

# Healing Harbor Mental Health Project

## Comprehensive Impact & Implementation Report

**Submitted to: SOAR**

**Reporting Period:** September–November 2025

**Prepared by:** Armenian Evangelical Secondary School & Boarding – Anjar

**Date:** December 2025

### 1. Summary

The Healing Harbor Mental Health Project (HH) was officially launched in September 2025 at the Armenian Evangelical Boarding School in Anjar, following the successful renovation of a dedicated mental health center made possible through the generous support of SOAR.

The project responds to the growing psychosocial and mental health needs of children affected by prolonged economic hardship, displacement, family instability, and cumulative trauma. Prior to Healing Harbor, the school provided pastoral and emotional support; however, it lacked a structured, professional, and multidisciplinary mental health framework.

Between September and November 2025, Healing Harbor transitioned from launch to full operational capacity, delivering **331 professional sessions to 38 children**, through a coordinated team of specialists. Early indicators demonstrate strong engagement, increased help-seeking behavior, improved emotional regulation, and high utilization of the renovated center.

SOAR's investment has directly enabled the creation of a dignified, safe, and professional environment where healing can begin and be sustained.

### 2. Background

Lebanon's ongoing crises have had a profound psychological impact on children and families, particularly in vulnerable communities such as Anjar. Children enrolled at the Armenian Evangelical Boarding School often carry invisible burdens stemming from loss, instability, and prolonged stress.

Mental health services in the region remain limited, costly, and stigmatized. The establishment of Healing Harbor addressed a critical gap by embedding professional mental health services within an educational and faith-based institution that children already trust.

### 3. SOAR's Contribution: Renovation and Infrastructure

**Renovation Period:** July–August 2025

**Operational Launch:** September 2025

SOAR's support enabled:

- Renovation of a **dedicated mental health center**
- Creation of **child-friendly, trauma-informed therapeutic spaces**

- Confidential rooms for **individual counseling** and **group sessions**
- Spaces adapted for **ABA, psychological counseling, and Special Education services**

The renovated center is now fully operational and utilized daily, serving as the foundation for all Healing Harbor activities.

## 4. Program Implementation Overview

### September 2025 – Launch Phase

- Finalization of clinical protocols and safeguarding procedures
- Orientation of staff and specialists
- Initiation of individual and group sessions
- Introduction of Healing Harbor to students and caregivers

September focused on **foundation-building and trust development**, ensuring ethical, professional, and safe service delivery.

## 5. October 2025 – Full Operational Month

### Caseload & Staffing

- **33 active cases**
- **3 specialists engaged:**
  - ABA Specialist
  - Psychologist
  - Special Education Specialist

### Sessions Delivered (October)

A total of **152 sessions** were conducted:

Service Type	Sessions
ABA	43
Psychological Counseling	56
Special Education	53
<b>Total</b>	<b>152</b>

### Key Observations:

- Strong engagement across all cases
- Balanced multidisciplinary intervention
- Early behavioral and emotional stabilization noted
- High utilization of the renovated center

## 6. November 2025 – Expansion and Continuity

### Caseload

- **38 total active cases**
  - 33 continuing cases
  - 5 new cases identified and enrolled

### Sessions Delivered (November)

A total of **179 sessions** were conducted:

Service Type	Sessions
ABA	60
Psychological Counseling	59
Social-Emotional Support	60
<b>Total</b>	<b>179</b>

### Key Observations:

- Increased caseload reflects growing trust and visibility
- High session volume indicates consistent demand and retention
- Strong continuity of care for existing cases

## 7. Cumulative Impact (October–November 2025)

### Quantitative Summary

- **Total children supported: 38**
- **Total sessions delivered: 331**
- **Specialists involved: 3**
- **Average sessions per child: ~8.7**

### Qualitative Outcomes

- Increased emotional expression among children
- Improved help-seeking behavior
- Reduced emotional withdrawal and classroom disruptions
- Enhanced staff confidence in responding to mental health needs

## 8. Testimony

During an early individual session, a student who rarely spoke responded quietly when asked if there was anything adults should understand: **“I thought I had to figure everything out on my own.”** In the weeks that followed, this student began asking questions in class and seeking support instead of withdrawing demonstrating the early impact of trust, safety, and professional care.

## 9. Faith and Values

Healing Harbor operates at the intersection of **professional mental health care and Christian compassion**. The project embodies dignity, presence, and hope, guided by the belief that emotional healing is an essential part of holistic care. *“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”*  
**Psalm 34:18**

## 10. Challenges and Lessons Learned

### Challenges:

- High demand exceeding initial capacity
- Persistent stigma around mental health
- Need for careful scheduling alongside academic requirements

### Lessons Learned:

- Structured environments foster trust
- Early intervention prevents escalation
- Trauma-informed spaces significantly enhance engagement

## 11. Sustainability and Next Steps

Planned next phase actions include:

- Expansion of service capacity
- Strengthening monitoring and evaluation tools
- Increased caregiver and community involvement
- Continued staff training and supervision

The renovated Healing Harbor center ensures long-term sustainability and scalability of services.

## 12. Acknowledgment

We express our deepest gratitude to **SOAR** for making Healing Harbor possible. Your support has transformed a physical space into a place of restoration, dignity, and hope—creating lasting impact on the lives of children and families in Anjar.