

MoM-North MHPSS TF

Date	10 th of October	Venue	Restart Center - Tripoli
Time	2:00pm to 3:00pm	Minutes prepared by	Alain Gebrayel (MOPH-National Mental Health Programme)

Organizations attending	
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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"> ➤ Restart Center approached the director of Saidet Zgharta to have more psychiatric beds. The contact was shared with Dr. Rabih. Restart and UNHCR were contacting governmental Hospitals (Tripoli Governmental Hospital and Al salam hospital but refused to have a psychiatric ward, Mejdlaya FMC too). ➤ UNHCR and Restart center are referring persons with urgent cases to Sekkare Hospital. Both organizations are finding it difficult to follow-up with attending psychiatrists and nurses. ➤ Bire has no psychotherapists. Do we know any? ➤ IOM are looking for a location to implement their PSS activities. They are partnering with MOSA and are training 40 staff members. ➤ 1214 number to extend more than October. A small message to be said when the October has ended. What is the problem of having someone 365 days referring to MH services? ➤ The medication given to children with enuresis at Restart Center is not included in the national list of psychotropic and neurological medications for humanitarian response v2.0 which is covered by MoPH. | <ul style="list-style-type: none"> ➤ UNHCR and Restart are suggesting to approach hospitals such as Minieh, Halba governmental hospital and Orange Naso to see their willingness of opening an inpatient psychiatric ward. (Followup with Dr. Rabih and Nour) ➤ Dar Al Zahraa and Abou Samra have a built a psychiatric unit ready (they only need stretchers). UNHCR and Restart have pointed out that both are secluded hospitals. ➤ Question: Can MoPH have certain requirements for sekkare hospital to have a |
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minimum of quality assurance?

- UNHCR is proposing to fund up to two trainings to hospitals in emergency psychiatric admission. Farah was suggesting to give two names to UNHCR to train them (this could be a collaboration of MOPH).
- It was suggested that MHPSS TF members to share their statuses for 2019 activities and funds.
- Question: is Al jandoula PHC is part of the MOPH network?
 - Answer: it is not. You can find all the PHCCs that are part of the MOPH network through this link:
<https://www.moph.gov.lb/userfiles/files/HealthCareSystem/PHC/phcc.pdf>
- Updates around the IPT and EMDR projects will be given in the November MHPSS TF.
- The national list of psychotropic and neurological medications for humanitarian response v2.0 will be reviewed at the end of next year with all the recommendations given by concerned parties.
- Kindly share your organization's

	recommendations and gaps for trainings in the north.
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” 	<ul style="list-style-type: none"> ➤ Next step: Orientation sessions for psychiatrists and neurologists on the guide in October-November 2018

<ul style="list-style-type: none"> ➤ Reference document for <u>evidence-based</u> and <u>culturally appropriate</u> decision-making for pharmacological treatment of priority mental and neurological conditions. ➤ Based on the “<i>National List of Psychotropic and Neurological Medications for Humanitarian Response, v2.0</i>” 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 <u>rational</u> medication prescription based on the national list and highlights the <u>importance of the psychosocial component in the treatment</u> 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 	<ul style="list-style-type: none"> ➤ Request was sent to share contacts of psychiatrists and neurologists working in your organisations to share with them invitation <ul style="list-style-type: none"> ○ If not done yet, please share
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4. Updates and upcoming events from MoPH in line with the national mental health strategy implementation

<ul style="list-style-type: none"> ➤ An overview on the implementation status of the national mental health strategy was 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) <p>Some specific updates on projects and trainings included:</p> <ul style="list-style-type: none"> ➤ UPDATE on World BANK Project: <p>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.</p> <ul style="list-style-type: none"> ➤ Update on guided e-self help intervention: 	
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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: (15th of November, Restart Center - Tripoli)