



**Creating
A Safe Space
To Talk It Out.**

2023 ANNUAL REPORT



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MESSAGE FROM THE FOUNDERS

2023 was a defining year for Lost State of Mind. It marked a period of growth, resilience, and renewed purpose. With support from our partners and communities, we expanded our reach, deepened our impact, and remained grounded in our mission to use dance, creativity, and mental health education to inspire transformation.

Through productions like Mind In Motion, campus tours, community workshops, and the launch of Empower Through Movement, we witnessed firsthand the healing power of movement and shared stories. Our newly developed mental health and movement module became a vital tool, guiding our programs and shaping how we engage with both youth and entire communities.

Psychosocial support and community wellness became pillars of our work. We listened more, collaborated more, and remained responsive to the needs of those we serve. What drives us is not just art, but the ability of art to change lives, restore dignity, and build bridges across pain and possibility. As we look forward, we carry with us the voices, movements, and hopes of every individual who danced, spoke, healed, and dared to be seen.

Thank you for walking this journey with us.

With gratitude,



Vincent Owoko



Line Franken



Suleiman Maningi

WHO WE ARE



LOST STATE OF MIND

Lost State of Mind connects Kenyan youth and marginalized communities with opportunities for personal growth through art, dance, and mental health education. By engaging in creative activities and learning about mental health, participants develop a stronger sense of self and community, which aids in overcoming the stigma associated with mental health issues. Lost State of Mind organizes various activities focused on dance therapy and mental health education, ensuring participants can develop their talents and build resilience.

OUR CORE VALUES

VISION

Healthy minds, Healthy communities.

MISSION

Challenge stigma, encourage open conversations, and provide accessible support systems.

CORE PHILOSOPHY

Conversations Save Lives.

VALUES

Fueled by our mission, we integrate the essence of Lost State Of Mind values love, integrity, dynamic brotherhood/sisterhood, resilience, positivity, passion, and service to others into our unwavering dedication to supporting at-risk individuals and communities.

We aspire to ensure that:

1. 100,000 people have access to timely and quality mental health services.
2. Zero mental health stigma.
3. 90% mental health literacy levels.



MILESTONES



01

SECURED INTERNATIONAL FUNDING FOR “MIND IN MOTION”

We received funding from the Netherlands Albert Schweitzer Fonds to produce Mind In Motion, a dance performance exploring stories and struggles around mental health. The production created space for important dialogue and emotional reflection within our communities.

02

LAUNCH OF “EMPOWER THROUGH MOVEMENT”

We launched Empower Through Movement, a project aimed at empowering youth through dance and mental health awareness. The program uses our newly developed module to guide activities, encourage expression, and offer mental health education.

"1 in 7 adolescents globally, including those in Africa, experience mental disorders. ." - UNICEF

03

COMMUNITY OUTREACH AND MENTAL HEALTH WORKSHOPS

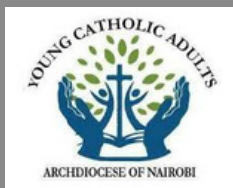
Our grassroots workshops reached diverse communities through dance movement therapy sessions, mental health talks, and creative workshops. These outreach efforts were instrumental in providing accessible education, emotional support, and platforms for self-expression.

04

STRENGTHENED PARTNERSHIPS AND COLLABORATIONS

We forged new and meaningful collaborations with mental health organizations, arts institutions, and community based groups. These partnerships have enhanced our capacity to reach more people and offer deeper, interdisciplinary approaches to healing and creativity.

Nederlands
Albert
Schweitzer
Fonds



COMMUNITY WELLNESS

Community wellness remains our top priority, with a strategic focus not only on youth and adolescents but on the broader wellbeing of entire communities. We recognize that sustainable impact in mental health requires a holistic approach one that includes families, educators, caregivers, and local leaders.

This year, we deepened our community based interventions by creating safe, inclusive spaces for dialogue, healing, and creative expression.



Through targeted workshops, open forums, and movement based therapy sessions, we addressed pressing mental health concerns while equipping participants with tools for resilience and emotional wellbeing. By embedding mental health education into everyday community settings, we continue to break stigma, foster inclusion, and build lasting support systems from the ground up. These efforts align directly with our mission and with the objectives of partners who are committed to transformative, community-driven impact.



TESTIMONIALS

“Being part of Lost State of Mind changed how I see myself not just as a dancer, but as a person. Through the performances and mental health workshops, I learned to express things I never had the words for. This space gave me confidence, healing, and a sense of belonging I never thought I’d find”



LORIET ALUOCH
DANCER - MIND IN MOTION

"Before attending the workshops, I struggled in silence. I didn't know how to talk about what I was feeling. The sessions helped me open up, not just through words but through movement. I finally felt seen, heard, and supported. This program gave me hope and reminded me that I'm not alone."



PAUL KAMADI
PROGRAM - PARTICIPANT

PSYCHOSOCIAL SUPPORT



Recognizing the urgent need for accessible mental health care, we strategically integrated psychosocial support into all program areas, ensuring participants not only engage creatively but also receive emotional and mental health support. Our trauma-informed approach blends movement-based therapy, structured dialogue, and peer support offering a lifeline in communities where formal services are limited or unavailable.

Trained facilitators provided safe, culturally relevant spaces for individuals to process trauma, build emotional resilience, and reconnect with themselves and others. This approach proved particularly effective in underserved and high-stress environments.

By embedding psychosocial care into our model, we offer a scalable, low barrier solution to mental health access aligning directly with global wellness and development goals.

EVENTS

01

MENTAL HEALTH WORKSHOP

Our Mental Health Workshops offered safe, inclusive spaces for learning, healing, and self-expression. Through movement therapy, open dialogue, and mental health education, participants gained tools to manage emotions and reduce stigma. These sessions empowered communities to prioritize wellbeing and build stronger, more resilient support networks.



02

DANCE PRODUCTION

Our dance productions creatively explored themes of mental health, identity, and social challenges. Performances like Mind In Motion blended storytelling with movement, sparking emotional reflection and dialogue. These productions served as powerful tools for awareness, advocacy, and healing connecting audiences to lived experiences through the language of dance.





PROFIT & LOSS STATEMENT

January - December 2023

	TOTAL
Income	
Donations	1,284,690.00
Total Income	Ksh1,284,690.00
GROSS PROFIT	Ksh1,284,690.00
Expenses	
Equipment rental	10,000.00
Meals and entertainment	132,180.00
Medication	2,545.00
Project Expenses	181,000.00
Rent or lease payments	105,000.00

Stationery and printing	11,928.00
Transaction Costs	340.00
Travel expenses - general and admin expenses	177,730.00
Utilities	3,100.00
Wage expenses	660,500.00
Total Expenses	Ksh1,284,323.00
NET EARNINGS	Ksh367.00



PROFIT & LOSS STATEMENT

January - December 2023

STATEMENT OF FINANCIAL POSITION

As of December 31, 2023

	TOTAL
Assets	
Current Assets	
Cash and cash equivalents	367.00
Total Current Assets	Ksh367.00
Total Assets	Ksh367.00
Liabilities and shareholder's equity	
Shareholders' equity:	
Net Income	367.00
Retained Earnings	0.00
Total shareholders' equity	Ksh367.00
Total liabilities and equity	Ksh367.00

STATEMENT OF CASH FLOWS

	Total
Cash flows from operating activities	
Profit for the year	367.00
Adjustments for non-cash income and expenses:	0.00
Net cash from operating activities	Ksh367.00
NET INCREASE (DECREASE) IN CASH AND CASH EQUIVALENTS	Ksh367.00
CASH AND CASH EQUIVALENTS AT END OF YEAR	Ksh367.00

ADDITIONAL DETAILS

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