



THE RECOVERY HOUSE QUARTERLY ANNUAL REPORT

JULY 2025- DECEMBER 2025

A project of Caravan of Life Pakistan Trust

ABOUT CARAVAN OF LIFE PAKSITAN TRUST

Caravan of Life Pakistan Trust (CoLPT) is a non-profit organization dedicated to advancing mental health rehabilitation in Pakistan. Founded on principles of hope, healing, and dignity, CoLPT delivers integrated psychiatric and psychosocial services that empower individuals to recover, reintegrate, and thrive. Through its flagship projects *The Recovery House*, *Bawaqar Zindagi*, and the *Anti-Stigma Campaign* the Trust has impacted thousands of lives, enabling individuals and families to rebuild their futures with strength and confidence.

OUR STORY

CoLPT was founded by siblings **Shaheen Sultan Ahmed** and **Khusro Karamat Elley**, whose personal experiences inspired a lifelong commitment to improving mental health care. What began as a compassionate initiative has evolved into a nationally recognized organization, pioneering whole-person psychiatric rehabilitation in Pakistan. Their vision continues to shape every program, transforming communities and restoring the fundamental right to mental well-being.

ABOUT THE RECOVERY HOUSE:

The Recovery House (TRH) is a non-profit project of Caravan of Life Pakistan Trust, established in 2009 in Karachi. At The Recovery House, recovery is not just about symptom management it is about restoring independence, purpose, and quality of life through structured psychiatric rehabilitation.

We follow globally recognized rehabilitation models and are the only provider in Pakistan authorized to deliver U.S.-based psychiatric rehabilitation training.

Our work is guided by internationally validated recovery frameworks and continuously aligned with global best practices through ongoing professional training and supervision



OUR FOCUS THIS YEAR

Our focus this year at Caravan of Life Pakistan Trust through its project TRH is clear and purposeful. We are committed to improving the quality of our services through stronger systems, measurable outcomes, and evidence-based practices that place recovery and dignity at the center of care. Sustainability will guide our decisions, ensuring that our programs remain resilient, accountable, and impactful over time. We will strengthen visibility to amplify our voice, share our learning, and advocate more effectively against stigma surrounding mental illness.

Building meaningful collaborations and deeper connections with partners, institutions, donors, and communities will be a strategic priority. Through these alliances, we aim to expand our reach and influence. Expansion and innovation will be key drivers of growth as we scale successful models, introduce new approaches, and respond to emerging needs. With clarity, collaboration, and commitment, we move forward to deliver.

OUR MISSION

To facilitate individuals with mental illness to manage their conditions and become reintegrated, functional members of society by providing comprehensive psychiatric and psychosocial rehabilitation services, promoting awareness, and reducing stigma.



OUR VISION

To foster a society where mental health is openly discussed, stigma is eliminated, and people with mental illnesses receive high-quality care, achieve independence, and are integrated into their communities.



SERVICES OFFERED AT THE RECOVERY HOUSE

1) Residential Program 24/7

The residential treatment and rehabilitation program is a safe home-like environment that provides short term & long term support.



2) Day Rehab Program

This unique program provides structure and support to promote better understanding of the client's illness & helps develop their goals & skills in group therapies as well as individual session



3) Home Visitation Program

A short-term, assessment-focused program designed to support clients at home, which provides Psychiatric assessment and Recovery-readiness support in the home environment



4) Crisis Support Team

Our trained staff provide immediate assistance to clients experiencing mental health crises. They can escort clients from their homes to The Recovery House (TRH) when they are feeling unwell or unable to travel independently, ensuring safety, support, and dignity.



Residential Program

The Residential Program remained the foundation of intensive mental health support at The Recovery House, offering a safe, structured, and recovery-focused living environment.



60

Residential Clients

Total active clients the program was supporting



4,200

Group sessions

Total structured group sessions conducted



30

Anti stigma sessions

Total anti stigma sessions conducted



66,000

Participants engaged

Total engagements generated from the sessions

Outpatient Department (OPD)

360

Total OPD visits facilitated

The OPD continued to function as an essential access point for assessment, consultation, and follow-up mental health care.

Day Rehabilitation Program

66

Total Day Rehab clients enrolled

The Day Rehab Program provided structured, goal-oriented therapeutic support for clients requiring ongoing care without residential placement.

Illness Management & Recovery (IMR) Sessions

336

Total clients engaged through IMR sessions

IMR sessions supported clients in strengthening self-management skills and understanding their mental health conditions.

Family Psychoeducation Program

40

Total participants engaged in 3 sessions

Launched in December 2025, this program addressed a critical gap in family-centered mental health support.

TOTAL SERVICE ENGAGEMENT SNAPSHOT



71,092

“**TOTAL SERVICE**
ENGAGEMENTS”

- **4,200** group sessions through the Residential Program,
- **66,000** therapeutic group participations delivered through the Residential Program, reflecting consistent daily engagement in structured recovery activities.
- **360** outpatient visits facilitated, ensuring ongoing access to psychiatric assessment, consultation, and follow-up care..
- **60** residential clients being supported offered a safe, structured, and recovery-focused living environment.
- **66** enrollments in the Day Rehabilitation Program, supporting clients through structured, non-residential recovery pathways.
- **336** participants engaged in Illness Management & Recovery (IMR) sessions, strengthening self-management skills and recovery understanding.
- **40** family members reached through the Family Psychoeducation Program, reinforcing family involvement in the recovery process.
- **30** structured sessions of Anti-stigma aimed to build understanding around mental illnesses

KEY INSIGHTS & NEW INITIATIVES

Key Insights

High-Intensity Residential Engagement

Strong participation in residential group programming highlights the central role of structured, daily therapeutic engagement in client recovery and program effectiveness..

Consistent Demand for Outpatient Services

Sustained OPD utilization indicates continued community reliance on accessible psychiatric assessment and follow-up care as part of the recovery continuum.

Growing Emphasis on Recovery-Oriented Skills Building

Meaningful participation in Illness Management & Recovery (IMR) sessions reflects increasing focus on self-management, insight development, and long-term recovery planning.

Family-Centered Care is Gaining Momentum

The relaunch of Family Psychoeducation demonstrates a clear need for family involvement in mental health recovery and presents a strong foundation for expansion.

New Initiatives

Strengthening Our Healing Environment

Over the past six months, The Recovery House (TRH) has undergone comprehensive refurbishment to ensure a safe, comfortable, and well-maintained environment for recovery. All residential and shared spaces have been fully maintained and upgraded to support daily therapeutic activities and overall wellbeing. In addition, a new Consultant OPD has been introduced, enhancing access to specialist psychiatric consultations and improving continuity of care for clients and families.



Expanding Family-Centered Support

TRH has also strengthened its commitment to family involvement in recovery through the “Family Psychoeducation initiative”. During this period, 55 participants engaged across four structured group sessions, focusing on mental health awareness, caregiving skills, and recovery support. This initiative reflects TRH’s continued focus on empowering families as active partners in the recovery journey and addressing an essential component of long-term mental health outcomes.



OUR FUTURE ASPIRATIONS

From Programs to Systems: Transform CoLPT into a nationally recognized recovery ecosystem

1) The Recovery Village:

An integrated, dignified campus for psychiatric rehabilitation and reintegration

2) Workforce Training Institute:

Build skilled mental health and rehabilitation professionals through structured training and certifications

3) Day Academy for Clients:

A structured learning and skill-building academy embedded within rehabilitation

4) Quality First:

Deliver evidence-based, recovery-oriented care with measurable outcomes

5) Continuity of Care:

Replace fragmented services with seamless recovery pathways

6) Work as Recovery:

Vocational training and supported employment as core interventions

7) Collaborations & Connections:

Strong local and international partnerships

8) Visibility & Anti-Stigma Leadership:

Shift narratives through advocacy and impact

9) Expansion with Innovation:

Scale services, infrastructure, and ideas sustainably

10) Our Aspiration:

To set a replicable gold standard for psychiatric rehabilitation in Pakistan—where dignity, skills, and sustainable recovery define success

