Mental Health System Reform: Better Mental Health and Wellbeing for ALL

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POSITIVE PATHWAYS
A NO LOST GENERATION SUMMIT ON PSYCHOSOCIAL SUPPORT PROGRAMMING FOR CONFLICT-AFFECTED CHILDREN AND YOUTH AMMAN November 22-23, 2017
Acknowledgments

Champion
Dr. Walid Ammar, DG MOPH

Founding Partners
- WHO
- UNICEF
- IMC
Objectives

• To present the process that led to the reform

• To highlight key factors that contributed to the success

• To highlight main achievement and challenges
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Lebanon

• Eastern end of the Mediterranean sea
• Area : 10, 452 Sq km
• Population: 4,055,000
• Palestine Refugees: 400,000
• Long history of civil war and political unrest
Syrian Crisis

- More than 6 years

- 1,500,000 Syrian Displaced in LEBANON
MHPSS service provision assessment
https://data.unhcr.org/syrianrefugees/download.php?id=4575

• Lack of coordination
• Lack of MHPSS services
• Weak referral System
• Tension between refugees and host community
• Lack of basic services is one of the main sources of distress for the refugees
MHPSS Task Force

• Chaired by the Ministry of Public Health
• Co-Chaired by WHO and UNICEF
• Include 62 MHPSS actors (UN, iNGOs, NGOs, Other Ministries)
• Aiming at Mainstreaming, Harmonizing and up-scaling MHPSS services in the Syrian Crisis response
National Mental Health Program

• Launched in May 2014

• Supported by:
  – WHO
  – International Medical Corps
  – UNICEF
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 & psychototropic medication
- Private insurances do not fully cover Mental Health
Mental Health Strategy 2015-2020

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

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

http://www.moph.gov.lb/userfiles/files/Programs%26Projects/MentalHealthProgram/MentalHealthStrategy-Eng%202015.pdf
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6 Key factors

1. Institutional support

2. Coordination and collaboration
   1. National strategy
   2. MHPSS Task Force
   3. MOUs (intra- and inter-sectoral)

3. Synergizing different agendas
   1. Health, Protection, Education
   2. Humanitarian and Development
6 Key factors

4. Effective **participation** of all actors as equal partners in planning and in implementation

5. Strong local and international **networks** (UN, NGOs, academia)

6. Using **evidence-based frameworks and tools** such as: Building back better report, mhGAP, WHO Action Plan 2013-2020, Low-intensity psychological interventions
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Main Achievements

• Revision of the laws (Mental Health and Substance Use)

• Development inter-ministerial strategy for Substance Use response

• Development of a mental health and substance use strategy for prisons

• Development of community-based services
Guided E-self-help intervention

2 other studies targeting children and youth

Community-Mental health Centers
  IPT Training
  EMDR training

Opening the first inpatient ward in a Public Hospital

ER Staff Training

PHC centers trained on mhGAP

Self-care

Informal community care

Primary care mental health services

Psychiatric services in general hospitals

Community mental health services

Long stay facilities and specialist psychiatric services

[Diagram illustrating levels of mental health care services, starting from self-care at the bottom and moving up to community mental health centers at the top.]
Guided E-self-help intervention
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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
Main Achievements

Launching of a **Hotline for suicide prevention** by end of this month (Embrace)
Main Achievements

Annual Campaigns for awareness raising on Mental Health issues

2017 campaign launching from the Grand Serail on April 7

Co-launched with the WHO regional campaign for DEPRESSION: LET’S TALK on World Health Day from Lebanon
Zoom on children and youth

• Develop and implement a national inter-ministerial strategy for Early Childhood Development

• Conduct implementation research and outcome evaluation research to study the effectiveness of life-skills education in schools and PSS programmes

• Develop evidence-based guidelines for MHPSS services targeting children and adolescents
Zoom on children and youth

- Integrate **mental health** prevention and promotion in child protection programmes including in programmes for **minors in the judiciary system**

- Develop **quality standards** for the sustainable effectiveness of prevention programmes for substance use disorders

- **Revise national legislation** with the aim of: 1) Regulating availability and **accessibility to substances** (licit and illicit drugs, alcohol and tobacco) and 2) decriminalizing illicit drug use 3) Increasing access to treatment

- Sustain the provision of **credible and accurate information about substance use disorders** to youth and adolescents through **media and communication, including social media**
Main Challenges

• **Sustaining the institutional support** for the transition period towards a Mental Health Department in the MOPH

• Building simultaneously different components of the health system together (also an advantage...)

• Optimizing **Inter-sectoral collaboration** with other less obvious partners such as Public transportation, Ministry of labor, Ministry of Sport and youth...
For more information

- Rabih El Chammay: rchammay@moph.gov.lb or mentalhealth@moph.gov.lb

- 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=WPK8Xv8B_rg