



Strengthening Mental Health Systems

Rabih El Chammay

Head of National Mental Health Programme, MOPH

International Society for Social Pediatrics & Child Health

2019 Annual Meeting

Children in Armed Conflict: Rights, Health and Well-being

Lebanon



- Eastern end of the Mediterranean sea
- Area : 10, 452 Sq km
- Population: **6,091,110**
- Palestine Refugees: **180.000**
- Long history of civil war and political unrest



WHO AIMS 2015

<http://www.emro.who.int/lbn/information-resources/>

- Five psychiatric hospitals
- Eight psychiatric wards in general hospitals
- Outpatient care mainly in the private sector
- The Mental Health system is understaffed
- Non-specialized are not well equipped to offer MH services
- MOPH covers inpatient Care & psychotropic medication
- Private insurances do not fully cover Mental Health

Syrian Crisis

- More than **8 years**
- **1 to 1.5 M** Syrian Displaced in LEBANON



National Mental Health Programme



- Launched in May 2014
- Supported by:
 - WHO
 - International Medical Corps
 - UNICEF



Mental Health Strategy 2015-2020



“All people living in Lebanon will have the opportunity to enjoy the best possible mental health and well-being”



REPUBLIC OF LEBANON
MINISTRY OF PUBLIC HEALTH

Mental Health and Substance Use Prevention, Promotion, and Treatment

Situation analysis and strategy for Lebanon
2015 - 2020

Domains of the Strategy



- Leadership and Governance
- Reorientation of services
- Promotion and Prevention
- HIS and Research
- Vulnerable Groups

Leadership and Governance



- Revising Laws (Mental Health, Substance Use, Psychology)
- Development of an inter-ministerial Substance Use Response Strategy for Lebanon (MOSA, MEHE, MOI, MOJ, MOPH)
- Developing and Early Childhood Development Strategy (HCC, MOSA, MOPH, MEHE)
- Mainstreaming MH in CP SOPs, SGBV SOPs and PVE strategy

Mental Health Strategy 2015-2020

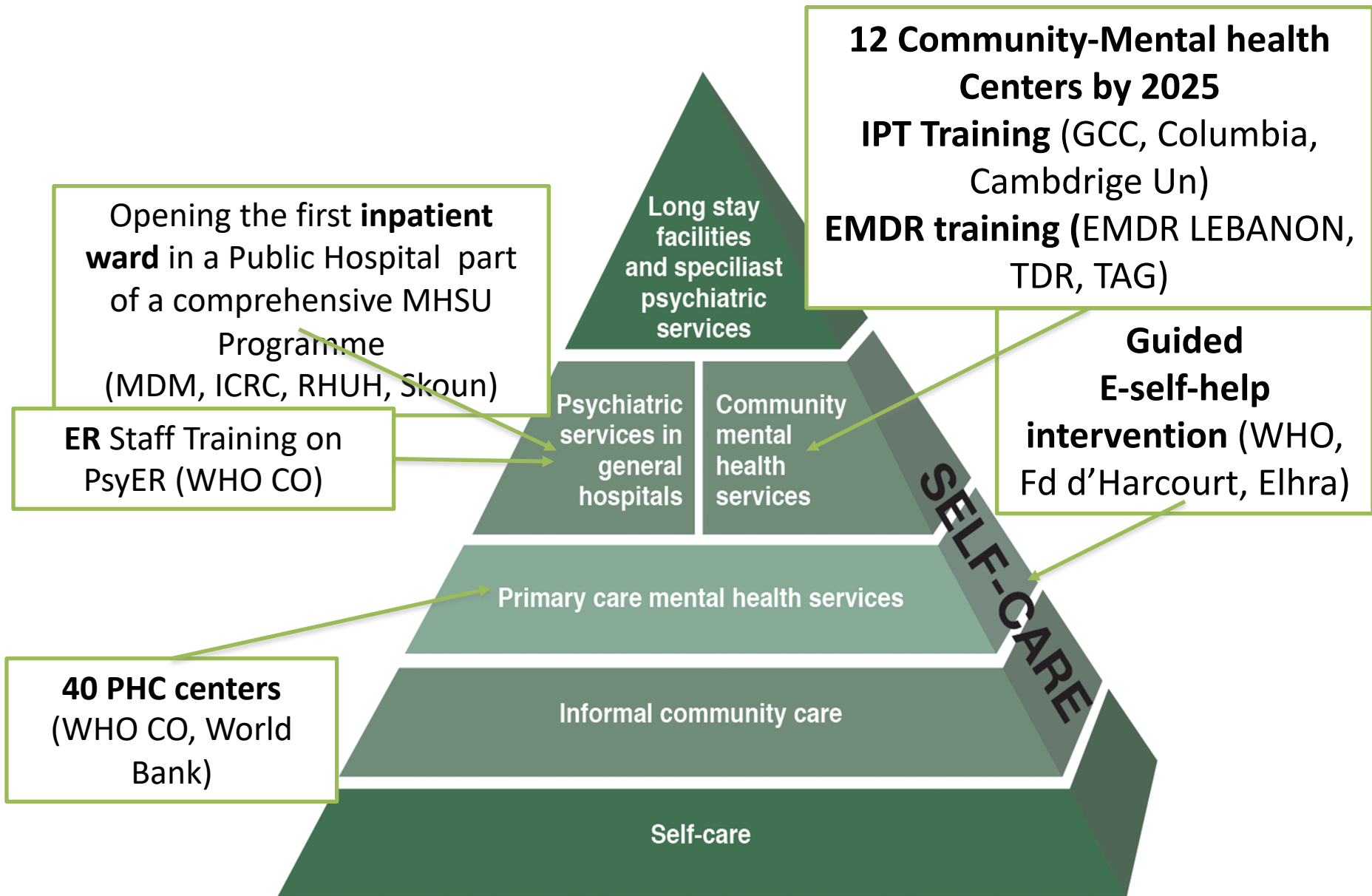


1. Leadership and Governance
2. Service organization
3. Promotion and Prevention
4. HIS and Research
5. Vulnerable Groups



Mental Health and Substance Use Prevention, Promotion, and Treatment

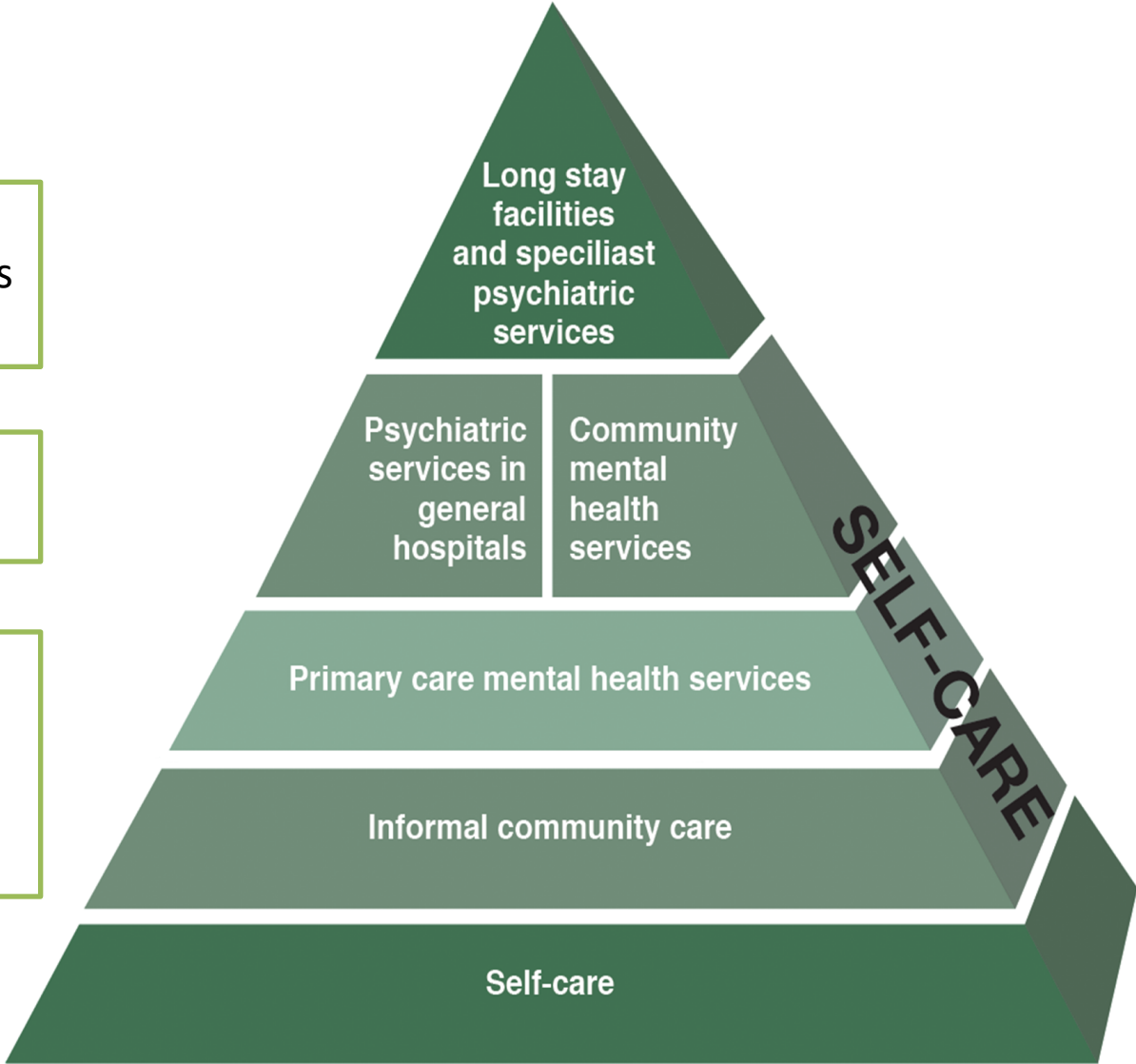
Situation analysis and strategy for Lebanon
2015 - 2020



Building a (up and down) **referral system** linking all levels of care

Developing **Accreditation** Criteria

Building an **e-HIS** with Quality and outcome **indicators** at all levels of care



Mental Health Strategy 2015-2020



1. Leadership and Governance
2. Service organization
3. Promotion and Prevention
4. HIS and Research
5. Vulnerable Groups



Mental Health and Substance Use Prevention, Promotion, and Treatment

Situation analysis and strategy for Lebanon
2015 - 2020

Promotion and Prevention



- **National mental health campaigns**
 - My Mental Health is My Right (2015)
 - Depression: Let's Talk About it To get out of it (2017)
 - #Time to Talk #Mental Health (2018)
 - #Don't_miss_the_opportunity (2019)

Promotion and Prevention



- **Hotline** for Suicide prevention **1564** (Embrace)
- Piloting Life skill programmes (in and out of schools):
 - **Unplugged** UNICEF, SIDC, MentorArabia
 - **Line Up live Up** UNICEF, SIDC, UNODC
- **Early Childhood Development:** inter-ministerial working group towards national strategy for ECD

Mental Health Strategy 2015-2020



1. Leadership and Governance
2. Service organization
3. Promotion and Prevention
4. HIS and Research
5. Vulnerable Groups



Mental Health and Substance Use Prevention, Promotion, and Treatment

Situation analysis and strategy for Lebanon
2015 - 2020

HIS and Research focus on children



- National indicators of MHPSS disaggregated by age and gender
- e-HIS for mental health

With partners:

- RCT: e-CETA phone based intervention for children (QMU, MDM, elhra)
- RCT: EASE for adolescent (Warchild, Vu, STRENGTHS)

Upcoming: IPT for PND (Columbia, UCL, AUB)

Vulnerable groups



- **Children and Adolescents**
- Foreign Domestic Workers
- Older adults
- Families of Missing persons
- LGBT community
- Persons receiving Palliative Care
- **Persons in Prisons**
- **Persons living with disabilities (all ages)**
- Persons living with HIV/AIDS
- Survivors of SGBV
- Survivors of torture
- **Palestinian refugees**
- **Displaced populations**

For more information



- Mental Health Programme webpage:
<http://www.moph.gov.lb/en/Pages/6/553/the-national-mental-health-program>
- 5-min Documentary about the programme:
<https://www.youtube.com/watch?v=gqZs7jAB0to&app=desktop>
- Email mentalhealth@moph.gov.lb Twitter: @ElChammay