prevention • rehabilitation • integration
وقاية • اعادة تأهيل • اندماج

2026
Our Third 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.

A Quarter of Progress and Possibility

As we approach the final months of the year, we continue to navigate the many challenges facing Lebanon and the wider region, carrying forward the resilience and determination that have always been at the heart of our mission.

For the third quarter of 2026, our General Assembly gathered to review the achievements and challenges of 2025, while looking ahead to ongoing initiatives and plans for 2026. Our team also visited H.E. President Joseph Aoun at the Presidential Palace to present Oum el Nour's work and highlight the shared responsibility in addressing substance use. Preparations also began for our Annual Fundraising Dinner, a special occasion that will celebrate 37 years of Oum el Nour's dedication to recovery and hope. Meanwhile, renovation work at our Beirut Center continues to progress, bringing us one step closer to opening our doors in the capital. The quarter was also marked by team gatherings that reminded us of the power of standing together, especially in a context where uncertainty remains part of everyday life.

Our commitment to our mission and to the people who place their trust in us remains steadfast as 2026 draws to a close. Every step forward, every challenge overcome, and every shared moment reinforces our belief that, even in difficult times, hope can be nurtured and meaningful change remains possible.

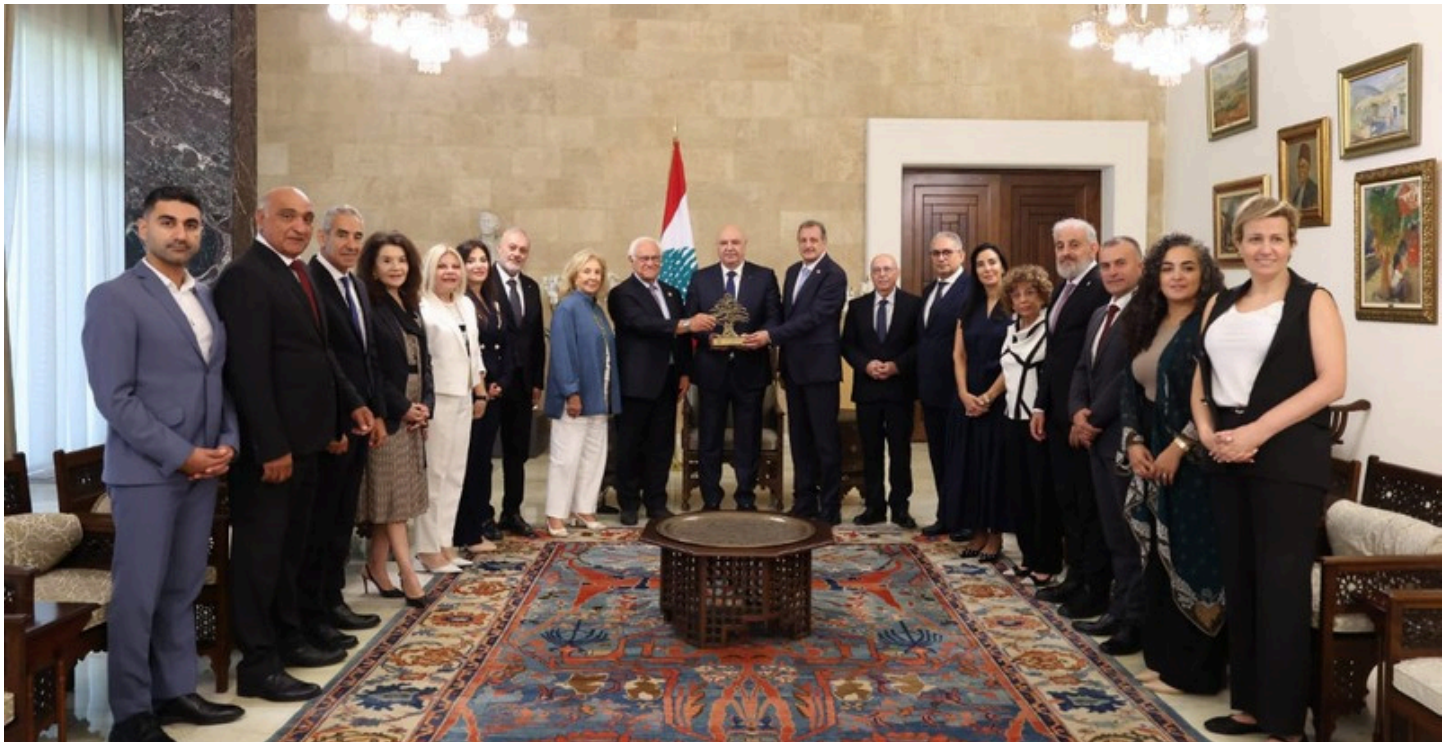




OeN at the Presidential Palace

On September 23, our team met with H.E. President Joseph Aoun at the Presidential Palace to present Oum el Nour's services and work in addiction prevention, rehabilitation, and reintegration.

The meeting highlighted that addressing addiction is a shared responsibility that requires the involvement of families, schools, civil society, and public institutions. Through collaboration, we can strengthen prevention efforts and better support individuals throughout their recovery and reintegration into society.





Our 35th General Assembly

On July 30, we held our 35th General Assembly, bringing together the members to review Oum el Nour's achievements in 2025 and ongoing initiatives for 2026.

The Administrative, Fundraising, and Services Directors, the Beirut and Tripoli Managers, and the Research and Development Coordinator shared updates from their respective departments, highlighting key achievements and ongoing work. The presentations were followed by discussions with attendees and remarks from the President, providing an opportunity to discuss the work ahead.









Our Programs in Action

Inpatient Rehabilitation

Outings That Enrich the Recovery Journey

Outings are an important part of recovery, giving residents the chance to take a break from their daily routine and enjoy time outdoors. This quarter, the men from our inpatient rehabilitation center enjoyed a picnic in Nahr Ibrahim and a day trip to Bcharre, where they visited the Cedars, the Qadisha Cave, and the Gibran Museum. The women also enjoyed two outings, with picnics in Wata El Joz and Nahr Ibrahim.

Medical Students at Our Inpatient Center

Our inpatient rehabilitation center for men welcomed fifth-year medical students from the American University of Beirut (AUB) for monthly documentary visits, providing them with a closer look at addiction treatment and the recovery process within an inpatient setting.

Prevention Activities

This quarter, our prevention team delivered awareness sessions to diverse age groups, from children as young as six to adults and parents. The sessions took place across schools, community organizations, and educational institutions, including Al-Mahdi School in Maaysra, Maaysra Orphanage, the Municipality of Maaysra, Makhzoumi Foundation, SHIFT, Holy Spirit University of Kaslik (USEK), Saint Joseph Bourj Hammoud, Sacré Cœur Nabaa, and SSCC Kfarhbab.





Research

Our Interns This Quarter

This quarter, the R&D team welcomed six interns from the University of Balamand, Lebanese University, and Lebanese American University (LAU), who gained practical experience through research activities and weekly psychoeducation.

Supporting Students

The team also mentored two students conducting research on alexithymia, focusing on its relationship with emotional regulation and somatic symptom disorder. In parallel, three publications are currently in progress: Exploring Alexithymia among Individuals with Substance Use Disorder in Residential Rehabilitation Settings: A Literature Review; The Association Between Alexithymia and Somatic Symptom Disorder (SSD); and The Association Between Alexithymia and Nomophobia.

Behind the Impact: Our Team

Together Beyond Our Daily Work

With the nature of our work, our days can often be demanding, making moments away from the office all the more special. This quarter, our team enjoyed outings to Jeita Grotto, the Swings in Baabdat, and a Lebanese brunch at the Admin Building. With our teams spread across different centers, these outings were a great opportunity to catch up with colleagues we don't often get to see and strengthen the bonds that bring us together.











Learning and Development

Continuous Training

Our continuous training program aims to strengthen the knowledge and skills of our multidisciplinary team through specialized sessions on mental health and addiction, social work, and specialized education. Led by Dr. Maryse Hayek, Dr. May Hazzaz, and Mrs. Roula Najeim, the sessions address key topics including psychiatric disorders and addiction, treatment and relapse prevention, emotional management, complex clinical cases, caregiver burnout, the foundations of social work, and specialized educational support. Particular emphasis is placed on professional ethics, interdisciplinary collaboration, and the development of effective, person-centered approaches to care and support.



Understanding KPIs

A session was held with the team to introduce Key Performance Indicators (KPIs) and explain their role within our organization moving forward. The session focused on how KPIs will be integrated into our work and how performance will be monitored and evaluated. It also aimed to ensure a shared understanding of the new approach, clarify expectations, and highlight the importance of tracking progress to support accountability and continuous improvement.

Self-Care & Burnout Prevention

As part of Oum el Nour's commitment to safeguarding and team wellbeing, a session was delivered on self-care and burnout prevention. The session aimed to raise awareness of the importance of maintaining mental and emotional wellbeing, recognizing early signs of burnout, and practical self-care techniques and effective stress-management approaches.. This session was organized as part of Oum el Nour's efforts to fostering a supportive work environment where team wellbeing is recognized as an essential part of professional development and effective, sustainable service delivery.

Event Highlights & Updates

Launch of Preparations for the Annual Dinner

Preparations for our annual dinner have officially kicked off, and invitations have been sent out for the event taking place on October 31 at Casino du Liban.

Hosted by the wonderful Rania Ziade Ashkar, the evening will feature performances by artists Rouba Khoury, José Carlos, and Michel Labaki.

Beyond being an evening of celebration, the annual dinner is a key fundraising event that brings together our partners, supporters, and friends around a shared commitment to our mission. The funds raised will contribute to sustaining our programs and strengthening our impact, allowing us to continue supporting the individuals and communities we serve.



A National Milestone for Mental Health in Lebanon

As a partner of the National Mental Health Programme, our team attended the official ceremony held at the Grand Serail, where September 10 was declared Lebanon's National Day for Suicide Prevention and Mental Health Awareness. Held under the patronage of Prime Minister Nawaf Salam, represented by Minister of Public Health Dr. Rakan Nasser El-Din, the event was organized by the Ministry of Public Health, through the National Mental Health Programme, in partnership with Embrace and ABAAD. It brought together government officials, United Nations representatives, civil society organizations, and key stakeholders to highlight the importance of making suicide prevention and mental health a national priority and a shared responsibility.



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

Three Years of Recovery and Impact

The third quarter marked the **third anniversary of the Rehabilitation Center's opening**, celebrating three years of service and support. Since its establishment, the center has admitted **210 individuals for inpatient treatment** and reached **more than 1,000 individuals through reception and outpatient services**.

Recovery Champions and Ambassadors of Change

As part of their journey, Integrated Youth participated in a training program designed to equip them with the knowledge, skills, and confidence to become Recovery Champions and Ambassadors of Change. The initiative is supported by the United Nations Population Fund (UNFPA), in collaboration with the Ministry of Youth and Sports.

Celebrating Liberia's Independence Day Through Solidarity

In celebration of Liberia's Independence Day, generous contributions were made from distinguished leaders, partners, and donors. Her Excellency, First Lady Kartumu Yarta Boakai, contributed 100 bags of rice and US$500 in cash. Hon. Karyou Johnson, Superintendent of Grand Bassa County, also provided food assistance, alongside other generous donors who contributed to the celebration. Additionally, the World Health Organization (WHO) donated laptops, computers, and furniture to support the operations of the rehabilitation center and head office. In a further show of support, Doc Lawson, founder of DunamiSport, donated jerseys, football, and other sports equipment during his visit to encourage sports, recreation, and the well-being of the residents.





Prevention Activities

The Prevention Team implemented the UNODC Strong Families Programme in Gbowa Community, Grand Bassa County, through trained facilitators in collaboration with the Ministry of Health. The team also participated in International Youth Day activities, where an Integrated Youth member served as a guest speaker at the first-anniversary celebration of the LRRRC Rehabilitation Facility.



Strengthening Rehabilitation Through Community Partnerships

Naomi Chapter No. 12 visited the Rehabilitation Center and supported the development of a carpentry workshop and a mini basketball court, building on the earlier generous contribution of Cedar Lodge No. 14 toward the carpentry workshop. These initiatives promote vocational skills development, recreation, and recovery.









Forsa - Tripoli

In Partnership with Al Manhaj Association

During the third quarter of 2026, the team at Forsa's Reception and Orientation center carried out a total of 854 client and family support interventions, including in-person meetings and telephone calls with individuals seeking treatment and their families.

Brunch for a Cause

On 21 July 2026, Ms. Zeina Cheikhani, in coordination with the team at Forsa, organized a brunch gathering at Al-Faisal Restaurant in Qalamoun. The proceeds from the event were dedicated to supporting the Forsa Project.



Forsa Welcomes the Ambassador of Mexico to Lebanon

The Ambassador of Mexico to Lebanon, Mr. Francisco Ernesto Romero Bock, visited the rehabilitation center of the Forsa Project on 5 August 2026. He was welcomed in the presence of Mr. Mahmoud Al-Ahmad, President of Al-Manhaj Association, along with Mr. Jad Al-Shami, Mr. Pierre Doueihi, Mr. Hicham Imam, son of His Eminence the Mufti, and the Forsa Project team.





Our Newest Center in Beirut

Progress Toward Opening

Preparatory works at our new Beirut Center are progressing steadily, with floor tiling, exterior doors, interior partitions, and electrical and plumbing installations completed or underway as we prepare to open our doors.





At the same time, we have been reaching out to community leaders, institutions, and potential partners to introduce the center and explore ways to support its mission. Meetings with the Governor of Beirut, the Association of Lebanese Industrialists, GAME, and representatives of the Druze community have highlighted the importance of working together to address addiction and expand access to support and recovery. As we move closer to opening, the engagement and contributions of our community are essential to bringing this center to life and ensuring that it can make a meaningful difference for individuals and families affected by addiction. Together, we are laying the foundations for a new space of prevention, recovery, and hope.



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.

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