



THE MENTALLY HEALTHY SCHOOL PROGRAM

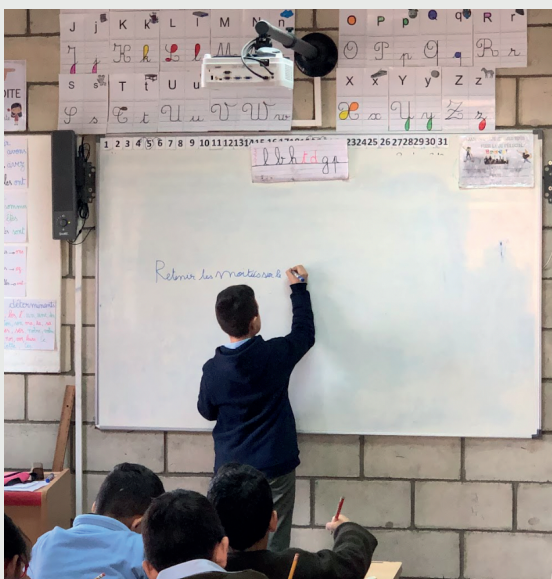


Mental Health

Implementing Partner



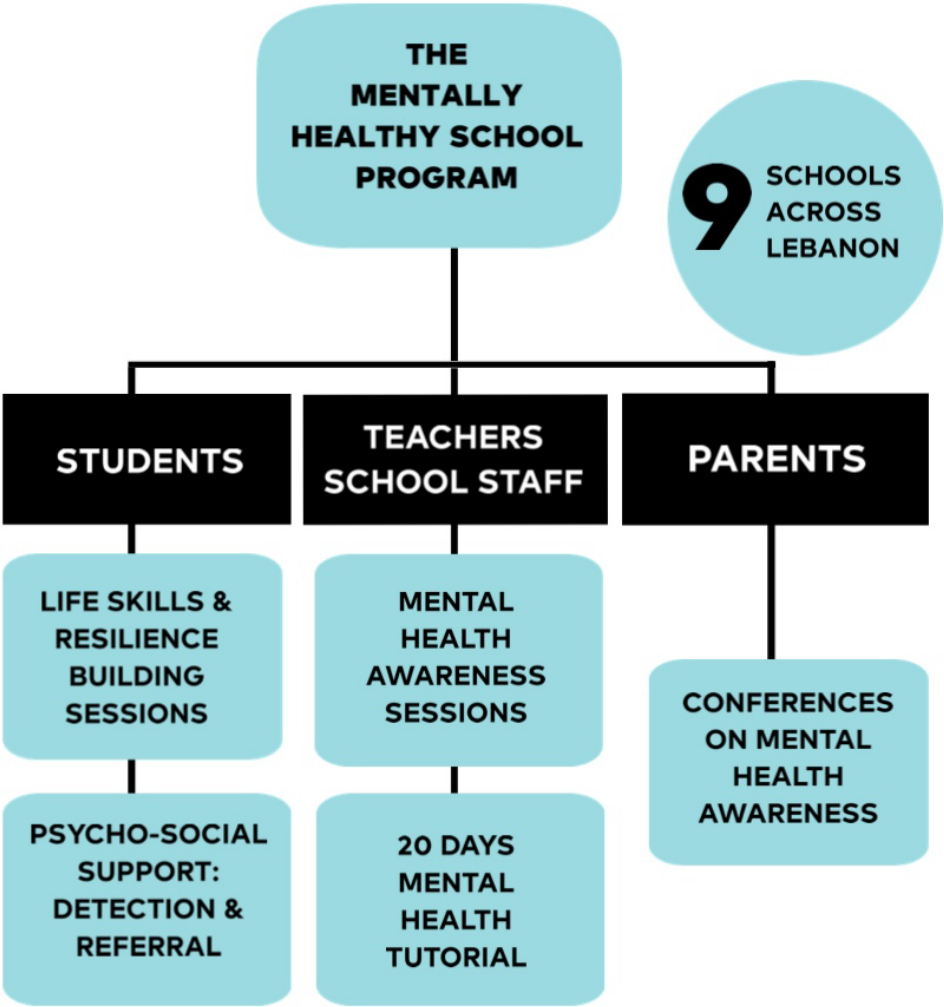
To respond to the silent mental health discomfort the youth are facing today, **we went straight to vulnerable schools.**



Starting January 2023, the Mentally Healthy School Pilot Program with Cénacle De La Lumière was implemented in 9 schools across Lebanon.

A COMPREHENSIVE AND PREVENTIVE APPROACH FOR LONGTERM YOUTH RESILIENCE

In order to create a nurturing environment where children and young adults can thrive, the program champions a **collaborative partnership** among parents, teachers and school staff, to prevent and detect mental health distress.



WE NEED TO ACT FAST

The youth in Lebanon is **falling behind.**

High distress,
little help




37% of the youth are facing
mental health distress and only
5% seek help.

Increase in risky
behavior



An alarming increase in criminal
actions, violence, drug abuse and
school drop outs are reported.

No access to
treatment



A massive shortage of mental health
providers, high costs of services and
social stigma around the topic are
slowing access to treatment.

SCHOOL IS A KEY PLACE FOR PREVENTION AND EARLY DETECTION OF SYMPTOMS OF DISTRESS.

AMONG THE TOPICS COVERED



REAL CHANGES IN BEHAVIOR ARE OBSERVED AMONG STUDENTS



THE SURVEY RESULTS MEASURED STUDENTS SHOWING CHANGES BEFORE AND AFTER THE PROGRAM:

- **Less bullying** of peers
- Improvement to **express emotions**
- **Decrease in physical judgement** of others
- Encouraged attitude to **reflect on their thoughts**
- Agreement on **the importance of living a balanced life** and recognizing positive qualities
- Increase in **willingness to reduce screen time**
- Ability to **identify and list facts on substance abuse**
- Ability to explain and **identify with the program**



"The training sessions with CDLL at our school have been a great opportunity for our students to discover, love and express themselves in a healthy way. The sessions helped them uncover their strengths and maintain a positive mindset."

Nisrine Yaacoubi
School Psychologist and Psychotherapist at Paradis D'enfant.

THERE IS HOPE WHEN WE ACT ON TIME

CHILDREN AND YOUNG ADULTS IN LEBANON NEED YOU

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Together LiBeirut is a collaborative platform where experts, nonprofit organizations and social innovators partner to design and implement sustainable solutions to pressing social and economic needs in Lebanon. [To read more about our projects, click here.](#)



THE MENTALLY
HEALTHY
SCHOOL
PROGRAM

MENTAL HEALTH



THE PAY-IT-
FORWARD
HEALTH
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HEALTHCARE



LOCAL
MANUFACTURING
HUBS

LIVELIHOOD



HERITAGE
REVIVAL
FUND

HERITAGE

Local Implementing Partners



IMPLEMENTING PARTNER FOR THIS PROGRAM



Founded in 2006, Cénacle De La Lumière - "CDLL", is a non-profit organization that works in the field of community development and youth prevention as well as treatment for people living with mental health conditions and addictions, CDLL is a member of the European Federation of Therapeutic Communities (EFTC), and of the National Mental Health and PsychoSocial Support (NMHPSS) task force. [Click for more.](#)



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Together LiBeirut is a registered 501(c)3 charitable organization in the United States and a Lebanese NGO with a Recognition No. 15903 under the name: A Sustainable Recovery – LiBeirut.

