

RESULT BASED PROJECT REPORT



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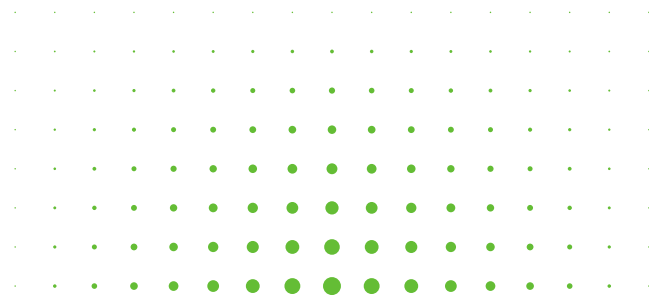


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EXECUTIVE SUMMARY



From September 2024 to February 2025, the Armenian Revival Journey program was implemented across Yerevan, Gyumri, and Vanadzor, engaging a total of 552 participants in a structured, multi-phase approach to personal and community transformation. The program was carried out in three key phases: Revive, which included eight groups meeting for six sessions each; Strive, which hosted seven intensive two-day events; and Thrive, culminating in five graduation ceremonies that celebrated participants' growth and achievements. The initiative was facilitated by a dedicated team of six project staff and 12 trained facilitators, ensuring comprehensive support throughout the process.

The Revive phase focused on developing a pro-future mindset, with 91.7% of participants experiencing a moderate level of positive change. The Strive phase strengthened social belonging, leading to medium to high levels of improvement for 80.2% of participants. The Thrive phase further enhanced social connectedness, with 79.3% of those completing all three phases experiencing a high level of positive change. Among the 79 participants who took the PCL-5 retest, 77% showed improvement.

The evaluation confirms the program's effectiveness in fostering behavioral change, enhancing social belonging, and strengthening psychological resilience. Recommendations for future phases include scaling the program, refining methodologies based on impact assessments, and integrating additional community-based support mechanisms to sustain the positive outcomes achieved.

*"The name of the program had a lot to say, and that attracted me as well",
participant.*



[Sum-up video for 2024](#)

PART ONE: PROJECT OVERVIEW



Background

The Armenian Revival Journey program was born out of a deep recognition of the psychological and spiritual wounds left by historical and contemporary traumas. The co-founder- Dr. Noubar Afeyan, driven by a commitment to national resilience and healing, envisioned a structured yet deeply personal approach to restoring individual and collective well-being. The idea emerged from witnessing the long-lasting impact of forced displacement, war, and loss, as well as the necessity for a culturally rooted, values-based mental health support system. The program is built on the belief that narratives shape our identities and that by reconstructing personal and national stories with hope and purpose, individuals can reclaim their agency and strength. At its core, the initiative assumes that healing is not a linear process but a transformative journey, requiring both introspection and community support. By integrating historical reflection, psychological methodologies, and spiritual elements, the Armenian Revival Journey fosters a sense of belonging, purpose, and empowerment, ensuring that participants not only process their past but also build a vision for their future.

Objectives

The objectives of the Armenian Revival Journey (ARJ) program were designed to foster social belonging, and a pro-future mindset among participants. Through its three interconnected phases—Revive, Strive, and Thrive—the program aimed to enhance personal agency, alignment, and community connection while strengthening spirituality, and active historical thinking (via shared narratives, others to me and me to others conceptions). By engaging participants in structured group sessions, interactive workshops, and reflective exercises, ARJ sought to facilitate meaningful personal transformation, empower individuals to navigate challenges with confidence, and develop a sense of collective identity and purpose.

Armenian Revival Journey

Goals, Objectives and KPIs

To enhance spiritual revival and resilience through fostering personal and spiritual growth, and the establishment of community social support networks.



Operational Summary: Project Phases

The Armenian Revival Journey unfolded through three thoughtfully designed phases—Revive, Strive, and Thrive—implemented across Yerevan, Gyumri, and Vanadzor. The program officially launched in September 2024 with the introduction of an online self-assessment platform and a targeted social media campaign to recruit participants based on individual needs. **The Revive** phase involved eight support groups, labeled “Revival” groups, engaging 90 participants. Sessions were facilitated by seven trained and five shadow facilitators, all equipped with skills in narrative therapy and guided by specially developed manuals. These groups were held in key community spaces: four in Yerevan at the ArtHouse training center, two in Vanadzor at Loft Vanadzor, and two in Gyumri at the KASA center.

The Strive phase introduced a two-day intensive workshop format that had not been piloted before, making it a pioneering step in the program. A total of 193 participants took part in the events held in the same three cities. The first day featured the Tree of Life exercise, a narrative therapy tool that helps participants reflect on their identity, strengths, values, and social support systems using the metaphor of a tree. The second day introduced an innovative module focused on active historical thinking and core values. Two real-life historical narratives—featuring Armenian genocide survivors who rebuilt dignified lives—were presented and connected to recognizable public figures, creating a powerful sense of continuity and resilience.

These stories served as the foundation for reflective group discussions where participants drew parallels between historical adversities and their own lives, identifying personal and collective sources of strength and purpose.

The Thrive phase culminated the journey with a four-hour celebratory event that deepened social ties and honored participants’ growth. A short documentary video opened the event, followed by a panel discussion where three selected participants shared their personal transformations, including reflections on the “Letter from the Future” activity. In total, 15 participants contributed during this segment. Guided table discussions allowed participants to further engage and connect around shared experiences. The event also featured a unique narrative theater performance—a dialogue between a brother and sister—based on real participant stories from the Revive phase. Facilitators provided summaries of previous discussions, and the playwright incorporated insights into evolving versions of the performance. A final round of table discussions encouraged reflection on the theatrical piece and its emotional relevance. Each participant received a symbolic token certifying their journey through the program, and in a collective expression, they submitted a word that encapsulated their experience, forming a live word cloud projected during the closing. A total of 269 participants attended the Thrive events, supported by 15 volunteers handling registration and logistics.



“Every time I'm leaving here filled with a renewed zest for life, motivated to pursue my dreams”, participant.

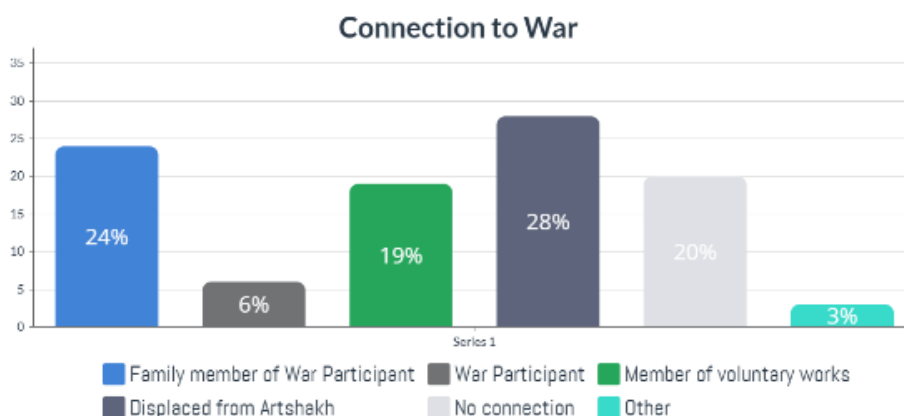
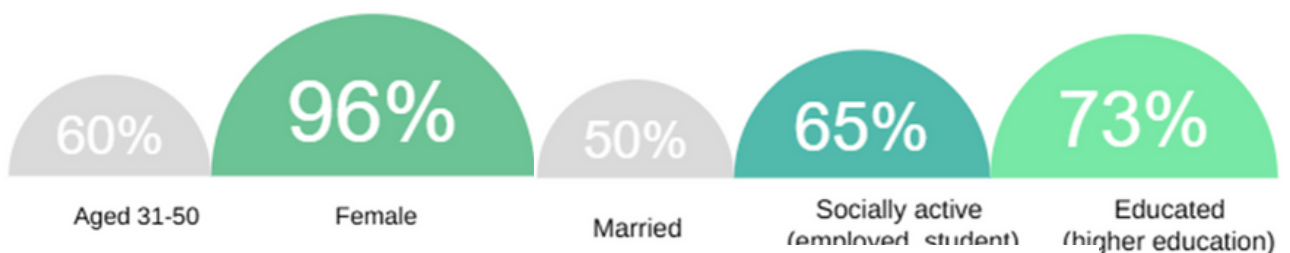
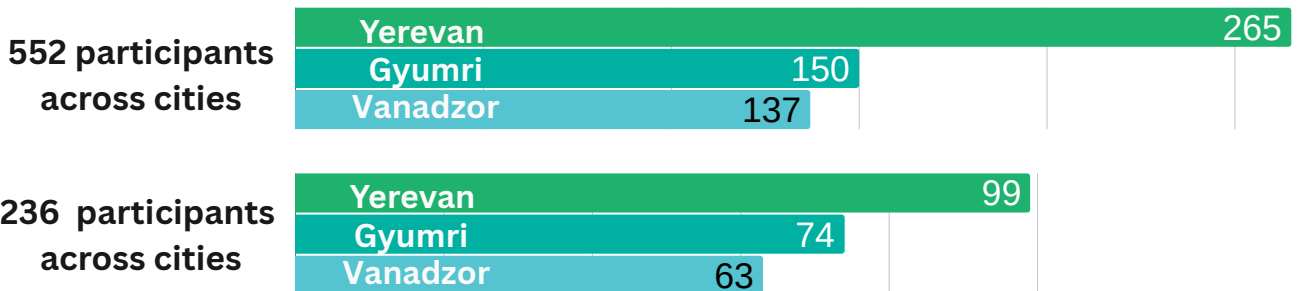
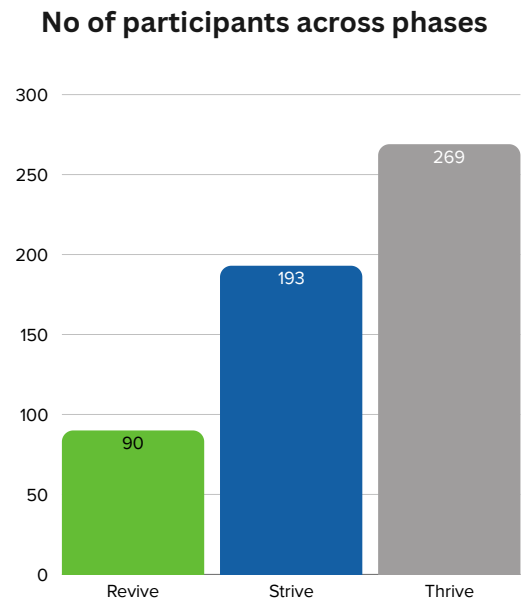
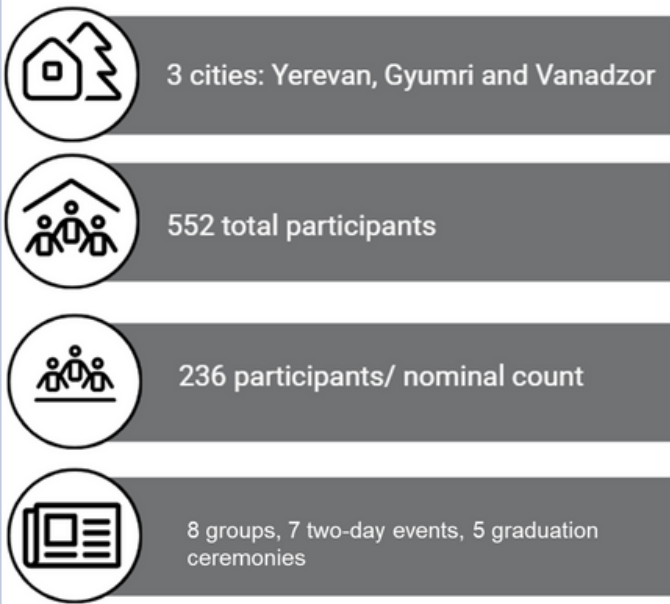
For the detailed reports refer to [Revive](#), [Strive](#) and [Thrive](#) phase reports.



Conversation with Dr Noubar Afeyan, Founder of the Armenian Spiritual Revival Foundation



Project Info and Demographics





Development of the Intervention Plan and Selection Tools

The intervention plan for the Armenian Revival Journey was developed collaboratively by a multidisciplinary team consisting of experienced facilitators involved in prior pilot phases, psychology experts from Yerevan State University, and graduates of the University of Pennsylvania. Drawing on lessons learned from earlier implementations, the team refined and strengthened the intervention's design to ensure evidence-based effectiveness and close alignment with the strategic objectives of the Foundation. Each participant group followed a carefully structured plan of six sessions, piloted previously and further enhanced through rigorous collaboration and expert review.

An integral innovation of the project was the collaboration with the Armenian Genocide Museum, which provided authentic stories of Armenians who, after surviving the Genocide, successfully rebuilt dignified and meaningful lives. These narratives were presented alongside photographs and personal artifacts, fostering structured reflective discussions on resilience, shared values, and historical parallels. The featured historical figures were directly connected to notable Armenian public figures, further enriching participants' personal connection to the stories. The spirituality component, facilitated temporarily by a blogger and spiritual leader Tovmas Arakelyan, prompted thoughtful discussions on core spiritual values, purpose, and meaning.

A unique component of the Thrive phase was the narrative theater performance, created by a professional playwright based directly on participants' personal stories and reflections gathered throughout the Strive sessions. This dynamic theatrical piece continuously evolved, integrating new insights collected from participant discussions during each event. The performance deepened participants' sense of connection and provided a powerful platform for collective reflection and healing.

The development and piloting of participant selection tools were conducted in partnership with faculty of Person's Psychology from Yerevan State University. A two-step Post-Traumatic Stress Assessment Test (PCL5+) tailored to the project's context was created. This tool underwent a piloting phase to ensure its accuracy and reliability before full implementation. Additionally, the experts conducted random phone interviews to validate the accuracy and relevance of the tailored tool. These interviews aimed to ensure the proper categorization of cases, such as confirming whether individuals identified as severe cases truly aligned with that classification. The results of this assessment were used to identify potential participants, those with medium and severe levels of PCL 5 test results, enabling the Foundation to make informed contact and invite individuals to engage in the program.



"I was deeply touched by the "letter to my problem" exercise. While writing it, I realized that my problem is partly already resolved, and partly it got resolved through the process", participant.

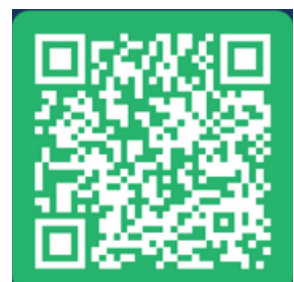
Intervention plans can be found [here](#).



Short film about Strive phase



Short film about Thrive events





Development of the M&E Plan

The Monitoring and Evaluation (M&E) framework of the Armenian Spiritual Revival Foundation is carefully designed to ensure that the Armenian Revival Journey meets its objectives of psycho-spiritual empowerment and resilience-building across all phases—Revive, Strive, and Thrive. The framework encompasses comprehensive monitoring activities, including tracking attendance, facilitator observations, and participant feedback, ensuring consistent quality and responsiveness throughout implementation.

It systematically measures three key dimensions to ensure the effectiveness and quality of the Armenian Revival Journey.

Impact: Through pre- and post-tests, qualitative analysis, focus group discussions, and in-depth interviews, the framework assesses how many participants experience meaningful psychological and social change.

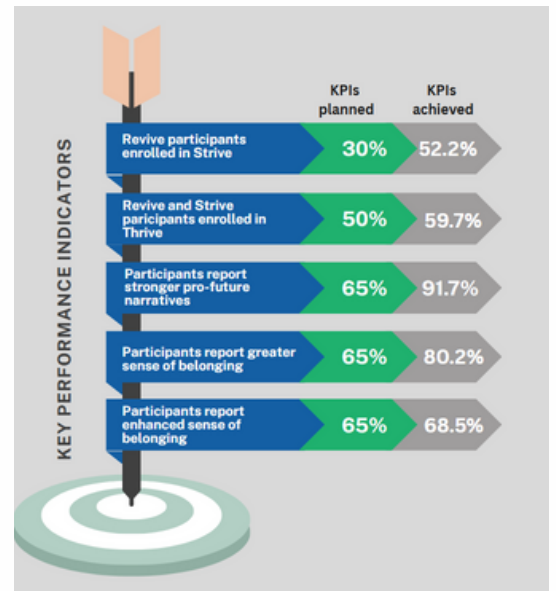
Statistical Significance: To validate the reliability of observed changes, statistical methods including Student’s T-test and the Wilcoxon test are employed, ensuring the credibility of evaluation findings.

Effect Size: Finally, the Cohen’s d test determines the magnitude of observed impacts, classifying them into small, medium, or large effects. This provides clear and practical insights into the actual strength of the program’s transformative outcomes.

Identifying key criteria that reflect meaningful change was essential to ensure the use of appropriate tools and to draw conclusions emphasizing the program’s long-term impact rather than immediate participant feedback. The evaluation framework is centered around Personal Agency, Community, Alignment, and Active Historical Thinking and Spiritual Values, reflecting meaningful, transformative change. Personal Agency assesses participants’ ability to take initiative and shape their future, while Community evaluates their sense of belonging and connectedness. Alignment examines how well participants harmonize personal goals and values with shared principles. Lastly, Active Historical Thinking and Spiritual Values explore participants’ capacity to reflect on the past constructively and draw on spiritual values for purpose and resilience.



[The Revival story of Marine Gabrielyan \(in Armenian\)](#)



Partnership

The Foundation's partnership strategy focuses on five main directions of collaboration. First, it involves co-developing and implementing joint programs, either within existing frameworks or through new, shared initiatives. Second, it promotes mutual capacity building, where partners both contribute to and benefit from professional trainings and seminars. Third, partnerships support structured referral pathways, allowing beneficiaries to access the Foundation's programs through trusted channels while maintaining ethical, needs-based enrollment. Fourth, awareness-raising efforts are coordinated and purposeful, engaging partner networks to amplify the program's reach through planned public activities. Finally, the Foundation fosters collaboration with its own program graduates, including the co-design and partner-led implementation of small grant projects monitored by the Foundation.

In three cities, five partner meetings were organized with the participation of approximately 50 organizations. During these gatherings, the Foundation presented its programs, shared key outcomes, and explored potential areas for collaboration with local and national partners.

In addition to the partner meetings, the Foundation has established strategic collaborations with several key institutions over the past year. These include with the the Armenian Apostolic Church, the Armenian Genocide Museum-Institute, Matenadaran, AGBU, and others.

PR campaign and Awareness raising

A comprehensive PR and communication campaign was implemented, targeting all major outreach channels, including social media, television, and radio. Two large billboards were installed in each of the cities of Vanadzor and Gyumri.

The campaign also featured the production of 10 testimonial videos with the total 500 000 views on YouTube channel, along with an exclusive interview with the Founder, Dr. Noubar Afeyan, and a TV interview with the Foundation's Director, Hovhannes Nikoghosyan, which was broadcast on the Public TV news channel. Videos about the Strive phase (garnering 130,000+ views) and four community-focused Thrive videos were filmed. An animated video addressing men's mental health issues reached over 70,000 viewers.

Monthly bilingual electronic newsletters were circulated to a broad mailing list (about 600 people), and the Foundation's Facebook page reached over 10,000 followers.

Additionally, community engagement events were organized in Yerevan, Vanadzor, and Gyumri, attracting a total of 117 participants and fostering collaboration with local organizations and leaders. These gatherings not only raised awareness about the program but also strengthened local networks and referred individuals in need of support.



www.revival.am



The interview of the director of ASRF H. Nikoghosyan



https://www.youtube.com/@revival_am/videos

www.youtube.com



[FB page of ASRF](#)

Program management

The management of the Armenian Revival Journey program was both demanding and deeply fulfilling. Coordinating a multi-phase initiative across three cities required constant adaptation, teamwork, and a strong sense of purpose. The program was managed by a dedicated team that included the Program Manager, Community Event Manager, Office Manager, M&E Manager, PR Manager, Financial Manager, the Coordinator of Facilitators, and the facilitators themselves. The Program Manager carried a significant share of the workload—often working weekends and beyond regular hours for nearly two months to ensure smooth coordination and timely implementation. All team members operated under the daily supervision and ongoing support of the Director of the Foundation, whose leadership played a key role in maintaining focus and cohesion. While the absence of a formal competency framework posed challenges in role clarity and task distribution, the team responded with flexibility, mutual support, and a strong commitment to the program's success. Despite the intensity of the workload, the experience was marked by a shared mission and a profound sense of accomplishment, driven by the visible and lasting impact on participants and communities.



Capacity building for facilitators

Total 12 qualified psychologists and social workers, from the pool of experts that participated in the narrative therapy training in Spring 2024, were carefully selected to serve as facilitators for the Armenian Revival Journey. The capacity-building activities for the facilitators of the Armenian Revival Journey were carefully structured through a comprehensive series of trainings, workshops, and supervision sessions. Facilitators were equipped with essential methodologies tailored specifically for the Revive, Strive, and Thrive phases, as well as specialized knowledge in narrative psychology, powerful questioning techniques, and monitoring and evaluation (M&E) criteria. Additional workshops provided deeper insights into post-traumatic growth and advanced conversational methods such as re-authoring and remembering. The professional growth of facilitators was further supported through regular supervision meetings, aimed at maintaining their well-being, enhancing their facilitation skills, and ensuring the high-quality implementation of program activities.

A total of 10 structured trainings and workshops were provided to the facilitators, complemented by two group-based supervision sessions for each facilitator, ensuring continuous professional support and growth throughout the implementation period.



“Tree of Life” was a powerful and transformative intervention that brought out people’s inner resources from the past — it strengthened their faith and hope toward the future”, facilitator.

The list of capacity building activities can be found [here](#).

PART TWO: CRITERIA OF CHANGE

THE CHEMISTRY OF THE PROJECT

At the heart of the model is **Psycho-spiritual Revival**, the overarching goal of the journey. This revival is made possible through the strengthening of two core pathways: developing a **pro-future mindset** and fostering **social belonging**. These two directions are supported by carefully designed interventions across all three phases.

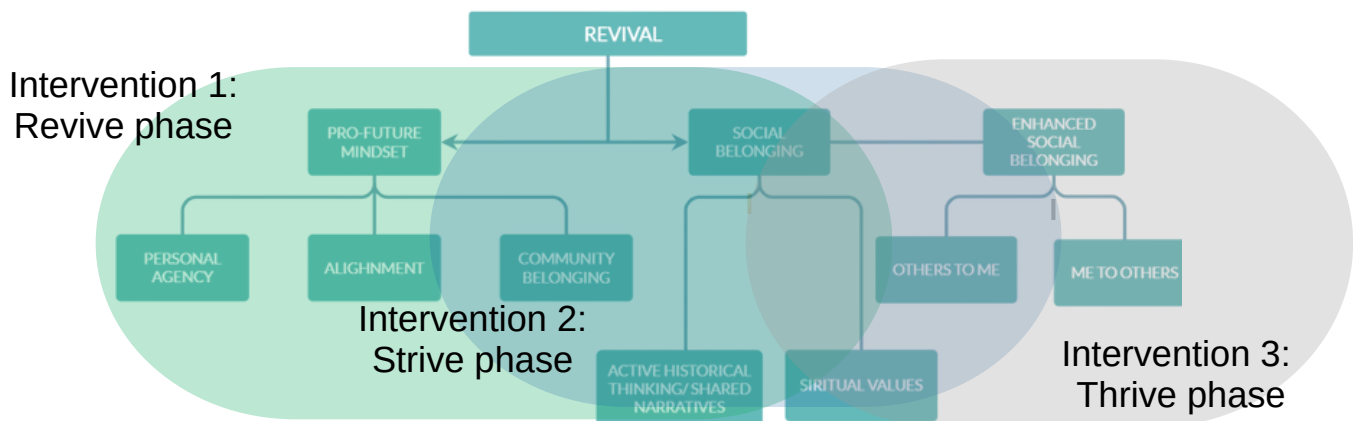
The Revive phase focuses on strengthening personal agency, alignment, and community belonging, helping participants build a future-oriented outlook grounded in self-awareness and connection.

The Strive phase introduces the **program's core innovation—active historical thinking and spiritual values—which reflect a unique blend of narrative therapy with the Armenian survivalist experience and value system**. This cultural-rooted approach allows participants to reflect on their own resilience in light of collective history and spiritual meaning.

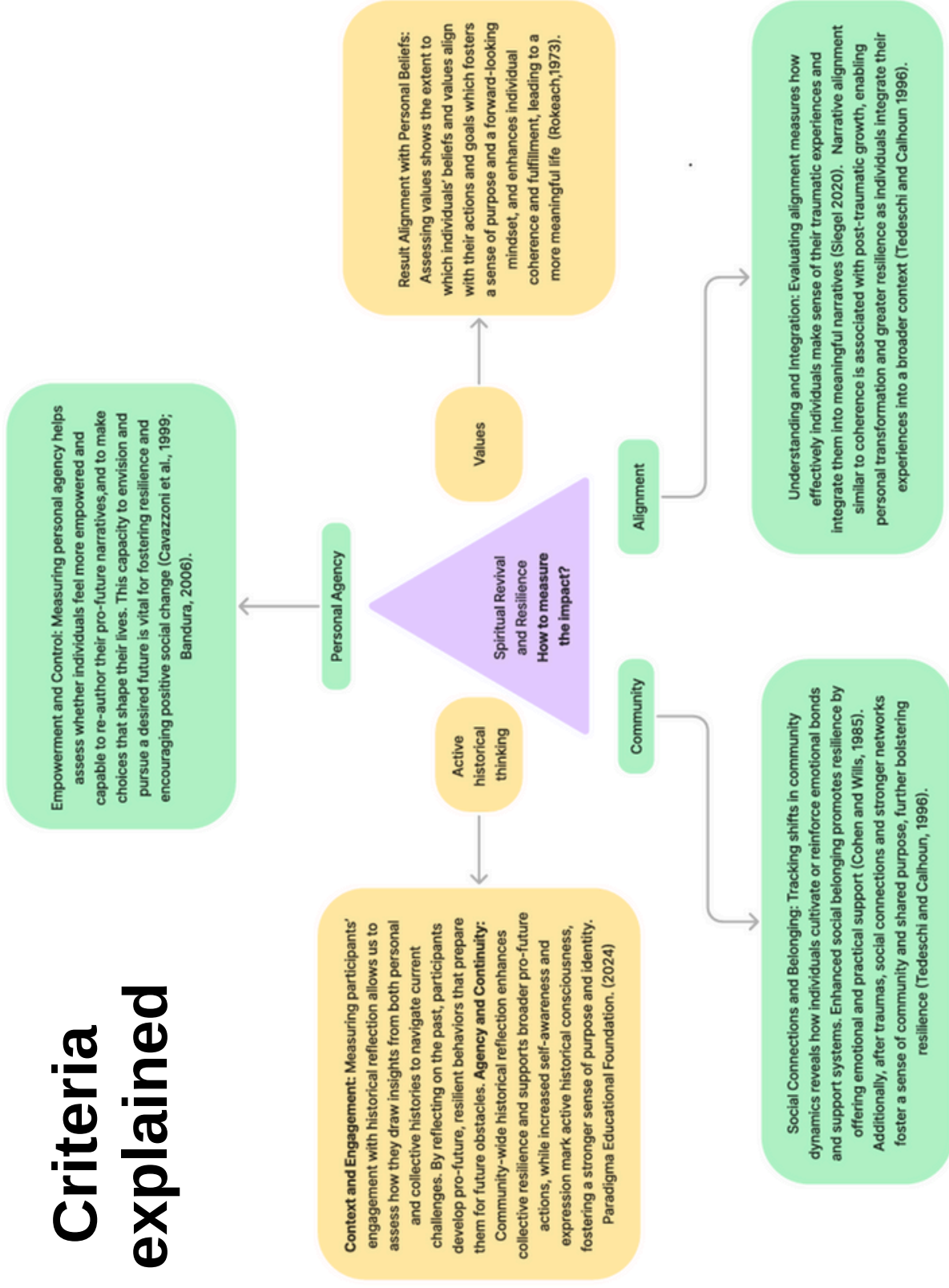


Finally, **the Thrive phase** deepens relational healing through the dynamics of “Others to Me” and “Me to Others,” reinforcing interpersonal trust and shared community support.

Together, these elements form the “chemistry” that enables personal transformation and social revival—each phase contributing distinct yet interdependent components to the healing journey



Criteria explained



MONITORING & EVALUATION FRAMEWORK









Design and implement a comprehensive Monitoring and Evaluation (M&E) framework capable of capturing detailed and meaningful data on the impact of the Armenian Revival Journey program. This included measuring not only the extent (how much) and nature (in what way) of change experienced by participants, but also identifying cases where the program did not lead to the intended outcomes. The framework aimed to uncover underlying reasons for varying results, enabling continuous improvement and evidence-based refinement of the program.



The M&E data was collected by the M&E manager through facilitators and with the valuable support of the Program Manager. The Monitoring data was evaluated by the M&E manager and the Evaluation was conducted in close cooperation with the experts of faculty of Psychology of YSU led by with Narine Khachatryan, Head of department of Person's Psychology.

HOW WE DO IT

The Monitoring and Evaluation (M&E) framework for the Armenian Spiritual Revival Foundation is designed to ensure that the Armenian Revival Journey meets its goals of psycho-spiritual empowerment and resilience-building. It tracks and assesses progress and impact across the project's three stages: Revive, Strive, and Thrive.

 <p>Monitoring Track the progress and ensure the quality</p>  <ul style="list-style-type: none"> ✓ Attendance ✓ Observations ✓ Feedback 	 <p>Impact evaluation How many people experienced a change</p>  <ul style="list-style-type: none"> ✓ Pre & Post tests ✓ Facilitators's Analysis ✓ FGDs & interviews 	 <p>Statistical Significance Validating the results</p>  <ul style="list-style-type: none"> ✓ Students T-test ✓ Wilcoxon test 	 <p>Measuring Effect size Small, Medium or Large effect</p>  <ul style="list-style-type: none"> ✓ Cohen's d test
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PART THREE: Key Findings

Participant feedback

Participant feedback was collected through an online Google Form evaluation questionnaire administered at the end of each phase. The form included both quantitative and open-ended questions designed to gather insights on several dimensions, including the organization of the events, quality of facilitation, and the overall environment. Additionally, it aimed to capture participants' immediate reflections on the personal transformation they experienced as a result of their engagement in the program. This feedback provided valuable qualitative data to complement the quantitative impact measurements.



97%

Participants consistently reported feeling supported and connected

99%

Praised the facilitators for creating safe, engaging, and supportive group environments

90%

Expressed a deep sense of commitment to the programs

97%

Found others' stories inspiring and empowering, highlighting the impact of shared experiences in the healing journey

94%

Felt ready to reauthor their life stories, reflecting a transformative internal shift

85%

Recognized their own role in the broader process of community healing

As part of the evaluation, both participants and guests were asked to describe the Armenian Revival Journey in one word. The visual compares their reflections:

Participants highlighted concepts like community support, personal growth, and helping others, reflecting internal transformation and empowerment.

Guests, on the other hand, emphasized emotional themes such as love, faith, and strength, showing the event’s inspirational effect even on observers. Together, the word clouds show that while participants processed the journey through the lens of growth and empowerment, guests were moved by the values and emotional depth conveyed—highlighting the program’s dual impact: internal transformation for participants and external inspiration for observers.

Comparison of Reflections: Participants vs. Guests



"Only here do I feel safe enough to cry. The emotions I've locked away for so long are finally released. I feel relief, peace, and the comfort of hearing others' stories", participant.

"Maybe I would say, 'Look at me and believe in yourself' — it feels like a message. I don't know, but I think my life experience allows me to say that. As they say, 'I have a long tongue.' I've been through a lot of hardships, and sometimes, when I look back, I'm surprised myself at how I managed to overcome everything on my own. It feels almost unreal", participant.

Impact Summary of the Armenian Revival Journey

Phase-by-Phase Impact

Revive Phase: Laying the Foundation

The Revive phase focused on developing a pro-future mindset by enhancing Personal Agency, Alignment, and Community Belonging. 91.7% of participants experienced a moderate or higher positive change in these areas. . These changes were validated through statistical analysis, confirming their significance and reliability. The overall effect size of the program's impact ranged from medium to large, indicating a meaningful and measurable influence on participants' growth and development. This phase served as the psychological foundation of the journey, equipping participants with renewed self-direction, internal alignment with values, and a sense of rootedness in community.

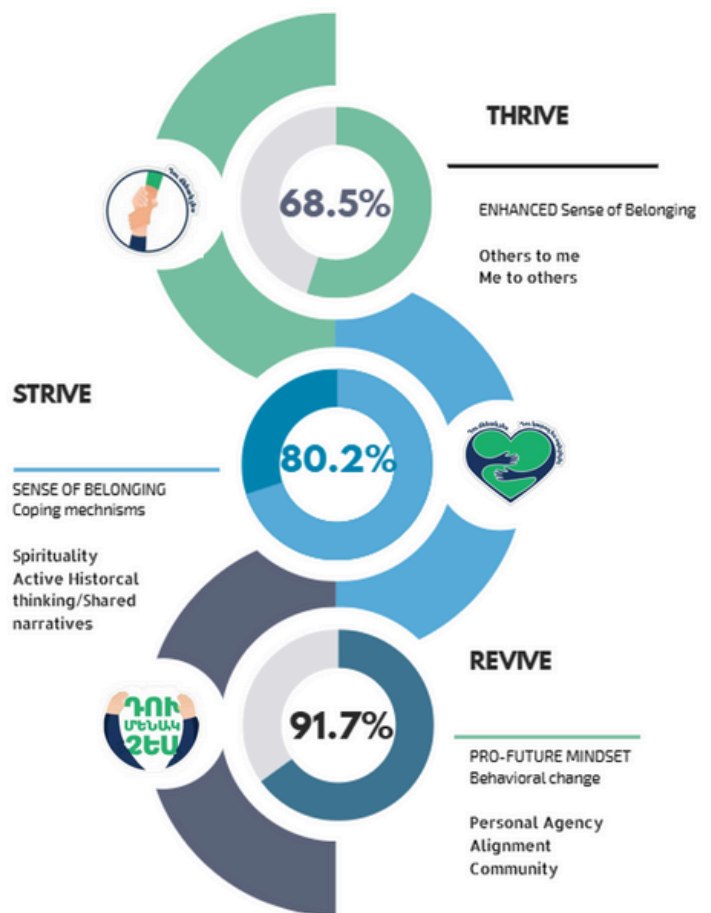
Strive Phase: Deepening Meaning

The Strive phase introduced the program's unique innovation—active historical thinking and spiritual values—blending narrative therapy with Armenian Survivalist past and values. 73.8% of participants who took part in both Revive and Strive phases experienced a high level of positive change. Among those who joined only the Strive phase, 86.7% still registered moderate changes, showing that the Strive content held intrinsic transformative value. The phase strengthened identity and meaning through reflection on shared history and personal values.

Thrive Phase: Strengthening Belonging

Thrive served as a culmination and celebration, reinforcing enhanced Social Belonging through interactive elements like panel discussions, group conversations, and narrative theater. 79.3% of participants who completed all three phases experienced high-level positive change. 77% of those who took part in Revive and Thrive also showed significant transformation, indicating Thrive's role in reinforcing earlier progress. Among Strive & Thrive participants, 49.2% showed a moderate level of change, highlighting that Thrive's impact is strongest when it builds upon the foundations laid earlier.

The cumulative effect of the Journey (based on mean arithmetics for Strive and Thrive phases)



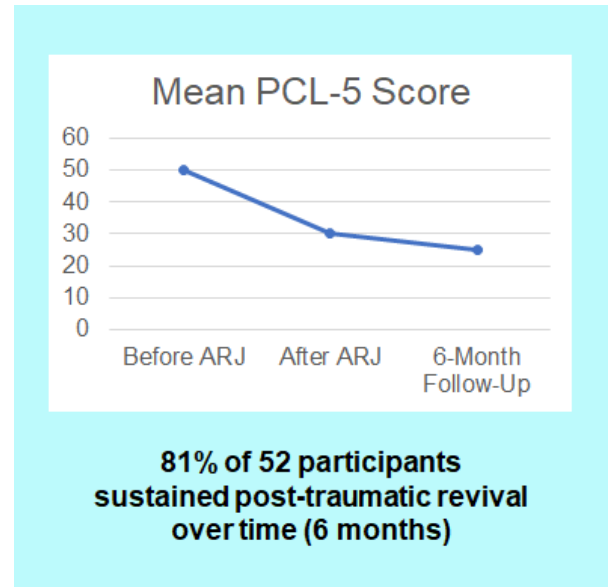
PCL 5 test related data

The Armenian Revival Journey’s significant impact on PCL 5 score reduction among participants. Out of 79 individuals who took the retest, 77% showed measurable improvement in their PCL 5 scores.

At the start of the program, nearly half experienced severe PCL 5 scores, but the data shows a steady decline in scores across all groups, especially among those who completed all three phases (92%).

The improvement was statistically significant ($p < 0.001$), confirming that the changes are not random but strongly linked to the program’s structured activities and support.

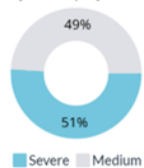
Six months later, 52 participants completed the follow-up PCL-5+, with 81% sustaining their reduced score levels, providing strong evidence for the durability of the program’s impact.



Armenian Revival Journey

PCL 5 test result related data

PCL 5 test results upon entry to the project



77%

Improvement in PCL 5 test results among participants who took the PCL 5 retest



Retesting among 52 participants revealed a significant effect of time on PCL-5 scores

$$F(1, 51) = 40.32, p < .001$$

from pre- to post-test,

$$F(1, 51) = 6.69, p = .013$$

from post-test to 6-month follow-up

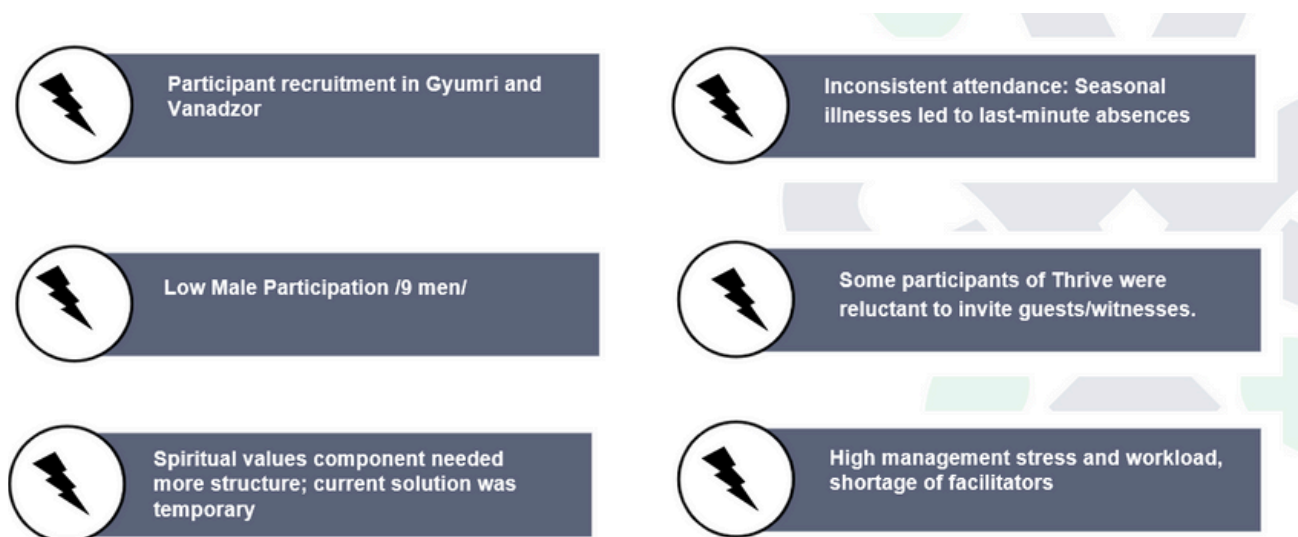
Challenges encountered

Each phase of the Armenian Revival Journey presented distinct challenges that shaped the implementation process.

In the Revive phase, participant engagement required extra effort, with delayed registrations, inconsistent attendance, and emotional intensity—especially in sessions involving Artsakh participants. The externalization exercises in early meetings proved emotionally demanding, and logistical issues like limited time for reading letters and extended final sessions affected flow and timing.

The Strive phase was marked by high management stress and structural gaps, including the absence of a competency framework and inconsistent communication with partners. Facilitator availability, particularly in regions, was limited, and some lacked adequate skills, leading to frequent program manager involvement. Additionally, the spiritual values component needed more clarity, and online feedback tools felt burdensome for participants.

During the Thrive phase, organizing large events came with logistical pressure—late registrations complicated seating plans, and seasonal illnesses affected turnout. Some participants were hesitant to invite guests, and venue limitations (e.g., lighting, layout) made it difficult to create the desired atmosphere for meaningful interaction.



Achievements reached

The Armenian Revival Journey program achieved strong results across all three phases.

In the Revive phase, over 91% of participants experienced meaningful psychological change, with high satisfaction and engagement levels. The program expanded its digital reach significantly and delivered one more group than initially planned, all within budget. Strategic partnerships and quality facilitation supported by expert training further strengthened the phase.

The Strive phase showed 87% positive impact among Strive-only participants and boosted social belonging among those continuing from Revive. Participants praised the safe, inspiring environment, and the historical thinking and values modules were well-received. Retention was high, and visible behavioral changes were observed.

The Thrive phase engaged 269 people, deepening public awareness and community connection. Nearly all participants found the event meaningful, and guests strongly endorsed the program. Narrative theater, panel discussions, and symbolic graduation ceremonies added emotional depth and visibility, while new partnerships enabled community-led initiatives.

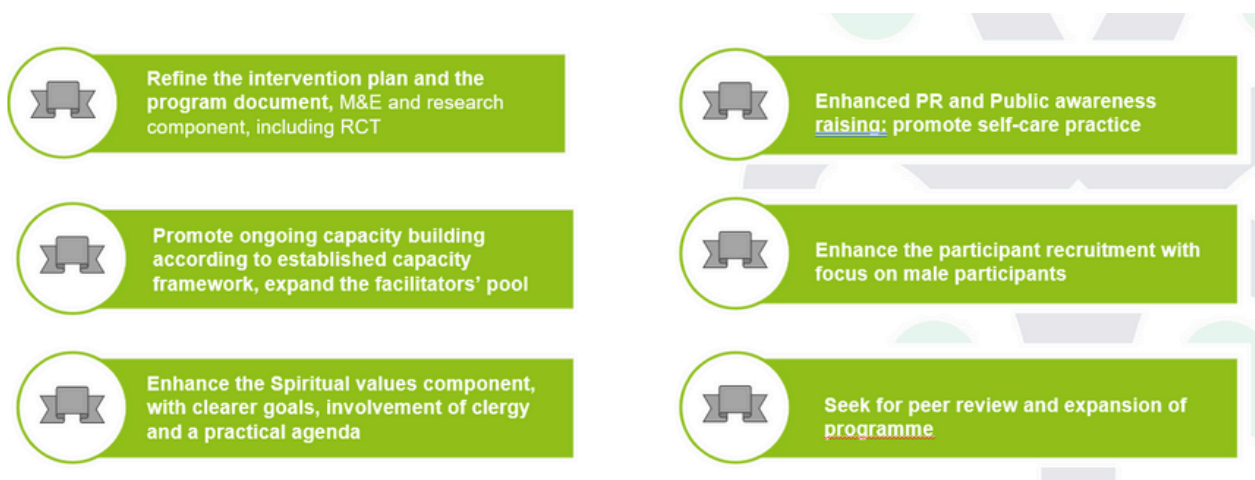
- Project KPIs reached!** Project is effective and harmless.
- Strong digital reach:** 10000 Facebook followers, 300K views on revival stories
- Cost-effective implementation:** 8 groups delivered within budget (initial plan was 7), free of charge venues, etc.
- Effective participant selection and evaluation tools** developed with YSU experts
- Advanced program management performance and capacity building**
- High retention of the participants:** the participants were committed to complete the journey by participating in all its phases.
- Successful Active historical thinking component,** enabling connection with collective narratives.
- Impressive and evidence based narrative performance and refined panel discussion produced.**
- Graduation Ceremony:** The event featured symbolic wooden certificates, adding a sense of dignity, recognition, and lasting value for participants
- Strategic partnerships for sustaining and expanding the project results:** such as with Armenian Church and Awesome foundation, etc.

Lessons learned

In the Revive phase, emotional pacing and session flow should be improved by adjusting the placement of intense activities and allowing more time for reflection. Integrating evaluation tools directly into the intervention plan, enhancing facilitator preparedness—especially for trauma-informed approaches—and offering structured follow-up for graduates are also recommended.

For the Strive phase, the need for a clear competency framework and more structured partner engagement was evident. Facilitator capacity should be expanded and supported through ongoing training and emotional debriefing. Efforts to engage men more effectively and to restructure the spiritual values component were highlighted, along with diversifying feedback collection methods.

During the Thrive phase, logistical improvements—such as earlier registration deadlines and better venue planning—are essential. Encouraging guest participation, preparing for illness-related absences, and continuing impactful elements like narrative theater and panels will strengthen future events. Alumni engagement through small-group follow-ups is also recommended to sustain community ties and program impact.



On March 13th, a Lessons Learned Workshop was held with the participation of all facilitators and led by the Program Manager. In a structured and reflective format, facilitators identified key achievements, strengths, and areas for improvement related to both the intervention plan and the facilitation of the program's events. A detailed summary report of the workshop is available upon request.

CONCLUSION



The Armenian Revival Journey has proven to be a deeply transformative program, blending narrative therapy, active historical thinking, and spiritual values to foster healing and empowerment. Across the three phases—Revive, Strive, and Thrive—participants demonstrated significant improvements in personal agency, social belonging, and pro-future mindset. The program’s layered design allowed for cumulative impact, with the greatest results observed among those who engaged in multiple phases. Notably, 77% of retested participants showed improvement in PCL-5 Scores and 81% out of 52 people taking the retest in 6 months showed sustained or improved impact, highlighting the project’s added value in trauma recovery. The strong facilitation team, continuous supervision, and adaptive learning processes ensured high-quality implementation despite emotional challenges. Community engagement grew through outreach events and a successful PR campaign. Lessons learned across phases guided real-time adaptations and are shaping future program cycles. The use of narrative theater, panel discussions, and symbolic souvenirs added depth and cultural relevance to the participants’ experiences. Data-driven evaluation confirmed the program’s effectiveness and offered insights for replication and scaling. Overall, the Armenian Revival Journey stands as an innovative model for community-based psychosocial support, rooted in both evidence and cultural identity.



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