prevention • rehabilitation • integration
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# 2026
# Our Second Quarter in Review

*Oum el Nour is a Lebanese independent, non-governmental, non-profit organization registered under notification No. 120/AD and recognized as an organization of public benefit under Decree No. 7897. It provides prevention and rehabilitation from substance use disorders (SUD), as well as mental health support and reintegration services, free of charge and without discrimination.*

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## 37 Years of Hope, Recovery, and Impact

This quarter, we celebrated 37 years of Oum el Nour: 37 years of accompanying individuals and families on the path to recovery, advocating for prevention, and working toward a society free from addiction.

Our anniversary was not only a moment to reflect on how far we have come, but also an opportunity to reaffirm our commitment to the work that lies ahead. Through awareness campaigns, community engagement, and the continued delivery of our services, we remained focused on creating lasting impact while strengthening the partnerships that make our mission possible.

As we move forward, we do so with gratitude for everyone who has been part of this journey and with the same determination that has guided Oum el Nour for nearly four decades.







# Our Programs in Action

## Inpatient Rehabilitation

### Honoring Strength and Determination

We proudly celebrated the graduation of one resident from the Women's Inpatient Rehabilitation center in Fatqa and four residents from the Men's Inpatient Rehabilitation center in Sehaile. This important milestone reflects their commitment to recovery and marks another step toward successful reintegration and a healthier future.

### InterContinental Mzaar Team Visit

We had the pleasure of welcoming the team from InterContinental Mzaar as part of our recent collaboration under IHG Giving for Good and Journey to Tomorrow. Through skills-based workshops led by Mr. Rabih Abi Khalil at our Men's Inpatient Rehabilitation Center, residents have gained practical competencies to support their employability and successful reintegration into the workforce.









# Prevention

## Youth Empowerment in Action
## OeN x Université La Sagesse







From June 8 to 11, we successfully concluded a four-day youth empowerment program with students from the Public Speaking Club (PSC) and the Public Speaking course at Université La Sagesse (ULS). Following a visit to our Men's Inpatient Rehabilitation Center, participants took part in interactive sessions on project management, leadership, communication, and emotional intelligence.

The program equipped students to use public speaking as a tool for prevention, awareness, and advocacy while developing a community-focused prevention initiative, reinforcing our commitment to empowering young people to become agents of positive change.

## Youth Prevention Training Program
## Oum el Nour x Grand Lycée Franco-Libanais

On June 10, 11, and 12, our Prevention team conducted a three-day training program for 13 Grade 10 students at the Grand Lycée Franco-Libanais in Achrafieh. Through interactive sessions, participants strengthened their personal development while exploring topics such as emotional management, coping skills, addiction prevention, critical thinking, teamwork, and communication. The program concluded with students developing a peer-led prevention tool, applying their newly acquired knowledge to promote awareness among their peers.







# Safeguarding

## Empowering Safeguarding Focal Points for Action

Building on the introductory safeguarding training conducted in March, the second quarter marked an important step forward with the completion of a two-day advanced training for selected safeguarding focal points across all departments and centers.

Facilitated by the Pontifical Mission, the training aimed to further strengthen the knowledge, skills, and confidence of focal points to effectively promote and implement safeguarding principles throughout our organization. This initiative reinforces our ongoing commitment to fostering a safe, respectful, and accountable environment that protects the dignity and well-being of all.










# Research

## Our Interns This Quarter

This quarter, our team hosted one intern from Sofia University (Bulgaria). The internship combined fieldwork with weekly psychoeducation sessions, offering a meaningful learning experience.

## Supporting Students

We mentored four students conducting research on topics including personality structure, attachment styles and addictive behaviors; emotion regulation in women undergoing substance use treatment through Cognitive Behavioral Therapy (CBT); meaning in life among individuals with addiction; and the mediating role of perceived social support in the relationship between alexithymia and emotion regulation among patients in outpatient addiction rehabilitation centers in Lebanon.

# Panel Discussion
## The Weight of Uncertainty: Mental Health & Substance Use

On June 30, as part of Oum el Nour's 37th anniversary, celebrated on June 15, and the International Day Against Drug Abuse and Illicit Trafficking, observed on June 26, we organized a panel discussion, moderated by Dr. Bechir Aouad, bringing together Mrs. Denise Abi Rached, Dr. Hoda Dagher, Dr. May Hazaz, and Dr. Antoine Karam. Drawing on their expertise in psychotherapy, psychology, social work, and psychiatry, the speakers explored addiction through complementary perspectives, emphasizing the importance of family involvement, early intervention, multidisciplinary care, and supportive environments in promoting prevention, recovery, and long-term reintegration. The event provided a valuable opportunity for dialogue and knowledge sharing among professionals and participants committed to supporting individuals affected by addiction.














# Behind the Impact: Our Team

## Learning and Development

### Food Safety Training

All team members at our Men's Inpatient Rehabilitation Center participated in a food safety training led by Mr. Elie Karach, hospitality trainer and food safety consultant, as part of our ongoing efforts to strengthen hygiene and operational standards. The session covered topics including hygiene, workflow separation, and proper storage practices.

### Sports Psychology Training

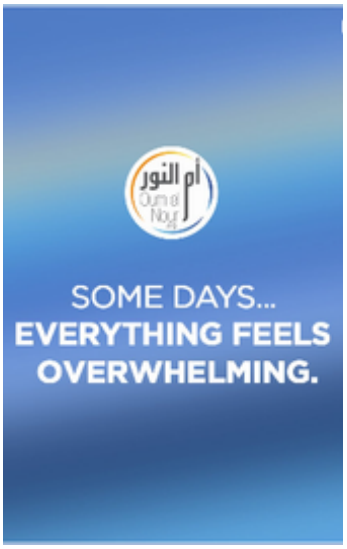
A training session led by Ms. Tamara Ghadban, MSc in Sports Psychology, brought together all team members at our Men's Inpatient Rehabilitation Center to explore the correlation between brain recovery and physical health recovery through sports.

# Our Campaigns in Action

### May - Mental Health Awareness Month

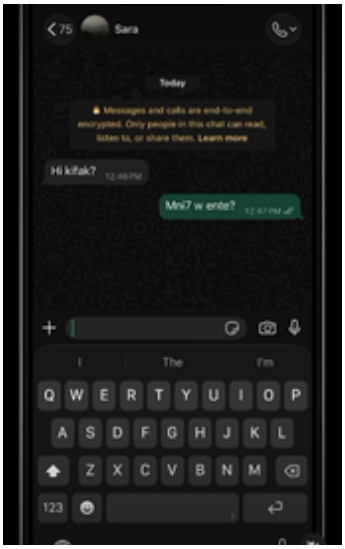
For Mental Health Awareness Month, our campaign focused on breaking the stigma surrounding mental health and encouraging honest conversations. We explored common misconceptions, reminding our audience that mental health is not a weakness, nor is it limited to depression and anxiety. We highlighted the value of communication, the importance of not carrying life's challenges alone, and shared simple practices that support emotional well-being. The campaign concluded with a relatable reminder that behind a simple "I'm fine" may be feelings left unspoken, encouraging everyone to reach out, speak openly, and seek support when needed.









## May 31 - World No Tobacco Day

On World No Tobacco Day, we launched a digital awareness campaign under the message "Byekhtelif el Shakel, Bas el Darar Wahad" ("It may look different, but the harm is the same"). Through a series of educational posts, we highlighted that cigarettes, vapes, and nicotine pouches may differ in appearance, but they all carry significant health risks. By sharing evidence-based information, we aimed to challenge common misconceptions, promote informed decision-making, and reinforce the importance of preventing nicotine addiction.




## June 15 - Oum el Nour's 37th Anniversary

On June 15, we celebrated Oum el Nour's anniversary by reflecting on the journey that has shaped our mission and impact over the years. Through a walk down memory lane, we revisited the milestones that have defined our organization, from our founding to the present day, honoring the people, achievements, and moments that continue to inspire our work. This celebration also marked the launch of our campaign "Ma Tshekk Bi Halak" (Don't Doubt Yourself) leading up to the International Day Against Drug Abuse and Illicit Trafficking (June 26).






# June 26 - International Day Against Drug Abuse and Illicit Trafficking

Marking the International Day Against Drug Abuse and Illicit Trafficking (June 26), we launched our campaign "Ma Tshekk Bi Halak" ("Don't doubt yourself"), a message of hope and empowerment for individuals facing struggles related to substance use. The campaign reflected Oum el Nour's belief that every person has the capacity to heal, rebuild, and grow. By transforming familiar expressions linked to drug use and needles into positive reminders of strength and possibility, we encouraged everyone to trust themselves, value their journey, and believe in a future beyond addiction.





















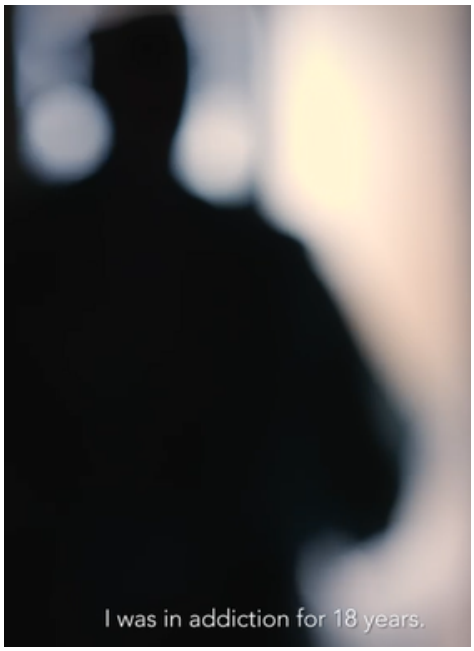



# Spotlight on Our Projects

## Our Dairy Factory

### SEAL Project: Celebrating Completion

We finalized the production of the SEAL Dairy Factory project closure video, highlighting the project's key achievements and impact. The video was published on SEAL and Oum el Nour's social media platforms on June 16, showcasing the project's journey and outcomes.










# Community Support Making a Difference

Over the past three months, we continued our efforts to secure essential in-kind donations, covering up to 70% of the requests from our centers.

While we initially progressed according to our annual work plan, the outbreak of the war required us to adapt our priorities and focus on ensuring the continuity of essential support, particularly food supplies and meals.

During this period, we strengthened our collaboration with donors, maintained coordination with the General Management to identify potential partners, and developed new communication channels to better respond to urgent needs and support our centers efficiently.

As part of these efforts, we received a special food donation from the Lebanese Food Bank, providing lunch support during one month of the crisis for one of our rehabilitation centers. We also continued our collaboration with St. Rafka Mission of Hope and Mercy to ensure the regular receipt of food items and parcels, contributing to the ongoing support of our residents and centers.

# Expanding Our Reach

As we expand our reach locally and internationally, our work in Liberia, Tripoli, and Beirut is implemented through separate initiatives and made possible through dedicated networks of local stakeholders and independent funding in each region, while we contribute through training, capacity building, and program management.

## From Lebanon to Liberia

### Partnership Opportunities

The Rehabilitation and Outpatient teams welcomed visits from the Hon. Richard Nagbe Koon, Speaker of the House of Representatives of Liberia, Hila School Student Council, Marylanders for Progress, the Cummings Africa Foundation, and RIA representatives, providing opportunities to strengthen engagement and potential partnerships, receive support for recovery services, and showcase ongoing work.



### Coordination, Advocacy, and Youth Engagement

The team participated in key coordination platforms and technical meetings, including the Ministry of Youth and Sports and UNFPA Technical Working Group in Grand Bassa, the Ministry of Health National Technical Working Group and Mental Health Technical Coordinating Committee meetings, the survey training facilitated by the Ministry of Health in collaboration with UNODC, as well as the workshop on promoting adolescent mental health in Liberia. Integrated youth also actively engaged in the Coalition for At-Risk Youth established by the Ministry of Youth and Sports in Montserrado, with some elected to leadership positions.




### MoH Support

The Ministry of Health donated a brand-new Toyota Land Cruiser ambulance to support medical services and emergency response at the Rehabilitation Center.



## Facility Improvements

Metalum Lib LTD provided an in-kind donation of 20 bundles of alu zinc and additional roofing materials to support the replacement of the roofing at the Head Office and Outpatient Center, improving the safety and functionality of the facility.

The center also received in-kind and cash donations from different sponsors and individuals, supporting ongoing programs and improvements and maintenance for our facilities

Thanks to generous support, renovation of the carpentry workshop at the rehabilitation center in Grand Bassa started, including material procurement, cement work, and roofing preparations.





## Agriculture Project

As planting areas expand and more land is prepared for plantain and cassava cultivation, the project supports the sustainability of the center through food production and vocational learning opportunities while playing an important role in the recovery journey of residents by promoting responsibility, teamwork, and skills.



## School Prevention: Light Club

The Light Club Program, funded by the French Embassy, continued its one-year prevention initiative promoting healthy choices, leadership, and life skills among youth. In May, five school awareness events across Montserrado and Grand Bassa Counties reached approximately 1,000 students, teachers, and parents through peer education, awareness sessions, drama presentations, and youth-led activities, strengthening prevention efforts and youth leadership in schools and communities.



## Forsa - Tripoli

### In Partnership with Al Manhaj Association

Despite the challenging circumstances and the difficult situation in Lebanon, Forsa's team continued to make every effort to ensure the continuity of its services, including Reception & Orientation, Inpatient Rehabilitation, Outpatient Services, Follow-Up Support, and Fundraising activities. During the second quarter, the Reception & Orientation Center held approximately **500 consultations** with individuals seeking support, including psychosocial assessments, active listening and motivational sessions, program orientation, and the development of individualized action plans, among other support services.

### Honoring Strength and Determination

Forsa celebrated the graduation of four residents from its Men's Inpatient Rehabilitation Center in Tripoli, recognizing their progress toward recovery and reintegration.

## OeN's Newest Center in Beirut

### From Devastation to Recovery

Amid the ongoing complexities in the country, the Beirut Center team was able to secure a significant number of the resources needed for the center's reconstruction. The team also succeeded, with the support of several team members, in securing the required financial assistance while building an extensive network of relationships and partnerships. These efforts included collaboration and support from various partners and stakeholders, including His Beatitude Patriarch Raphaël Bedros XXI Minassian, Catholicos Patriarch of Cilicia of the Armenian Catholics; His Eminence Sheikh Sami Abi Al-Mona, Sheikh Akl of the Druze Community; His Excellency Bishop Paul Abdel Sater, Maronite Archbishop of Beirut; His Excellency Bishop Antoine Bou Najem, Maronite Archbishop of Antelias; and His Excellency Archbishop Georges Bacouni, Melkite Greek Catholic Archbishop of Beirut and Jbeil; the Social Affairs Committee of the Municipality of Beirut; Makhzoumi Foundation; the American University of Beirut; and the Pontifical Mission in Lebanon.





## A Joint Awareness Initiative

As part of a three-day awareness initiative, Beirut Municipality, in partnership with Makhzoumi Foundation and Oum el Nour, organized the seminar "Your Awareness Is Stronger Than Any Addiction," alongside a series of free awareness workshops designed to empower women and youth. The initiative concluded with a conference that brought together representatives from the Ministry of Public Health, the Ministry of Social Affairs, the Internal Security Forces, Beirut Municipality, Oum el Nour, and Makhzoumi Foundation to highlight the importance of prevention, community awareness, and cross-sector collaboration in addressing addiction.

The event also marked the introduction of a new project launched under the patronage of the Governor of Beirut, reaffirming the shared commitment of public institutions and civil society to fostering healthier and more resilient communities.






## Prevention Center: Temporary Relocation

As of July 1, the Prevention Center has temporarily relocated its operations to the Barbara Nassar Center, thanks to the generous support and hospitality of the Barbara Nassar Association and in close coordination with the Beirut Center team, ensuring the continuity of our services.

# Collaborating for Action

## Welcoming Bishops from Lebanese Parishes Abroad

As part of the celebration of Oum el Nour's 37th anniversary, we were honored to welcome Bishop Abdallah Elias Zaidan (Bishop of the Maronite Eparchy of Our Lady of Lebanon of Los Angeles), Bishop Antoine-Charbel Tarabay (Bishop of the Maronite Eparchy of Australia), and Bishop Paul-Marwan Tabet (Bishop of the Maronite Eparchy of Canada) to our Men's Inpatient Rehabilitation Center in Sehaileh.

The visit included a tour of our center and an introduction to our rehabilitation and reintegration programs, inspiring recovery testimonies from our residents, and a presentation of Oum el Nour's future vision and strategic projects to address Lebanon's growing needs amid the country's current challenges. The day concluded with a shared lunch with our residents.

This visit is a meaningful expression of support for our mission and a renewed commitment to building a more aware and supportive society, where every person affected by addiction has the opportunity to recover, reclaim their dignity, and rebuild their life.











# Stronger Together

These past months in Lebanon have been incredibly difficult, building on years of ongoing crises that continue to weigh heavily on the community and organizations alike. The combined pressure of economic hardship and war has made it challenging to sustain our work and plan ahead.

We remain committed to being there where it matters most, but we can't do it alone. Because lasting impact is built together, your donation helps us continue reaching those who need it most.

**Lebanon**
**Bank Transfer**

Bank Name: Bank Audi SAL
a/c Name: Oum el Nour
a/c Number: 206035-76
IBAN: LB13 0056 0000 0000 0020 6035 0076
Swift Code: AUDBLBBX

**United States of America**
**Bank Transfer / Wire**

Bank Name: Interaudi Bank
a/c Name: Drug Free Lebanon, inc
a/c Number: 626426400100100201
Aba or Routing Number: 026006237
Swift Code: AUSAUS33

**Cash / Online Transfers**
OMT - Whish Money
+961 70548803




Need support? Please reach out to our team.

Reception and Orientation: 09 22 37 00 | 76 75 07 38
Mental Health: 71 24 73 03

oumelnour@oumelnour.org