CARAVAN OF LIFE PAKISTAN TRUST

THE RECOVERY HOUSE

SIX MONTHS OF RECOVERY, IN NUMBERS

Half-Yearly Programme Report · January – June 2026

EVERY ADMISSION, EVERY GROUP SESSION, EVERY FAMILY CALL IN THIS REPORT REPRESENTS A PERSON MOVING TOWARD RECOVERY.

26 NEW ADMISSIONS	**+25%** CENSUS GROWTH (JAN→JUN)	**1,297** GROUP THERAPY SESSIONS	**11,864** GROUP ATTENDANCES
+8 NET DRP GROWTH	**93** FAMILY SESSION ATTENDANCES	**483** TRAINING PARTICIPANTS	**40%** LAMA RATE (WATCH-OUT)

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SUBMITTED TO:
Board of Trustees, Caravan of Life Pakistan Trust

REPORT DATE:
13 July 2026

1. The Big Picture

The Recovery House closed the first half of 2026 with strong momentum: a growing residential census, record group therapy engagement, and a Day Rehabilitation Programme that added clients every single month. At the same time, two patterns deserve a closer look — discharge quality in March and the consistency of family and community follow-up.

🏆 What's Working

- Residential census climbed from 16 to 20 clients — up 25% — while welcoming 26 new admissions across the half-year.
- Group therapy hit its stride: 1,297 sessions delivered, with 11,864 total attendances — that's over 9 clients per session, every session, for six months straight.
- April was TRH's standout month: 275 group sessions and 2,491 attendances, the highest of the half-year.
- The Day Rehabilitation Programme grew in every single month — 15 new enrolments against 7 discharges, for a net gain of 8 clients and zero months of decline.
- Staff capacity surged: 47 training sessions reached 483 participants, with April alone delivering 270 of them.

⚠️ Where We're Sharpening Focus

- 40% of discharges (10 of 25) were LAMA — left against medical advice — heavily concentrated in March, where 5 of 8 discharges were LAMA. This deserves a focused clinical review of discharge planning.
- Staying Connected follow-up calls were front-loaded: 700 of 1,125 calls (62%) happened in January alone, then dropped to zero in three separate months.
- Family Psychoeducation paused completely in March and April before rebounding strongly in May–June (33 participants, the half-year's best month).

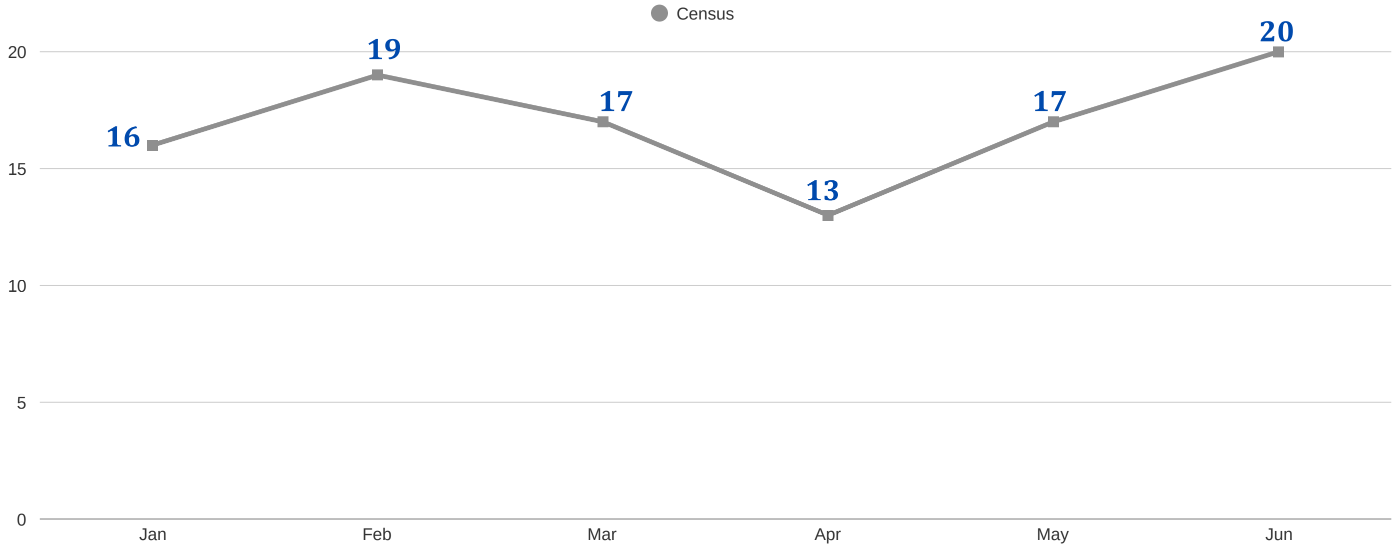
Ask of the Board: endorse a clinical review of March's discharge pattern, and approve a standardised monthly minimum for Staying Connected calls and Family Psychoeducation sessions — turning May–June's rebound into the new baseline.

2. Growing Our Community

TREND: GROWING

The residential census grew steadily across the half-year, punctuated by a strong February intake and a resilient rebound to 20 clients by June.

Month-End Census



Admissions, Discharges & Discharge Type

Month	New Admissions	Total Discharges	LAMA	DOR	Discharge Recommended	Census
Jan	3	5	1	0	4	16
Feb	7	4	0	0	4	19
Mar	1	8	5	3	0	17
Apr	4	3	0	1	2	13
May	7	3	3	0	0	17
Jun	4	2	1	0	1	20
Jan-Jun Total	**26**	**25**	**10**	**4**	**11**	**—**

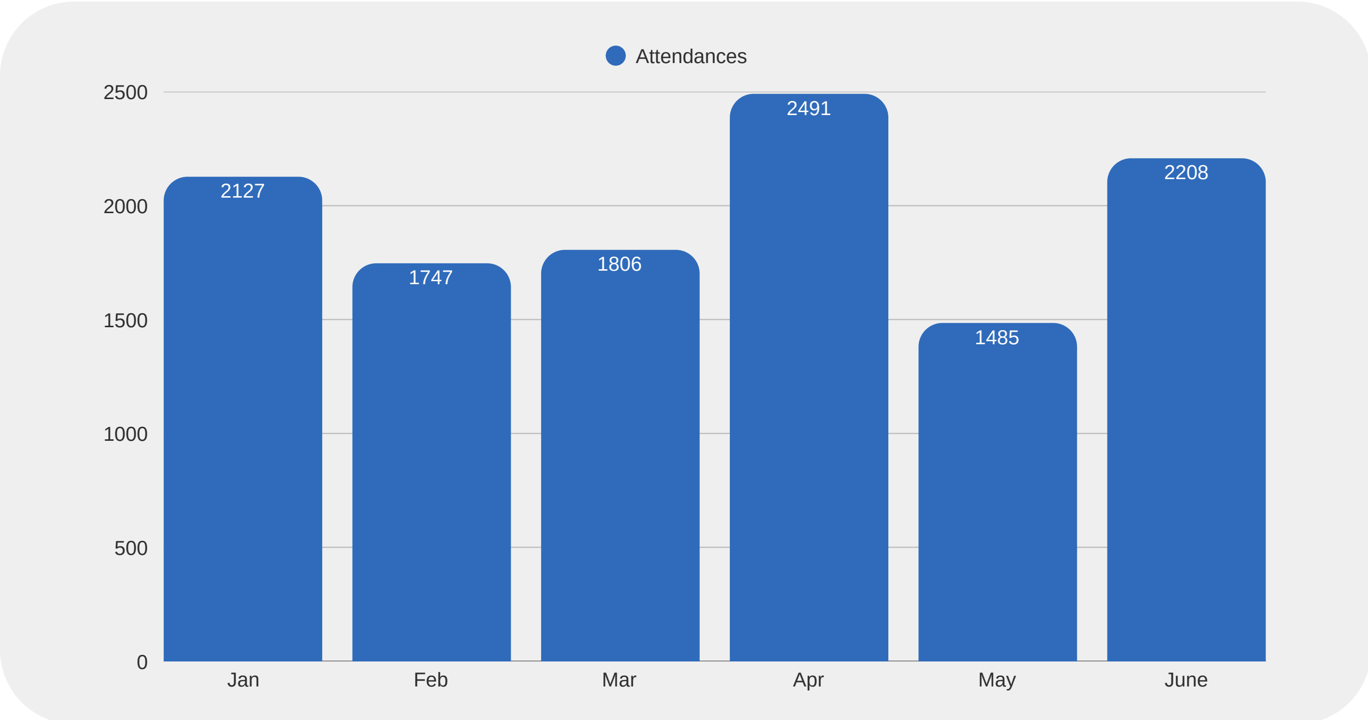
LAMA = Left Against Medical Advice; DOR = Discharge on Own Request. March stands out — 5 of that month's 8 discharges left against medical advice, more than any other month combined.

3. Group Therapy: The Engine Room

TREND: STRONG & CONSISTENT

The residential census grew steadily across the half-year, punctuated by a strong February intake and a resilient rebound to 20 clients by June.

Monthly Group Attendances



Month	Sessions	Attendances	Escorts
Jan	179	2,127	0
Feb	183	1,747	5
Mar	197	1,806	1
Apr	275	2,491	2
May	213	1,485	3
Jun	250	2,208	3
Jan-Jun Total	**1,297**	**11,864**	**14**

April's spike in sessions (275) drove the half-year's highest attendance — a signal that increased session frequency translates directly into engagement.

In the Room

Recovery, in real time.

A group therapy session in progress at The Recovery House — one of over 1,297 sessions delivered this half-year, reaching clients and families side by side.

4. Day Rehabilitation Programme: Steady Wins

TREND: GROWING EVERY MONTH

Month	New Enrolments	Discharges	Net Change
Jan	1	1	0
Feb	4	1	+3
Mar	3	0	+3
Apr	3	3	0
May	2	1	+1
Jun	2	1	+1
Jan-Jun Total	**15**	**7**	**+8**

Not a single month of net decline. DRP is a quiet consistent performer — 15 new enrolments against just 7 discharges, for a net gain of 8 clients over six months.

5. Family & Community Connection

TREND: REBOUNDING — MAKE IT CONSISTENT

Family Psychoeducation

Month	Sessions	Participants
Jan	3	29
Feb	1	8
Mar	0	0
Apr	0	0
May	3	23
Jun	3	33
Jan-Jun Total	**10**	**93**

Community Follow-up Calls

Month	Wellbeing	Follow-up	Staying Conn.
Jan	2	16	700
Feb	4	0	0
Mar	8	4	175
Apr	1	2	250
May	4	4	0
Jun	1	27	0
Jan-Jun Total	**20**	**53**	**1,125**

Staying Connected calls need a steadier drumbeat — 62% of the half-year's volume landed in a single month (January). A modest, consistent monthly target would spread this vital support evenly across all discharged clients.

In The Community

Reaching families where they are.

A CoLPT community outreach and psychoeducation event connecting families and clients — part of the half-year's 93 family session attendances.

6. Listening to Our Clients & Families

TREND: CONSISTENT ENGAGEMENT

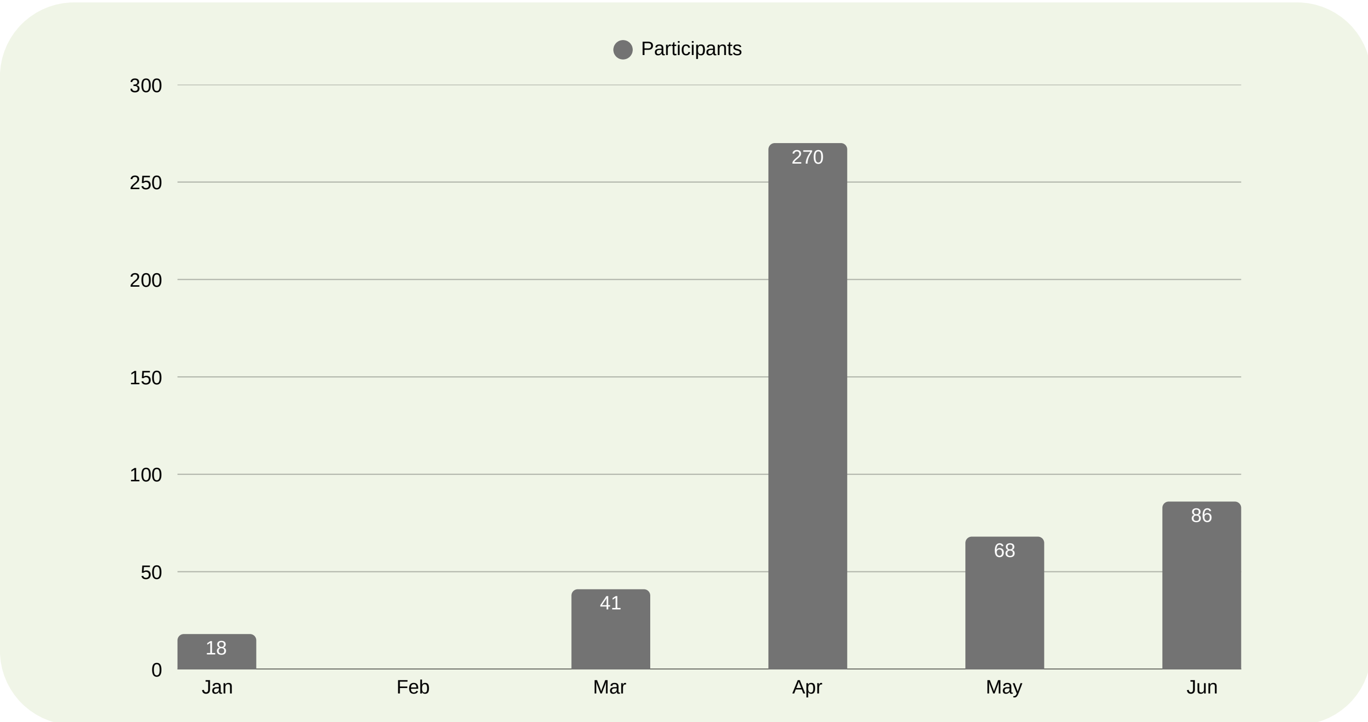
Month	Client Fee Feedback	Family Feedback
Jan	4	4
Feb	4	4
Mar	7	8
Apr	3	3
May	5	5
Jun	2	2
Jan-Jun Total	**25**	**26**

Feedback was collected in every single month — client and family responses tracked almost in lockstep, a good sign of balanced, two-way engagement.

7. Investing in Our People

TREND: SURGING — SMOOTH THE CURVE

Training Participants by Month



Month	Sessions	Participants
Jan	6	18
Feb	0	0
Mar	5	41
Apr	15	270
May	12	68
Jun	9	86
Jan-Jun Total	**47**	**483**

April alone delivered 270 of the half-year's 483 training participants — a fantastic capacity-building push, but one worth spreading more evenly across the year, starting with February's blank slate.

Building Capacity

Investing in Our People — In Pictures

Team and clients gathered for a joint CoLPT–TRH capacity-building session.

Empowering staff with life-saving skills like CPR and emergency response to build safer, more prepared communities.

LOOKING AHEAD

8. Momentum Into H2 2026

The Recovery House enters the second half of 2026 with real momentum — a growing census, a thriving group programme, and a Day Rehabilitation Programme that hasn't had a single bad month. Here's where we focus next:

1. The Recovery House enLaunch a clinical review of discharge planning to bring the LAMA rate down from its current 40%, using March's spike as the starting case study.
2. Set a monthly minimum cadence for Staying Connected calls and Family Psychoeducation sessions — no more zero months.
3. Replicate April's group-session frequency (275 sessions) in the months that follow — it's the clearest driver of attendance we've seen.
4. Spread staff training more evenly across the calendar, rather than concentrating it in a single quarter.
5. Keep DRP's winning streak alive — 8 straight months (rolling) of net positive growth.

This report was compiled by the COO's office from TRH operational records for the period January–June 2026 and is submitted for the Board's review and guidance.