Mental Health in Conflict

Lebanon
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Year 3 Deliverables (1 Sept 2020)
DELIVERABLE 1 - IPT Training for Practitioners and Researchers in UK

Capacity-Building in London, UK, in partnership with Anna Freud Center (Dr. Roslyn Law, Chair of IPTUK, National Lead for IPT in IAPT), May 26-28, 2020

- Conducted three-day online workshop (1.5 days) and seminar (1.5 days) with mental health practitioners and researchers from organizations/agencies such as the UCL/AFC; NHS Trust; IAPT services, and private practice.
  - 18 participants attended workshop; 16 attended seminar

- Modified content of workshop & seminar to highlight IPT applications and adaptations in the context of severe adversities and the COVID context + breakout groups on 3 thematic areas: 1) System-level mental health capacity building and policy; 2) Program evaluation of Group IPT (incl. telehealth format), & 3) Working with vulnerable populations in the context of the pandemic.

- Next steps for continued learning: High interest and demand from participants to participate actively in GMH Projects. They will attend: 1) clinical supervision calls for GMH projects in Bangladesh (ongoing project) and Lebanon (in the near future) & 2) receive additional training & supervision to advance skills in IPT for vulnerable populations in the UK & Lebanon (children & adolescents, displaced population, and more).
DELIVERABLE 2 - Lebanon IPT Online Learning Collaborative Platform

- Learning Collaborative is an integrated information, education, and communication virtual platform for the clinicians and practitioners, policy makers, as well as researchers and academics.

- Will include:
  - Latest evidence, resources (including training materials), and avenues for training and events related to IPT
  - Trainings and resources for research in evidence-based practices (applications, awards, call for special issues and publications, grants)
  - Advance learning in mental health advocacy and policy (and in IPT)
  - Forum for organizing peer supervision and quality control in IPT

- Administrative updates:
  - Contracting Technical Administrator and Technical Support Manager
  - Developing website content
  - Developing model for Continuing Education credits
DELIVERABLE 3: Maternal Mental Health (MMH) - Situational Analysis
Building an Evidence Base for Maternal Mental Health Policy in Lebanon

CURRENT ACTIVITIES 2020:

POLICY FRAMEWORK
- Policy Scope
- Policy Issues
- Policy Feasibility
- Policy Governance

- Research MMH status & its impact on mothers and infants in Lebanon
- Understand MMH health and social determinants / root causes / associated factors in Lebanon’s economic, financial, political and post-blast humanitarian context
- Measure MMH impacts and/or outcomes on the affected stakeholders: mothers & their infants, health and social sectors, government & non-government entities, humanitarian services...

RESEARCH PLAN:
SITUATIONAL ANALYSIS
- Policy Context
- Data & Information:
  MMH severity & causes, factors inhibiting or facilitating change, service pathways/gaps, beneficiary profile
- Policy Planning & Prioritization

1. Conduct Desk Research and Benchmarking to analyze policy’s relative position with government (MoPH), academic (USJ, AUB), and third sector partners (providers, funders, NGOs): Terms of Reference

1. Develop the evidence-base via Qualitative & Quantitative Research**:
   a. Institutional Capacity Survey & Key Informant Interviews
   b. Survey & Focus Group of Specialists [OBGYN, psychiatrists & psychologists, pediatrician]
   c. MMH Survey on expectant/new mothers in clinics

1. The research outputs will establish a Monitoring & Evaluation framework with a policy baseline to measure impact assessment [MoPH NMHP’s KPIs]

1. Consolidate evidence-based findings, analysis and conclusions for Knowledge Management and Dissemination strategy

**Restructured administration format of research activities from in-person to online format disseminated via secure platform.
DELIVERABLE 3: Maternal Mental Health (MMH) - Situational Analysis
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CURRENT ACTIVITIES 2020

STAKEHOLDER ENGAGEMENT PLAN

- Stakeholder Engagement Objectives
- Identification of Key Stakeholders
- Method of Engagement & Communication
- Risks & Issues Register

- Secure buy-in from stakeholders in mental health, child & reproductive health, Government and Private sector, NGOs, Funders, Academia (USJ, AUB), and more
- Raise awareness on policy area and requisite research to promote collaboration, transparency and accountability
- Request access to data and information; identify and address information gaps
- Align research instruments/interventions to needs/requirements
- Assess the risks and define potential mitigation strategies

FUTURE ACTIVITIES

THEORY OF CHANGE & POLICY FORMULATION

- Evidence-based [SMART] policy objectives to Identify & Appraise Policy Options
- Implementation Plan of policy objectives to achieve impacts, outcomes, outputs, indicators/targets
- Forecasting and Scenario Development

1. PROGRAM: Provision and scaling-up of empirically validated IPT psychological intervention for common mental disorders in line with latest National Mental Health Policy (NMHP) evaluation by an independent panel (June 2019).
1. CAPACITY BUILDING: Train IPT supervisors and Practitioners in Lebanon (September 2020)
1. QUALITY ASSURANCE & SITE READINESS:
   - Facility Assessment & Implementation Checklist - used prior to integration of a new PHC mental health model.
   - Staff Selection Checklist revision - used for trainee selection
1. GOVERNANCE & M&E: New key indicators that were not considered prior to the GCC funded project are being included in checklist.
1. **Scaling-up Training-of-Trainers (ToT) in IPT in Lebanon**

- Original plan to recruit 30 new trainee-providers, who will receive didactic training in IPT over a 4-day training workshop in Lebanon
  - 15 trainees will be key faculty members from Lebanese academic institutions, identified by NMHP (Dr. Rabih El Chammay), to be future local Master-Trainers

- Master-trainers and NMHP will select 5 licensed trainee-supervisors and 10 licensed trainee-providers from previous training to advance to next level of training as trainee-Master Trainers and trainee-supervisors
  - Reallocated budget to incentivise advanced trainees to commit to IPT capacity-building

- In discussion with MOPH Lebanon, to meet current priority mental health needs (in context of political unrest, explosion and COVID-19), exploring how to accelerate scale-up and reach by:
  - Training in 3-session IPC for distress (depression, anxiety, and PTSD), as a short-term symptom reduction, long-term engagement strategy; and for triaging to higher-level care
  - Training frontline workers (such as from Child Protection Services)
  - Refresher training for Lebanese providers on IPT for trauma / PTSD

- Online training(s) to be held in end of 2020
Deliverables in planning

2. Development of Online Surveys on Dissemination and Implementation of IPT on National-Level

- **IPT Adoption Survey**: to evaluate the autonomous use of IPT by previously trained trainee-providers and supervisors in their current practice in Lebanon. Continuity of use of IPT after the training ended in 2019 will be used as proxy indicator of IPT adoption in Lebanon
  - Of the total 25 trained clinicians in our project and who received the IPT adoption survey, 23 responded; 95.6% are actively implementing IPT (who have in turn screened 402 patients and provided IPT to 248 of them).

- **Maternal Mental Health Service Delivery Survey**: to assess and evaluate the current available and utilized pathways to maternal mental health service delivery in Lebanon’s private and public health sectors, among current trainees.

- **Adapted Dissemination and Implementation (D&I) Survey (Applied Mental Health Research Group, Johns Hopkins University)**: to assess successful D&I of IPT in trainees’ practice settings.
Deliverables in planning

3. Regional IPT Conference in Lebanon

- Series of seminars with local and international IPT experts; poster sessions which will highlight national and regional evidence on IPT and EBPs (scheduled for 2021, based on MoPH direction)
  - Online format with virtual poster sessions and interactive webinars

- Seminars and Workshops include:
  - Implementing Collaborative Care in Primary Health Care Settings (Dr. Amritha Bhat, University of Washington)
  - Policy to Practice: IPT, Lebanon’s National Mental Health Program and Strategy, and the humanitarian crisis in Beirut (Dr. Sandra Willis, GMH, Teachers College, Columbia University)

- Expected output: Book of case studies written by IPT trainees and invited authors (Columbia University Press) and other academic publications
Additional Funding

- Lena Verdeli is Co-I in the National Institute of Health Research (NIHR) Research and Innovation for Global Health Transformation (RIGHT) programme funding to conduct a randomized control trial of IPT for treatment of post-natal depression and child development in two sites (Lebanon and Kenya).