



International
Medical Corps

2016 YEAR IN REVIEW:

**MENTAL HEALTH &
PSYCHOSOCIAL SUPPORT**

Mental Health & Psychosocial Support is critical.

OUR MISSION

To build sustainable local capacities and provide comprehensive, integrated and community based mental health services and psychosocial support activities that promote the resilience and overall wellbeing of vulnerable refugees, internally displaced people and host populations

OUR VISION

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

2016 Country Programs

GREECE: REFUGEE CRISIS

"The uncertainty of where they will end up, coupled with the fact that most of them fled war and violence, can have a profound psychological toll. Mental health care is not optional—it's a necessity."

Dr. Inka Weissbecker in response to IMC's services supporting Syrian refugees in Greece

Read the story here:
<http://bit.ly/2j949DA>

NEPAL: EARTHQUAKE RECOVERY

"Through his work, Shambu has developed new hope in his life and the lives of others. He is now attending a six-month-long psychosocial counselor training course organized by International Medical Corps and another local implementing partner, Transcultural Psychosocial Organization (TPO) Nepal."

Mental health training in the wake of the Nepal earthquakes

Read the story here:
<http://bit.ly/2jkV47N>

SYRIA: REFUGEE CRISIS

"MM has been visiting International Medical Corps' clinic every month and has gradually rebuilt his life."

Helping a Syrian man overcome depression in the horrors of war

Read the story here:
<http://bit.ly/2j2tX1J>

SOUTH SUDAN: REFUGEE CRISIS

"It was exciting to see my son properly communicating and socializing with others as well as taking good care of his own personal hygiene after such a long period of time."

One man's triumph over mental illness in South Sudan

Read the story here:
<http://bit.ly/2ihM4P9>

Global Mental Health Needs



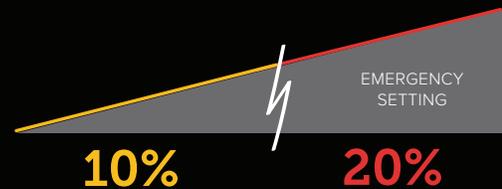
Low-income countries have an average of **1 psychiatrist** for 2 million people



Only **1 in 5 people** with mental health problems receive appropriate treatment in lower income countries



mental health accounts for **4 out of 10** leading causes of disability worldwide



In emergency settings, the rate of common mental disorders can double—often from 10% to 20%



450 million

people struggle with some form of mental illness globally



The cost of mental illness is to rise to **\$6 trillion by 2030**

In low income countries, **less than 1%** of health care spending is used to address mental health issues

Only 1% of the global health workforce is working in the field of mental health today



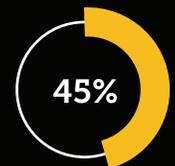
Unemployment rates among individuals with mental disorders can be as high as 90%



Around 20% of the world's children and adolescents are estimated to have mental disorders



Mental illness represents 13% of the global disease burden surpassing cardiovascular disease and cancer



Mental disorders are the largest global contributor (45%) to the burden of disease in adolescents aged 10-24

MHPSS Areas of Primary Focus & 2016 Highlights

Survivors of conflict and disasters are at higher risk for psychological distress and mental health conditions due to continued and overwhelming chaos and uncertainty, as well as the enormity of their loss that often includes homes, community, loved ones, and livelihoods. International Medical Corps is one of the few international relief organizations who has the capacity to respond and prioritize prevention and treatment of mental health and psychosocial needs in humanitarian crises. As communities recover, we focus on the longer term, to help strengthen mental health care systems and shape national policies:

1 Mental Health Leadership

International Medical Corps plays a leading role in informing, responding to, and coordinating mental health and psychosocial support programming in emergencies. We contribute to the development of global guidelines and national policies for improving mental health and well-being among affected populations. We stress the importance of including Mental Health and Psychosocial Support in relief and development programs and regularly engage at the global and national levels meeting with governments, international organizations, policy makers and donors.

Our MHPSS teams contributed to various global initiatives this year, including:



1

Developed MHPSS Minimum & Comprehensive Quality Standards, includes 11 sections of standards in total to support program quality and accountability



14

Contributed to 14 MHPSS Media Pieces published in outlets including The Guardian, National Public Radio, and Huffington Post

Participated in global meetings and calls to action, including the World Health Organization and World Bank event "Out of the Shadows: Making mental health a global priority" in DC including presenting in innovation fair: <http://bit.ly/2mG2d6E>

Presented with NGOs4MentalHealth to launch call for action and meeting with the All Party Parliamentary Group advising NGOs to make mental health a priority: <http://bit.ly/2q7xYVJ>

Published articles focused on ensuring Mental Health is a priority for governments, funders and implementers of humanitarian assistance. International Medical Corps Mental Health op-ed published: The Millions around the World Living with Mental Illness Cannot Wait: <http://bit.ly/2rfAXhc>

Worked with key partners to support mental health policy and agenda reform:

- ▶ In 2014, the Lebanese Ministry of Public Health, in collaboration with WHO, UNICEF, and International Medical Corps, launched the first National Mental Health Programme to reform the mental health system and scale up services: <http://bit.ly/2IINmcy>
- ▶ Dr. Inka Weissbecker, IMC, was a co-author of this position paper in conjunction with the World Bank and other groups. The paper outlines the challenges of the current crisis of forced displacement and explores the economic and social impact of mental disorders within a displaced population: <http://bit.ly/2m4JOMW>

2 Building Comprehensive Mental Health and Psychosocial Support Services

International Medical Corps is one of the few global emergency response organizations with the capacity to address both the immediate psychosocial needs of communities struck by disaster and assist those with preexisting mental health disorders. A chronic shortage of qualified, specialized mental health workers in many countries is compounded in humanitarian crises when the availability of health staff is often limited and health facilities may be damaged or access to them otherwise compromised.

Our MHPSS teams focused on advocacy, assessments of mental health systems, and developing resources for implementing mental health services. Find more examples below:



6

Developed 6 MHPSS guidance notes, many in Arabic, English and French (examples include Psychological First Aid, and Program Disengagement Strategies)



8

Coordinated 8 Community of Practice Calls with field teams (4Ws Assessment and Mapping, Interpersonal Therapy and Youth MHPSS Programming)

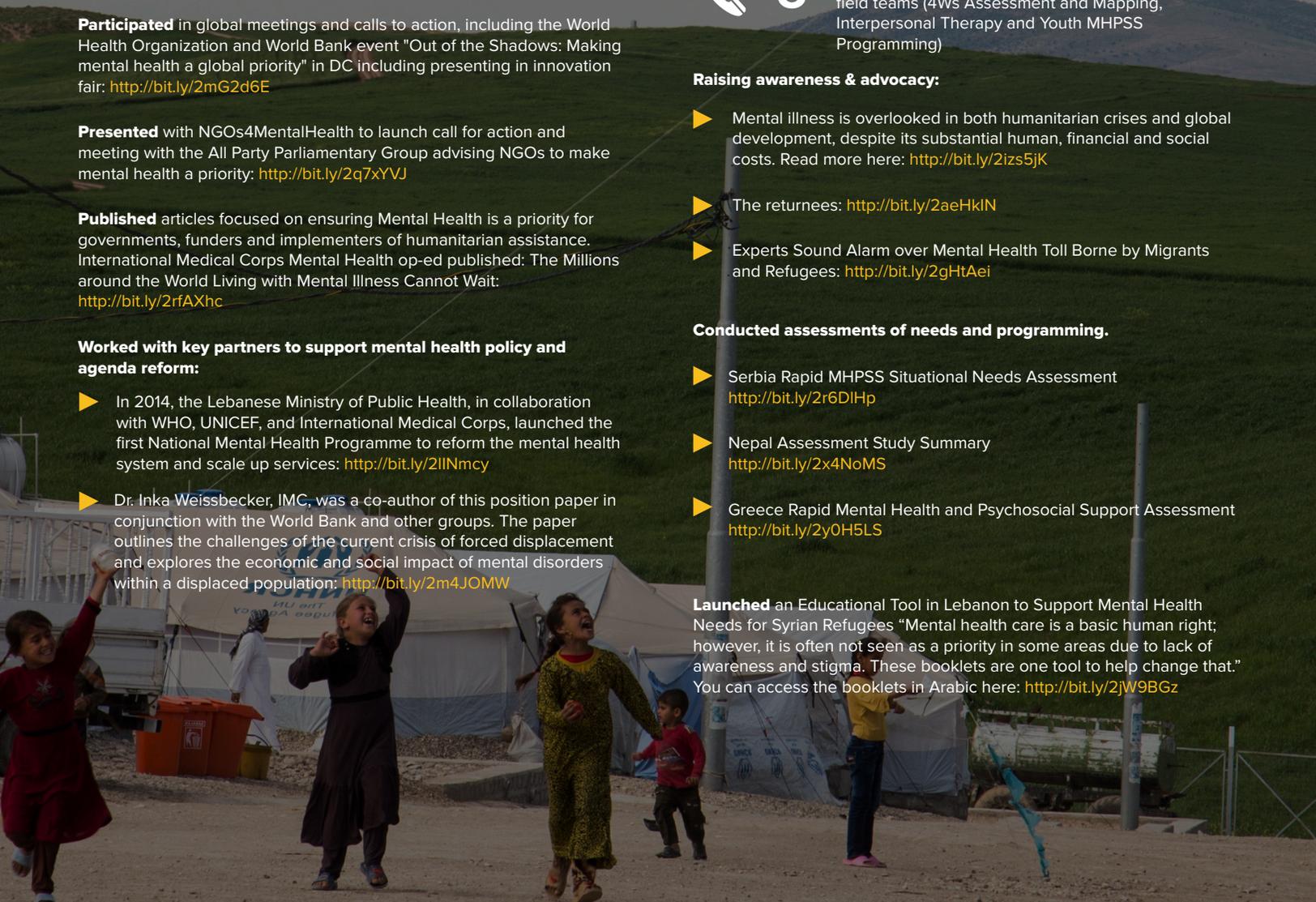
Raising awareness & advocacy:

- ▶ Mental illness is overlooked in both humanitarian crises and global development, despite its substantial human, financial and social costs. Read more here: <http://bit.ly/2izs5JK>
- ▶ The returnees: <http://bit.ly/2aeHkIN>
- ▶ Experts Sound Alarm over Mental Health Toll Borne by Migrants and Refugees: <http://bit.ly/2gHtAei>

Conducted assessments of needs and programming.

- ▶ Serbia Rapid MHPSS Situational Needs Assessment <http://bit.ly/2r6DIHp>
- ▶ Nepal Assessment Study Summary <http://bit.ly/2x4NoMS>
- ▶ Greece Rapid Mental Health and Psychosocial Support Assessment <http://bit.ly/2y0H5LS>

Launched an Educational Tool in Lebanon to Support Mental Health Needs for Syrian Refugees "Mental health care is a basic human right; however, it is often not seen as a priority in some areas due to lack of awareness and stigma. These booklets are one tool to help change that." You can access the booklets in Arabic here: <http://bit.ly/2jW9BGz>



MHPSS Areas of Primary Focus & 2016 Highlights

4

Psychosocial Activities that Promote Mental Health and Well-Being

International Medical Corps designs and implements age appropriate programs to address identified needs in the areas we work. Projects for children and youth are designed to build key life skills for coping with difficult situations, developing friendships, and encourage youth to engage in their communities. Our projects provide families and local leaders the skills needed to strengthen youth social support networks and make important contributions to building communities. We work with local partners to assist children and their families by providing safe spaces and healthy activities in urban and camp settings. In our Youth Empowerment Program, community projects are designed and carried out by young people themselves, who learn important skills and forge new relationships with others in the process.

Our MHPSS teams have recognized and built programming to meet the MHPSS needs of children, youth and adults in humanitarian settings, including:



4

Implemented adolescent MHPSS programming in 4 countries: Jordan, Syria, Turkey, and Ukraine

Highlighted the needs of children who are affected by conflict in Syria: Emotional trauma leaves deep wounds for Syria's child refugees - "Mental health issues impair all function of life and the longer it goes untreated, the more you see its impacts amplified." Read more: <http://bit.ly/2momg7y>

Promoted Psychological First Aid – an "approach (that) encourages those interacting with refugees and migrants to respond in a way that is humane, culturally appropriate, and sensitive to the fact that they have just gone through a highly stressful event." Read more about how International Medical Corps uses this approach here: <http://bit.ly/2iNdPT4>

Created a program to support older adults in Ukraine. The ongoing conflict in Ukraine has had especially devastating consequences for older people who continue to live in small villages in the buffer zone and are exposed to continued shelling, insecurity, economic hardship and social isolation. International Medical Corps is providing psychosocial support services and activities, including weekly "active longevity" groups for older persons.

Developed and evaluated program approaches with key stakeholders to address mental health, psychosocial and protection needs for children and youth:

▶ International Medical Corps' developed and implements through child friendly spaces its evidence-based Youth Empowerment Program (YEP) to support vulnerable adolescents in developing life skills in order to promote their well-being and empowerment. YEP engages vulnerable and host community youth, aged 15-18 years old. YEP aims to promote the protection and resiliency of youth, as well as their families and communities, and enhance essential life skills, confidence and future orientation. A wide variety of mediums are used, including sand play, art, dance and puzzles. In addition to the many energizer activities, relaxation activities, such as guided imagery and breathing exercises, are adapted for children. A recent program review from three years of YEP in Jordan showed that after completing YEP, participants demonstrated significant improvements in social skills, feelings of community connectedness, and significant reductions in depression, anxiety, and negative feelings among vulnerable adolescents exposed to conflict. Read more about our YEP in Jordan here: <http://bit.ly/2gtvYXt>

3

Integrating Mental Health into Health Systems

In line with International Medical Corps' global approach, we work in partnership with relevant ministries of national governments and World Health Organization to develop country-specific mental health programming based on an assessment of existing health systems and strategies. We use a comprehensive approach to adapt training materials to the local context, provide both theoretical training and supervision, support institutional capacity building and evaluate results to inform policy, practice and scale-up.

Our MHPSS teams focused on documenting lessons learned from this type of programming and translating those lessons into a capacity building tool to strengthen mental health integration globally, read more below:



10

International Medical Corps has been implementing programs integrating mental health into general health care for **more than ten years**

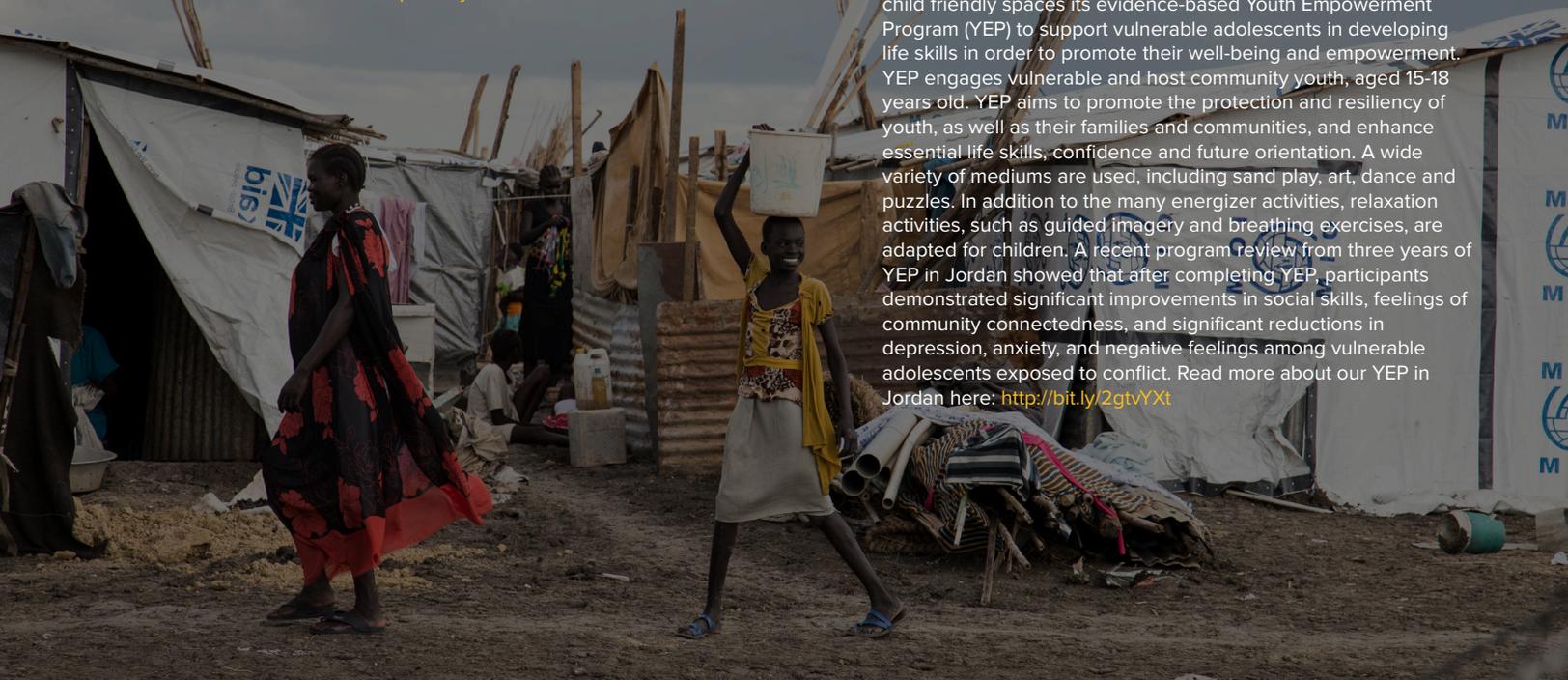


11

in over 11 countries (Cameroon, Central African Republic, Chad, Ethiopia, Iraq, Jordan, Lebanon, Nepal, South Sudan, Syria, Turkey).

Evaluated and documented the integration of mental health into general health care using WHO mhGAP-IG Intervention Guidelines. Using a mixed methods approach to evaluate programming in the Philippines, South Sudan and Central African Republic, *IMC 2016 Mental Health Integration into General Health Care: A Step Wise Approach* lays out guidance on a 6 step approach to integrate mental health care in humanitarian settings: <http://bit.ly/2iIBOAW> Collaborated with key national stakeholders from health ministries and iNGO partners during workshops with the three program countries.

International Medical Corps has now been funded to develop a **Toolkit for Implementing Mental Health Programs as part of the health system in humanitarian settings**. The toolkit will clearly outline the steps for implementing integrated mental health programs in humanitarian settings and will provide valuable guidance for better resource allocation, program design, implementation and evaluation. You can find more details here: <http://bit.ly/2iIMxRO>



Celebrating World Mental Health Day around the World



NEPAL

In Nepal, we broadcasted to 59 districts a special 30-minute radio episode to promote awareness of mental health, educate community members on how to access mental health services and highlight the local resources available to help individuals and communities.



GREECE

In Greece, we facilitated WMHD activities in 3 different refugee camps. Activities included child focused handicraft groups and dissemination of information related to building coping skills for displaced persons.



SOUTH SUDAN

In South Sudan, we celebrated in Doro camp, Malakal, Maban and Juba. Over 7,000 people attended speeches, awareness activities, marching, signing and dancing and a radio broadcast. Participants included community leaders, representatives from other agencies, community members and community health care workers.



JORDAN

In Jordan, we celebrated WMHD in 13 different sites. Activities included PFA workshops, Mental Health awareness trainings for the general public, art activities, story telling and drama.



CAMEROON

In Cameroon, we engaged community members throughout the week to promote awareness, share messages about accessing mental health care and the importance of mental health, particularly how mental health problems can impact overall health.



LEBANON

In Lebanon, over 250 people joined us in celebrating WMHD. Activities included art activities, events focused on addressing stress and coping mechanisms, and a presentation on common misconceptions about suicide and coping with stress. IMC in Beirut also presented on mental health services for refugees in Lebanon at a conference held by the Lebanese psychiatric society.



Case Study

Mental Health Work in Ethiopia

A 30-year-old mother of three, Halima was forced to flee her native Somalia, eventually arriving in the Melkadida refugee camp in Ethiopia. A single mother, she cared for her children on her own even as her condition gradually worsened.

Halima saw traditional healers and religious leaders to break the dark cloud that had settled over her life. She felt sad and was having trouble sleeping. She lost interest in activities that she once enjoyed. She couldn't shake the darkness and blamed herself. Halima visited a mental health officer in a clinic at the Melkadida refugee camp in Ethiopia. Halima was diagnosed with depression, and after a combination of medication and counselling services Halima has significantly improved and gained control of her life. Read more here: <http://bit.ly/2IGCOonK>

SOMALIA

4 million people are short of food

300,000 children under 5 years-old severely malnourished

ETHIOPIA

Melkadida refugee camp is home to more than 45,000 people

Coming in 2017

Look for more great MHPSS work in 2017 including a focus on youth and adolescent MHPSS and scalable psychological interventions!



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