

# No Health without Mental Health



Improving HEALTH  
for women & families

Scaling mental  
health care  
in rural  
Liberia



## Despite pandemic challenges,

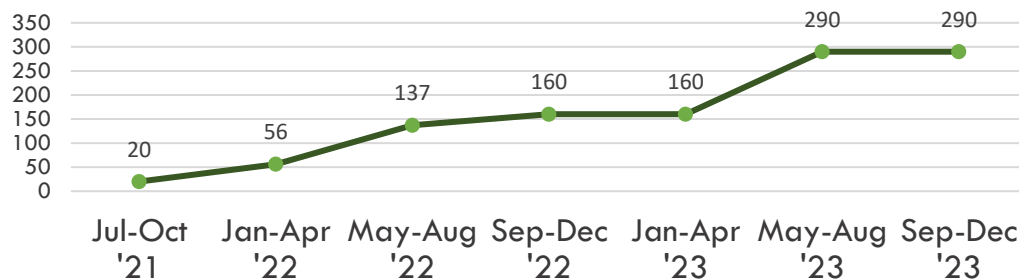
- Restore Hope began serving women with anxiety, depression, & PTSD via Interpersonal Group Psychotherapy (IPT-G)

- We now have a Proven Proof of Concept

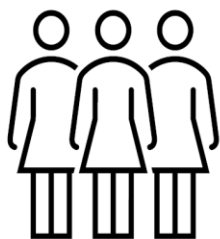
- With key financial Support RHL will be Ready to SCALE

## HIGHLIGHTS

# of Clients in Group Therapy from  
2021-2023



In Year 3, RHL will Scale treatment of Women by 300%



**14** community  
women trained  
to lead IPT- G.

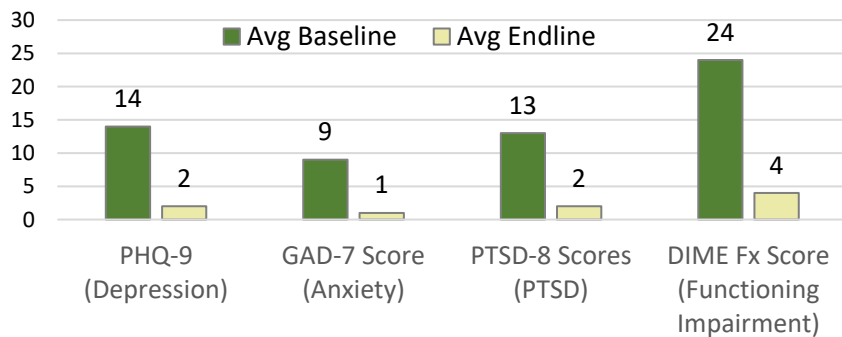
**267** mothers received our IPT group therapy.

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

	Phase 1	Phase 2	Phase 3	Phase 4
# of Groups	10	7	14	14
# of Facilitators	10	7	14	23
# of Clients Served	43	20	57	184

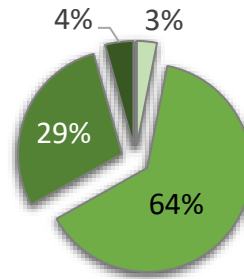
# THE NUMBERS

## IMPACT OF IPT-G on DEPRESSION, ANXIETY, PTSD, & WHOLE LIFE FUNCTIONALITY

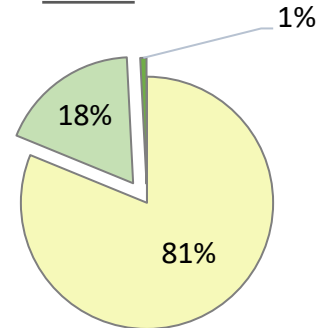


\* Impact evaluated using validated tools to ensure efficacy & treatment validity

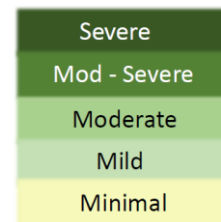
## Depression PRE- IPT-G



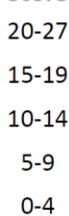
## Depression POST- IPT-G



### PHQ-9 Scale



### Depression Score



2,246 Youth given Sexual/Reproductive Health Info.



74 Children connected with clinical care



85 Children in primary/secondary school



18 University scholarships awarded



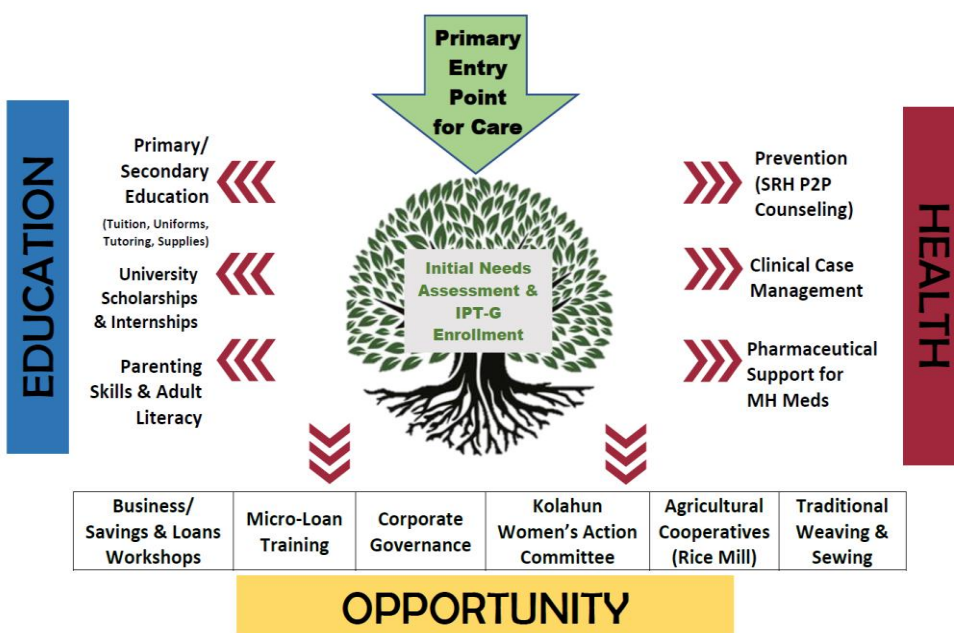
45 Women empowered via career training

## WE NEED YOUR SUPPORT for RHL's VISION to SCALE

### ABOUT THE HAPPIER LIVES INSTITUTE

Findings from a recent cost-effectiveness analysis of GiveDirectly & a similar IPT-G program in Uganda by [The Happier Lives Institute](#) – Showed that investing in mental health is a more cost-effective way of improving human wellbeing than direct cash transfers.

IPT-G is RHL's **Primary Entry Point** to a **Robust Referral Pathway**



The report concluded that IPT-G treatment is **9x more cost-effective** at improving recipients' subjective wellbeing than cash transfers - suggesting that investing in mental health goes further than cash gifts in positively impacting the wellbeing of individuals & their household.

### Q1 END – TOTAL FUNDS RAISED (33%)

#### 2022 GOAL: \$295,000

