BRAIN
H.E.A.T.

Health Education & Advocacy Training
SURVIVAL KIT
12-28 MARCH
Message from the Coordinators

ALFRED CHABBOUH
Primary Coordinator
alfredchabbouh.lu@gmail.com
+961 71365410

CHELSY EID
Vice-Coordinator
chelsyeid@gmail.com

KAROLINA JAALOUK
Vice-Coordinator
karolinajaalouk@gmail.com

BAHAA EL DEEN WEHBE
Vice-Coordinator
bhwehbeh.164@gmail.com

“MENTAL HEALTH IS BRAIN HEALTH”
About LeMSIC

The Lebanese Medical Students' International Committee is an independent, student-run, non-partisan, 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.

About Let It Brain

The “Let It Brain” project has been launched in the aim of qualifying members with the awareness and knowledge that mental health is in fact brain health and that we, as medical students, have a responsibility to spread that knowledge as to conquer society’s misconceptions and fallacies. It focuses on countless different mental health disorders through various events devised within this term including Mental Health Weekly, Stronger Minds Platform, Brain Camp, Brain Champ, Brain HEAT and much more to come.

Background

Even after what is being done about mental health, it is still not enough. Advocating for mental health is a vital aspect to shed light on, especially in societies that keep on stigmatizing mental health. The aim of this workshop is to graduate advocates knowledgeable enough on mental health disorders that will serve as ambassadors for mental health in their respective communities.

Through this workshop, you will be equipped with the knowledge and advocacy tools from a holistic biopsychosocial approach via 3 modules: the “neuro” module, the “psych” module, and the “social” module, tackling advanced topics on some of the mental health disorders that are less discussed.

If we don’t take care of our brain, who will?
Ice-Breaking Ceremony!
Friday, March 12, at 3:00 PM GMT

Week 1
- Bipolar Spectrum Disorders
- Bullying
- Advocacy 101
- Discussion Circles

Week 2
- Substance Use Disorders
- Borderline Personality Disorder
- Burnout
- Stakeholder Coordination

Week 3
- Suicide & Suicide Prevention
- Cognitive Behavioral Therapy
- Case Studies
- Integrating Mental Health in Primary Healthcare
- Eating Disorders

Graduation Ceremony!
Sunday, March 28th at 5:30 PM GMT

MODULES
- Neuro Module
- Social Module
- Psych Module
- Advocacy Module

CLICK HERE TO REGISTER

Brain HEAT | 05
Bipolar Disorders
Alfred Chabbouh, Head of Code of Conduct Committee in LeMSIC
Friday, March 12 at 4:00 PM GMT

- Understand what are Bipolar Spectrum Disorders (BSD)
- Recognize common misconceptions about the BSD and the stigma surrounding the disorder – Listen to a real-life testimony!
- Capacitate participants on how to advocate for people living with BSD and encourage seeking treatment

Bullying
Assad Haydar, LeMSIC’s President
Saturday, March 13 at 3:00 PM GMT

- Understand what bullying is and the different types of bullying
- Understand why bullying happens
- Be acquainted with the relation between bullying and its impact on a person’s mental health and predisposition to mental health disorders
- Be able to advocate against bullying in all its forms

Advocacy 101
Maria Rachid, Program Coordinator for Medical Education Systems at IFMSA
Saturday, March 13 at 5:30 PM GMT

- Understand the advocacy cycle
- Be acquainted with how it can be incorporated in any activity or project you believe in
- Understand what meaningful youth participation entails
- Identify the role of students in advocating for quality education specifically the mental health aspect
- Realize the link between a proper advocacy strategy in raising awareness on mental health and mental health disorders

Discussion Circles
Coordinators
Sunday, March 14 at 3:00 PM GMT

- Understand the reality of the LGBTQ+ community in relation to mental health disorders, stigma and how to overcome it (minority stress model)
- Discuss about different types of treatments for mental health disorders and their efficacy
- Talk about the history of mental health
- Discuss the current state of mental health and how to improve it

Brain HEAT | 06
Substance Use Disorders
Dr. Ramzi Haddad, SKOUN Co-founder & Psychiatrist specialized in addiction
Friday, March 19 at 2:30 PM GMT

- Acknowledge that substance use disorder is an actual disorder not an act of criminality
- Understand that different processes implicated in substance use disorders
- Recognize the importance of destigmatizing them in our communities and advocating for seeking proper treatment

Borderline Personality Disorder
Batoul Safieddine, Licenced Clinical Psychologist
Saturday, March 20 at 3:00 PM GMT

- Have an overview of what is BPD
- Be able to differentiate between stereotypes BPD and what it actually is
- Recognize the importance of destigmatizing it in our communities and advocating for seeking proper treatment

Burnout
Elyes Cherif, Mental Health Program Coordinator at IFMSA
Saturday, March 20 at 5:00 PM GMT

- Understand how burnout presents and how it affects the person's body and brain
- Understand how it is considered a work hazard
- Recognize that it is highly prevalent in the healthcare field and in healthcare students

Stakeholder Coordination
Joseph Hawly, LeMSIC’s National Public Health Officer
Sunday, March 21 at 4:00 PM GMT

- Understand that stakeholder coordination is an essential part of an advocacy plan
- Identify, involve, assess and manage the different parties involved in mental health
- Learn how to coordinate the stakeholders for mental health advocacy
Session Description

Week 3: March 26 to 28

Suicide & Suicide Prevention
Reve Romanos & Jad Daou, Embrace National Hotline for Emotional Support & Suicide Prevention
Friday, March 26 at 3:00 PM GMT
- Introduce the proper terminology for talking about suicide
- Explain the interpersonal model of why people die by suicide & the causes of suicide
- Debunk common myths & misconceptions related to suicide
- Discuss efforts to prevent suicide including interventions like suicide hotlines

Cognitive Behavioral Therapy
Cindy Turk, Licenced Psychologist, MSc, Ph.D
Friday, March 26 at 6:30 PM GMT
- Introduce the definition of Cognitive Behavioral Therapy
- Identify the differences between CBT and other forms of therapy
- Understand CBT layout per sessions
- Discuss common mental health disorders

Case Studies
Alfred Chabbouh & Karolina Jaalouk, Coordinators of Brain H.E.A.T
Saturday, March 27 at 3:00 PM GMT
- Learn about different mental health disorders in case studies
- Understand the reality of psychiatric disorders and how they affect the quality of life
- Discuss what can we do for a person living with a mental health disorder as advocates for mental health

Integrating Mental Health in Primary Healthcare
To Be Determined
Saturday, March 27 at 5:30 PM GMT
- Understand the importance of integrating mental health into primary healthcare
- Understand the role of healthcare providers in addressing the mental health of patients in daily practice
- Know the steps to advocate for this implementation

Eating Disorders
Alfred Chabbouh, Bahaa el Deen Wehbe, & Chelsy Eid, Coordinators of Brain H.E.A.T.
Sunday, March 28 at 3:00 PM GMT
- Learn about eating disorders and their medical seriousness
- Understand the struggles of having an eating disorder and seeking treatment
- Know how to destigmatize eating disorders in our community
- Capacitate participants on how to advocate for proper treatment for eating disorders

Brain HEAT | 08
1. Fill the registration form

2. An email will be sent to accepted participants
   a. Join the Whatsapp group
   b. Fill pre- and post-evaluation forms sent on said groups
   c. Attend at least 80% of the workshop and interact to graduate!
   d. Join Zoom sessions using your Full Name and your LeMSIC ID (if applicable)

3. Optional but recommended: Join the social program and enjoy!

HOW TO GRADUATE

1. Attend 80% of the sessions
2. Fill the pre- and post-evaluation forms
3. Draft your part of the toolkit
4. Graduate & get a certificate!

Through this workshop, you will graduate knowing you are capable of advocating for mental health. What about the toolkit? Start by making an impact by being a co-author to a toolkit on mental health that will be shared internationally! It will help guide healthcare professionals and students in the clinic, ER, and other settings to take care of the mental health of their patients!

Never forget these two things!

Mental health is brain health!

&

If we do not take care of our brain, who will?

Brain HEAT | 10
Social Program

Ice-Breaking Ceremony!
Coordinators & Social Program Team
Friday, March 12, at 3:00 PM GMT

We all know the typical opening ceremonies where we introduce everything and so on... but us brain geeks do not like that. So, what did we do? We asked the social program team to create the first-ever ice-breaking ceremony. Even us coordinators do not know what to expect...

Get ready to BREAK THE ICE!

Bring the HEAT!
Social Program Team led by Elie Charro
Friday, March 19, at 5:00 PM GMT

Get your torches ready ‘cause we'll be setting this place (Zoom) on fire! Ready to meet people from different countries and different backgrounds? Ready to let your competitive side out?! This social program is here to remind you why laughing is the best medicine!

Join the amazing social program team who prepared multiple different games for your entertainment. Don't miss this out!

Soooooooooooo! Let's BRING ON THE HEAT!!

Graduation Ceremony!
Coordinators & Social Program Team
Sunday, March 28, at 5:30 PM GMT

Here is where we say goodbye... Hopefully, just for the workshop. At this point, we'll be collecting your feedback and hoping you enjoyed what you learned! We'll be giving out the certificates and so on. What more? And again, the lovely social program will have something prepared for us!

Ready to throw these virtual GRADUATION hats in the air?
Organizing Committee

Design Team

- Ghina Fahd
  VPPRC CCA
- Hadil-Al Tahan
- Lyn Abi Khalil
- Mira Nawfal Jardak
- Ibtihaj Saad
- Charbel El Hachem

Schedule Team

- Ghadi Dagher
- Farah Hamdan
- Peter Raffoul

Social Program Team

- Elie Charro
  Head of Team
- Yara Fajloun
- Zeina Naja
- Ahmad Abou Zeid
- Carine Mina

Brain HEAT | 11
Organizing Committee

Public Relations Team

- Wassim Jaffal  
  VPE GA
- Jana Adnan
- Nadira Diab
- Marita Saliba

Evaluation Team

- George Greige
- Nour El Ghawi
- Tara Nehme
- Ibitisam Al Jamal
- Ingrid Kabalan

Support Persons Team

- Serena Semaan
- Mariane Bou Zeidan
- Asma Ines Sana Rami Jrad
- Nicole Saliba
- Michel Nasrallah
Acknowledgements

Muriel Slim
LeMSIC's Vice-President for Capacity-Building (VPCB)

Nour Assaf
LeMSIC's Vice-President for Public Relations & Communication (VPPRC)

Karim Jaber
LeMSIC's Vice-President for International Affairs (VPIA)

Georgio Toumieh
LeMSIC's Vice-President for External Affairs (VPE)

Joseph Hawly
LeMSIC's National Public Health Officer (NPO)

Carmen Haddad
Evaluation Assistant for VPCB

Solay Farhat
Social Media Assistant for VPPRC