



GA3 Chair Report

Fostering Global Collaboration to Improve Access to Mental Health Services
for Vulnerable Populations in Lebanon.

Head Chair: Ema Cruceanu

Deputy Chair: Agneshka Kolangara

Personal Statements

Chair – Ema Cruceanu

Honorable Delegates,

My name is Ema Cruceanu and I'm a 15-year-old 10th grader enrolled here at the International School of Stuttgart. Over the last 3 years, I've experienced 3 MUN conferences and 3 MUN days at our school. I first illustrated my skills as a delegate at LMUNA, in the Netherlands, but then further went on to participate in PSMUN and MUNISS. However, for two of the MUN days, I had the chance to chair, and now I'm doing it at the upcoming MUNISS. What you will experience this April will be unlike any other. Our debates will be engaging and successful. You'll see that MUNISS is a great opportunity for you as delegates to learn about the occurrences worldwide.

Have Fun & See you Soon!

Deputy Chair – Agneshka Kolangara

Honorable Delegates,

My name is Agneshka Kolangara, a 15-year-old student currently in the 9th grade at the International School of Stuttgart. Though originally from Kerala, India, I have been raised in Germany and have been part of the International School of Stuttgart community since first grade. My involvement in Model United Nations began in 7th grade, initially as an admin, and quickly progressed to being a delegate at the MUNISS conference in 2023. I further gained my skills as a delegate at FAMUN earlier this year. With MUNISS 2024 marking its 17th anniversary, I am determined to contribute to making this conference one of the most memorable experiences for all participants. I eagerly await engaging in thought-provoking debates and fruitful discussions with you all.

See You Soon!

Introduction

The focus of fostering global collaboration to improve access to mental health services for vulnerable populations in Lebanon is how we, as countries, can implement systems to improve this. The topic is discussing the resources we can come up with to improve the mental health situation in Lebanon as it worsens. Specifically, it is stated that “17% of the population in Lebanon is affected by various psychiatric illnesses, that include anxiety, depression, and obsessive-compulsive behaviors.” (Four Incredible Benefits of Global Collaboration)If Lebanon’s citizens keep peace then the surrounding countries will be positively affected by this.

The country of Lebanon itself has been recognized as an FCV (fragility, conflict, and violence) country by the World Bank (Fragility, Conflict and Violence. World Bank. March 22). This stereotypical name is proclaimed to describe the instability of the country and how its people are enduring it. For example, the violence and conflict, including terrorism, that is occurring could affect a citizen mentally or physically. Such actions would either traumatize or result in a change in the person’s behavior. With this, the person would need support. However, due to “insufficient resources for mental health services in Lebanon,” it would be quite difficult to come across help, as “it is estimated that nine out of ten people who need help cannot get it.” (Mental Health in Lebanon. Haigney Maxwell. March 22). The information given is quite recent and descends from 2022, when the pandemic of Covid-19 was at its peak.

Not only is mental health a serious issue, but it is one that is quite costly. As it is a developing country, “spending on health care in Lebanon is largely out-of-pocket, and for patients and their families with low incomes, the burden of mental illness carries with it the burden of unaffordable costs.”(Report: Mental health care in Lebanon: policy, plans and programs. Administrator. March 22) These unaffordable costs are emerging from the country itself as it is categorized as a less economically developed country (LEDC). The country’s economic state was, in 2021, plummeting to an all-time high of 10.5% in its global domestic product (GDP). Likely another factor to the national derail in financial stability is the currency exchange rate,

“depreciating by 211 and 219 percent. “ (Lebanon’s Crisis: Great Denial in the Deliberate Depression. The World Bank. Jan. 25)

Glossary

Global Collaboration

“The sharing of ideas, resources, and experiences between teachers, learners, and institutions from all around the world.” (Four Incredible Benefits of Global Collaboration. EdTech Impact. Mar. 10.)

- The extension of moral help from other countries and citizens in the case of mitigating racism and hate crimes on public online platforms

Mental Health Services.

“A Service that provides assessment, treatment, and support for Patients.Issue Explanation

The general issue of the subject is concerning the well-being of the citizens of Lebanon.

Through the conflict and issues that are occurring in the country of Lebanon, including terrorism, many of the citizens are affected by what is going on. The psychological effect this has on people’s minds could create internal problems. Due to what is going on around them, anxiety depressions, and any systematic issues of the brain can occur. Trauma and PTSD are common signs of harmful effects caused by terrorism. Some occurrence of terrorism attacks on the country itself include the Marwan Hamadeh assassination attempt in 2004. The bomb that was set to kill the acquiring person was successful in killing the wrong person. An innocent driver of the main target was killed. Because of this, his family had to suffer the loss of their boy, while Marwan Hamadeh was injured. Multiple other bombings of public figures had occurred in the country, including Samir Kassir’s. Also being struck by car bombings, Samir

Kassir' was a journalist where he criticized the government. if we don't destroy and manage these terrorist attacks, more people will be damaged and affected by the outcomes of these horrific actions, a humanitarian issue. Innocent bystanders, like in the Marwan Hamadeh case, will be effected and harmed.

History of the Topic

Mental Health issues arose greatly in the country of Lebanon as a silent epidemic. While the topic of mental health is viewed as somewhat non-important in the cultural aspect of the Lebanese community, it is still a great issue. Statistically, the need for help grew sufficiently. When documenting through the public, the Nature company polled 8 million people from various different countries, including Lebanon. The mental decrease of the individuals decreased over the pandemic period. From when the first out break of Covid-19 occur , 0% of the surveyed were calling a provided help line. However, the percentage increased and ascended by 30% over 6 weeks. The issue of mental health increased exponentially as the war suffering of the country arose. Due to the past Covid-19 pandemic, "civil unrest and economic crisis," more and more of civilians are becoming mentally stressed. Higher prices and higher exchange rates cause commotion to those who can not afford the change in the systems. Its historical significance is high, as in 1982, Lebanon was invaded by Israel due to guerilla attacks (Wikipedia. List of wars involving Lebanon). Not only that but there have been constant wars and invasions occurring as for the last 15 years and more. However, the conflict has arisen since 1948, the beginning of the First Arab- Israeli War The country has also been included in, but not limited to, the:

First Arab-Israeli War

- The capturing of and fight against Arab states.

Lebanon Crisis

- Tension of political and cultural values

Six-day war

- Israel attack of occupied land, including the Gaza strip. However, they were defeated.

Insurgency in South Lebanon

- Against Palestinian militants, Israel, and Christian Lebanese militias.

Lebanese Civil War

- Against Christians and Sunni Muslims

Any Previous Attempts

Lebanon has included multiple plans of action

The Ministry of Public Health: with the World Health Organization (WHO), UNICEF, and International Medical Corps - 14th of May 2015 - Mental Health and Substance Use Prevention, Promotion, and Treatment Strategy

The National Mental Health Campaign

The National Mental Health Strategy (2023-2030): 7 year development plan:

These courses of actions were intended to give the citizens of the country the option to ask for help or to solve the need of help in general. The national republic of Lebanon partnered with the World Health Organization and created strategies to enforce positive mental health. They analyze different situations and review the feedback by stakeholders to ensure maximum help. The contact creates strategies for healthy work hours, clear expectations of work forces, and encourage expression of emotions or feelings towards any aspect.

Media Contribution

Mental health has been discriminated against and stigmatized all throughout Lebanon. The National Institute of Health states, 'the notion of mental illness has been conventionally appended to "insanity" or "majnoun" in Arabic" (NIH. Acad Psychiatry.). Even so, there are more people who experience a decrease in mental health than there are people who discriminate against the topic. However, due to the cultural aspects of the country, "Muslims with mental illness may interpret mental health symptoms as a curse or punishment from God." (NIH. Acad Psychiatry.). The use of social media in general has caused depression and anxiety. The stress of the posts and the cyberbullying have caused mental health to decrease. Some negative media contributions have also included the Ani-Muslim posts, which are a distress to the country and the community itself.

Bibliography

“About.” *La Mondina | Rustic Italian Fare in Brielle, NJ*, lamondinabrielle.com/about-la-mondina/#:~:text=What%20is%20La%20Mondina%3F. Accessed 2 Feb. 2024.

Administrator. “Report: Mental Health Care in Lebanon: Policy, Plans and Programmes.” *World Health Organization - Regional Office for the Eastern Mediterranean*, www.emro.who.int/emhj-volume-15-2009/volume-15-issue-6/report-mental-health-care-in-lebanon-policy-plans-and-programmes.html. Accessed 10 Mar. 2024.

“Becky G. – Bella Ciao.” *Genius.com*, genius.com/Becky-g-bella-ciao-lyrics. Accessed 4 Feb. 2024.

BeckyGVEVO. “Becky G - Bella Ciao (Official Video).” *YouTube*, 6 Dec. 2021, www.youtube.com/watch?v=l5TMjYj-8MQ. Accessed 1 Jan. 2022.

“Bella Ciao (Becky G Song).” *Wikipedia*, 26 Nov. 2023, en.wikipedia.org/wiki/Bella_Ciao_(Becky_G_song). Accessed 31 Jan. 2024.

“Bella Ciao - EASY Piano Tutorial by PlutaX.” *Www.youtube.com*, www.youtube.com/watch?v=cUVjaHj9fHA. Accessed 15 Mar. 2024.

“Bella Ciao by Becky G BPM and Key.” *Songdata.io*,

songdata.io/track/1bHhB1E62CqbM3uVZVvaEl/Bella-Ciao-by-Becky-G. Accessed 4 Feb. 2024.

“Bella Ciao Delle Mondine.” *Www.youtube.com*, 2016,

www.youtube.com/watch?v=11RL_4IyaQE. Accessed 15 Mar. 2024.

“Bella Ciao Mondina by Riccardo Tesi, Lucilla Galeazzi, Elena Ledda, Ginevra Di Marco,

Alessio Lega, Gigi Biolcati, Andrea Salvadori BPM and Key.” *Songdata.io*,

songdata.io/track/09Y62x9heQ9WZE7k673t6s/Bella-ciao-mondina-by-Riccardo-Tesi-Lucilla-Galeazzi-Elena-Ledda-Ginev. Accessed 4 Mar. 2024.

Brühlhart, Marius, et al. “Mental Health Concerns during the COVID-19 Pandemic as Revealed by Helpline Calls.” *Nature*, Nov. 2021, <https://doi.org/10.1038/s41586-021-04099-6>.

El Frenn, Yara, et al. “Association of the Time Spent on Social Media News with Depression and Suicidal Ideation among a Sample of Lebanese Adults during the COVID-19 Pandemic and the Lebanese Economic Crisis.” *Current Psychology*, May 2022, <https://doi.org/10.1007/s12144-022-03148-1>. Accessed 10 July 2022.

---. “Association of the Time Spent on Social Media News with Depression and Suicidal Ideation among a Sample of Lebanese Adults during the COVID-19 Pandemic and the Lebanese Economic Crisis.” *Current Psychology*, May 2022, <https://doi.org/10.1007/s12144-022-03148-1>.

Fern, Celia, and ez. “People around the World Are Singing This Song from ‘Money Heist’ in Solidarity with Italy.” *Oprah Daily*, 23 Mar. 2020,

www.oprahdaily.com/entertainment/tv-movies/a28785300/bella-ciao-lyrics-meaning/. Accessed 1 Feb. 2024.

“FolkWorld #67: Bella Ciao.” *Www.folkworld.eu*,
www.folkworld.eu/67/e/bella.html#:~:text=The%20earliest%20written%20version%20is.
Accessed 1 Feb. 2024.

“Four Incredible Benefits of Global Collaboration.” *Edtechimpact.com*, 10 Mar. 2023,
edtechimpact.com/news/four-incredible-benefits-of-global-collaboration/. Accessed 22
Mar. 2024.

“Fragility, Conflict and Violence.” *World Bank*,
www.worldbank.org/en/topic/fragilityconflictviolence. Accessed 22 Mar. 2024.

Garvin, Diana. “Singing Truth to Power: Melodic Resistance and Bodily Revolt in Italy’s Rice
Fields.” *Annali D’Italianistica*, vol. 34, 2016, pp. 373–400,
www.jstor.org/stable/26570497. Accessed 1 Feb. 2024.

Haigney, Maxwell. “Mental Health in Lebanon.” *Anera*, 17 Aug. 2022,
[www.anera.org/blog/mental-health-in-
lebanon/#:~:text=Due%20to%20insufficient%20resources%20for](http://www.anera.org/blog/mental-health-in-lebanon/#:~:text=Due%20to%20insufficient%20resources%20for). Accessed 22 Mar.
2024.

IMDb. “Becky G - Biography.” *IMDb*, www.imdb.com/name/nm3121384/bio/. Accessed 1 Feb.
2024.

“Lebanon’s Crisis: Great Denial in the Deliberate Depression.” *World Bank*, 25 Jan. 2022,
[www.worldbank.org/en/news/press-release/2022/01/24/lebanon-s-crisis-great-denial-in-
the-deliberate-depression](http://www.worldbank.org/en/news/press-release/2022/01/24/lebanon-s-crisis-great-denial-in-the-deliberate-depression). Accessed 22 Mar. 2024.

piroth, istvan. “Bella Ciao Delle Mondine.” *Www.youtube.com*,
www.youtube.com/watch?v=11RL_4IyaQE. Accessed 15 Mar. 2024.

Rome, Wanted in. "Bella Ciao: A Brief History of Italy's Resistance Anthem." *Wanted in Rome*, 25 Apr. 2022, www.wantedinrome.com/news/bella-ciao-a-brief-history-of-italys-resistance-anthem.html. Accessed 2 Feb. 2024.

Wikipedia Contributors. "1958 Lebanon Crisis." *Wikipedia*, Wikimedia Foundation, 2 May 2019, en.wikipedia.org/wiki/1958_Lebanon_crisis.

Pummarol.com, 2017, pummarol.com/wp-content/uploads/2021/06/Bitter-Rice-still.jpeg. Accessed 21 Feb. 2024.