

Transforming Global Health - One Village at a Time



**Restore Hope: Liberia
2022 Annual Impact Report**

FROM RESTORE HOPE'S EXECUTIVE DIRECTOR

Despite ongoing pandemic issues, 2021 was a record setting year for the Restore Hope global team. More women and mothers found healing from old traumas and mental distress through their participation in our community-led, interpersonal talking therapy groups (IPT-G). And more children gained access to quality education and succeeded through our scholarships and education extension programs.

We also designed and are already executing a scaling plan to expand our reach in 2023 to surrounding communities who do not currently have access to the health and mental health care our team so expertly provides. This drive for low-cost, high-quality expansion is an essential part of our unique health equity model designed to help Liberian women and children live fuller, healthier, and more empowered lives.

Some of the world's biggest challenges need urgent, impactful, and creative solutions. The pandemic taught us that there is no health without mental health. Providing mental health support to the women of Liberia touches and heals entire households and even ripples out into the surrounding community. The Restore Hope family remains committed to the women and children of Kolahun, while we expand the reach of our services to some of the other Liberian communities that are also in dire need.

Periods of growth create new challenges and much uncertainty. They also offer us an opportunity to grapple with changes and emerge with clarity and renewed purpose.

Our work this year was one of those times.

Like many of us, Restore Hope leadership spent the year thinking deeply about our programs, our impact, how we can most effectively achieve our mission. How can we best frame the work to most accurately represent, uplift, and equip those we serve?

Humanitarian work is undergoing an exciting revolution that has re-centered the leadership and decision making of global initiatives back to local populations with a particular aim to respect local traditions, create sustainability through community buy-in and leadership, and to redistribute power and leadership more equitably to those who traditionally have been the most vulnerable and marginalized, most affected in this era of polycrisis. In particular, the women of Liberia and West Africa who have been disproportionately affected by the violence of war, the persistent gender-based violence in the peace that followed, the highest maternal mortality rates in the world; and who suffered and died most often during times of epidemic and pandemic disease, including Ebola and Covid virus diseases. In spite of this, they stopped a war, held their families together, and began the slow, steady steps of rebuilding their villages, and a nation.

We are still examining the ways our work already aligns with these new priorities and the ways our work yet needs to adjust to stay in step with this changing world. These considerations are at the top of our minds as we discuss how best to utilize funds, how to design more impactful programs, and what is the best way to reach our health equity goals as we strive to positively impact health, in its fullest definition.

In final recognition of all that has been achieved during this year of celebration and introspection, I want to take a moment to congratulate Anna Morris and Bezalee Siafa Aaron, two young adults in Kolahun who graduated this year from the nursing program at Lofa County Community College. RESTORE HOPE ensured they had access to education and the support they needed to succeed. Their ambition, hard work, and hopes for the future shine brightly.

Congratulations, Anna and Bezalee! We are so proud to have you as a part of the Restore Hope family and legacy!



Sandra Williams - Executive Director

ABOUT US

Vision

Communities living in absolute poverty, who have survived complex emergencies, are able to thrive, rebuild their communities and lead healthy, productive and peaceful lives.

Mission

To improve the health and wellbeing of vulnerable and disadvantaged communities in post-emergency settings by providing basic health, education and income generating activities in order to alleviate extreme poverty and empower communities to become their own agents of change.



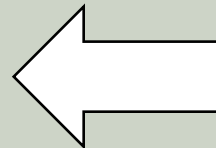
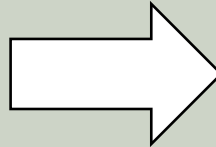
ORGANIZATIONAL EXPERTISE

Two Independent Organizations: Partnered for One Great Result

Restore Hope

Supports Restore Hope: Liberia through:

- Stewardship of Donor Relationships
- Fundraising
- Engaging Advanced Technical Assistance
- Leadership Capacity Building
- Finance & Operations Oversight
- Risk Compliance
- Overall Quality Assurance



Restore Hope: Liberia

Supports Restore Hope through:

- Programmatic Leadership & Implementation
- Field Expertise
- Monitoring & Evaluation
- Ongoing Quality Controls
- Local Health System Strengthening
- Key Relationship Building
- Partnership Coordination
- Guiding Expansion Strategy & Future Programmatic Design

THE NUMBERS: COMMUNITY SUPPORT



2,246 Adolescents received Sexual & Reproductive Health information



74 Children received clinical care via care management referrals



85 Children enrolled in school who would not have been otherwise



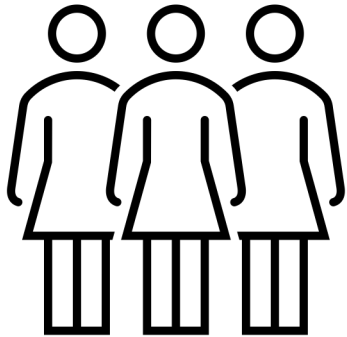
18 University scholarships awarded



45 Women empowered through Co-op governance & financial management training

80 Community members started a cooperative rice mill project

THE NUMBERS: Reduction in Depression for Mothers



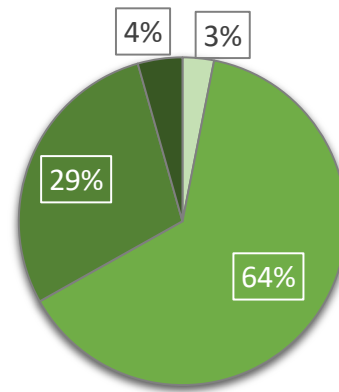
267 mothers received our group talking therapy (IPT).

81% ended therapy reporting no or very minimal depression symptoms.*

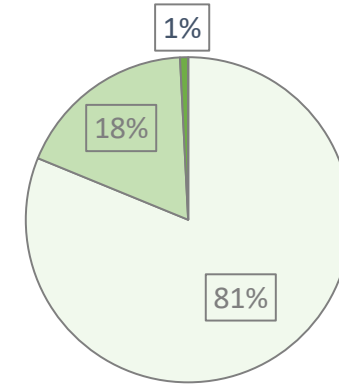
	Phase 1	Phase 2	Phase 3	Phase 4
# of Groups	10	7	14	20
# of Facilitators	10	7	14	14
# of Clients Served	43	20	57	184

PHQ-9 Scale	Depression Score
Severe	20-27
Mod - Severe	15-19
Moderate	10-14
Mild	5-9
Minimal	0-4

Depression Symptoms
Pre- IPT-G Therapy



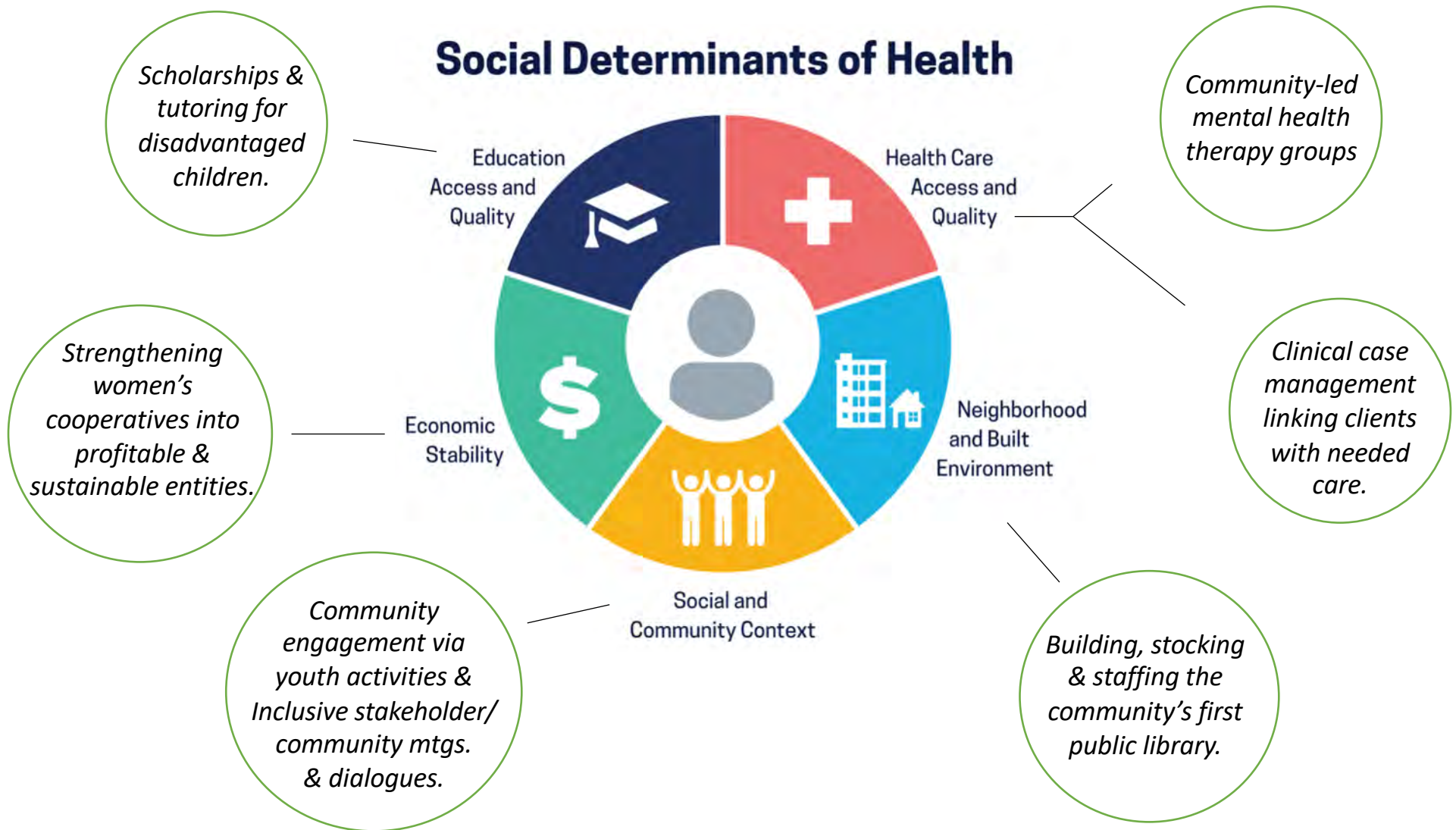
Depression Symptoms
Post- IPT-G Therapy



*RHL implements the proven, WHO-endorsed, Interpersonal Group Therapy model. Changes in depressive symptoms are measured using the clinical diagnostic tool, PHQ9.

OUR PROGRAMS

We focus on the social determinants of health through:



Pyramid of Hope



OPPORTUNITY

EDUCATION

HEALTH

We provide coordinated support to the individuals we serve.

Our priority area is health because without good physical and mental health, development is unattainable.

But we know that good health, alone, is not enough to overcome poverty and its ills.

We invest in education and support entrepreneurs to ensure the communities we serve have opportunities to succeed.

This is our model.

WE are GROUNDED in the SUSTAINABLE DEVELOPMENT GOALS

SUSTAINABLE DEVELOPMENT GOALS



We **TARGET** the most marginalized women & children.



We **FUND** scholarships, from kindergarten to college, for the most disadvantaged children.



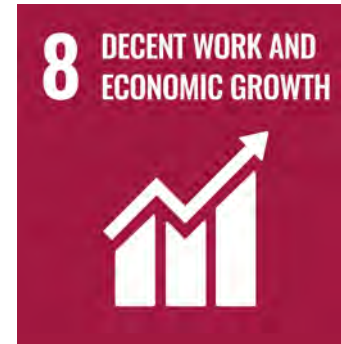
We **SUPPORT** grassroots food security initiatives; increasing yields & access to microcredit.



We **STRIVE TO END** Sexual & gender-based violence via community-led advocacy campaigns, youth education, & referrals for emergency care.



We **PROVIDE** mental healthcare, access to medical care/ clinical services, & local health systems strengthening.



We **INVEST IN &** strengthen women's co-ops that grow opportunities for quality, profitable, and empowering employment.

FINDINGS: YEAR 2 SUCCESSES of the MENTAL HEALTH PROGRAM



- ✓ Recruitment of committed group therapy facilitators who are excited to scale the model.
- ✓ 6 group therapy facilitators volunteered to lead a 2nd therapy group each week.
- ✓ Graduated clients are “supporting” friends & family via informal groups in remote villages not yet served by RHL.
- ✓ More than 80% of group therapy graduates report improved happiness & a desire for others to receive similar access to care.
- ✓ Right Place. Right Time. Kolahun has proven to be the right testing ground for early IPT-G work in Liberia.
- ✓ Getting Key Answers - Right Now. RHL’s data shows that IPT-G works in Liberia.
- ✓ With proof-of-concept complete, we are strengthening systems & preparing for rapid growth & scaling ahead.

FINDINGS: NEEDED CHANGES to the MENTAL HEALTH PROGRAM



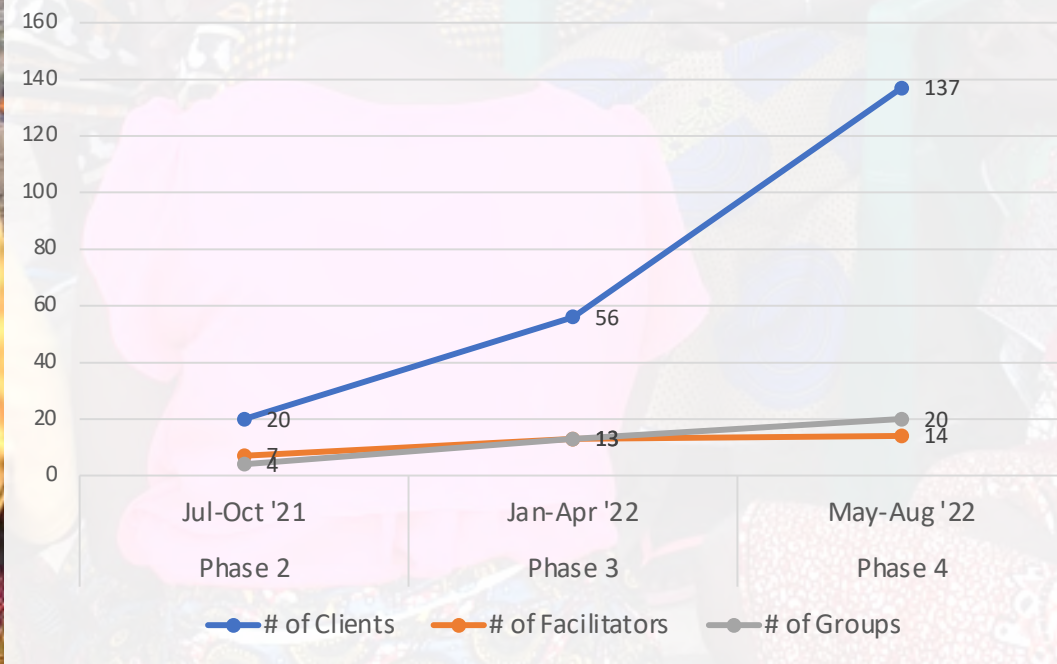
AREAS FOR GROWTH:

- 1) Underbudgeting has led to an increase in turnover & thus a loss of institutional knowledge.
 - We have improved budget forecasting and have recruited a stronger workforce to support the significant growth ahead.
- 2) An in-depth analysis found gaps in RH/RHL readiness for external donor partnership.
 - We dedicated time to addressing these gaps (short & long term). We are ready to learn more about the ways we can give donors confidence in the work we do, how we steward their funds & the success & impact of our work.

SCALING for GREATER IMPACT



Growth of the Women's Mental Health Program in FY2022

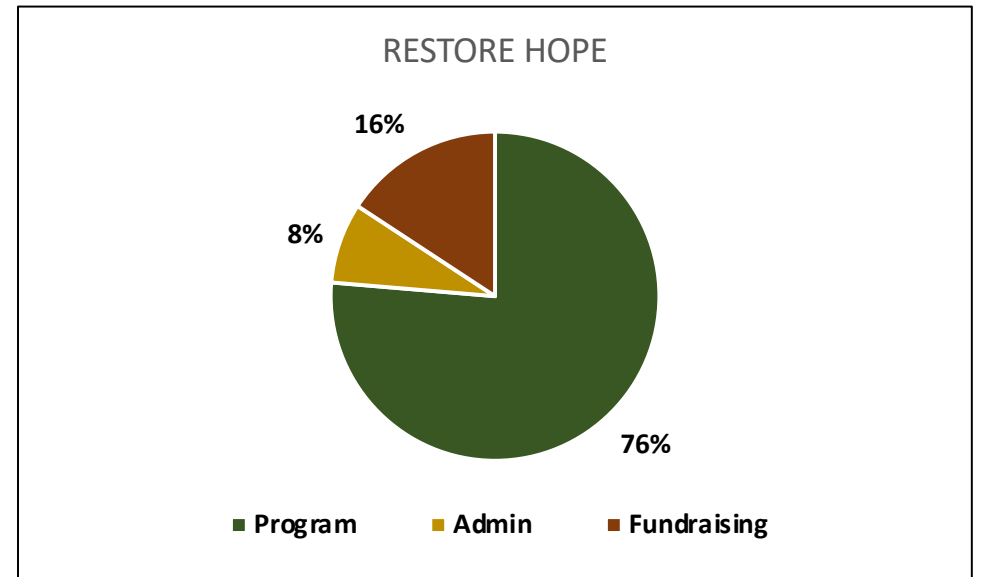


FINANCIALS

RESTORE HOPE: FY 2022	
INCOME	Amount
Donations	194,141
Grants: Dovetail Impact Foundation, Together Women Rise	50,000
Sales	1,885
Total Income	246,026
EXPENSES	
Grants to RESTORE HOPE: LIBERIA	175,789
Direct Program Support	21,579
Administration	20,433
Fundraising	40,766
Total Expenses	258,567
BALANCE AFTER EXPENSES	(12,541)

RESTORE HOPE, a 501(c)(3), provides fundraising and advisory support to RESTORE HOPE: LIBERIA, a registered nonprofit in Liberia.

RESTORE HOPE: LIBERIA: FY 2022	
INCOME	Amount
RH Grants	175,789
EXPENSES	
Health Program	123,278
Education Program	40,620
Economic Development Program	13,329
Total Expenses	177,227
BALANCE AFTER EXPENSES	(1,438)



WHAT'S COMING



MENTAL HEALTH for WOMEN

- Expand geographic reach of therapy groups to surrounding areas outside of Kolahun District, reaching over 600 mothers in FY23
- Increase the number of groups led over the year from 37 to 63 as part of our scaling plan and to reduce cost per participant.
- Improve depression healing rates even more, from 81% in FY22 to 87% in FY23
- Strengthen organizational infrastructure by hiring M&E Officer and Admin/Finance Officer

COMMUNITY SUPPORT

- Improve literacy skills of overage students in order to enroll at least two grades ahead to better align with their age
- Survey teens in schools across the District to measure impact of our S&RH peer counselors
- Expand Kolahun Cooperative membership by 10% and increase revenue by 50%
- Double the number of women receiving microloans from the revolving microloan fund from 36 to 72
- Increase scholarships from 18 to 25 for higher education

THANK YOU!

Lisa Adams
Jesudinni Adefolu
Pamela Adie
Janet Albrecht
Jimmy Antia
Debbie & Robert Ball
Donna Barkman
Freddy Bharucha
Armaity Bharucha
Yasmin Bhumgara
Corey Bills
Bonnie Blakeman
Essence Boayue
Lynore Bolton
Pam Britton
Jennifer Brunner
Greg Buckwalter
Amy Burke
Barbara Burke
Patricia Burke
Joni Burrell
Sara Cashen
Andrew Cole
Beatriz Cordero
Janet & Stephen Creed
David Cudaback
Nancy Cuddihy
Tim Daniel
Khursheed Dastur
Marcia Davidson
Bakhtavar Desai
Fred Desai
Shireen Desai
Sarah Jane & Allen Dooley
Jan Ellis
Justin Evans
Catherine Fiorello
Susan Fox

Gail Granowitz
Dana & Dan Grossman
Avn Hgnige
M. Ali Hussain
Margaret Jackson
Gail James
Ann Jones
Ben & Debbie Kilham
Paul & Joyce Killebrew
Peter Kilmarx
Claudia Knab-Vispo
Ellen & Roy Knights
Roger Kropf
Zena Lapp
Patricia Lewis
Pearl Madan
Darlington Martor
Lyn Maxon
Tara McGovern
Jane & Peter McLaughlin
Geraldine Melosh
Suzanne Michael
Victoria Montifiore
Sarah Morrison
Klaus Muhle
Archana Nimgaonkar
Mary Ann O'Connor
Yaayaa Pajibo
Pamela Pappas
Stephanie Parker
Hans Du Rietz
Mamie Paul
Samuel Perkins
Janet Perlman
Laurie Harding & Peter Mason
Viktor Pohorelsky
Andrew Pollack
Katha Pollitt

Lisa Pope
Anahita Rao
Annette Rauh
Nancy Reed
Rachel Remen
David & Kyra Robinov
David Roby
Elizabeth Ross
Giti Rostami
Robert Rufsvold
Burjor Santoke
Sam Schuth
Zeinab Schwen
Kaezad Setna
Zarine Shah
Rajnish Sharma
Tegner Stokes
Yoko Sugimoto
Gulnar Surveyor
Pierre Taylor
Douglass Teschner
Ellen Thompson
Jamie Truman
Heidi Webb
Bob & Julianna Wendt
Bryan Wirtz
Sandy Yaklin
Sally Zelonis
Matthew Zwerling



THEIR VOICES



“

We don't have to pound rice in the mortar anymore. These days food is ready before we are out of school!

– David Blama

Group therapy made me to find my life meaningful with all of my problems.

– Oldlady Musa

I'm a very proud student at the nursing department at college...I just want to encourage all girls that in school if you get pregnant it doesn't mean you stop school...Take courage and continue your schooling.

– Anna Morris

Group therapy gave me courage.

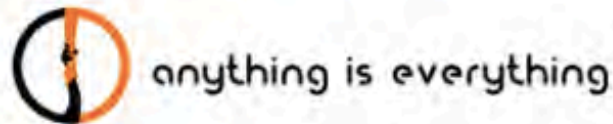
– Fematta Armah

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OUR PARTNERS



Together Women Rise is a non-profit giving circle dedicated to empowering women and girls living in extreme poverty.



Truman Charities



Creating Smiles One Book At A Time



RESTORE HOPE is a 501(c)(3) nonprofit.
www.restorehopeliberia.org