

MoM-South MHPSS TF

Date	Tuesday October 9 th 2018	Venue	Lebanese Welfare Association for the Handicaped, Sarafand
Time	10:00am to 11:30am	Minutes prepared by	Alain Gebrayel (MOPH-National Mental Health Programme)

Organizations attending	Beit Atfal Soumoud (NISCVT), Blue Mission Organization, Himaya, Imam Sadr Foundation (ISF), Islamic Health Society, International Medical Corps, International Organization for Migration (IOM), Lebanese Welfare Association for the Handicaped (LWAH), Ministry of Public Health, Nabaa, UNHCR, UNRWA
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Agenda

1. Updates and discussions on gaps and challenges faced in MHPSS work by actors
2. Update on the 3rd Annual Mental Health Campaign
3. Brief Description on the Guide for the rational prescription of medications for priority mental and neurological conditions for specialists in the Public Health system
4. Updates and upcoming events from MoPH in line with the national mental health strategy implementation

Discussion	Action / Decision / Suggestion
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1. Updates and discussions on gaps and challenges faced in MHPSS work by actors

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| <ul style="list-style-type: none"> ➤ LWAH have a very large waiting list; it is taking up to a month to be able to see patients at the center. The numbers have increased drastically compared to the past. ➤ IMC has mentioned that it is taking some PHCs in Sour up to three months to provide persons with psychotropic medication. ➤ Blue Mission Organization were looking for referrals for persons with disability. | <ul style="list-style-type: none"> ➤ It is highly recommended to communicate with MOPH-NMHP if there is any challenge in relation to provision/accessibility to medication. MOPH will not disclose where the information has come from. What matters is that challenges are reported and addressed so that persons who need it are provided with medication on time. ➤ LWAH provide various services for persons with disability for a low cost. LWAH will be sharing cost |
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	fees and services available at their center.
2. Update on the 3rd Annual Mental Health Campaign	
<ul style="list-style-type: none"> ➤ The MOPH launched the third annual national awareness campaign on mental health in a public event in Nejme Square in Beirut on the 14th of September featured live on Facebook, under the sponsorship of the World Health Organization, Abaad, IMC and MDM. ➤ The aim of the campaign is to increase knowledge around Mental Health and emphasize the importance of active listening and talking, through encouraging persons to talk about mental health openly, anytime and anywhere. ➤ The launching event included: <ul style="list-style-type: none"> - interactive awareness raising activities through booth organized by MHPSS actors (12 organizations participated). - Short documentary on public perception on mental health: Link - Testimonies of persons with lived experience: Link - Q&A with mental health professionals featured Live on Facebook: Link To watch an overview of the event: Link To watch the Awareness video of the campaign: Link ➤ The campaign will extend until World Mental Health Day (October 10). ➤ Slogan: “صار وقت نحكي صحة نفسية” “time to talk mental health” ➤ Hashtag: #صار وقت نحكي #Time_To_Talk <p>Through the MOPH facebook page awareness videos and a weekly infographic around mental health will be posted throughout the month until October 10. To follow and share: https://www.facebook.com/mophleb/</p>	<ul style="list-style-type: none"> ➤ It would be much appreciated if your organizations and yourselves could share the posts on Facebook to reach as many persons as possible ➤ An awareness presentation is being prepared by the Ministry of Public Health with the key messages of the campaign that will be disseminated to all actors for their use to deliver awareness sessions.
3. Brief Description on the Guide for the rational prescription of medications for priority mental and neurological conditions for specialists in the Public Health system	
<ul style="list-style-type: none"> ➤ The guide was developed in line with objective 2.3.4 of the national mental health strategy for Lebanon 2015-2020: “Develop guidelines for the rational prescription of psychotropic medications” ➤ Reference document for <u>evidence-based</u> and <u>culturally appropriate</u> decision-making for pharmacological treatment of priority mental and neurological conditions. 	<ul style="list-style-type: none"> ➤ Next step: Orientation sessions for psychiatrists and neurologists on the guide in October-November 2018 ➤ Request was sent to share contacts of psychiatrists and

- Based on the “[National List of Psychotropic and Neurological Medications for Humanitarian Response, v2.0](#)” which was developed to harmonize the procurement and provision of medications amongst all actors.
- In addition, a separate list of medical tests needed to monitor the side effects of these medications (as per the guide) is available.
- In line with the continuum of care, this guide advocates for the rational medication prescription based on the national list and highlights the importance of the psychosocial component in the treatment of mental and neurological conditions as part of the holistic person-centred care.
- The process of development encompassed two rounds of technical review from experts at local and international levels.
- This guide was made possible through the fruitful collaboration between the MOPH-National Mental Health Programm and the World Health Organization

neurologists working in your organisations to share with them invitation

- **If not done yet, please share**

4. Updates and upcoming events from MoPH in line with the national mental health strategy implementation

- An overview on the implementation status of the national mental health strategy what provided across its five domains of action (1)Leadership and governance, 2) Service organization and scale-up, 3)Promotion and Prevention, 4) Information, Evidence and Research and 5) Vulnerable Groups)

Some specific updates on projects and trainings included:

- **UPDATE on World BANK Project:**

Under World Bank supported project of MOPH “Emergency Primary Health Care Restoration Project” Towards universal health coverage: packages of mental health care will be subsidized in 40 PHCCs serving the most economically vulnerable populations in Lebanon”. Additional community mental health centers will also be established to cover all governorates.

- **Update on guided e-self help intervention:**

The Step by Step intervention (guided e- self-help intervention for adults) developed by MOPH and WHO Geneva was piloted in the beginning of 2018. It is a 5 sessions story-based online intervention through which persons can learn strategies to cope with difficult emotions such as stress, anger, anxiety, etc. Now, the programme that was running on website version, was turned into an application and is being finalized. Next

Step: Randomized Controlled Trial (RCT) to study effectiveness. The RCT is currently in the feasibility phase; it will extend from October till the end of December.

➤ **Training of Trainers on the national self-care manual for frontliners:**

- In line with one of the objectives of the MHPSS TF 2018 Action Plan : national self-care manual for frontliners as developed.
- TOT is being organized by MOPH and ABAAD
- A call for applications has been sent to all actors in Lebanon who are interested.
- Self-care training will be held for trainers on October 15 and 16.
- Trainers will then administer the training to five groups of frontliners under the supervision of the MOPH-NMHP.
- Application deadline: Wednesday October 10th

➤ **Trainings for frontliners on the crisis management protocols**

- previously developed and piloted in line with the MHPSS TF Action Plan 2017
- Aim: provide guidance for non-health professionals on how to attend to a person in a crisis situation and to identify their primary concern (MH, shelter, SGBV, CP)
- The protocols are currently in the design and printing phase.
Six one day trainings will be conducted all over Lebanon's regions (most probably beginning of November)
- An email will be sent to task force members to attend the trainings.
- This is in collaboration with Fundacion Promocion Social (FPS)

Next meeting: (6th of November at 10:00 to 11:30am, Imam Sadr Foundation - Tyr)