

Minutes of Meeting – Monthly MHPSS TF Meeting

Date	February 5 th , 2024	Venue	Online via Zoom application
Time	2:00 PM – 3:00 PM	Minutes prepared by	Samyah Awada (MOPH-National Mental Health Program)
Organizations attending	Amel Association, GIZ MHPSS RP, Himaya, ICRC, Imam Sadr Foundation, IMC, Intersos, IOM, IRC, Lebanese Center for Civic Education LCCE, Lebanese Union for People with Physical Disabilities, Medair, Medecins du Monde – France, MSF, Nusroto, PU-AMI, PUI, RDFL, Relief International, Restart Center, Save The Children, SIDC, Skoun, Tdh-L, UNHCR, War Child, WHO		

Agenda

1. Updates on the National Intersectoral MHPSS Emergency Preparedness Plan
2. Update on national mental health reform activities
3. Presentation by the Lebanese Center for Civic Education on the Migrant Domestic Workers initiative
4. Updates and challenges to be shared by partners
5. AoB

Discussion

Action / Decision / Suggestion

1. Updates on the National Intersectoral MHPSS Emergency Preparedness Plan

More details are available in the attached presentation

The National Intersectoral MHPSS Emergency Preparedness and Response Plan has been published on the MoPH Website in English [Link](#) and Arabic [Link](#)

Coordination:

- The online 4Ws MHPSS services mapping platform was updated
- The Emergency Preparedness Plan is being mainstreamed with other relevant sectors' preparedness plans

Response to the needs of affected populations:

1. National PFA trainings are still being rolled out for frontliners and first aid responders
 - 1,080+ across Lebanon
 - PHC PFA trainings will be rolled out by the PHC department and PHEOC department
2. Training of healthcare providers in hospitals on psychiatric emergencies
 - Target ER and ICU physicians and nurses
 - Pilot done and roll out to start soon
3. Guidelines on community-based PSS interventions targeting children in final stages of revision

➡ The NMHP encourages all partners and MHPSS TF members to present in the upcoming meetings any activities or initiatives that the organizations are working on and that they would like to share for feedback, coordination and establishing collaborations.

National PFA trainings:

➡ Trainings available in English Arabic, in-person and online. To apply: [التدريب على - استمارة تسجيل للإسعافات الأولية النفسية / PFA Training Registration Form \(google.com\)](#)

➡ To obtain the nationally developed PFA material to provide internal trainings contact aya.harb@nmhp-lb.com or apply on <https://forms.gle/mG3hpp485jvRiGMj6>

Ensuring continuity of mental health and substance use response services and safety of service users

1. Some stock of psychotropic medication is secured and being distributed by YMCA to designated PHCs.
 - NMHP is reviewing the psychotropic medication management system situation analysis report.
2. A contingency plan for the accessibility to OST treatment proposed by the MoPH Narcotics Department and awaiting the minister’s approval.
3. Long-stay facilities in higher-risk areas were assessed.
4. A contingency plan for the national hotline for emotional support and suicide prevention hotline 1564 and for the national e-mental health service “Step by Step” is in place and implementation plans are underway.
5. A Concept note for remote SH+ implementation is finalized. SH+ exercises are being extracted into SH+ audio records.

Dissemination of information

1. Self-care videos for frontliners and public audience are being shared on social media platforms.
 - List was shared with partners for wider dissemination
2. Key messages on mental health are being finalized
3. Tip sheet for media professionals on responsible media reporting and self-care under revision.

➡ All partners are requested to report back to the NMHP on the number of trained people and the trainers who are providing these trainings to ensure quality of the trainings, appropriate reporting and prevent duplication.

➡ All partner’s staff working in PHCs are requested not to register or attend the PFA trainings now because these trainings will be planned later on and conducted through the MoPH PHC department. The trainings will not only include PFA.

➡ Partners requested to report on any disruption of mental health PHC services in the South or their transfer to another location or another PHC → aya.Harb@nmhp-lb.com or mhps.coordination@nmhp-lb.com

2. Update on national mental health reform activities

More details are available in the attached presentation

1) Governance

MH Strategies

- National Mental Health Strategy 2023-2030
 - Launching date in Spring 2024
- Mental health Strategy for children, adolescents, and caregivers
 - Second draft being revised

MHPSS TF 2024 plans

- A draft National 2024 Action Plan for 2024 was developed and shared with partners for input
- Feedback revised and incorporated now
- Regional MHPSS TF co-chairs are now developing their action plans

2) Scaling up of MH services – community-based services

Piloting of national model and packages for MH

- Psychosis and Substance Use Packages completed and training material being developed now

3) Promotion and Prevention

Maternal mental health

- All TOTs for were completed. 9 National Trainers were selected
- Roll out sessions for 100 non-specialized staff were completed
- Technical report and M&E report underway

Mental Health in the Workplace

- All 6 TOTs and rollout sessions completed. 18 National Trainers selected for future trainings.
- Final dissemination event on February 23

Nurses Curriculum

- Initiative launched with WHO to integrate MH through pre-service capacity buildings (university curricula) for nurses.

Integration of MH into Community Workers

- Developing basic competencies for Outreach Volunteers
- Developing guidance for integrating MH to Community Health Workers

Project for migrant workers

- Trainings started in January

4) Research projects updates

4Ws

- Finalizing the first mid-year 4Ws report

Step-by-Step

- The Qualitative Evaluation paper of the Step-by-Step RCT was published in Frontiers Journal: [SbS Qualitative RCT paper](#)

Self-help plus

- SH+ TOTs conducted successfully resulted in selection of 9 National Trainers
- 40 participants were selected to conduct rollout sessions.
- Rollouts have begun to 400 services users/beneficiaries.

SUMMIT

- Intervention was completed in December 2023.
- Follow up time points remaining is T6 (52 weeks follow-up): Due March 1st

3. Presentation by the Lebanese Center for Civic Education on the Migrant Domestic Workers initiative

Maroun Mikhael from LCCE:

More details are available in the attached presentation

LCCE main domains of work include active citizenship, Rights to Health, community development and economic empowerment.

Project Objectives

- Strengthen awareness among migrant domestic workers on mental health issues
 - Launching the campaign on social media channels
 - Campaign Content: Sensitization, Difference between Psychologist & Psychiatrist, Lack of Sleep, Trauma, Depression, Suicide
- Build capacities of CSOs on basic mental health care for migrant domestic workers
 - Conducting training sessions

FGDs Findings

- CSO workers' struggles
 - Language was reported to be a barrier
 - Lack of cultural awareness
- Training topics for CSO curriculum
 - Introduction to Mental Health
 - Psychological First-Aid
- Systematic changes to be made
 - Fragmentation in the migrant workers' referral system is consequently inhibiting their access to proper care

3 Training Rounds

- 2 rounds have been completed and 3 are planned

LCCE were approached by GIZ to provide additional training on stereotypes, bias, and racism.

Aya Harb:

Once all TF committees are activated, coordination should be done with LCCE, GIZ, and all the other members of committee #6 to see what work remains to be done and to take things forwards.

4. Updates and challenges to be shared by partners

Dr Caroline Tarraf from Amel Association:

Q: Will the training on psychiatric emergencies be conducted at the hospital and the PHCCs level?

Aya Harb from NMHP:

MSF (Felicity Steinhoff) and LCCE (Maroun Mikhael) were linked after common interests and initiatives were identified by MSF following the LCCE presentation.

A: For now, it will be only at the hospital level. For PHCs we have the PFA training.

Tatyana Sleiman from Skoun:

-Requested that once the pilot of the MH integration into PHCCs is done with the targeted PHCCs, the NMHP shares a list with the TF members of these PHCCs and their contact info in terms of locality to prioritize them in terms of referral or communication when needed

Q: Does the MH integration that's going to happen at the level of volunteers. Does that integration include any knowledge on substance use?

Aya Harb:

A: The MH package doesn't include any interventions on substance use. Community Outreach Volunteers (OVs) will be trained on PSS interventions including Group Problem Management (PM+), PFA, Peer support groups, and Psychological Support skills.

Aya Harb:

Q: Is there a plan to provide capacity building TOT trainings later on to staff, on self-care so that we ensure sustainability so that migrant workers can get trained on self-care even beyond the end of this initiative?

Maroun Mikhael:

A: The curriculum presented self-care for the frontliners, but it was not developed as a training of trainers. This can be scaled up and developed into a more holistic approach later on.

Felicity Steinhoff's email: msfocb-beirut-mh@brussels.msf.org

5. AoB

Additional updates

University Diploma in Development and Organizations of Mental Health Services

- Preparations for the next cohort are being held

QualityRights

- Continuous plan to build the capacity on QR
- Available as a national training and an online e-training

For more info on *QualityRights* training: layal.alhanna@nmhp-lb.com

Next meeting: 5/3/2024

