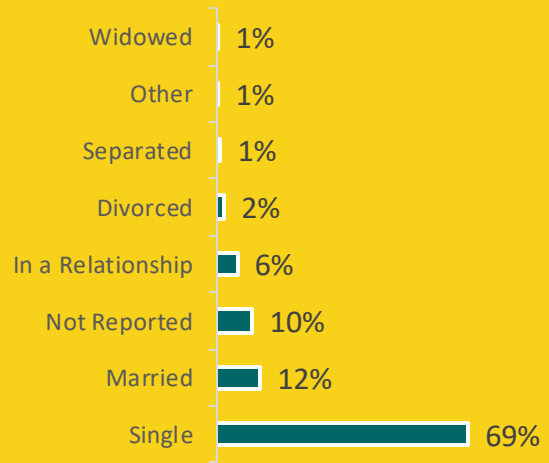
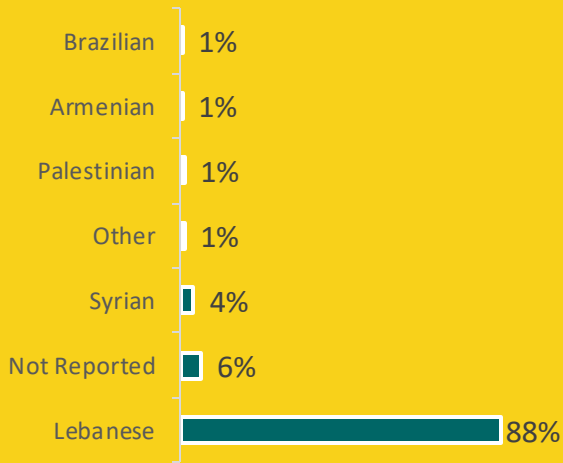


HIGHEST EDUCATIONAL STATUS



EMPLOYMENT STATUS





VII. PHARMACOLOGICAL TREATMENT

38

During the month of September, the EMHC covered the cost of medications prescribed by psychiatrists for **38** beneficiaries.

AVERAGE NUMBER OF PRESCRIPTION ITEMS ACQUIRED BY BENEFICIARY:

3

MOST COMMONLY ACQUIRED MEDICATIONS:

Escitalopram

Methylphenidate

Vortioxetine

During the month of September, **8** beneficiaries were referred by Embrace psychiatrists to the medical Lab at Medical Diagnostic Treatment Center to undergo medical tests. The beneficiaries received blood tests measuring the levels of Folic Acid, TSH, Lithium and Ferritin.

Moreover, **1** beneficiary was referred to inpatient psychiatric care at the Mount Lebanon hospital for a duration of **10 days**.

IX. MENTAL HEALTH SURVEY SCORES

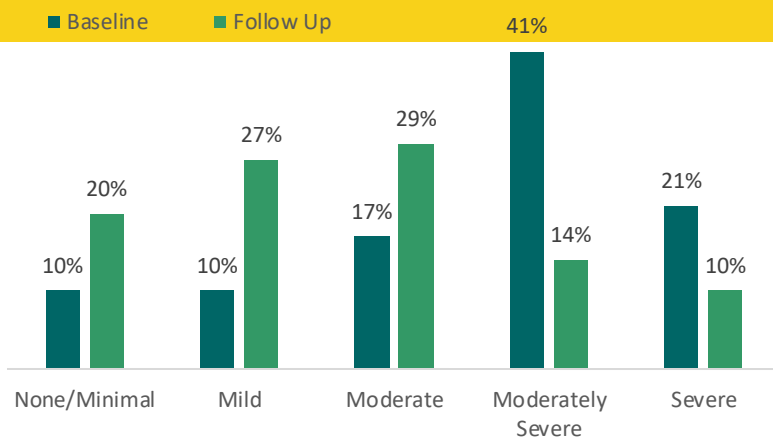
During their first visit, the beneficiaries are asked about common symptoms of depression, anxiety and trauma. As they progress through treatment, beneficiaries are asked to take the same surveys again every few months.

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.

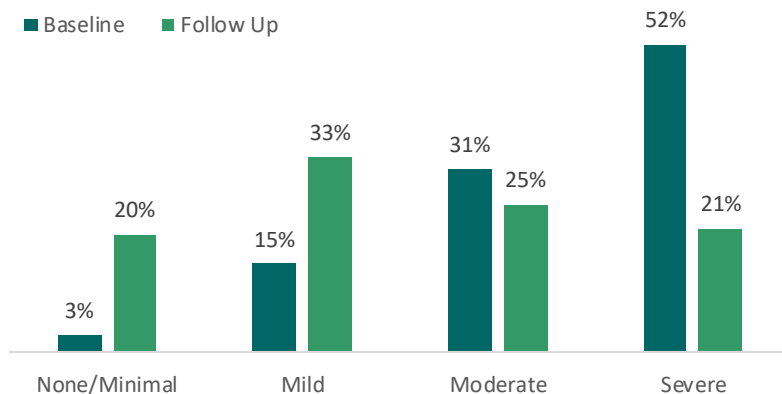
A SNAPSHOT OF BENEFICIARY IMPROVEMENT OVER 6 MONTHS October 2020 – April 2021

CHANGE IN DEPRESSIVE SYMPTOM SEVERITY (n=71)



Around **66%** of beneficiaries reported substantial improvements in symptoms of depression.

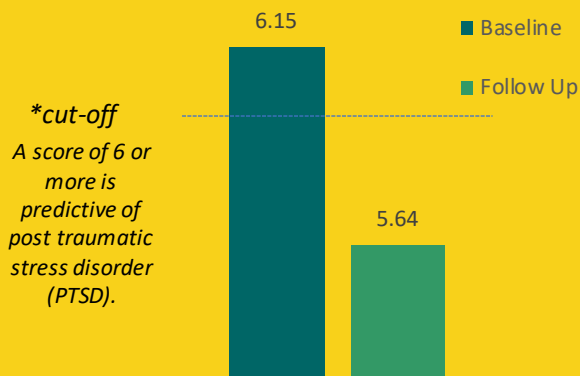
CHANGE IN ANXIETY SYMPTOM SEVERITY (n = 76)



Around **68%** of beneficiaries reported substantial improvements in symptoms of anxiety.

A SNAPSHOT OF BENEFICIARY IMPROVEMENT OVER 6 MONTHS CONT'D October 2020 – April 2021

CHANGE IN POST-TRAUMATIC SYMPTOMOLOGY (n = 33)

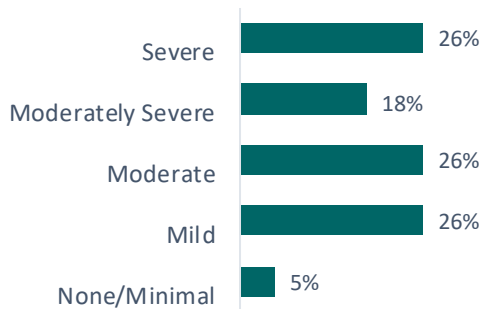


Around **40%** of beneficiaries reported **improvements** in trauma symptomatology.

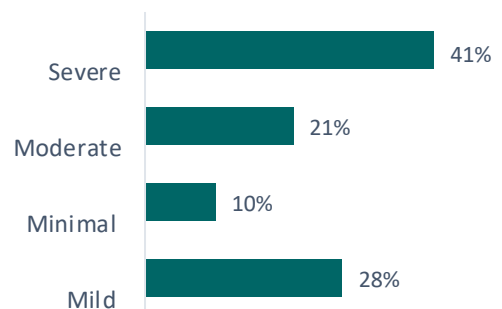
MENTAL HEALTH SURVEY SCORES AT FIRST ENCOUNTER

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):

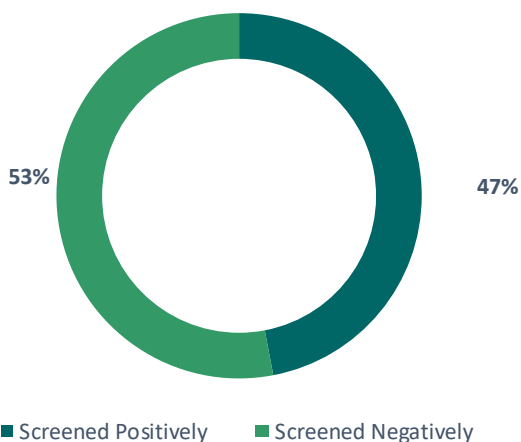
DEPRESSIVE SYMPTOM SEVERITY (n=39)



ANXIETY SYMPTOM SEVERITY (n=39)



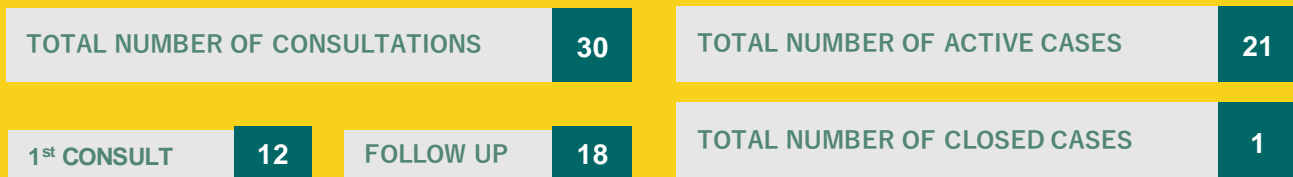
POST-TRAUMATIC SYMPTOMATOLOGY (n=36)



***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.



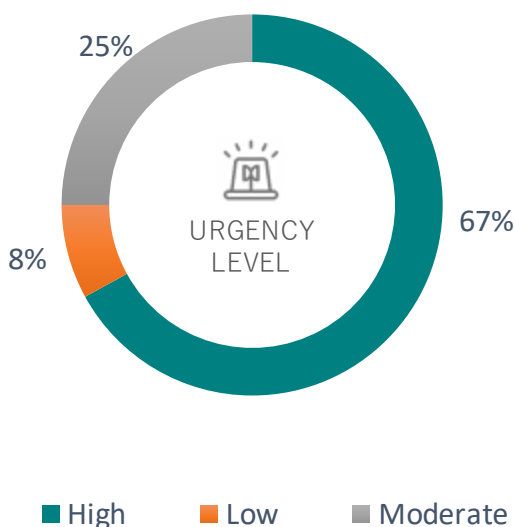
ZOOM IN ON FOLLOW UP CASES

Follow Up Consultations can be carried out with the beneficiary directly or with the relevant party at a referred resource.

53% of follow up consultations were carried out *directly with the beneficiary* (or their parent/legal guardian where a minor was involved).

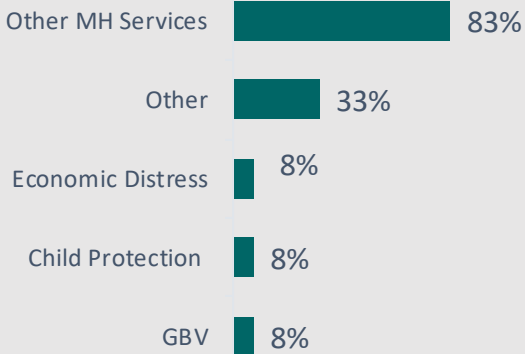
47% of follow up consultations were carried out with the *relevant party at the referred resource* (e.g., a case manager at a rehab facility).

ZOOM IN ON NEW CASES



ZOOM IN ON NEW CASES CONT'D

REASONS FOR REFERRAL (n=12)

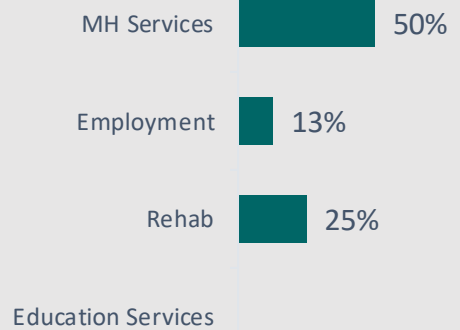


*Note that percentages for the bar chart may add up to more than 100% because multiple types of referrals can be provided; Abbreviations: GBV = Gender Based Violence, MH = Mental Health

Other MH Services included: Hospitalization for suicide crisis and/or substance detoxification

Other Services included: Medical Condition and Education Services.

REFERRALS PROVIDED (n = 8)



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

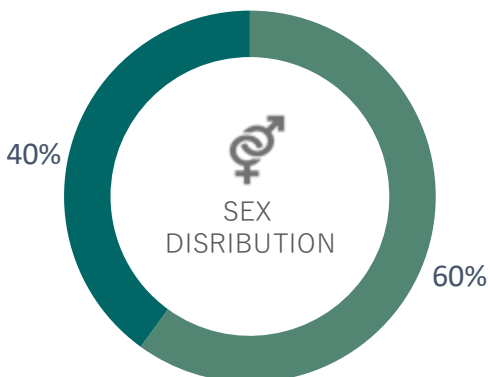
4 beneficiaries were not provided with referrals due to unviability of service needed or the beneficiary refused the referral.

100% of all new cases provided with a referral in the reporting period (n=6) were referred to **NGOs**.

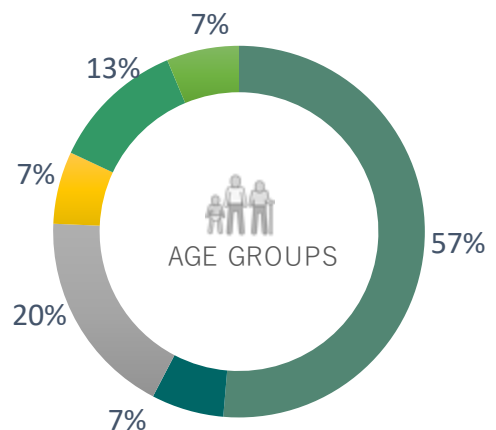
BENEFICIARY DEMOGRAPHICS

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.



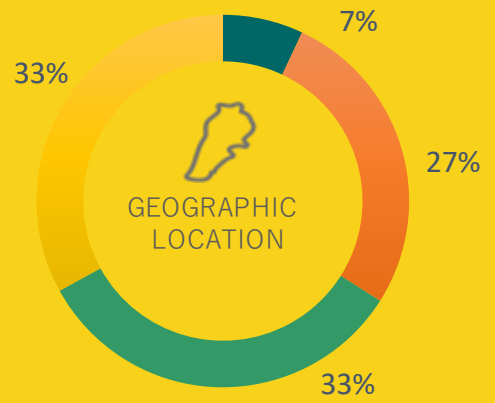
Male Female



<18 18-24 25-34 35-44 45-54 55-64



NATIONALITY



■ Akkar ■ Mount Lebanon ■ Beirut ■ North



MARITAL STATUS

■ Divorced ■ Married ■ Single