

THEORY OF CHANGE MAP for the mental health system reform in Lebanon

Domains of Action

Leadership and Governance

Mental Health promotion and prevention

Community-based mental health services

Information, Evidence, and Research

Intermediate outcomes

Improved legislative and regulatory framework for mental health

Sustained financing of the mental health governance entity at the MOPH

Effective governance mechanisms and tools in place

Increased inter-sectoral coordination & alignment with national strategies & guidelines

Increased implementation of advocacy activities

Increased meaningful engagement and representation of persons with lived experience

Increased financing for mental health system-strengthening interventions & community-based services

Development of responsive policies & plans

Implementation of responsive policies & plans

Increased advocacy to address social and structural determinants of mental health

Increased media engagement on mental health

Increased implementation of evidence-based programs & interventions to protect and promote mental health at the level of the community, learning environments & workplaces

Increased knowledge, improved attitudes & behaviours

Increased capacity of the community, learning environments & workplaces to protect & promote mental health

Increased protective environments for mental health

Improved capacity of public to tend for their mental health

Scaled-up utilization and access to the national guided self-help Step-by-Step intervention

Increased availability of outpatient community-based specialized and non-specialized mental health services

Increased number of beds available in general hospitals

Increased mental health emergency response capacity (National Lifeline, mobile teams, ER capacity, Liaison care)

Assessment of the feasibility and acceptability of different supported living and social integration programs for persons with mental health conditions in institutions

Increased in-service¹ and pre-service² capacity-building of key human resources in line with the national model of care

Increased availability of & accessibility to community-based mental health services

Improved quality of mental health services

Reduced number of long-stay services and duration of admissions

Improved responsiveness to the needs of service users including the needs of vulnerable groups

Increased routine collection of mental health indicators at all levels of the mental health system

Mapping of MHPSS services available & regularly updated

Strengthened suicide monitoring & surveillance

Improved prioritization, regulation & translation of mental health research

Increased availability of evidence-based knowledge to inform mental health policy and service development & implementation

Increased translation of evidence-based knowledge to inform mental health policy and service development & implementation

1. "In-service" refers to the training of persons who are already employed.

2. "Pre-service" refers to trainings occurring prior to an individual commencing a job which necessitates specific training, i.e. before the person starts working.

Long term outcomes

Improved overall mental health of the general population

Decreased prevalence of common mental health conditions

Decreased suicide rate

Improved psychosocial functioning (social integration and recovery) for persons with severe mental health conditions

Increased financial protection from mental ill-health

Increased human rights protection for persons with mental health conditions

Ceiling of accountability

Impact

All persons living in Lebanon will have the opportunity to enjoy the best possible mental health and wellbeing