



WELL  
BEING  
IS  
A  
MATTER  
OF  
MIND





# IDRAAC

**INSTITUTE FOR DEVELOPMENT,  
RESEARCH, ADVOCACY AND  
APPLIED CARE.**

IDRAAC is an NGO specialized  
in Mental Health Awareness,  
Research and free Treatment.

IDRAAC Institute for Development, Research, Advocacy and Applied Care is the first non-profit NGO dedicated to mental health in Lebanon and the Arab World and is located in **Beirut, Lebanon**. Founded in 1997, it was officially registered on May 14, 2002 (permit No. 63, amendment No. 7848 on March 28, 2007).

IDRAAC's members have been conducting national, regional and international research **since 1982** and have been involved in many national and international studies targeting different segments of

# ACTIVITIES

the population and assessing different types of mental health conditions. IDRAAC's members have been delivering over the past three decades free mental and psychosocial community services, and have been building a variety of **awareness programs** in mental health (including alcohol and other substance use disorders).

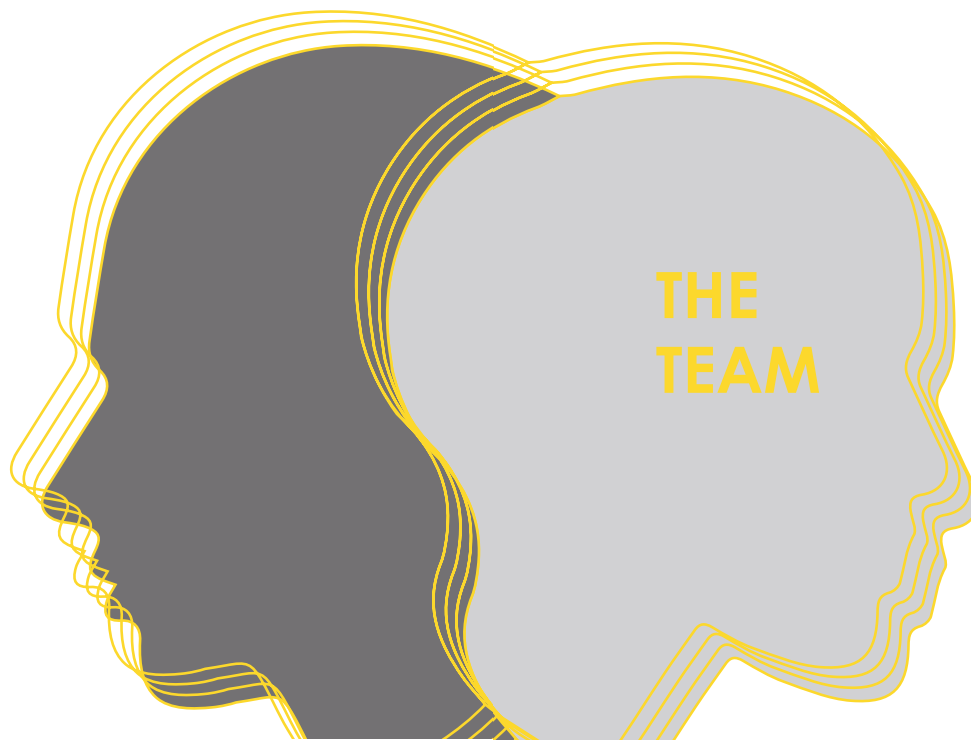
IDRAAC's only source of income is based on grants, donations and fundraising activities. All senior IDRAAC members donate their time for free.



The IDRAAC team consists of:

- Psychiatrists (for children, adults, and elderly)
- Psychologists (for children, adults and elderly)
- Psychiatric Nurses
- Social workers
- Epidemiologists
- Biostatisticians
- Public Health Practitioners
- Media and Communication advisors

**This multidisciplinary team works closely to support IDRAAC's mission and objectives.**





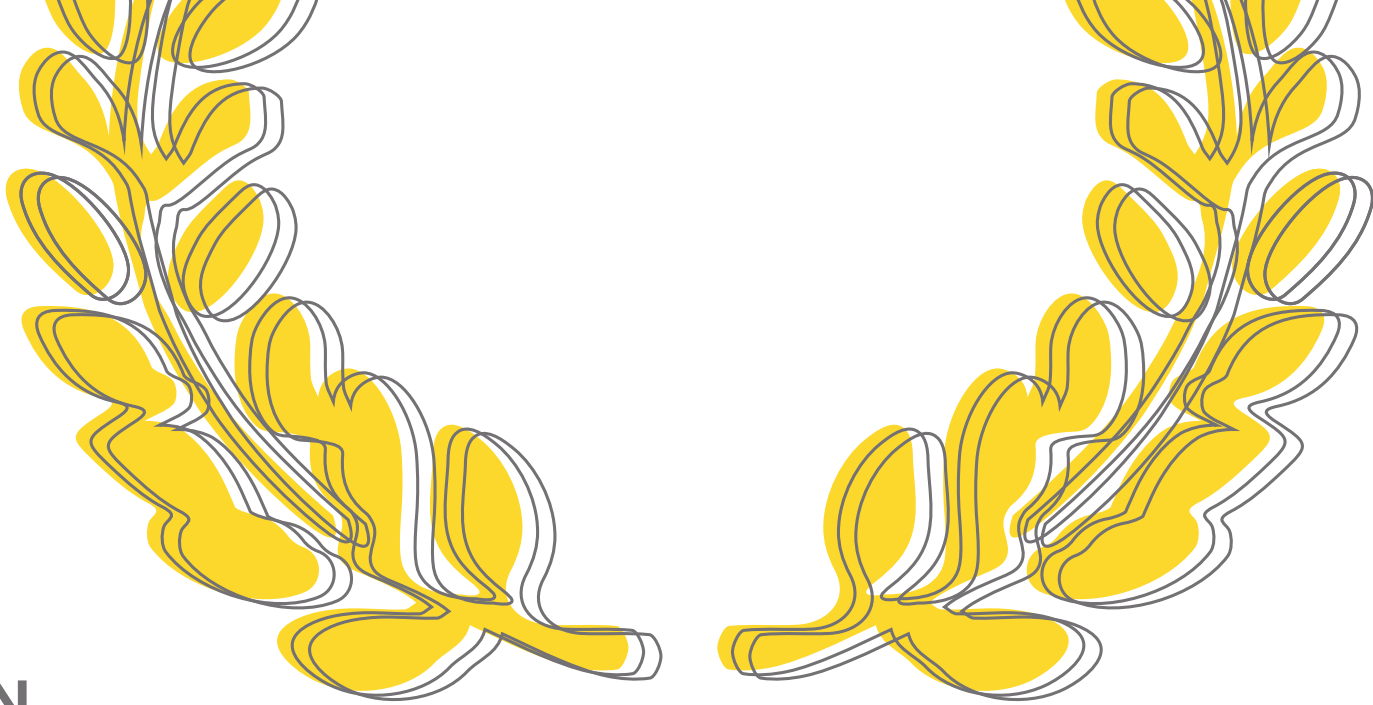
# MISSION & OBJECTIVES

IDRAAC's mission is to conduct and promote research in mental health, raise public awareness and advocate for mental health as a basic **human right** while providing free care for all age groups (children, adolescents, adults and the elderly).

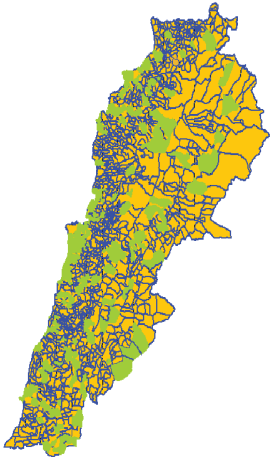
## IDRAAC'S OBJECTIVES ARE TO:

- Educate and increase public awareness on mental health.
- Reach out to policy makers to address mental health on a national level.

- Advocate for mental health as a basic human right and work on preserving the human rights of persons affected by mental health conditions.
- Implement community intervention programs addressing various aspects of mental health.
- Offer individuals and communities the means of identifying, dealing with and overcoming mental disorders.
- Train students and professionals in the practice and research of mental health.
- Develop and adapt suitable instruments for research in Lebanon and the Arab region.
- Conduct and promote research in mental health on national, regional and international levels.



## MAIN ACHIEVEMENTS



- The L.E.B.A.N.O.N. Study is the first national survey in the region, which studies extensively mental health disorders and other medical chronic illnesses. This study gathered extensive and essential data on mental health in Lebanon and is now the reference for policy planning. This study was done as part of the World Mental Health

Surveys, an initiative by the World Health Organization and Harvard University which partnered with organizations from different countries around the world (IDRAAC from Lebanon) to perform a worldwide exhaustive assessment of the various aspects of mental, behavioral and substance use disorders.



- More than 160 publications so far in peer-reviewed international journals.
- The Mental Health Act (A law that ensures the rights of people affected by mental health conditions).
- Pikasso d'Or Award for 2014 (citizen billposter category) for the "Think About It" campaign.
- The Prince Hamdan Al Maktoum Award for Best Medical Center in the Arab World (December 2010).
- Appointed as a training center for the Arab world in mental health research using the CIDI ((Composite International Diagnostic Interview), a fully structured diagnostic interview, to assess disorders and treatment). This tool was used in the L.E.B.A.N.O.N. Study and has been used for training so far in Oman, UAE, Palestine, Jordan, Iraq and KSA.

IDRAAC's activities focus on 4 major aspects: treatment, awareness, research and community projects and services.

### **1. Treatment and Support of Persons in Need**

IDRAAC provides:

- Free Psychiatric and Psychological Care.
- Psychological Support and Treatment of persons affected by traumatic events.
- Psychosocial Support and Treatment of Refugees

*Each year, IDRAAC provides around 1800 sessions for free.*

### **2. Awareness Activities by IDRAAC**

a. "Think About It" Campaign  
IDRAAC launched the first national mental health awareness campaign under the title "Think About It" (English) and (Arabic) "فكر الصحة، نفسية كمان".

Several awareness messages were communicated to the public to raise awareness about mental health concepts and conditions. All the messages communicated originate from IDRAAC's pioneering research and activities.



Five celebrities took part in the campaign to support mental health improvement:

**Ms. Zeina Daccache**

Actor/Director and Drama Therapist

**Mr. Rabih Keyrouz**

Fashion Designer

**Mr. Tino Karam**

Actor/Director

**Mr. Hamed Sinno**

Lead Singer of Mashrou' Leila

**Ms. Ghida Younes**

TV Presenter / Producer

The campaign consisted of:

- Outdoor Billboards
- Posters
- A TV commercial
- A radio commercial
- Online campaign on IDRAAC's website
- Online campaign on Facebook and Twitter
- Radio and TV appearances.







b. Participation in International Awareness Campaigns such as the “It Gets Brighter Campaign”

The “It Gets Brighter” campaign is an international initiative by Oxford University which invites people from around the world to end the silence about mental health by collecting short videos of hope from individuals that have experienced a mental health difficulty, and those who support them. The campaign seeks to combat the belief that mental illness should not be spoken about and cannot be managed.

As IDRAAC has been the first organization to work on mental health research, awareness, and treatment in Lebanon and the Middle East, we decided to share our experience on an international level in support of the “It Gets Brighter” campaign. You can check IDRAAC’s video and many others on [www.itgetsbrighter.org](http://www.itgetsbrighter.org).







### c. Mental Health Awareness Conferences

IDRAAC members regularly offer mental health awareness lectures on several mental health topics in different areas in Lebanon and targeting different audiences. IDRAAC also regularly calls on international experts to share the latest in mental health with the Lebanese professionals and the public at large.



### d. Awareness Projects for Universities and schools

IDRAAC collaborates with several Lebanese Universities and schools by involving their students and professors in mental health awareness days, community activities, awareness lectures, and in the development of youth friendly awareness materials.

### e. Participation in Public Events

IDRAAC participates in several public events and fairs where its members share their knowledge with the public and answer questions about mental health and specific mental health conditions.

### 3. Research Related to Mental Health

IDRAAC members are very active in research in various areas and aspects mental health.

IDRAAC has partnered with Harvard University and the World Health Organization- WHO (Geneva) for the first national study in the Arab world on mental health. (The Lebanese Evaluation of the Burden of Ailments and Needs Of the Nation (L.E.B.A.N.O.N.) study).

IDRAAC has published more than 160 articles so far in peer-reviewed international journals.

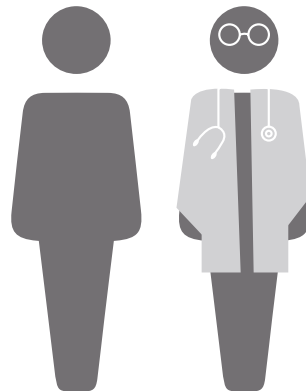
IDRAAC's members have been conducting research since 1982 and have been involved in many national and international studies, targeting different segments of the population and assessing a variety of of mental health conditions.

Summary of IDRAAC's current and prospective research activities (research conducted before 2014 is available on our website:

- Assessing the prevalence of childhood adversities and childhood traumatic events, including war, in the Lebanese population, and studying their effect on the long-term mental health.

## DID YOU KNOW?

Lebanese citizens with an **anxiety** disorder can wait up to **28 years** before seeking treatment.



- Investigating the prevalence and correlates of disorders among the elderly.
- Investigating the burden of traumatic events in the Lebanese population in terms of PTSD and its duration.
- Studying the association between temperaments and smoking habits.
- Investigating the results of the EU Resilience project launched by IDRAAC. The main objective of the resilience project was to build resilience among school children in response to daily stressors.

- Investigating the results of a multi-faceted project: The SYRIL (Syrians in Lebanon ) project, launched by IDRAAC. The main objectives of this project is to increase awareness about gender based violence and mental health problems among Syrian refugee women and youth as well as teaching mothers how to develop parenting strategies with the goal of decreasing violence and abuse, and to build resilience among public school children in response to daily stressors and war.

## DID YOU KNOW?

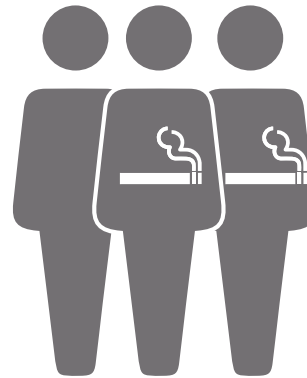
Of the lebanese who have a **mental disorder**, only **1 out 10** sought **treatment**.



- Genetics: studying genetic moderations of interventions related to mental health and wellbeing of Syrian and Lebanese children. This will be studied by measuring pre-post changes in psychological variables and will allow us to identify specific gene variants in children who are more/less responsive to intervention.
- Studying the association between temperament and war exposure on mental disorder outcomes.
- Studying the effect of mental disorders such as bipolar disorders, posttraumatic stress disorder, major depression, panic disorder, social phobia, schizophrenia, substance abuse, irritability, cyclothymia, and ADHD on several outcomes such as education, profession, relation to children and spouse, social network, work productivity.

- Assessing the pattern of treatment in Lebanon: type of treatment, human resources, pharmacologic medications, utilization of services, etc.
- A prospective study on factors (including temperament) that predict clinical outcomes in pharmacotherapy, cognitive therapy, or in combination.

## DID YOU KNOW?



**2 out of 3  
Lebanese people**  
(67.4%) have ever  
used **tobacco** in  
their lives (this is  
one of the highest  
rates in the world)

# DID YOU KNOW?

- Validating scales that detect dementia, depression and anxiety among the elderly.
- Studying the stability of temperaments in a clinical setting.
- Identifying the problems inherent in diagnosing Bipolar Disorder across the world among 47,552 subjects.
- Assessing ways to improve the detection of Bipolarity in the Lebanese: HCL , temperaments.
- Conducting reviews about: the prevalence of childhood adversities among Arab adolescents, the outcome of war traumata in the Arab world in comparison with the world, and the prevalence/ outcome of childhood adversities in the Arab world.



**2 out of 3 Lebanese** were exposed to **at least** one war event in their lifetime.



**1 out of 4 Lebanese adults** have or have had **a mental disorder** at some point in their lives.

### 3. Community Interventions

Some examples of IDRAAC's community projects:

#### ***The Elderly Empowerment Project***

This project is being implemented in collaboration with the Municipality of Jbail-Byblos and is funded by the European Union.

The overall objective of this project is to reintegrate the elderly into the community at large.

The project consists of two components: the first component aims to develop a database of opportunities that engage the elderly in the community and the second component aims to increase public awareness about the social rights and the needs of the elderly.





### ***Turning Teachers into Educators of Tolerance and Conflict Resolution***

The aim of this project was to improve the capacity of public school teachers to become mediators of behavioral change and contribute to build tolerance, decrease violence and conflicts among Syrian and Lebanese students. The project was implemented in partnership with the Ministry of Education and Higher Education (MEHE) and funded by the US Embassy in Lebanon. Teachers were trained on building tolerance, managing aggression and impulsivity of 1340 Lebanese and Syrian students.



### ***Wellbeing of Syrian Refugee Families- mainly Women and Youth-in Lebanon: An Integrated Intervention***

IDRAAC in partnership with UNFPA and in support of the Ministry of Social Affairs implemented a mental health project funded by the U.S. government to provide psychosocial support to women and youth.

*This project aimed at the following:*

To build the capacity of the Lebanese government as represented by the Ministry of Social Affairs to deliver mental health, psychosocial



support and networking with humanitarian aid to Syrian refugees. This was achieved through training of social workers from the Ministry of Social Affairs to be able to deliver psychological support and supporting the infrastructure of Social Development Centers.

To build the capacity of refugee mothers in developing alternative strategies for parenting children with the goal of decreasing violence and physical abuse towards their children. This was achieved through training refugee mothers on tools and strategies to decrease violence and physical abuse towards their children.

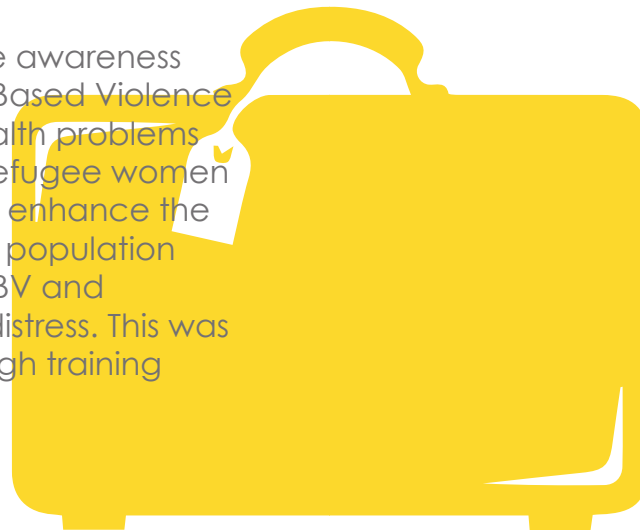
To increase awareness about Gender Based Violence and mental health problems among Syrian refugee women and youth, and enhance the capacity of this population to cope with GBV and psychological distress. This was achieved through training

social workers on conducting focus group sessions with women and girls.

To convert school teachers of Syrian children in public schools into mediators of behavioral change and resilience. This was reached through training 25 school teachers and through school sessions aimed at improving resilience among Syrian children.

### ***The School Program for Building Resilience and Coping***

This project was funded by the European Union in partnership with the Ministry of Education. 1353 students have benefited from the program whose aim was to teach them skills to help, face stressful situations and the pressures of daily life. The sessions were included within the curricula of 17 schools, both public and private, under the supervision of 44 teachers who were trained by IDRAAC for that purpose.





### ***Teacher's Manual to Learning Problems and Psychological Disorders in the Classroom***

In an effort to help teachers and school personnel to detect mental health conditions in schools, IDRAAC has partnered with the Ministry of Education in order to develop a manual to help teachers screen for mental health conditions. This manual is currently at the disposal of school teachers in Lebanon and this project was funded by AMIDEAST.

### ***Mental Health Relief in Crisis***

During periods of crisis and war, IDRAAC's members offer free psychological counseling and support to the communities affected by the crisis such as refugees and their hosting communities, school children affected by wars and adversities, the victims of blasts such as the Ashrafieh blast which targeted Brigadier General Wissam Al-Hassan, the Fassouh building collapse in Achrafieh, the Ethiopian plane accident, just to name a few.



### ***Assessment of psychosocial and mental health needs of women and adolescent girls in war affected regions***

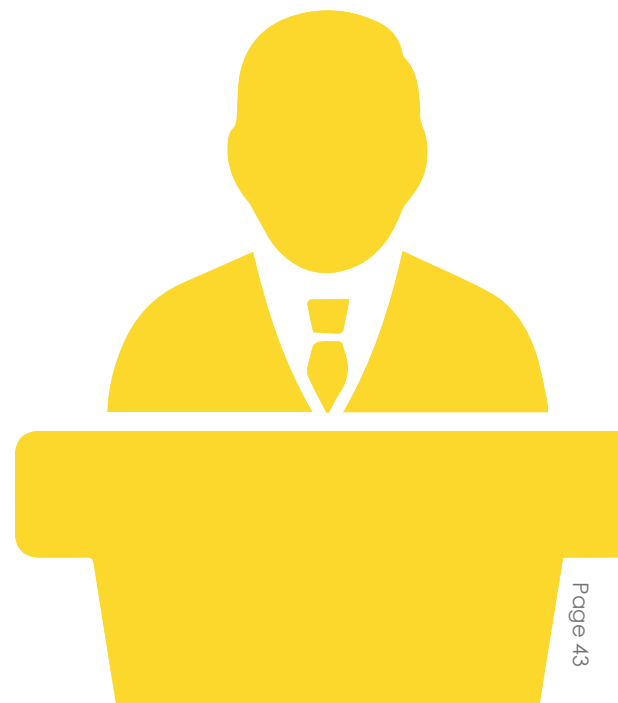
This study aimed to assess the psychosocial needs of Lebanese children and adolescents affected by the July 2006 war. It was completed with the support of Handicap International, ECHO program-European Union.

### ***Training on parenting skills to mothers of children with behavioral problems***

This project was implemented by IDRAAC and funded by Oxfam-Quebec, CIDA and the Canadian Fund for Social Development (CFSD). The aim of this project was to increase awareness on behavioral problems among children and train social workers to use appropriate parenting skills to train mothers of children with behavioral problems. After receiving parenting skills training by IDRAAC, the % of parents that use violence to educate their children dropped from 40% to 6%.

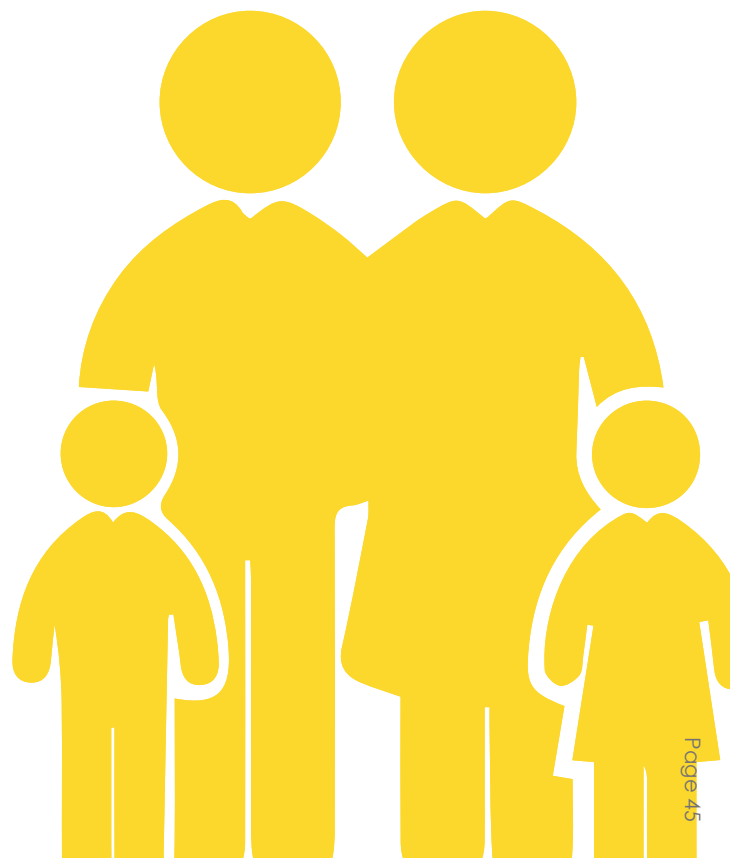
### ***Hotline during the July 2006 war***


During the July 2006 war, IDRAAC offered free trauma consultation to any individual (of all age groups) or families, victim of, or affected by war events that started in July 2006. Senior psychiatrists and psychologists from IDRAAC were being hosted on "Voix Du Liban" (93.3 FM) to discuss and answer questions about the mental health issues in Lebanon in relation to the war events as well.



### ***School-based screening and intervention among youth exposed to war after the “Grapes of Wrath”***

This project was initiated in 1996, while the “Grapes of Wrath” Israeli operation was taking place. Several programs were launched then to support the displaced families and help those who stayed in the bombarded areas. One of these programs was the one initiated by IDRAAC, which aimed at assessing the mental health and relieving the distress of the traumatized children. These children were being followed yearly in a “Child Care Program” that assesses their psychological, medical, and social needs from 1997 to 2004. Social workers were trained by IDRAAC to intervene in the community at a family and school level. Cases were treated in individual therapy by a Child and Adolescent Psychologist.





*From groundbreaking research findings that help us in prioritizing our interventions, to public education and awareness as well as treatment and support of populations that need it the most, IDRAAC's professionals continue to shed the light on the importance of mental health in everyday life and contribute to the wellbeing of its beneficiaries.*

**- IDRAAC**



**IDRAAC solely relies on grants,  
donations and fundraising activities.**

If you would like to support us, you  
can make your donation by:

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Check  
Online on [www.idraac.org](http://www.idraac.org)  
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