Psychosocial response to vulnerable populations’ needs in Lebanon: Managing the transition from a humanitarian to a development approach

4th Panel Discussion: Regional Dimension

International Medical Corps’ MHPSS Programming in Jordan and throughout the Middle East

Claire Whitney, MIA, LICSW
Regional Mental Health & Psychosocial Advisor – Middle East
International Medical Corps

cwhitney@internationalmedicalcorps.org
OUR MISSION

Improve the quality of life for vulnerable people through health interventions, training and related activities that build self-reliance

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Middle East Programs with MHPSS Activities

- Syria
- Lebanon
- Jordan
- Iraq
- Gaza
- Turkey
- Yemen
IMC’s Vision & Mission for MHPSS Programming

OUR VISION

• Improved access & availability of evidence based, high quality & culturally sensitive mental health services & psychosocial support for populations affected by conflict & crisis

OUR MISSION

• To build sustainable local capacities & provide comprehensive, integrated & community based mental health services & psychosocial support activities that promote the resilience & overall wellbeing of vulnerable refugees, internally displaced people & host populations
IMC’s Approach to MHPSS

- Foundation in & contribution to **global guidelines & best practices**
- **Holistic & integrated** programming (e.g. with health, protection, rehab, nutrition)
- Respect for cultural practices (e.g. adaptation of approach & materials to the local context)
- Focus on the **spectrum of support** for comprehensive services
How is this accomplished?

• Covering the relief to development continuum
• Building sustainable local capacity
• Partnering with local governments to strengthen national mental health initiatives
• Implementing innovative interventions & research
• Ensuring quality programming through monitoring & evaluation, including the evaluating of outcomes
• Engaging in MHPSS awareness-raising & advocacy
• Participating in global MHPSS forums
Global MHPSS Guidelines & Tools

- IASC: MHPSS Guidelines
- UNHCR: Operational Guidance & Global Review
- IASC/UNICEF: Advocacy: MHPSS basics for lay people
- WHO/UNHCR: MHPSS Assessment Toolkit
- WHO: Psychological First Aid
- WHO: Mental health Gap Action Programme (mhGAP)

*Intervention Guide* &
*Humanitarian Intervention Guide*
IMC’s MHPSS Programmatic Areas

- Integration of MH into PHC & MH Case Management
- Child- & youth-focused programming
- Peer-to-peer & community support groups
- Training & Capacity Building
  - Clinical supervision
- Conducting research & piloting new interventions
- MHPSS Coordination Mechanisms
- Partnerships for national MHPSS initiatives
- Advocacy & awareness raising activities
Providing comprehensive MH case management services
Identifying & Addressing MHPSS Needs of Syrian Refugees Regionally

- Country-level MHPSS needs assessments

### Percentage of Mental Health Disorders by Country

- **Severe Emotional Disorders**
  - | Country | Percentage |
  - | | |
  - | JORDAN | 70% |
  - | TURKEY | 60% |
  - | LEBANON | 50% |
  - | SYRIA | 60% |

- **Other Psychological Complaints**
- **Other Disorders**
- **Behavioral Disorders**
- **Developmental Disorders**
- **Psychotic Disorders**
- **Epilepsy**
- **Alcohol and Other Substance Abuse Disorders**
- **Medically Unexplained Somatic Complaints**
IMC MHPSS Interventions in the Middle East

- WHO Problem Management Plus (PM+)
  - Individual & group
- WHO Self-Help Plus (SH+)
- WHO Caregiver Skills Training (CST)
- Cognitive Behavioral Therapy (CBT)
- Interpersonal Psychotherapy (IPT)
  - Individual & group
- Narrative Exposure Therapy (NET)
MHPSS Programming in Jordan

- Initially for displaced Iraqis in 2007
- For displaced Syrians since 2011
- Covering all governorates in Jordan – camp & urban areas
- Collaboration with MoH – IMC MHPSS services integrated into MoH PHCs
- Co-Chair of MHPSS WG
STRENGTHS Consortium:
Fostering responsive mental health systems in the Syrian refugee crisis

Aims to provide effective community-based mental health care implementation strategies to scale up the delivery & uptake of effective mental health interventions in Syrian refugees in countries around Syria (Turkey, Lebanon, Jordan, Egypt) & Europe (Germany, the Netherlands, Switzerland & Sweden)

www.strengths-project.eu

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STRENGTHS:
Syrian REfuGees MeNTal HealTH Care Systems

Objectives-

1. Outline necessary steps needed to integrate evidence-based low-intensity PM+ psychological interventions for common mental disorders into the health systems.

2. Adapt the PM+ programmes and training materials to the recipients of care within the specific health systems and co-create the necessary local conditions for implementation and up-scaling.

3. Scale-up the PM+ programmes successfully in terms of health-system performance, effectiveness, affordability and sustainability and identify barriers and facilitators to this end.

4. Determine the invested cost and effort (organisational, resource and political-economic requirements) relative to the reduction of economic burden of the implementation of the specific PM+ programmes into the health systems.

5. Disseminate the evidence-base for PM+ programmes as well as the validated implementation strategies and engage with new stakeholders and health systems to further scaling up across Europe and beyond.
Strengthening mental health care systems for Syrian refugees in Europe and the Middle East: integrating scalable psychological interventions in eight countries


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Regional MHPSS Initiatives

Positive Pathways:
A No Lost Generation Summit on Psychosocial Support Programming for Conflict-Affected Children and Youth in the Middle East

22-23 November - Amman, Jordan

Steering Committee: War Child, Mercy Corps, Save the Children, UNICEF, & International Medical Corps
Key Messages

• In consideration of the ongoing humanitarian crisis in Syria that has led to one of the largest population displacements of our time, there should be dedicated efforts to identify and utilize culturally appropriate, evidence-based, and scalable interventions for Syrians

• With the changing landscape of funding for Syrian refugees, and identified challenges in humanitarian programming, there should be concrete actions taken to advocate for more sustainable and multi-year funding to ensure that critical support for Syrians is available, throughout the Middle East and globally
Thank you!

Claire Whitney, MIA, LICSW

Regional Mental Health & Psychosocial Advisor – Middle East
International Medical Corps
Amman, Jordan

cwhitney@internationalmedicalcorps.org