



THE LEBANESE ASSOCIATION OF THE KNIGHTS OF MALTA (LAKM) / THE ORDER OF MALTA LEBANON IS LOOKING FOR A CONSULTANT

LAKM has been operating in the health and social welfare sectors since 1957. It manages a network of 30 projects serving the most vulnerable populations, across the Lebanese territory including primary healthcare centers, mobile medical units, elderly day care centers, hosting centers for the differently abled and projects for the displaced and refugees.

LAKM, with the support of its partner Malteser International (MI), has recently developed a comprehensive multi-annual program to strengthen its social, health services and agriculture programs.

In this framework, LAKM is releasing a call for proposal submittals from consultants for the implementation of a day-care medical center for psychosocial rehabilitation and well-being.

CONSULTANT FOR THE IMPLEMENTATION OF A DAY-CARE MEDICAL CENTRE FOR PSYCHOSOCIAL REHABILITATION AND WELL BEING

Context – Mental Health Situation

Mental health is a major problem in Lebanon, accentuated by the current financial crisis and the lack of perspectives. In response, the MOPH has established a National Program for Mental Health and has developed, with the support of WHO, a National Strategy for Mental Health and Drug Abuse Control 2015-2020 and an Inter-Ministerial Strategic Plan for Drug Abuse Control 2016-2022. It is estimated that there are about 1.5 mental health beds per 100,000 inhabitants in general hospitals. There are also 5 mental health hospitals with approximately 28.52 beds per 100,000 inhabitants (89/100,000 inhabitants in France), 71 psychiatrists (1.26 per 100,000 inhabitants, 19/100,000 inhabitants in France) and 193 psychologists (3.42 per 100,000 inhabitants, 47/100,000 inhabitants in France) working in mental health institutions or in private practice. However, there is just one intermediate structure capable of receiving patients in psychological distress or under treatment during the day. This day care mental health is in the Hotel Dieu de France hospital.

Project of Creation of a Day-care Medical Center for Psychosocial Rehabilitation and Well-being – Functional Recovery

Serious mental disorders (SMD) involve several psychiatric diagnoses of prolonged duration, which result in a high degree of physical, mental and social disability that reduces the quality of life of affected individuals and their families. The burden of chronic and severe mental illness on the individual takes on every life aspect:

- Unhappiness and decreased enjoyment of life
- Family conflicts, Relationship difficulties
- Social isolation, Legal and financial problems
- Problems with tobacco, alcohol and other drugs
- Work and school problems
- Poverty and homelessness
- Self-harm and harm to others, poor physical health

Functional recovery is nowadays considered the main goal of treating mental illness. Rehabilitation and integration of persons with serious mental illness into the community is a paramount principle, value, and goal of contemporary mental health policy. The rehabilitation process aims at improving emotional, social and intellectual skills needed to live, learn, and work in the community with the least amount of professional support. Rehabilitation is a multi-dimensional approach to improve the

function and quality of life to a mentally ill person. Psychiatric day hospitals have become increasingly common across the world. Different types of psychiatric day hospital exist that can have different aim and objectives.

Project of Creation of a Day-care Medical Center for Psychosocial Rehabilitation and Well-being – Goals

The mental health day center aims to welcome patients who are stabilized on medication under treatment in an outpatient unit for the day: reception can take place according to the patients' choices or at the invitation of the therapists for a few hours or all day long.

The aim is:

- to provide activities that complement and reinforce the treatment of patients under medication,
- to maintain patients under treatment,
- to ensure better compliance with treatment,
- to accompany patients on their therapeutic journey through activities that call for creativity and free expression, while helping them to regain their autonomy and contribute to their social and professional reintegration.

The mental health day center is also intended to be a place of belonging that helps to break isolation.

Activities cover cognitive-behavioral psychotherapy (CBT) and dialectic behavioral therapy (DBT) and eye movement desensitization and reprocessing (EMDR) -based modalities to help treat chronic depression, panic disorder, Borderline Personality Disorders and PTSD. The activities also cover recreational activities like art therapy, sophrology, and physical activities. The LAKM Day Mental Health Centre will provide therapy services that are adapted and evolving according to individual needs.

The promotion of the mental health day centre will be done through municipalities, health centres, practitioners and social networks.

Demands

LAKM launches a call for proposals for a feasibility study related to the implementation of a day-care Medical Centre for Psychosocial Rehabilitation.

General objective

To provide all the quantitative and qualitative information necessary for the creation of a mental health day center.

Specific objectives

- Analyze the supply of level 1, 2 and 3 mental health care in Lebanon,
- Define the most suitable location for the center,
- Include the location's refurbishment and equipment (Medical & Non-medical),
- Determine the precise services of the Center (1) activities service, 2) consultations service, 3) information and support to families' service, and studies' services,
- Precisely define the activities of each service,
- Specify the nature and volume of beneficiaries, for each service, as well as the reception arrangements,
- Define the human resources and equipment required,

- Draw up the budget,
- Estimate the financial sustainability of the center,
- Propose an external communication plan to develop the center's reputation.

Expected results

Complete document presenting:

- the relevance of the approach in the mental health care system in Lebanon,
- the location of the project,
- the organization,
- the equipment,
- the requested human resources,
- the service offer,
- the budget,
- the design of possible partnerships,
- a financial projection over 4 years including an economic model to ensure the sustainability of the structure.

Deliverables

Primary report: June 3rd, 2021 submission of a first report

Submission of the final report: 21 June 2021

Deliverables

LAKM expects a proposal for services including:

- A presentation of the Institution and the team in charge of the study (1 page) + CVs
- A presentation of the methodology
- A budget proposal
- In annex: references

Tenders must be submitted in two separate sealed envelopes (one including the original proposal and one for the copy), before the deadline of May 6, 2021 at 12:00 and delivered by hand against receipt to the following address:

Mrs. Rindala Bou Harb - Lebanese Association of the Knights of Malta, 1020 Ashrafieh building (previously Olivetti), 3rd floor - Mathaf Area, Beirut / LEBANON Tel: 03-784135

IF YOU ARE INTERESTED TO QUOTE, PLEASE SEND US AN EMAIL NO LATER THAN THURSDAY MAY 6TH, 2021 AT 12H00 PM TO MRS. RINDATA BOU HARB, THE EXECUTIVE MANAGER OF THE DEVELOPMENT PROGRAMS AT RINDALA.BOUHARB@ORDREDEMALTELIBAN.ORG AND DR. JULIEN LAHOUD, RESPONSIBLE OF STUDIES AT JULIEN.LAHOUD@ORDREDEMALTELIBAN.ORG.

*** SPECIFY THE PROJECT NAME IN THE SUBJECT.**