



Elevate Development Foundation

Impact Report:

Mental Liberation Program for Youths in Makoko Community

Date: February 2022



Program Overview

The **Mental Liberation Program** aimed to address the deeply rooted limitations and ideologies affecting the youth in the Makoko community. The core goal of the initiative was to "liberate the minds of young people living in Makoko from the sickening ideology and way of life." The program focused on re-engineering the mindset of participants, starting by positioning God as a dominant factor in their lives and encouraging them to become change agents in their community.

Objective

The objective of the program was to instigate the process of mental re-engineering among the youth, fostering awareness of self, the environment, and God's purpose. Participants were encouraged to become active change agents in their community, equipped with the tools for transformation.

Key Achievements

- **Mental Liberation Knowledge:**
75% of the participants showed a clear understanding of the concept of mental liberation, indicating that the program effectively addressed the knowledge gap.
- **Belief in Purpose and God:**
Over 75% of the participants expressed a strong belief in God as the guiding force in their lives and acknowledged that they were created with a unique purpose.
- **Increased Confidence and Awareness:**
More than 80% of the attendees were able to confidently articulate the importance of mental liberation, highlighting its role in reframing their thoughts, building self-awareness, and cultivating personal values.
- **Counseling Needs:**
A significant 75% of the beneficiaries identified the need for a counselor to guide them through the mental liberation process, reinforcing the necessity for continued support and guidance.



Monitoring and Evaluation

Pre-Test Questionnaire Results

The pre-test questionnaire was designed to assess the baseline knowledge of participants and gather data on their personal and community challenges. The questionnaire revealed the following:

- **Demographic Profile:**
 - 63.6% male, 36.4% female
 - 90.9% had completed secondary school (SSCE)
 - 54.5% believed that their background significantly influenced their life trajectory
 - Common challenges faced: Limited education (54.5%), illiteracy (45.5%), financial hardship (36.4%), and teenage pregnancy (36.4%).
- **Perceived Limitations:**

Financial hardship, limited education, and illiteracy were seen as the primary limiting factors, alongside early marriage, ignorance, and cultural beliefs.
- **Awareness of Mental Liberation:**
 - 54.5% had adequate knowledge of mental liberation, while 18.2% had minimal knowledge.
- **Self-Esteem:**

45.5% of the participants rated their self-esteem as high, while 36.3% rated it low.

Program Implementation

The program was implemented through a series of interactive sessions on February 5th, 11th, and 12th, 2022. The sessions covered the following topics:

1. **Aspirations Beyond Makoko:** Encouraging youths to dream beyond the limitations of their community.
2. **Awareness of God's Love and Purpose:** Emphasizing the importance of faith and understanding one's divine purpose.
3. **Self-Esteem and Assertiveness:** Fostering confidence and assertiveness among participants.
4. **Mental Re-engineering:** Teaching participants how to reframe their thinking patterns and embrace personal growth.
5. **Self-Awareness:** Helping youths become more aware of their strengths, weaknesses, and potential.
6. **Community Needs Identification:** Encouraging participants to identify and address the needs of their community.



Post-Test Questionnaire Results

The post-test questionnaire indicated significant improvements in participants' understanding of mental liberation and self-awareness:

- **Demographic Profile:**
 - 62.5% male, 37.5% female
 - 50% completed SSCE, 12.5% were undergraduates
 - 75% believed their background did not greatly influence their life trajectory.
- **Perceived Limitations:**

Financial hardship was still identified as the primary limitation (100%), followed by limited education (37.5%) and illiteracy (37.5%).
- **Awareness of Mental Liberation:**

By the end of the program, 87.5% of participants had an adequate understanding of mental liberation, up from 54.5% in the pre-test.
- **Self-Esteem:**

75% of participants rated their self-esteem as high, a significant increase from the pre-test, where only 45.5% felt confident.
- **Counseling Needs:**

75% of the beneficiaries indicated the need for continued counseling support.

Expected vs. Actual Outcomes

Expected Outcome	Program Outcome
Reach out to over 150 youths in Makoko Community	Reached 59 youths
Conduct 5 sessions for mental liberation	5 successful sessions held
Over 70% of beneficiaries demonstrate mental transformation	82% of beneficiaries gained adequate knowledge on mental liberation
Assess the need for counseling among participants	75% of beneficiaries require counseling support

Key Findings

1. **Challenges Identified by Participants:**

Financial hardship (72.2%), limited education, illiteracy, early marriage, and cultural beliefs were identified as the most significant challenges faced by youths in Makoko.
2. **Community Problems:**

Lack of social amenities such as schools, healthcare, and clean water was identified as a major issue affecting the community. Environmental pollution, unemployment, and illiteracy were also major concerns.



3. **Belief in Purpose:**
Over 80% of the beneficiaries believe they were created for a specific purpose, including serving God, raising the next generation for God, fulfilling a God-given purpose, and helping others.
4. **Program Effectiveness:**
20% of participants had little to no understanding of mental liberation before the program. By the end of the program, all participants had acquired knowledge of mental liberation and its importance.

Recommendations for Future Programs

1. **Continued Counseling Support:**
Given the high demand for counseling, it is recommended that follow-up sessions with professional counselors be integrated into future programs to provide ongoing support.
2. **Expansion of Outreach:**
While the program reached 59 youths, expanding the outreach to at least 150 youths, as originally planned, will have a broader impact on the community.
3. **Infrastructure Development:**
Addressing the lack of social amenities such as healthcare, education, and clean water will significantly improve the overall well-being of the community and complement mental liberation efforts.
4. **Sustainability of the Program:**
Establishing a regular schedule of empowerment programs and creating partnerships with local schools, churches, and businesses will help sustain the impact of the mental liberation program.

Conclusion

The Mental Liberation Program successfully achieved its goal of re-engineering the mindset of the youth in Makoko by instilling a sense of purpose and faith. Despite reaching only 59 youths, the program demonstrated a high level of success, with a significant improvement in knowledge, self-esteem, and the recognition of the need for counseling. Moving forward, continued efforts to address the community's socio-economic challenges and the mental health needs of the youth are essential for long-term transformation.