



Impact Report

.....
Jul 2023 - Apr 2024

Our focus this year...

was to boost our efforts towards raising awareness about mental health with the objective of increasing access to services and breaking the stigma in the larger community.

Over the past year, our team has worked towards empowering individuals with mental illness through holding conversations on mental health, psychoeducation and awareness, and promoting inclusion in the larger community.

This impact report gives a recap of the first half of the year, documents the challenges and achievements of our journey in the second half of the year, and paves the way forward. We are ever thankful for the unwavering support and collaboration, which has made a lasting impact on the lives of countless individuals.

Mishal Ashraf



Promote
conversations
on mental
health

Empower
people with
mental illness
through
inclusion

Increase
outreach to
males in the
society



"At BWZ, my journey toward health took a remarkable turn. I have been under treatment for over 17 years, grappling with the challenges of my illness. However, it wasn't until I found BWZ that I truly felt a shift. Their approach to treatment and counseling provided me with a newfound sense of comfort and recovery. BWZ became more than just a medical facility— it became a haven of understanding and support. With their compassionate care, I've discovered a level of comfort and hope that I never thought possible. My time at BWZ has been nothing short of transformative, a testament to their unwavering dedication to healing and wellness."

Client diagnosed with Major Depressive Disorder

Journey with Bawaqar Zindagi

Clients experience three basic points of contact in their journey with Bawaqar Zindagi



Psychiatrists are the initial point of contact for clients for consultations on illness and prescriptions as required. Clients and their caregivers are psycho-educated about their diagnosis, symptoms, and treatment options, as well as, assess the readiness of clients for psychiatric rehabilitative and therapeutic interventions.

Psychotropic medications prescribed by the psychiatrist are provided to the clients by the Clinic Operations Officer. They are also informed about their prescribed dosage and timings to take their medications. Information about the harm in overdosing or non-compliance to medication is also reiterated.



Clients are referred for individual sessions with a therapist to understand their illness and navigate through it with the help of skills learned for coping, symptom management and recovery. Goals in these sessions are made on the basis of the living, learning, working and social domains enabling clients to be part of the mainstream.

Caravan of Life Pakistan Trust embodies the personal odyssey of two siblings among five, Ms. Shaheen Ahmad and Mr. Khusro Elley. Their shared vision of 'care beyond treatment' materialized into the Recovery House, a residential psychiatric rehabilitation center. At the heart of their organization lies the belief that individuals transcend their illnesses—a philosophy ingrained in every initiative of Caravan of Life Pakistan Trust.

Expanding upon their initial concept, the siblings dedicated themselves to enhancing access to community mental health. They aspired to extend their ethos of compassionate care to underserved communities grappling with limited access to quality mental health services.

Bawaqar Zindagi stands as a beacon of hope within the community to bridge the gap in mental healthcare accessibility. Rooted in a holistic approach, the program offers an array of free mental health services including psychiatric consultations, treatment, counseling and psych-rehabilitation, adapted from the evidence-based program by the Psychiatric Rehabilitation Association (PRA).

Beyond treatment, Bawaqar Zindagi raises awareness, confronting stigma surrounding mental health. It endeavors to educate and empower the community, fostering and understanding for mental health. Nestled in the Ra'ana Liaquat Craftsmen Colony, Bawaqar Zindagi directs its focus towards the underprivileged communities of Shah Faisal and its neighbouring areas.





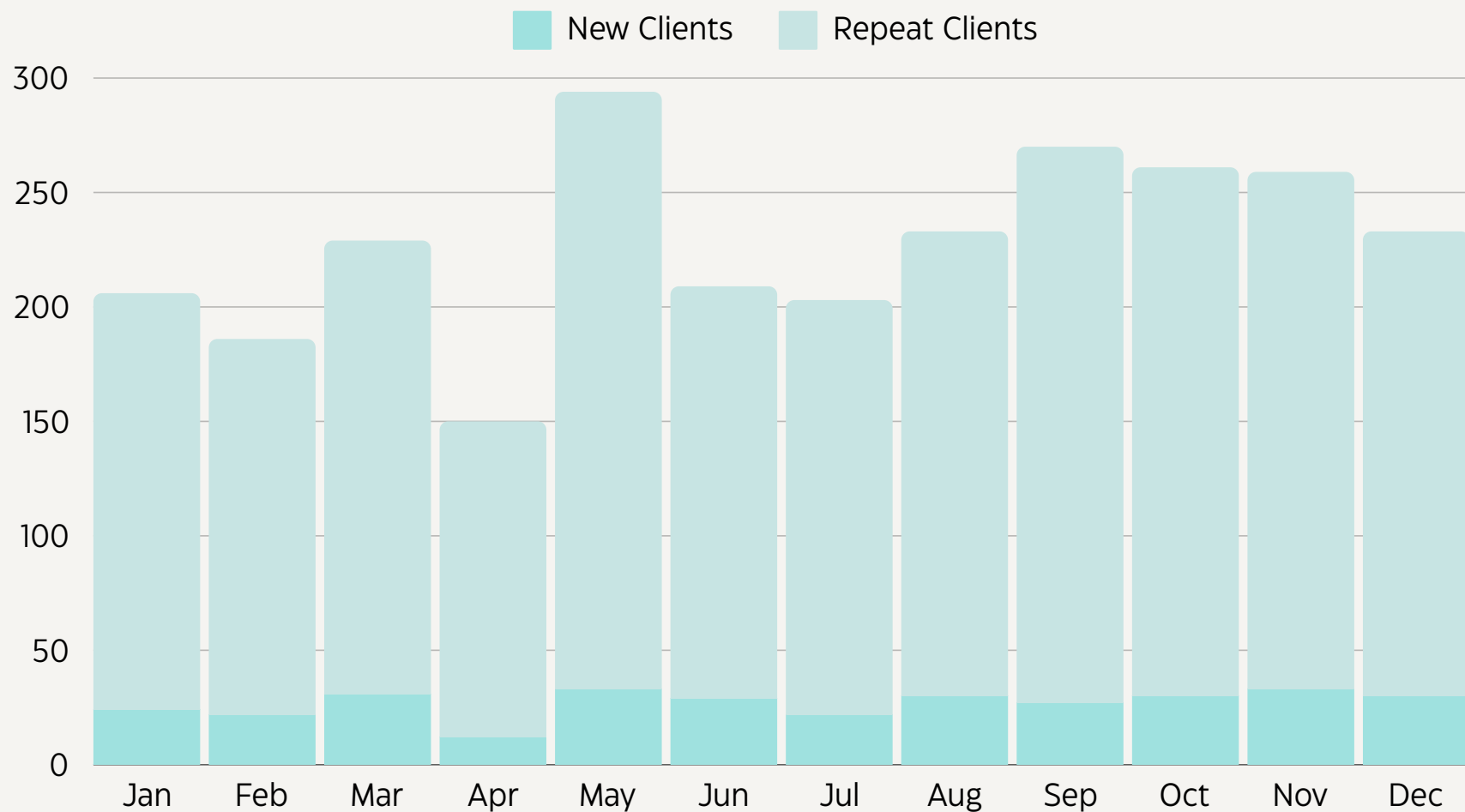
Our Outreach in 2023

323
NEW
CLIENTS

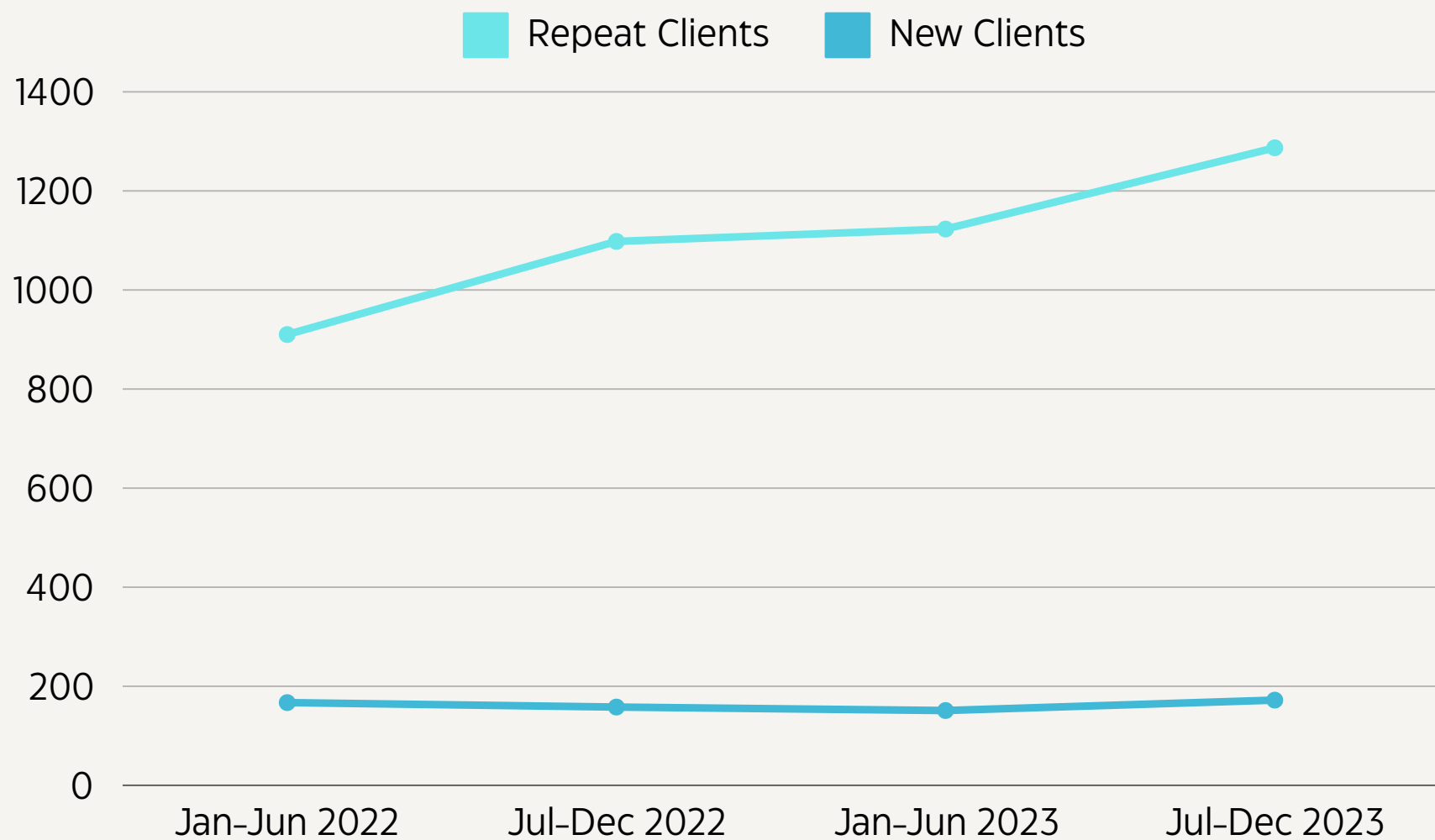
2410
REPEAT
CLIENTS

WHICH SHOWS A **17%** INCREASE IN TOTAL FOOTFALL*

*including new and followup visits



As we reflect upon the year gone by, our figures stand as a testament to the stability and consistency of our services. Our maintaining clients from the past year also show a gradual increase going from 910 to 1287 clients on followup visits.



In 2023, our registrations mirrored the numbers from the previous year. However, as we look at our growth and the community's needs, we see an opportunity to do more. By increasing our medication supply, we are confident that we can expand our reach and make an even bigger difference.

Your support of

PKR 879,646

HAS FULFILLED THE NEED FOR MEDICATIONS

FOR NEARLY **2750** VISITS

*including new and followup visits

"These awareness visits are very important for people in our community to learn about mental health. These need to be more frequent."

Participant at community awareness session



Understanding the needs of the community, we felt a need for the physical representation out in the community. Hence a dedicated field outreach person was appointed to spread awareness on mental health in all nearby neighbourhoods. This also served as a step towards ground reasearch to expand our services and increase accessibility to areas further away.

Our efforts on the field,

MADE AWARE

1719
INDIVIDUALS
IN THE COMMUNITY

A large portion of our outreach was women in the community, to not only increase their awareness of mental health and services to improve it, but to also recognise these signs in their family, children and neighbourhoods. However, this year we have increased our efforts to psychoeducate males in the community as well, to ensure holistic



10% - 20% client footfall

Networking Visits

5% - 9% client footfall

Awareness, Training

Under 5% client footfall

Mental Health Screening

Areas to be tapped

In Jul - Dec 2023,

73
AWARENESS
SESSIONS

25
NETWORKING
VISITS

7
SCREENING
SESSIONS
TO DIAGNOSE
MENTAL ILLNESSES

62
NEW CLIENTS
REGISTERED
THROUGH OUTREACH

This year so far, we have

70 NEW CLIENTS REGISTERED

OF WHICH

23

REGISTRATIONS WERE THROUGH **OUTREACH**



WITH APPROXIMATELY

600 FOLLOW UP VISITS



Jan - Apr 2024,

29
AWARENESS
SESSIONS

13
NETWORKING
VISITS

5
SCREENING
SESSIONS
TO DIAGNOSE
MENTAL ILLNESSES

320 **MADE AWARE THROUGH**
OUTREACH AND
AWARENESS EFFORTS

Impact through rehabilitation

40
NEW CLIENTS IN
COUNSELLING AND REHAB

Clients in counselling and psychiatric rehabilitation are indicative of individual progress and illness management. This year, we have 40 clients in counselling and psychiatric rehabilitation, with 230 follow-up visits.



Way forward

OUR GOALS FOR THE NEXT 4 MONTHS CONTINUE TO ENHANCE OUR EFFORTS TO

- Increase engagement with males
- Increase awareness efforts for children's mental health
- Support rehabilitation of clients through skill development
- Improve marketing in community
- Introduce satellite clinic in an other area of Shah Faisal

JUNE

- Target locations for satellite clinic
- Summer Internship Program
- Commencing IMR
- Completion of Computer literacy program
- ACE training in nearby schools
- Boosting social media presence through reels
- Enhancing on ground presence through placement of new billboards
- Screening session at Government Hospital
- Awareness session for males on Men's Mental Health Awareness Week
- Community session on Anxiety Management
- Focus group session on Tourettes Awareness Week

MAY

- Field exploration of other UCs for satellite clinic
- Explore marketing through Whatsapp
- Collaborate with schools, clinics and hospitals for awareness and training
- ACE training in nearby schools
- Screen and schedule clients for IMR
- Computer literacy program
- Screening session at LKMWT
- Awareness session for government Lady Health Workers (LHWs) for increased outreach in the community
- Community session on Women's Health Week
- Focus group session on Maternal Mental Health

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AUGUST

- Commencement of satellite clinic
- Life Skills training program in partner schools
- Mental health screening in target location
- Completion of Summer Internship program
- Awareness sessions with male population
- Community awareness session
- Focus group session for International Overdose Awareness Day

JULY

- Approving budget for satellite clinic
- Life Skills training program in partner schools
- Mental health screening in target location
- Awareness sessions on Panic Attack and Seasonal Affective Disorder by interns
- Community session for Birth Trauma Week
- Focus group session on World Day Against Trafficking Persons

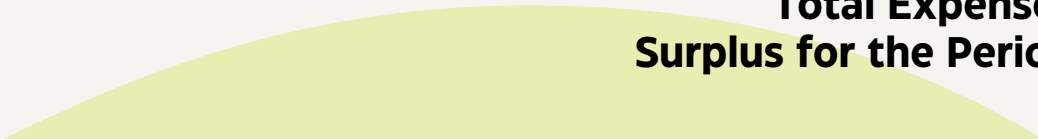
Financial Statement

Income

Donations	7,129,394
Other Income	--
In-kind donations	221,336
Total	7,350,729

Operational Expenses

Salaries and Benefits	4,876,659
Petty Cash Expenses	220,071
Rent	50,000
Utilities	--
EOBI Employer Contribution	111,409
WH Tax on Profit Account	66,400
Zakat Deduction	--
Total Expenses	5,324,540
Surplus for the Period	2,026,190



Contribute

**BECOME AN AMBASSADOR FOR MENTAL HEALTH BY SUPPORTING OUR EFFORTS
IN THE COMMUNITY**

CHARITY AND DONATIONS

ACCOUNT NAME:

CARAVAN OF LIFE PAKISTAN TRUST COMMUNITY
OUTREACH PROGRAM – CHARITY AND DONATION

ACCOUNT NUMBER:

0120513683010

BANK

AL BARAKA BANK - TIPU
SULTAN BRANCH

Partners

