

UNIVERSITY DIPLOMA IN DEVELOPMENT AND ORGANIZATION OF MENTAL HEALTH SERVICES**Main Language of Instruction:**French ☐ English ☒ Arabic ☐**Campus Where the Program Is Offered:** CSM**OBJECTIVES**

The University Diploma in Development and Organization of Mental Health Services, designed in partnership with the National Mental Health Programme (NMHP) at the Ministry of Public Health (MoPH), and the Lebanon country office of the World Health Organization (WHO), aims to build the capacity of healthcare professionals as well as program managers, directors of healthcare facilities, and training coordinators in developing, implementing, evaluating, and adapting mental healthcare services at different levels of care. The program promotes the adoption of a human rights lens as well as a community- and evidence-based approach.

PROGRAM LEARNING OUTCOMES (COMPETENCIES)

- Take on leadership roles within the development and organization of mental health services.
- Establish mental health services that address population needs, based on the WHO pyramid for the optimal mix of services.
- Contribute to the development and implementation of national mental health policies.
- Understand the basics of public health and mental health research.
- Integrate human rights and ethical principles into the practice of public mental health.
- Collaborate with different stakeholders in the development of a common vision for a healthy community.
- Effectively communicate public mental health information to various audiences.

ADMISSION REQUIREMENTS

- Hold a degree in medicine (general medicine, psychiatry, or family medicine), or a bachelor's degree or equivalent in health, nursing, pharmacy, psychology, nutrition, social sciences, or law. A master's degree is a plus.
- Have a minimum of 1 year of working experience in a related field.
- Sit for an interview with the admissions committee.

PROGRAM REQUIREMENTS

24 Credits: Required Courses (24 credits)**Required Courses (24 Cr.)**

Introduction to Global Mental Health (1 Cr.); Leadership, Communication, and Stakeholder Engagement in Mental Health (2 Cr.); Mental Health Law, Policy, and Human Rights (4 Cr.); Health Systems and Organization of Mental Health Services (4 Cr.); Actions on Substance Use and Substance Use Disorders (2 Cr.); Research in Mental Health (2 Cr.); Mental Health and Psychosocial Support in Emergency Situations (4 Cr.); Project Management, Monitoring, and Evaluation (2 Cr.); Integrative Learning Project (3 Cr.)



COURSE DESCRIPTION

496IGMHF1	Introduction to Global Mental Health	1 Cr.
This course introduces students to the importance of Mental Health as a key component of public health. Students will learn about the significant impact of the global burden of mental, neurological, and substance use disorders, while dissecting the evidence about the cost and effective interventions that could be used to tackle them. Students will also understand the role that social, economic, and environmental determinants and health inequalities play in mental health, with an emphasis on the interdependence between physical and mental health. Lastly, students will be introduced to WHO tools and seminal documents in mental health, such as the WHO Action Plan, the Strategy on the Harmful Effects of Alcohol, and the mhGAP.		
496LCSEF1	Leadership, Communication, and Stakeholder Engagement in Mental Health	2 Cr.
This course is designed as an in-person, hands-on workshop over two days. Through this workshop, students gain insights into their personal communication style, how they interact with others, and how they embody and exert their leadership. Students also learn how to better manage and relate to other people working with them, how to foster trust and collaboration within teams, how to apply practical instruments aimed at influencing others, how to give feedback, and how to build their own personal development plan.		
496MHPLF1	Mental Health Law, Policy, and Human Rights	4 Cr.
This course offers students a comprehensive review of why mental health policy and legislation are important to improve the mental health of the population. Students will discuss the different steps that should be taken in the process leading to the development and implementation of mental health policy, plans, and legislation. Special attention will be dedicated to the contributions that the Convention on the Rights of Persons with Disabilities and other international treaties have given to a new understanding of mental health and human rights. Students will also discuss the gaps and challenges in the Lebanese legislation and practices. They will review the measures that are needed to improve mental health legislation and promote the human rights of persons with mental health disorders in Lebanon. Students will be introduced to and discuss international tools such as the QualityRights assessment tool and how it has been adapted and implemented in the Lebanese context.		
496SOMHF1	Health Systems and Organization of Mental Health Services	4 Cr.
Organization of mental health services is one of the most important issues in public mental health, and significant changes have occurred in the past decades in the way mental health services have been conceptualized and operationalized. In this course, students will address the main principles that should be followed in the organization of mental health services, and discuss specific issues related to the integration of mental health care into primary care.		
496ASUDF1	Actions on Substance Use and Substance Use Disorders	2 Cr.
This course highlights the organization of substance use responses on the national and international levels. Students will focus on the rationale behind harm reduction approaches and the main programs that the WHO recommends in response to substance use and substance use disorders.		
496MHARF1	Research in Mental Health	2 Cr.
This course gives students an overview of research methods, focusing on those that are usually applied in mental health. Students will learn how to generate evidence that guides policymaking. Students will also be exposed and sensitized to issues related to research ethics, as well as to the mechanisms set in place at the institutional and national levels to safeguard it.		
496MHPSF1	Mental Health and Psychosocial Support in Emergency Situations	4 Cr.
This course highlights the role and importance of mental health and psychosocial support in humanitarian and emergency settings. Students will learn about the basic principles of integrating MHPSS into humanitarian settings and have access to tools and guidelines made available by the United Nations' Inter-Agency Standing Committee. Students will discuss psychological first aid as different stakeholders will share their experience in MHPSS in Lebanon and the MENA region.		

496PMMEF1	Project Management, Monitoring, and Evaluation	2 Cr.
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This course is designed to train professionals working in non-governmental organizations and the development sector in general on project management. It covers topics like the project management framework, strategy alignment, needs assessment and problem identification, logical framework matrix, budgeting, and risk planning. The material is dissected into easily comprehensible sessions that will provide clarity and ease of adoption in day-to-day tasks. Sessions will encourage interactivity with ongoing evaluation, which will provide a rich and engaging experience based on the principles of adult learning.

496ILPPF1	Integrative Learning Project	3 Cr.
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In this course, students will compile all acquired knowledge and skills into a final project they produce in groups. Projects will be presented to a jury of experts.

