BRAIN CAMP
Mental Health Trainings
December 15-20

Survival Kit
Outline

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A Message From The Coordinator

I'll make this simple and readable:

MENTAL HEALTH IS HEALTH

Alfred Chabbouh
Mental Health Project Coordinator
About LeMSIC

The Lebanese Medical Students' International Committee is an independent, student-run, non-political, non-governmental, and not-for-profit organization, founded in 1964 by Lebanese medical students. It is a full National Member Organization (NMO) of the International Federation of Medical Students' Associations (IFMSA). It has grown to embrace hundreds of medical students in its various standing committees and is making its mark internationally. LeMSIC aims to develop empowered healthcare professionals that will provide Lebanon with a sustainable and healthier future through activities, capacity building, international opportunities, and peer-to-peer education on global health issues.

Introduction

Everyone seems to be talking about mental health these days but many are missing the point. With myths and stigma floating around, how can I know what to believe? How can I be sure that mental health isn’t just some excuse for people with “weak personalities”? How do I decide what is science and what is not when we’re talking about addiction? What about suicide…should we talk about it? Therefore, to affirm mental health’s position in the realm of science and medicine, LeMSIC is happy to introduce the first edition of “Brain Camp”, a group of 6 training sessions on different topics about mental health.

Brain Camp is a training camp composed of six sessions, one session per day. It will focus on how mental health should be perceived from a healthcare point of view and will go into details about certain commonly stigmatized topics in mental health. The sessions aim to be interactive, equipping LeMSIC members with knowledge to become ambassadors for mental health in the healthcare field and society later on.

#BrainHealthMatters
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Day 1
Tuesday, December 15th
6:15 PM to 7:45 PM

Crucial Yet Forgotten
Group A: Dima Al Saddik & Ibtihaj Saad
Group B: Rana Al Ashkar & Sasha Kodeih

And now we will start to predict what you did yesterday... You opened your eyes, obviously; checked your social media – yes we know it; got out of bed (hopefully); brushed your teeth (thankfully); rushed to your online lecture and yes – you’re late! You then learned a tremendous amount of information, if you kept track; digested your schedule with gallons of coffee; said you will study but you just did “snacks and naps”; then called it a day, went to bed, and fell asleep with that ONE thing in your head. But wait, you missed a crucial step that would have changed your day completely! Interested to know what it is? Join us to know about it!

Day 2
Wednesday, December 16th
6:15 PM to 7:45 PM

A Medical Solution to a Social Problem
Trainer: Alfred Chabbouh

Have you ever been instructed to stay away from someone because heda bi shem? Byt3ata? Bi 7ashish? I mean, aren’t drug users – you know... ADDICTS – criminals? Violent? So, why are we talking about this in healthcare? What’s this got to do with mental health and “Brain Camp”? 

Funny thing... Substance use disorders are actually mental health disorders which are deeply misunderstood by society. Don’t believe me? Join this session to learn more about the medical aspect of substance use disorders as well and the social and legal aspect of these disorders.
Day 3
Thursday, December 17th
6:15 PM to 7:45 PM

Suicide & Suicide Prevention
Trainers: Assad Haydar & Rim Chehab

You are with your friend studying for a big exam in immunology when they stop and let you know they want to talk about something important. What would you do? What are the thoughts that would be running through your head? A scenario as common as this could be about what clothes to wear for the exam, or, sometimes, it could be a friend opening up to you about a distressful situation they’re going through. They might even tell you they wish to end their life! What to do?

Join us as we discuss in a safe and understanding environment the different reasons one might have these suicidal thoughts. Suicide is a prevalent issue within our community and our medical schools. Our session aims to empower medical students with the skills needed to understand the different causes that might lead someone be in distress, to practice how to mindfully engage in a conversation with someone that might have suicidal ideation, and the ways to actively listen and offer help, as well as providing you with the different resources necessary to aid in suicide prevention. This session contains the skills every person must have.

Day 4
Friday, December 18th
6:15 PM to 7:45 PM

Hello, I'm Nobody and You Are?
Trainers: Elie Charro & Fatima Kourani

You’re standing in front of a mirror, and there’s no reflection. It’s like you’re invisible. You don’t exist and you lack feelings. Weird, right? How can people help you if they don’t even see you? In this session, we will be tackling the mental health of minorities. We will introduce the minority stress model, and discuss how society is a major determinant of health.

We will be focusing on women, LGBTQ+, refugees, and prisoners. Join us to understand the comorbidities, psychiatric diagnoses, risk factors, and stigma affecting them. Join us to understand the struggle of those who are often unseen, and to understand why advocacy is crucial.
Day 5
Saturday, December 19th
6:15 PM to 7:45 PM

"Sayra Add El Ba2ra"
Trainers: Alfred Chabbouh & Ghina Fahd

You haven’t seen someone for months, and when you do, the first thing they tell you is “Uff! leh hal2ad nos7anin?”. For some people, you will always be too much. Too thin, too fat, too short, too tall. The practices of validation-seeking for body image satisfaction are deeply rooted in society, especially with the advance of social media.

Therefore, in this session, we'll talk about body image dissatisfaction, its risk factors, and how to set attainable goals for a healthier body image, thus better self-esteem. We’ll also tackle the different related mental health disorders.

Day 6
Sunday, December 20th
6:15 PM to 7:45 PM

Some Attention to Attention Deficit Hyperactivity Disorder
Trainers: Yara Salameh & Dany Faysal

Have you ever heard of ADHD? How many times have you used this word to stereotype someone and label them? Looks like you need to take a look at our session! Whether you don’t know about it, or you think you know, this training is made for you! Join us for a session full of interaction, about ADHD where we will dive into the life of a patient, shedding the light on how to recognize a person with this disorder and its management, unveiling all the myths around this topic.
How to Prepare

GENERAL FLOW

1. Members should fill the registration form sent along with this survival kit according to their priorities

2. Upon receiving a confirmation email, members should join the respective Whatsapp group(s)

3. Members should fill the pre- and post-evaluation form sent on the Whatsapp groups

4. Attendance of each session will be taken by the support persons. Please join the Zoom sessions using your Full Name and your NMO/LeMSIC ID

DURING THE EVENT

1. Find a calm place around your house

2. Have a good internet connection

3. Familiarize yourself with the platform of the session beforehand

4. Be engaged and motivated to ask questions, participate, and learn

5. Most importantly, ENJOY!
Organizing Committee

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MH Project Coordinator

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VPCB

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