



2024 Annual Report

A report on outcomes of interventions implemented in 2024



Fostering communities that value mental health and wellbeing.

Basic Needs Basic Rights Kenya at a Glance:

“We are committed to fostering communities that value mental health and wellbeing.”

Basic Needs Basic Rights Kenya is a nationally registered Non-Governmental Organization (NGO) that has been actively involved in mental health initiatives since 2005. BNBR operates in close collaboration with the Ministry of Health, Ministry of Education and various stakeholders within the mental health sector. Over the years, we have honed our capabilities in the implementation of community mental health and wellbeing programs that are person-centered, rights-based and focused on recovery.

This is informed by our belief that addressing mental wellbeing and illness goes beyond just health systems, given that mental wellbeing and illness themselves are not simply health issues but have social and economic causes and effects. Our interventions thus focus on the clinical, economic, and social wellbeing of individuals, as well as the resilience and wellbeing of their communities, ultimately resulting in communities that value the mental health and wellbeing of all its members.



Our Vision

A society where the mental health needs and rights of all people are recognized, respected, prioritized, and fulfilled.



Our Mission

To foster communities that value mental health and wellbeing using rights-based approaches.

What did we accomplish in 2024?

Preventive and Restorative Mental Health Services

Leveraging on our strong partnerships across five Counties – **Nairobi, Kajiado, Kilifi, Bungoma** and **Nakuru** – we continued to utilize the **Community Mental Health** approach to support and promote the early detection, diagnosis, and treatment of mental health conditions. This was complemented by initiatives aimed at reducing the stigma and discrimination faced by individuals with mental health conditions, those who have overcome them and their caregivers.



A mental health champion consoles a community member during a social contact activity in Kaloleni Sub County, Kilifi County. Photo by BNBR



By capacity-building persons with lived experiences of mental health conditions across the 5 counties of implementation, on mental health advocacy through lived experience, they lead conversations in their communities challenging mental health stigma. These conversations have led to tremendous positive results, particularly improved treatment seeking behaviour.



Our Community Mental Health approach leverages on existing structures such as Community Health Promoters (CHPs) and Lay Volunteer Counsellors (LVCs) who are capacity-built to promote mental health awareness, provide psychosocial first aid, coordinate referral to facilities on need basis and challenge stigma in the community. This has also seen an increase in treatment seeking behaviour.

118 households benefitting from home-based rehabilitation services



Health workers from Gongoni Health Center, Kilifi County engage household members during a homebased visit at their home. Photo by BNBR

...35-year-old Charo (not his real name) had been kept in chains by his parents for close to four years, as they claimed that they needed a way to 'keep him safe' as they went out in search of their daily bread. Their fear, which is common among such parents, was that if left free, he would either have harmed himself or been harmed by community members.

BNBR supported us to provide home based care, we were able to diagnose Charo with psychosis and place him on the correct treatment. We also conducted counselling sessions with his family members.. I am proud that in just a couple of months, he is now doing great to an extent that his parents no longer chain him up. They are confident enough to leave him free as they go out in search of their daily bread and other activities...

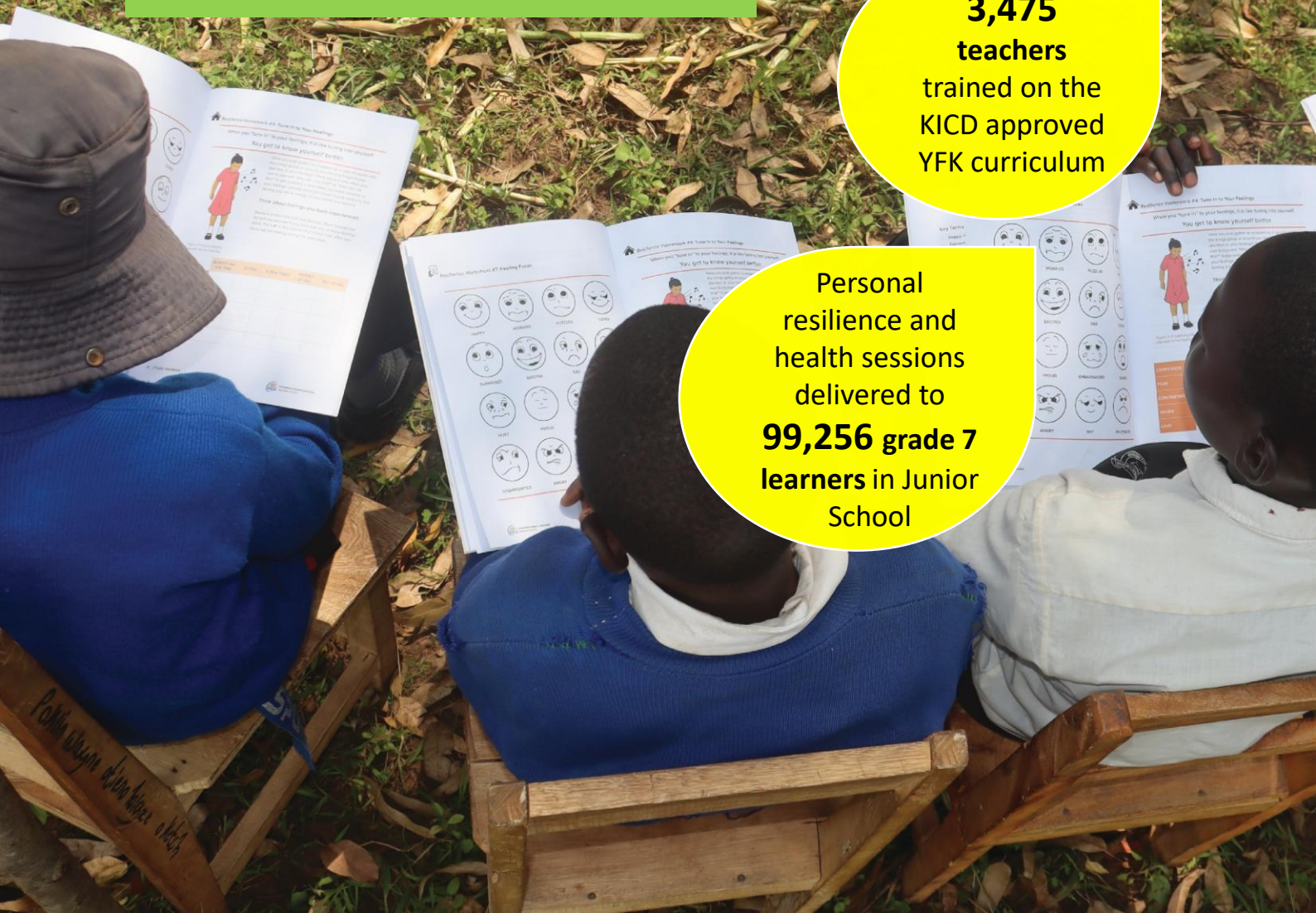
~ Cosmus Mzungu, Counselling Psychologist at Gongoni Health Centre, Magarini Sub County, in Kilifi County

The scale up of the **Youth First Kenya (YFK)** in-school personal resilience and health program for adolescents, continues to make tremendous progress. In 2024 the program was implemented in **1,499 schools** across **6 Counties** – Kilifi, Kajiado, Bungoma, Taita Taveta, Lamu and Tana River – with **3,475 teachers** trained on the KICD approved YFK Curriculum who in-turn delivered sessions to **99,256 grade 7 learners** in Junior School.

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Problems will not hinder my pursuit of becoming a teacher



16-year-old Halima, a Grade 8 learner at Miasenyi Junior School in Taita Taveta County is a beneficiary of the Youth First Kenya (YFK) personal resilience and health curriculum. Learners are equipped with life skills that help them speak out against abuse and also to find care and support in the community, and to thrive in the midst of tough challenges that life throws at them. Halima is a prime example of a learner demonstrating resilience, having gotten pregnant at 15 years of age but did not lose hope of achieving her goal of becoming a teacher. She was able to take a break from schooling, carried her pregnancy to term, gave birth and returned to pursue her education. All this happening in the midst of pressure from her primary caregiver to drop out of school and get married. The YFK program was developed by WorldBeing and adapted for Kenya and is being implemented by Basic Needs Basic Rights Kenya.

Teachers are also noting positive outcomes

The program has positively impacted many of our learners, but I will single out one of the grade 7 learners called David who has exhibited the biggest change. David had been known for his inability to control his anger and this for a long time had a negative effect on his academic journey and social life. We don't know the origin of his anger issues, but we suspect it has something to do with the fact that he lost one of his parents to suicide a few years back.

Before interacting with the YFK curriculum, David had a history of not taking punishment or correcting well. He would overreact. There are instances when he would even run out of school when punished for wrongdoing.

Today, however, David is completely transformed. He has taken to heart the resilience skills he has learnt from sessions such as identifying character strengths, listening skills, identifying life goals and planning how to reach these goals, among others. He is now interacting more positively with his peers, he wants to take responsibility, he completes his work on time and wants to be involved in everything. Presently, he is not only the prefect in his class but has also joined the volleyball and football teams. He is now a favorite among many teachers.



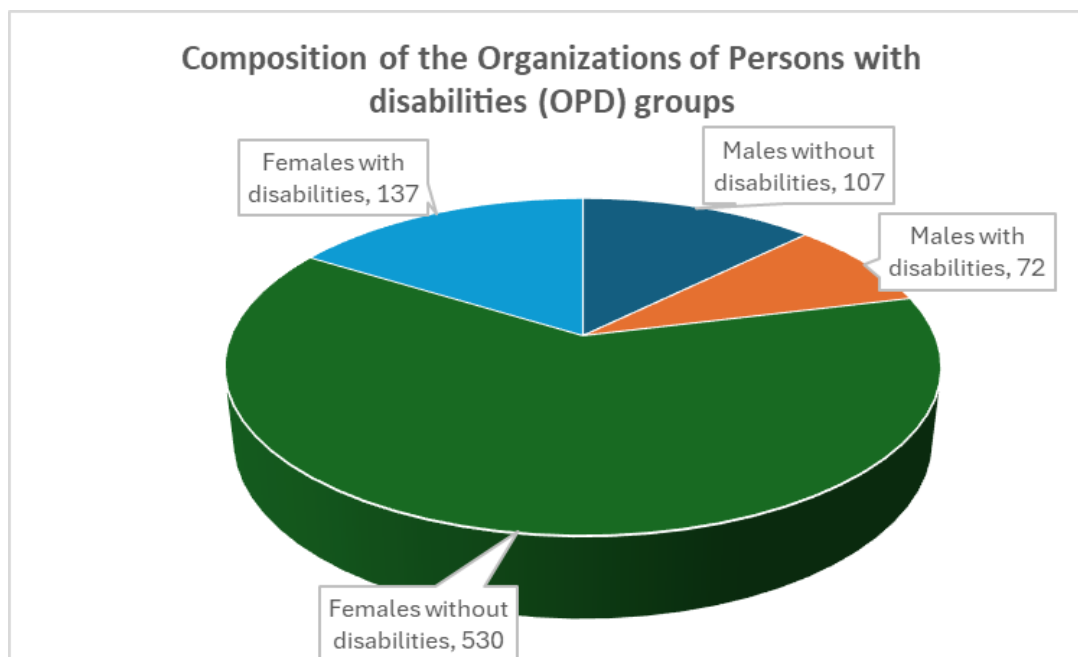
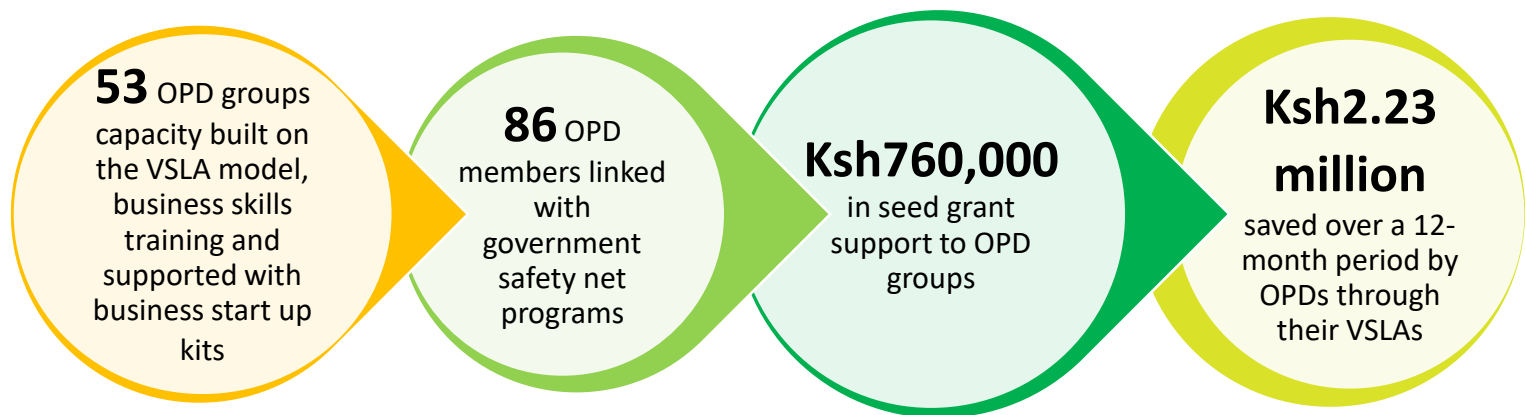
~ Simon Katasi, YFK Facilitator and English teacher at Chemwa Comprehensive School, Bungoma Central, Bungoma County.



Members of Blessings People with Disability Group in Kaloleni Sub County, Kilifi County pose for a photo showcasing part of their harvest of kales and eggplants from a farm they jointly cultivate as part of their income generating venture. Photo by BNBR

Social Inclusion of Persons with Mental Disabilities

Recognizing the crucial role that social engagement and belongingness play in overall wellbeing, we enhanced implementation of comprehensive initiatives aimed at achieving social inclusion of persons with psychosocial and other disabilities. This primarily entailed socio-economic empowerment of organizations of persons with disabilities complemented by their capacity building on self-advocacy. This was aimed at increasing their meaningful participation in community life and decision making particularly on matters that affect them. Typically, these individuals are denied an opportunity to meaningfully participate in decision making in their communities as they are seen as a burden due to their lack of or negligible contribution to the economy.



The persons without disabilities in the OPD groups are often caregivers representing persons with severe disabilities.

*I first took a loan of **Ksh50,000** which I invested in maize farming. I leased a 5-acre piece of land, hired an ox plough and sowed the maize seeds. Though the soil quality wasn't very good, I was still able to harvest 25 bags of maize of 90kgs each.*

*I sold each bag at about **Ksh5,500** repaid the loan and again borrowed **Ksh80,000** which I re-invested in maize farming. The second time around, I harvested 30 bags of maize which I am currently in the process of selling. I only have 10 bags left in my store, but I already have a buyer for them.*

The profit I am getting from this maize farming venture has enabled me to pay school fees for my children and take care of other household expenses.

~ Selina



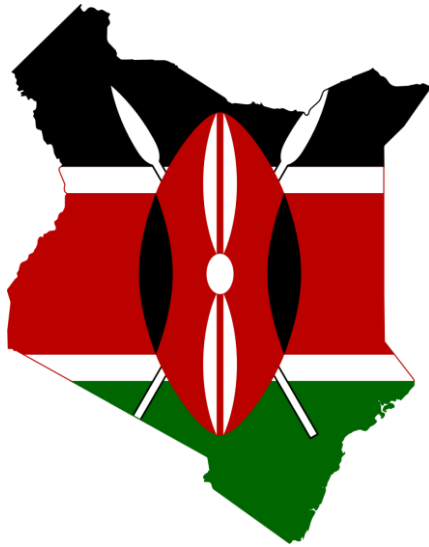
40-year-old Selina Mateso, mother to 7 children two of who have disabilities, has been a member of Maendeleo Self Help Group, an organization for persons with disabilities and their caregivers in Ganze Sub County, Kilifi County, for 3 years. She is in the group as a caregiver. Selina's group is among 28 such groups in Kilifi County who are currently reaping benefits from capacity building on the Village Savings and Loan Association (VSLA) approach. She has been able to take a number of loans from the group's pooled funds, invest in maize farming, make profits from the harvest which she has used to repay the loans, educate and take care of her children and other household expenses. Photo by BNBR

Research and Advocacy

3 International conferences where we presented abstracts

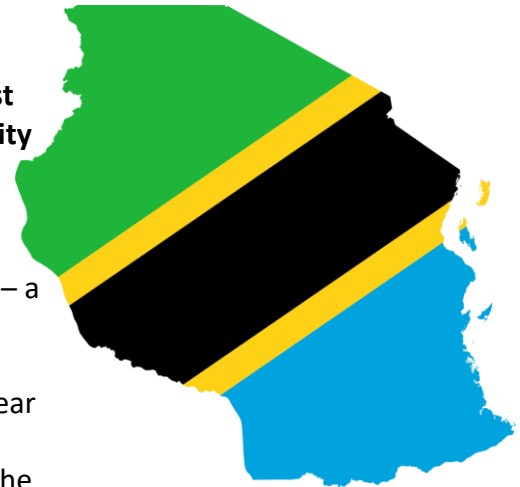
The **Kenyatta University Annual School of Education and Lifelong Learning Conference**.

Presentations on the **Mental Health and Wellbeing program on Campus** and the **School Health and Resilience Program**.



The inaugural **East African Community (EAC) Regional Education Conference**, in Arusha, Tanzania – a landmark event celebrating the African Union's Year of Education.

Presentation on the **School Health and Resilience Program**.



World Psychiatric Association: Together Against Stigma Conference in Iceland, in collaboration with the **University of Iceland**. Abstracts on key learnings from our **School Health and Resilience Programs** and, insights from the **Anti-Stigma program** implemented in Nairobi.



Financial summary for the year ended 2024

A. INCOME		
	CY 2024	
Funding	Income (KES)	%
Donations from International Partners	168,761,411	99.56%
Local Fundraising and Donations	737,349	0.44%
Total Income	169,498,760	100%

B. EXPENSES		
	CY 2024	
Strategic Areas and Activities Funded	Income (KES)	%
Integration and Inclusion through Socio-Economic Empowerment -Build resilience of PWMH, attain improved quality of life, realize better economic outcomes and increase their participation in decision making.	23,945,743	13.90%
Promotive and Preventive Mental Health Services - Enabling/ facilitating early recognition, diagnosis and treatment of mental disorders and ending Stigma.	83,959,286	48.72%
Institutional Excellence - Strengthening and diversifying our resource base, human resource and leadership capabilities, internal systems, policies and structures.	23,990,713	13.92%
Influencing Laws, Policies, Norms and Practice - Formulation and or enforcement of appropriate mental health policies, laws, institutions and cultural norms.	20,360,970	11.82%
Project Monitoring and Evaluation Costs.	5,423,534	3.15%
Professional Costs - External Audit and Legal Expenses.	683,571	0.40%
Office costs	13,963,890	8.10%
General Travel Costs		
Total expenses	172,327,707	100%

C. NON CURRENT ASSETS	
	Income (KES)
Assets as at the start of the Strategic Plan	10,408,927
Change in assets	- 2,653,369
Non-current assets as at end of the year	7,755,558

D. RESERVES	
	Income (KES)
Reserves as at start of the Strategic Plan	16,449,439
Change in Reserves	- 756,509
Reserves as at end of the year	15,692,930

PY 2023	
Income (KES)	%
136,611,612	91.5%
14,271,207	8.5%
150,882,819	100.0%

PY 2023	
Income (KES)	%
6,742,743.78	10.8%
85,425,069.21	45.5%
9,208,393.12	13.8%
11,634,811.89	15.8%
7,513,271.00	5.2%
380,802.00	0.6%
12,380,643.62	7.7%
350.00	0.6%
133,286,084.62	100.0%

Income (KES)	
1,598,629.40	
8,810,297.60	
10,408,927.00	

Income (KES)	
10,108,546	
6,340,893	
16,449,439	

Appreciation to our Partners!

We extend our heartfelt gratitude to all our funders, partners, institutions and individuals who have been ardent collaborators in our quest to achieve our mission **to foster communities that value mental health and wellbeing using rights-based approaches.**

Your unwavering support over the past five years has been instrumental in the success of our projects and initiatives. Together, we have made a significant impact on mental health awareness, disability inclusion, and overall community well-being. Your commitment, expertise, and shared vision have created a powerful force for positive change.

As we continue working towards a more inclusive and compassionate world, we want to express our sincere appreciation for your invaluable contributions. Thank you for being integral members of our team and for making a difference in the lives of those we serve.





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