

# HOPE HAVENS

RECOVERY AND REHABILITATION CENTRE



A Project Proposal:  
The establishment of a rehabilitation facility;  
for girls and young women

# Introduction

The establishment of a rehabilitation facility for young female victims of abuse, represents a critical response to the pressing need for holistic support and healing for vulnerable individuals in our community. Abuse against young females, including physical, emotional, and sexual violence, continues to be a pervasive issue in Zambia and the continent at large. This project proposal seeks to address this pressing social challenge by creating a safe harbour and place of healing for young female survivors of abuse. The rehabilitation facility will serve as a sanctuary where survivors can find **refuge**, receive comprehensive **counselling** and **therapeutic services**, and acquire **essential life skills and vocational training** to empower them for independent living. The rationale behind establishing this rehabilitation facility stems from the recognition of the multifaceted impacts of abuse on survivors, including psychological trauma, social isolation, and economic marginalization.

By providing a nurturing and supportive environment, coupled with tailored interventions and skill-building opportunities, we aim to facilitate the healing and recovery process for these young women, enabling them to reclaim their agency and rebuild their lives with dignity and resilience.

Through collaboration with local stakeholders, community leaders, and partner organizations, we are committed to creating a sustainable and inclusive space that not only addresses the immediate needs of survivors but also contributes to the long-term prevention of abuse and the promotion of gender equality and human rights.

In the following sections, we will delve deeper into the background and context of abuse against young females in Zambia, outline the objectives and components of the proposed rehabilitation facility, and detail our strategies for sustainability, monitoring, and evaluation. *Together, let us embark on this journey towards healing, empowerment, and social transformation for the young women of Zambia.*



# Background & Context

## Prevalence of Abuse Against Young Females in Zambia

Abuse against young females is particularly acute in rural areas where access to support services is limited. According to national surveys and reports from organizations such as the Zambia Demographic and Health Survey (ZDHS) and the United Nations Children's Fund (UNICEF), a considerable proportion of young females in Zambia experience various forms of abuse, including physical violence, sexual exploitation, and emotional trauma.

## Challenges Faced by Survivors

In rural areas where access to support services is limited and traditional patriarchal norms may exacerbate vulnerabilities, survivors of abuse often face additional challenges in seeking help and healing. Factors such as geographic isolation, lack of awareness about rights and available resources, and social stigma surrounding issues of abuse can further compound the trauma experienced by survivors and hinder their ability to access appropriate support.

## Importance of Holistic Support and Healing

Recognizing the complex and interconnected nature of the impacts of abuse, it is imperative to provide survivors with holistic support that addresses their physical, psychological, and socio-economic needs. Research has shown that comprehensive interventions, including counselling, therapy, skills development, and community-based support, are essential for promoting healing and long-term recovery among survivors.

## Rationale for Establishing a Rehabilitation Facility

Against this backdrop, the establishment of a rehabilitation facility emerges as a crucial initiative to fill existing gaps in support services for young female survivors of abuse. By providing a dedicated space for healing, empowerment, and skill-building, the facility will serve as a beacon of hope and resilience for survivors, offering them the opportunity to rebuild their lives and pursue a future free from violence and exploitation.





# Objectives

## Primary Objectives

- **Safe and Nurturing Environment**

Ensuring the physical safety and emotional well-being of beneficiaries within the facility's premises.

- **Counselling and Therapeutic Services**

Individual counselling sessions, group therapy sessions, trauma-informed care, and specialized interventions to address the psychological and emotional impacts of abuse.

- **Life Skills and Vocational Training**

Training in areas such as financial literacy, entrepreneurship, vocational skills development, and job readiness.

## Secondary Objectives

- **Promote Healing and Recovery**

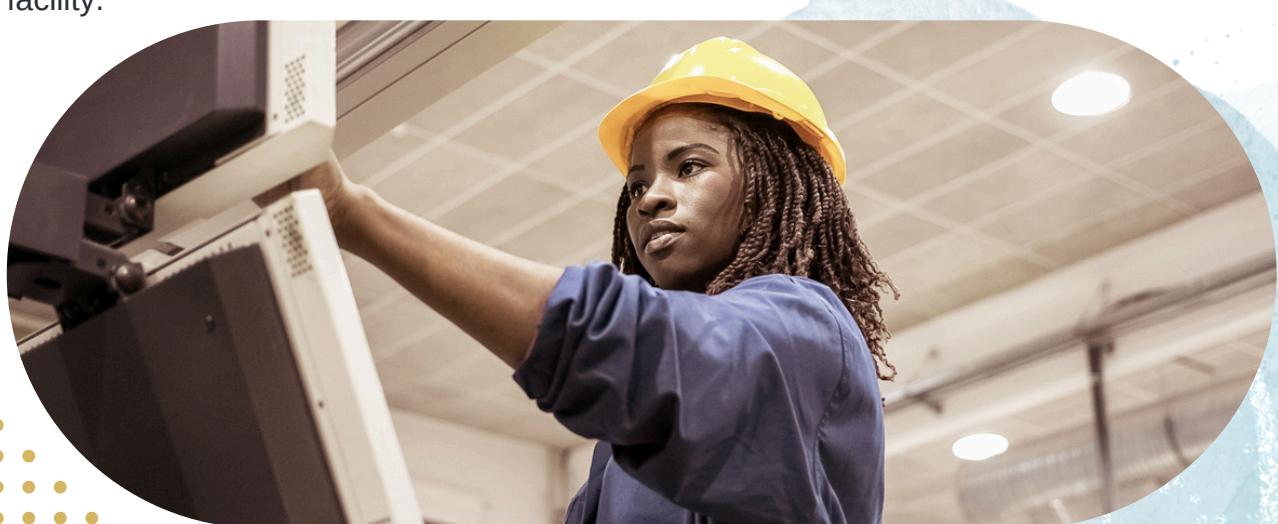
Fostering a supportive community environment where survivors feel empowered to share their experiences, express themselves, and support one another in their healing journey.

- **Raise Awareness and Prevent Future Incidents of Abuse**

Educational outreach activities, community engagement initiatives, and advocacy efforts to challenge harmful social norms and promote gender equality and human rights.

- **Facilitate Reintegration and Social Reintegration**

Collaborating with local stakeholders, community leaders, and support networks to create a supportive environment for survivors to rebuild their lives beyond the confines of the facility.



# Project components



## Infrastructure Development

The facility will include accommodation units, counselling rooms, classrooms, recreational areas, and administrative offices. This infrastructure will provide a safe and supportive environment for the beneficiaries.

## Service Provision:

A range of services will be offered, including:



- *Trauma Counselling:* Individual and group sessions to address psychological and emotional impacts.



- *Therapeutic Services:* Specialized interventions to support healing and recovery.



- *Life Skills Workshops:* Training in essential life skills such as financial literacy, health education, and communication.



- *Vocational Training Programs:* Courses in various trades and professions to enhance economic self-sufficiency.



- *Recreational Activities:* Activities to promote social interaction and physical well-being.



## Staffing and Capacity Building

Qualified personnel, including counsellors, social workers, vocational trainers, and administrative staff, will be recruited and trained to ensure effective service delivery.

## Partnerships and Collaborations

Collaborations with government agencies, NGOs, community-based organizations, and local businesses will be established to secure funding, resources, and additional support services.

These partnerships will enhance the facility's capacity to deliver comprehensive care and support.



# Beneficiaries and Target Population

## Target Population

The rehabilitation facility will primarily serve young female survivors of abuse, focusing on those under 18 years of age. This age group is particularly vulnerable and in need of comprehensive support to overcome trauma and rebuild their lives.

## Selection Criteria

Beneficiaries will be selected based on vulnerability assessments and referrals from relevant stakeholders, including local authorities, community leaders, and partner organizations. Priority will be given to those most in need of immediate intervention and support.

## Beneficiary Needs

The target population faces a range of challenges, including physical and emotional trauma, social isolation, and economic marginalization. The facility will address these needs through a holistic approach, providing not only immediate safety and support but also long-term empowerment and skill development.

## Expected Outcomes

The facility will enhance the safety and well-being of young female survivors, improve their mental health through trauma-informed counseling, and provide vocational and life skills training for economic self-sufficiency. Additionally, it will support their social reintegration, helping them rebuild their lives within supportive communities.



Enhanced Safety  
and Well-being



Improved Mental  
Health



Economic  
Empowerment



Social  
Reintegration



# Sustainability plans

## Income Generation Activities

To ensure long-term sustainability, the facility will engage in various income-generating activities, such as:

- *Agricultural Projects*: Implementing small-scale farming or gardening projects to provide food for the facility and generate additional income.
- *Craft Production*: Training beneficiaries in creating handmade crafts that can be sold locally and internationally.
- *Eco-Tourism Initiatives*: Leveraging local natural resources to develop eco-tourism opportunities that can generate revenue and provide vocational training for beneficiaries.



## Capacity Building

Investing in the continuous training and development of staff will ensure the facility can maintain high standards of care. This can be done through Professional Development (providing ongoing training for counsellors, social workers, and vocational trainers) and Volunteer Programs (Engage volunteers to support various aspects of operations, from administration to direct service provision):

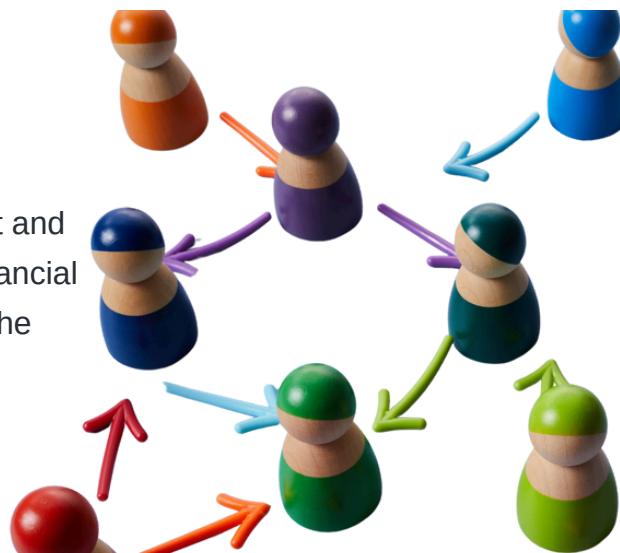
## Advocacy and Awareness Campaigns

Raising awareness about the prevalence of abuse and advocating for the rights of young females will be integral to the sustainability plan. This includes:

- *Community Engagement*: Conducting outreach programs and workshops to educate the community on gender equality, human rights, and the importance of supporting survivors.
- *Policy Advocacy*: Working with policymakers to strengthen legal protections for survivors and promote systemic changes that prevent abuse.

## Partnership Development:

Establishing strong partnerships with local authorities, businesses, and NGOs will be crucial for ongoing support and resource mobilization. These partnerships will provide financial assistance, in-kind donations, and expertise to enhance the facility's operations



# Sustainability plans

## Monitoring and Evaluation

A robust monitoring and evaluation framework will track progress, assess impact, and inform decision-making:

- Regular Assessments: Conduct regular evaluations of beneficiaries' progress and program effectiveness.
- Feedback Mechanisms: Establish channels for beneficiaries and stakeholders to provide feedback and suggest improvements.

## Expected Outcomes



### Financial Stability

Achieve long-term financial independence through income-generating activities.



### Ongoing Support

Secure continuous support and resources through strong partnerships.



### Community Awareness

Increase awareness and support for survivors within the community.



### High-Quality Care

Maintain high standards of care through continuous staff development.



### Informed Decisions

Use monitoring and evaluation data to improve services and ensure responsiveness to beneficiaries' needs.



# Timeline and Milestones



## PHASE 1 Planning and Preparation

Detailed planning, securing funding, and finalizing partnerships.

- Finalize proposal, secure funding, and establish project committee.
- Conduct community consultations and needs assessments.
- Secure facility location and develop architectural plans.



## PHASE 2 Construction and Setup

Building or renovating the facility and acquiring necessary equipment and supplies.

- Begin construction or renovation of the facility.
- Order and install equipment and supplies.
- Continue staff recruitment and initial training.



## PHASE 3 Recruitment and Training

Hiring and training staff, including counsellors, social workers, and vocational trainers.

- Complete staff recruitment and conduct comprehensive training.
- Develop program curricula and schedules.
- Finalize beneficiary selection and establish evaluation procedures.



## PHASE 4 Service Delivery

Launching the facility's programs and services, including counselling, therapy, and vocational training.

- Officially launch the facility and begin offering services.
- Gather feedback and adjust programs as needed.
- Conduct a mid-term evaluation to assess progress.



## PHASE 5 Monitoring and Adjustment

Regular monitoring of program effectiveness and making necessary adjustments.

- Regularly monitor and evaluate programs and services.
- Collect and analyze data on beneficiaries' progress.
- Conduct annual evaluation and plan for next year's activities.



# Proposed Budget

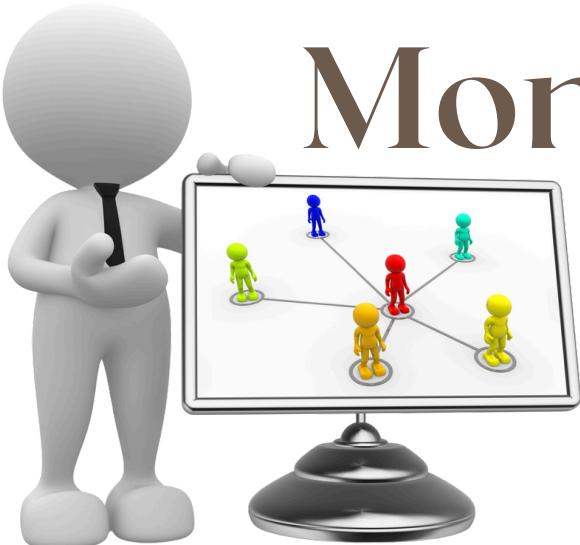
The facility's budget includes capital expenditures for construction, equipment, and initial supplies, with operational costs covering salaries, utilities, program expenses, and food and accommodation for beneficiaries.

Funding will be sourced from grants, donations, income-generating activities, local business partnerships, and government support. A contingency fund will be established for unexpected expenses. Financial management will involve regular budget monitoring, quarterly reporting, and annual independent audits to ensure transparency and accountability.

PROJECT AND INITIATIVE	DESCRIPTION	VALUE
<b>Capital Expenditures</b>	<ul style="list-style-type: none"><li>Facility Construction/Renovation</li><li>Equipment and Furnishings</li><li>Initial Supplies</li></ul>	K200,000 K50,000 K20,000
<b>Annual Operational Costs</b>	<ul style="list-style-type: none"><li>Salaries and Wages</li><li>Utilities and Maintenance</li><li>Program Costs</li><li>Food and Accommodation</li><li>Transportation</li></ul>	K100,000 K30,000 K40,000 K50,000 K10,000
<b>Programme Costs</b>	<ul style="list-style-type: none"><li>Counselling and Therapy</li><li>Vocational Training</li><li>Life Skills Workshops</li></ul>	K20,000 K15,000 K5,000
<b>Funding Sources</b>	<ul style="list-style-type: none"><li>Grants</li><li>Donations</li><li>Income-Generating Activities</li><li>Partnerships and Sponsorships</li><li>Government Support</li></ul>	K150,000/yr K50,000/yr K20,000/yr K30,000/yr K20,000/yr
<b>Contingency Fund</b>	<ul style="list-style-type: none"><li>Emergency reserves</li></ul>	K20,000



# Monitoring and Evaluation



To ensure the facility operates effectively and meets its objectives, a comprehensive monitoring plan will be implemented. This plan will include:



## Key Performance Indicators (KPIs)

Number of beneficiaries reporting improved safety and well-being, mental health indicators showing reduced PTSD symptoms and increased well-being scores, and beneficiaries completing vocational training and securing employment or income-generating activities.



## Data Collection Methods

*Regular Surveys, Interviews, and Observation are used to evaluate beneficiary progress, gather qualitative data, and document program activities and interactions.*



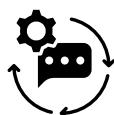
## Monitoring Schedule

Staff will compile and review monthly reports, conduct quarterly reviews, and perform an annual evaluation to assess the facility's impact and plan for the future.

The Evaluation Plan encompasses periodic reviews, feedback mechanisms, and reporting processes to ensure the facility's programs effectively meet their goals. Through mid-term and end-of-program evaluations, regular feedback sessions with beneficiaries and stakeholders, and transparent reporting to donors and partners, the facility will continuously assess its impact, make necessary adjustments, and uphold accountability to stakeholders.



## Periodic Reviews



## Feedback Mechanisms



## Reporting and Dissemination

# Risk Management

Effective risk management is crucial for projects like establishing a rehabilitation facility. Identifying and mitigating risks such as financial, operational, and external factors ensures project sustainability and impact on vulnerable individuals. In assessing potential risks, we have identified three primary categories:

- Financial Risks: This includes the possibility of funding shortfalls, unexpected expenses, and fluctuations in currency exchange rates.
- Operational Risks: Challenges such as staffing issues, logistical disruptions, and supply chain problems may arise.
- External Risks: Factors such as political instability, changes in government policies, economic downturns, or shifts in societal attitudes towards abuse can impact the project's success.

To mitigate the identified risks, we have developed comprehensive strategies tailored to each category;

To address financial risks, we will adopt a diversified funding approach, actively seeking multiple sources of funding such as grants, donations, corporate sponsorships, and government support. In terms of operational risks, we will implement robust recruitment and retention strategies, offering competitive salaries, providing staff training and development opportunities, and fostering a positive work environment to attract and retain qualified personnel. We will also develop backup plans for key operational activities and maintain strong communication channels within the team to address any logistical disruptions effectively. To mitigate external risks, we will stay informed about political, economic, and social developments that could impact the project, build relationships with relevant stakeholders, and maintain flexibility in project implementation to adapt to changing circumstances.



# Summary

In summary, our project proposal aims to establish a rehabilitation facility to provide holistic support and healing for young female survivors of abuse. By addressing the identified risks through comprehensive risk management strategies, we are committed to ensuring the project's success and maximizing its positive impact on the lives of vulnerable individuals in our community.

# Call to Action

We call upon stakeholders, potential funders, and partners to support our project and contribute to its success. Together, we can create a safe haven for young female survivors of abuse, empowering them to reclaim their agency and rebuild their lives with dignity and resilience.

[www.HopeHavens.com](http://www.HopeHavens.com)

