



RESTORE HOPE

2023 Impact Report

2023 was a year of strategic growth and programmatic focus for RESTORE HOPE. We reached new heights in our development and are making a greater difference in the communities we serve than ever before.

We're filling a much-needed gap in the health care system by strengthening community-based care through our mental health program. We've now reached almost 2,000 women experiencing depression, the most prevalent mental health disorder and one that robs women and families of the fullness of life and the ability to thrive.

This work carries our mission forward in a fundamental way that empowers women and communities. We do this from a community whole health perspective, acknowledging that the social determinants of health and mental health are broad and complex. While we provide direct service in mental health, we support education efforts to strengthen and promote youth's mental health. This integration opens a pathway to provide mental health services in schools—a goal for the coming year. We're a proud partner of Rebuild Africa, a local organization providing quality education for early childhood, primary school students, and overage students. As part of our community whole health model, we continue to collaborate with the local hospital and district health team which strengthens our own program with coordinated care.

Our team in Liberia is stronger than ever. Every staff member past and present has brought value to the organization. Our current team is lean and strong and moves us closer to our mission every day. We've ended the year with greater focus, increased impact, and more partnerships. We are setting our goals even higher for next year, providing evidence based, high quality services for the most underserved communities in Liberia.

To impact,



Sandra Williams
CEO & Co-founder



Community Whole Health

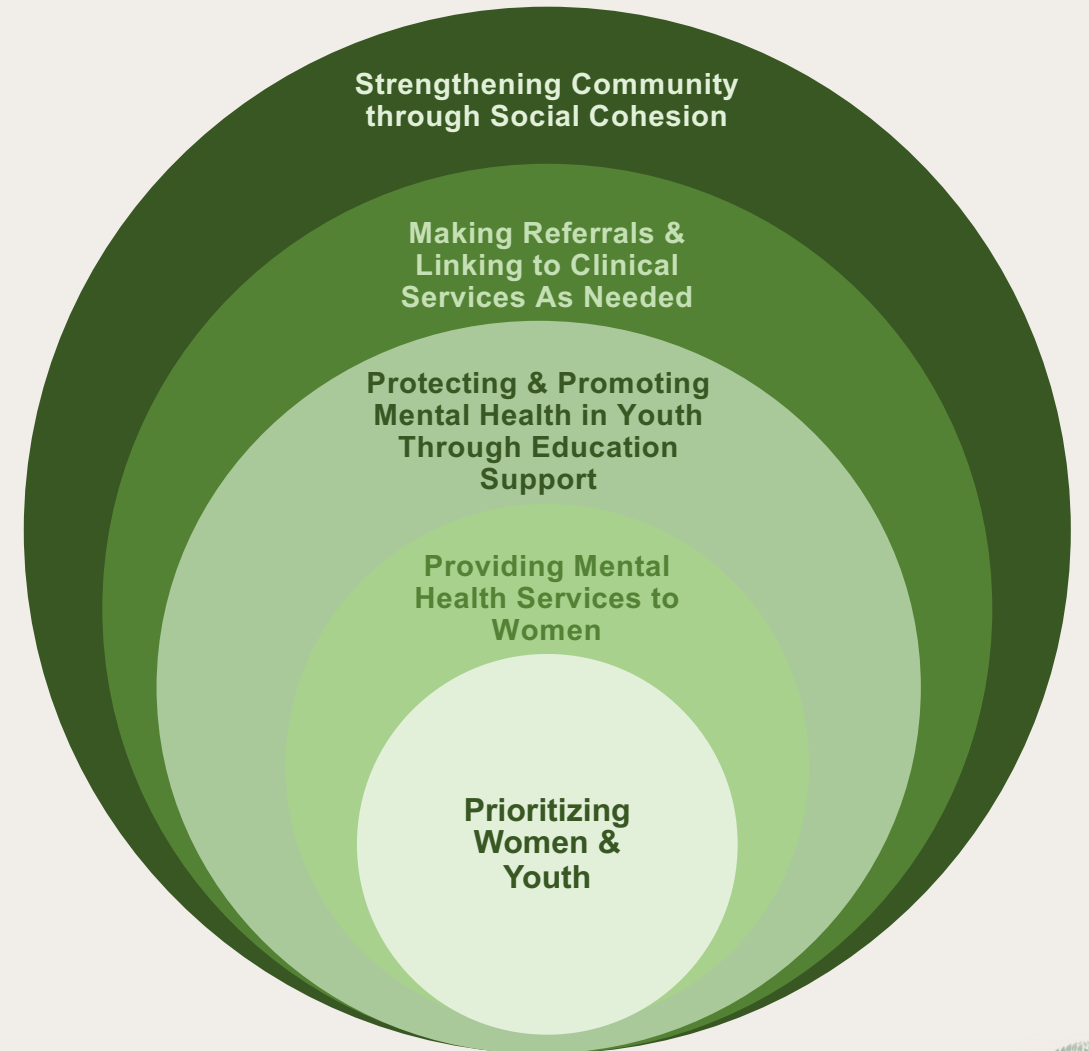
A model to improve the health and well-being of communities.

More clients, more communities served.

RHL is closing the gap between clinic-based health services and community needs. RHL has now provided group therapy in over 20 different communities across Kolahun District, screening almost 2,000 women.

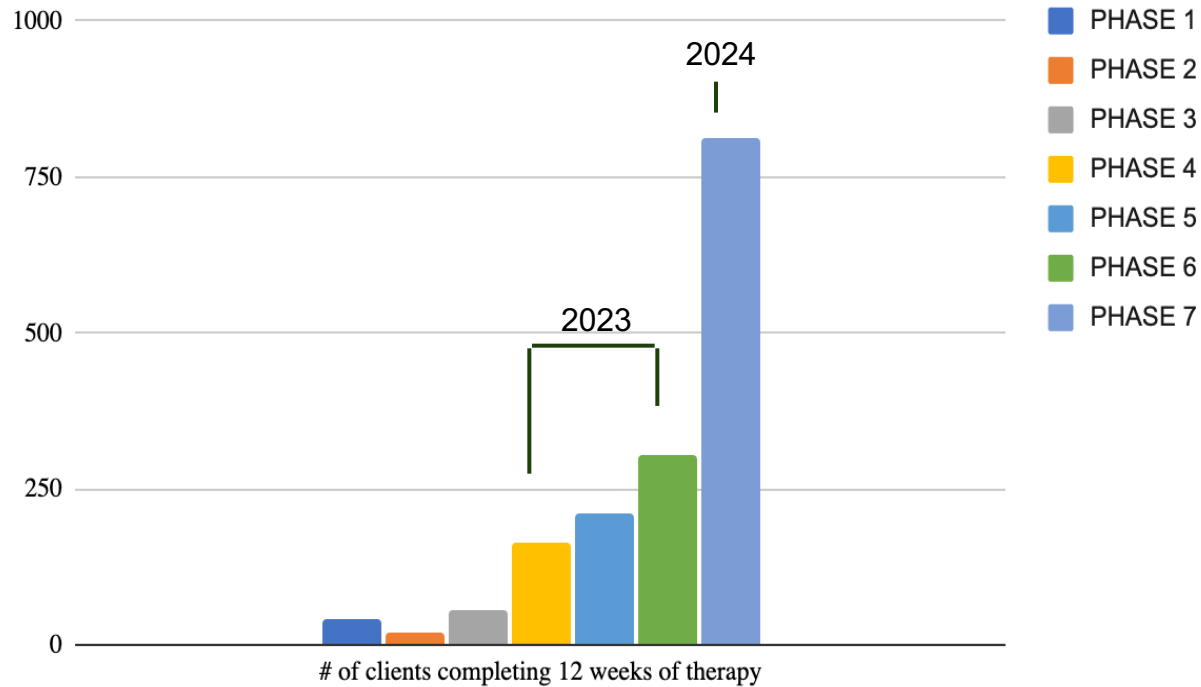
Promoting and protecting youth's mental health by supporting quality education.

Through RH's partnership with Rebuild Africa, 251 children were enrolled in school, provided phonics-based instruction. Literacy and early childhood education are protective factors for mental health.



Mental Health Services -The Numbers

Clients Completing Therapy per Phase



Phases 4-6 were completed during the year, reaching over 700 clients.

RHL pays, supervises, and supplies 23 group therapy facilitators – community members trained by RHL to deliver Interpersonal Group Psychotherapy.



Our Progress

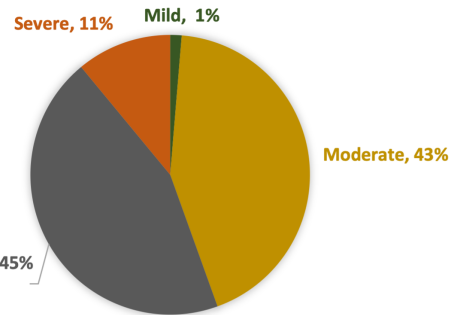
Our team of facilitators – community members trained to lead group talk therapy using the evidence-based model Interpersonal Group Psychotherapy – are **seeing more clients and holding more groups, becoming skilled and experienced facilitators.**

Women are invited to join a group, which is provided free of charge given the levels of poverty in the area. **Remarkably, our program has an average drop out rate of just 5%, reflecting the facilitators' skills at the group process and the acceptability of the model in the Liberian context.**



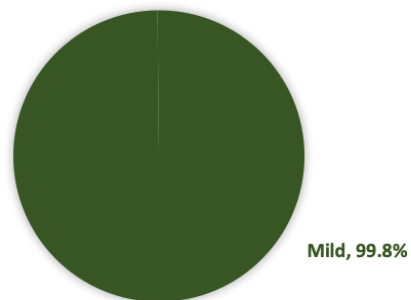
Mental Health is Foundational

LEVELS OF DEPRESSION PRE-THERAPY



n=836

LEVELS OF DEPRESSION POST-THERAPY



n=636

1,118 clients have completed therapy delivered by 23 RHL-trained community members.

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At the start of group therapy, the average client was experiencing moderately severe levels of depression (PHQ9 score of 15).

After 12 weeks of RHL's group therapy, the average client was experiencing NO depression (PHQ9 score of 3)

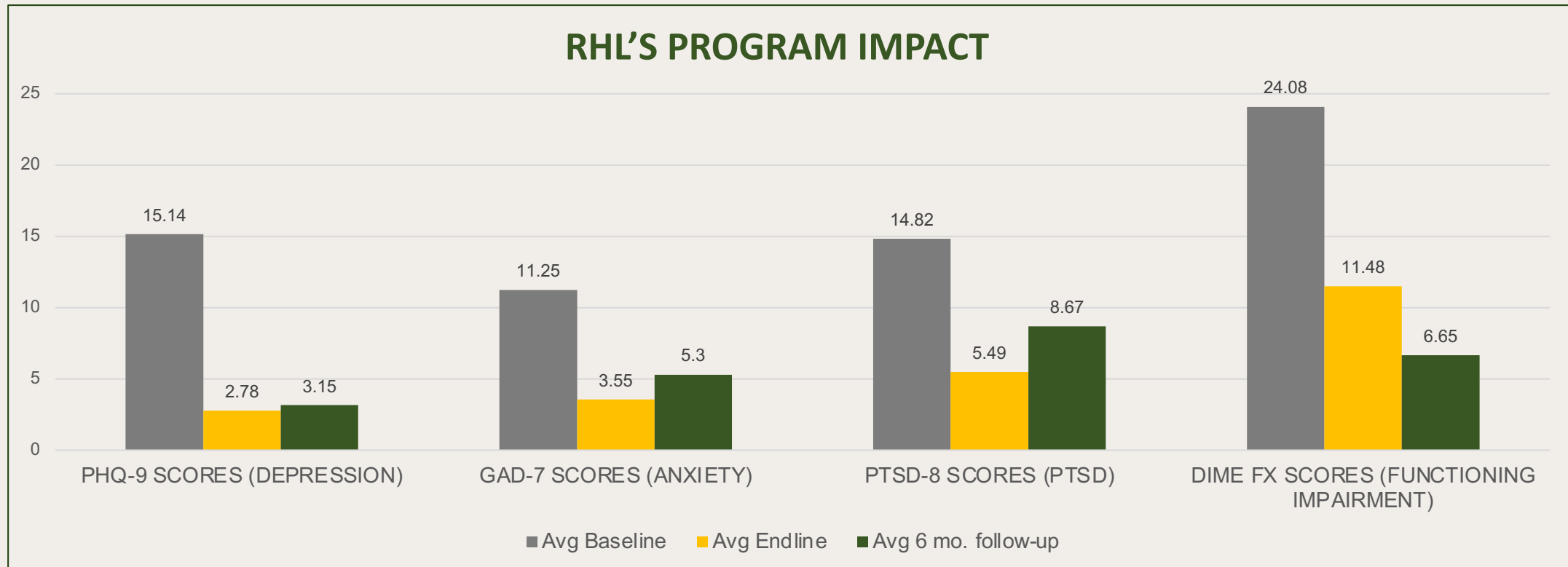
At 6-month follow-up, the results were maintained, with clients remaining depression free (PHQ9 score of 3).



One Intervention - Multiple Outcomes

RHL's mental health program is one intervention with multiple outcomes:

- **reducing depression, anxiety, and PTSD,**
- **increasing the daily functioning of clients, and**
- **increasing their perceived social support.**



Health Promotion



RHL provides health education at locations around the district.

- *Biweekly health talks at the local hospital and outpatient clinic*
- *Weekly market day outreach*
- *Weekly health talks led by trained and supervised peers at schools*
- *Home visits to at-risk individuals identified by the community*

Health promotion is an important aspect of protecting mental health.



Community Support



While RESTORE HOPE provides direct service in health, we continue to support the social determinants of health through partnerships and collaborations with mission-aligned organizations.

This year, RESTORE HOPE partnered with a local non-profit, Rebuild Africa, to support education for youth of all ages.

Additionally, RESTORE HOPE supported youth at risk of school drop out and awarded 25 students with college scholarships.

**Lifelong good mental health
starts in childhood!**



Client Stories

“

I never used to sleep. I was depressed. I used to cry worrying over my problems but since [RHL] brought this meeting and advised us, things had changed.

You people did well for us.

If you have any problem, you will only sit and worry, go to bed, no sleep, no solution to the problem but since RHL came here, we have been meeting and talking to each other. We don't want this woman (RHL Facilitator) to go. But we will still be meeting every Wednesday. **We will be helping each other as well.**

I was depressed until I wanted to commit suicide by taking medicine to kill myself...better to die than to live and see all those bad things happening to me. RHL put us together along with many of my friends with similar conditions. **[RHL] started counseling me and now I am doing well.**

Our lives are changing right now...People who never used to talk to me, we are now all friendly and talking. I am no longer bending down with my burden scale but standing up.

”



2023 Successes



This year, we advanced major priority areas including moving into new geographic areas, increasing client numbers while reducing cost per client, securing a partnership, all while continuing to provide quality services and strengthening organizational systems.

- RHL moved into 13 new communities providing mental health services.
- RHL launched first partnership with NGO Rebuild Africa, supporting more youth in one year than in RHL's history.
- RHL doubled the number of group therapy clients the program reached.
- With the doubling in clients, the efficacy of the program stayed consistent, reflecting the expertise of RHL's team.



Milestones To Scale



We're on a mission to provide effective, community led mental health care to underserved communities across Liberia.

We are proving our model in Kolahun District, Liberia with the goal of expanding across the country in the next 5 year.

Over the course of the year, we have made significant strides, and we are poised to scale. We have reduced our cost per client and are projected to continue this reduction next year. We have had an exponential growth in clients served by changing elements of our program design. We have strengthened our team and internal systems setting RHL up for success.

CLIENTS & COST PER CLIENT



Next Year

Goals for 2024:

- Strengthen relationships with the MOH at the national level
- Become a member of Liberia's Mental Health Technical Coordinating Committee (MHTCC)
- Provide group therapy to over 2,750 clients with a minimum of 88% of clients ending therapy with no depression
- Pilot adolescent group therapy
- Integrate group therapy into a climate action initiative

Priorities for the next 5 Years:

Expand into other four additional counties of Liberia through partnership with MOH and INGO's in the next five years

Provide adolescent group therapy across 60% of secondary schools in Lofa County in the next five years

Provide group therapy to 1 million clients in five years



The Vision

Group therapy becomes a standard service of community health workers across Liberia, providing widespread access to an effective depression treatment for millions in need of care, while supporting the social determinants of health for greater impact.

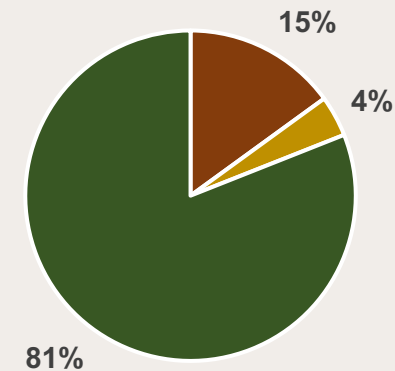


Financials

| RESTORE HOPE: FY 2023 | |
|---|-----------------|
| INCOME | Amount |
| Donations | 194,141 |
| Foundation Grants: Dovetail Impact Foundation | 25,000 |
| Other: sales | 362 |
| Total Income | 242,453 |
| EXPENSES | |
| Grant to RESTORE HOPE: LIBERIA | 180,090 |
| Grant to Rebuild Africa | 10,000 |
| Direct Program Support | 24,568 |
| Administration | 11,390 |
| Fundraising | 38,734 |
| Total Expenses | 264,782 |
| BALANCE AFTER EXPENSES | (22,329) |

| RESTORE HOPE: LIBERIA: FY2023 | |
|-------------------------------|----------------|
| INCOME | Amount |
| RH Grant | 180,090 |
| EXPENSES | |
| Health Program | 114,485 |
| Education Program | 43,277 |
| Economic Development Program | 3,664 |
| Total Expenses | 161,426 |
| BALANCE AFTER EXPENSES | 18,664 |

RESTORE HOPE



■ Fundraising ■ Admin ■ Program



Thank You!



We are grateful for our funding partners:

Dovetail Impact Foundation

One Day's Wages

And to each and every donor for making this work possible.

Aja Al-Harbawi

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Corey Bills

Beryl Bills

Bonnie Blakeman

Donna Burgess

Barbara Burke

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Tiffany Szeto

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Heidi Webb

Steve Wolf

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Alessandro Zangrillo

Matthew Zwerling





RESTORE HOPE:
LIBERIA



THANK YOU FOR
YOUR SUPPORT!