



Evidence and Prospects for  
World Vision's and Partners Pilot:

# LIFE IN FULLNESS TOGETHER

# INTRODUCTION



## Life in Fullness Together

**(LIFT)** is an innovative, integrated, nexus – aligned approach and programme developed to respond to the complex and long-term needs of children and adolescents in humanitarian settings.

Moving beyond single-sector and service-delivery interventions, **LIFT** supports holistic wellbeing by addressing five key domains: responsive caregiving, protection and security, learning opportunities, mental health and psychosocial support, and agency and resilience.

These domains work together to nurture children’s physical, emotional, social, and developmental growth, while also strengthening the role of caregivers and supportive relationships.

By focusing on both children and their environments, **LIFT** promotes a sense of purpose, belonging, protection, and long-term wellbeing even in challenging contexts.

## A defining strength of **LIFT** lies in its five core features that guide implementation.

First, it uses an integrated framework across the **five domains of wellbeing**. Second, it adopts a **life-cycle approach**, tailoring activities for different age groups (0–5, 6–11, 12–17, and caregivers) while encouraging intergenerational interaction.

Third, **LIFT** operates through a **Progressive Action Learning Cycle**, ensuring gradual and responsive learning and application of skills. Fourth, it creates a supportive and prepared environment that **encourages participation, independence, and age-appropriate development**.

Finally, **LIFT** emphasizes **communities as partners**, positioning children, adolescents, and caregivers as active contributors and co-creators rather than passive beneficiaries, which strengthens ownership and sustainability.

## The programme is implemented through four progressive levels that build knowledge, skills, and action over time.

**LIFT OFF** focuses on building trust, understanding the community, and creating a safe and prepared environment.

**LIFT UP** introduces thematic sessions across the five domains, allowing participants to explore relevant topics.

**LIFT MORE** deepens learning by going deeper into topics or issues that children or adolescents are concerned or passionate about and supporting participants to study or research about the topics in order to strengthen understanding and skills.

Finally, **LIFT US** supports participants in applying their knowledge through real-life actions, intergenerational activities and community engagement. Together, these levels form a continuous learning cycle that moves from awareness to mastery, ensuring that children, adolescents, and caregivers are empowered to take meaningful action in their own lives and communities.

*“My spouse participated in the father activity. Their attitudes of love and interest toward each other increased. The time spent together increased.” – Female Syrian EAG Caregiver, Kilis FGD*

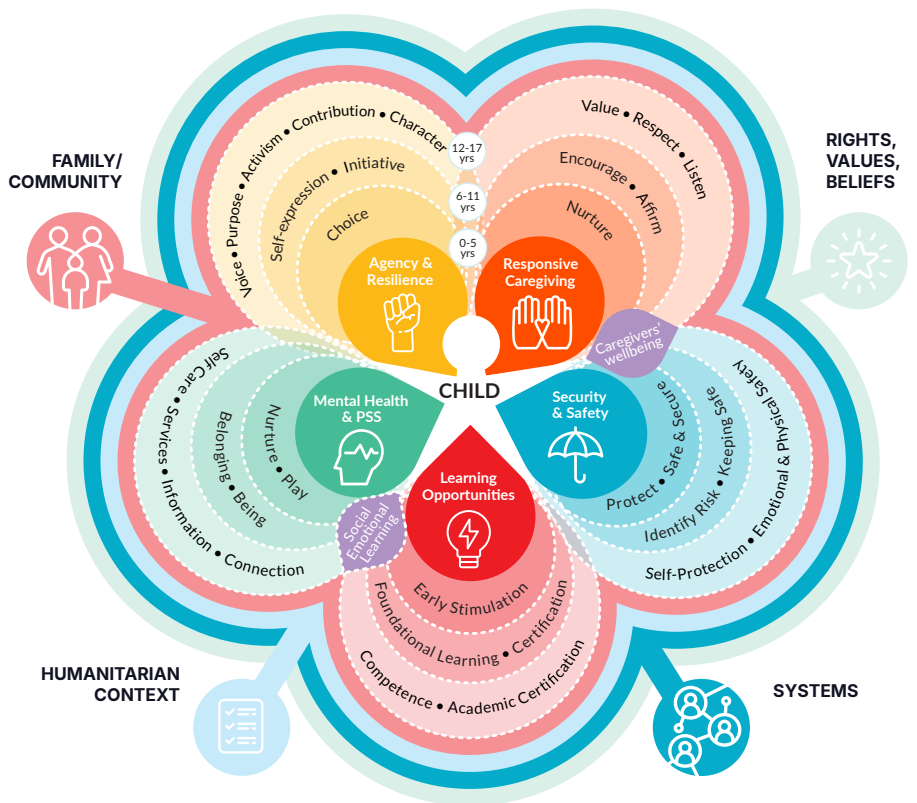


# VALUE PREPOSITION: WHY LIFT?

**LIFT** represents a shift from traditional, externally designed humanitarian programming toward a locally grounded, integrated and prevention-oriented model that is uniquely positioned for today's protracted crisis contexts. What makes **LIFT** unique:

## Integrated, evidence-based model for multi-sector impact

**LIFT** brings together child protection, MHPSS, education, parenting, and child and adolescent empowerment into one coherent, evidence-informed approach—enabling simultaneous progress across multiple outcomes and addressing needs holistically rather than in silos.



*"Children were telling their fathers about the activities done here to do them together. The time spent together increased." – Female Syrian EAG Caregiver, Kilis FGD*

## Operationalizing the humanitarian-development nexus

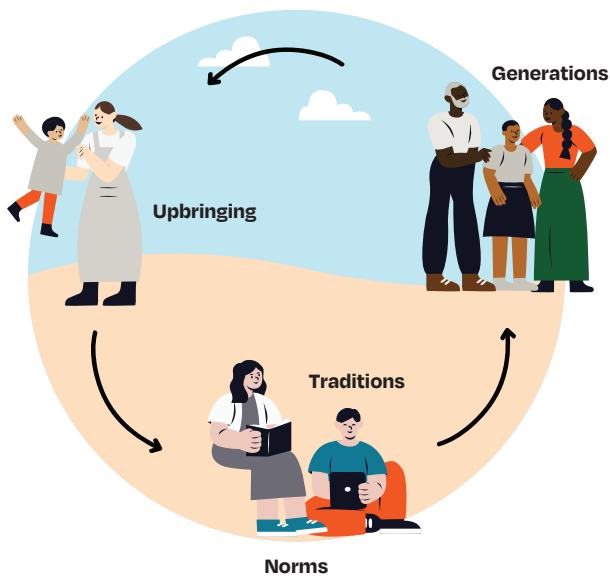
LIFT offers a practical, scalable model that bridges immediate response with long-term resilience, supporting continuity, reducing dependency, and aligning with nexus priorities in protracted crisis settings.

## Locally led and designed for contextual relevance

Co-created with local actors and communities, LIFT ensures that interventions reflect lived realities, build trust, and remain adaptable across contexts while maintaining core principles.

## A child-ecological approach that reduces long-term costs

By addressing root causes and strengthening the multiple environments that shape a child's life—family, peers,



community, and services—LIFT applies a child-ecological approach to prevention. It shifts investment upstream, reducing risks, lowering future humanitarian and protection costs, and improving efficiency over time through stronger, more protective systems around children.

## Sustainable change driven by behaviour and relationships

Rather than relying on service delivery alone, LIFT strengthens skills, behaviours, and social connections, ensuring that impact continues beyond programme timelines through lasting changes in individuals and communities.

Before the LIFT, the municipality ran events in central areas but not in remote areas where refugees live. The municipality stated, "LIFT is not just provided within the walls of the center; It has helped the whole community." – Municipality staff, Monitoring Visit

## Empowerment, voice, agency, and community ownership at the centre

LIFT positions children, adolescents, caregivers, and communities as active agents of change—strengthening their confidence, voice, and leadership to shape their own lives and environments. By enabling communities to identify challenges and lead solutions, LIFT fosters locally-rooted, low-cost responses that are sustainable and can be organically scaled through existing systems.

## A life-cycle approach for intergenerational and sustained impact

LIFT engages children, adolescents, and caregivers across different stages of life, recognizing that development is interconnected across ages and generations. By tailoring support to each life stage while promoting intergenerational learning and relationships, LIFT strengthens long-term resilience and creates lasting impact across families and communities.



*"We are called "hodja" [teacher] in the neighborhood, as neighbors and friends see a difference in us and want a change in their homes as well." – Female Syrian Caregiver, Monitoring Visit, Kilis LIFT center*

*"Many adolescents were exposed to multiple stressors (earthquake impacts, displacement, refugee status, poverty, stigma). Domains like Agency & Resilience, MHPSS, Safety & Security, and elements like the participation ladder and child rights were relevant and empowering." - LIFT Coordinator KII*

*"My 16-year-old daughter had suicidal thoughts, but after joining LIFT her wellbeing improved immeasurably." - Female Syrian Caregiver, Kilis LIFT*

*"Even my husband plays with us now. Before, it was only mothers who cared for the children. Now he engages and spends time with them." - Female Syrian Caregiver, Kilis LIFT*

## A PROVEN MODEL FOR IMPACT IN PROTRACTED CRISES

The **LIFT** pilot in Türkiye (Gaziantep, Kilis, and Şanlıurfa) was assessed through an independent external evaluation using OECD-DAC criteria, including relevance, coherence, effectiveness, /impact, efficiency, sustainability, and scalability. The evaluation applied a mixed-methods approach, combining quantitative data from 300 adolescents and caregivers with qualitative insights from focus groups, interviews, and programme data. Findings were triangulated across sources to ensure robustness. [The evaluation report](#) results indicate strong positive contributions across outcomes. These findings indicate that LIFT can be a timely and strategic investment opportunity for those seeking to maximize impact in increasingly complex and protracted crisis contexts.

**The evidence demonstrates that LIFT delivers integrated, preventive outcomes across multiple domains in protracted crisis settings.**

- The programme **reached over 1,000 participants** from Syrian refugee and host communities, with 100% reporting that **LIFT** addressed their priority challenges, including stress, safety, caregiving, and social cohesion.
- Over **90% of adolescents reported improvements in psychosocial well-being**, emotional regulation, and self-confidence.
- Between **80–90% of caregivers reported improved parenting practices**, reduced stress, and better understanding of child development.
- In terms of prevention, **85% of adolescents strengthened their ability to identify and respond to safety risks**, including online risks, and nearly half actively applied these skills in daily life.
- The model also strengthened agency and participation, with **76% of adolescents reporting increased confidence in decision-making**, alongside the emergence of youth-led peer support and "champion" roles.
- **Social cohesion outcomes** were also notable, with mixed refugee–host groups building trust and inclusion, including participation of adolescents with disabilities.
- Findings show that **LIFT's sustainability** is driven by behaviour change, skills transfer and strengthened relationships rather than reliance on external inputs.
- Participants continue to apply learning beyond programme timelines, with **50% of caregivers expressing strong intention to sustain practices**, and community-led structures such as peer groups and youth champions emerging organically.
- The model shows strong potential for scale due to its **integrated, low-cost, and facilitation-based design**, as well as its alignment with local systems and actors.



*“These participants sometimes wanted to continue attending even after the sessions had ended, sometimes with their child, sometimes on their own. Within the Level 3 and Level 4 framework, they wanted to share their own content with other groups. While doing this, they were very confident in themselves, often coming up with activities they had researched and prepared beyond what we implemented here. I can say that these individuals had very strong creativity skills.” – LIFT Facilitator, Kilis*

## LEARNINGS

At the same time, learning highlights that **LIFT** is most effective in protracted crisis contexts rather than onset emergencies, where time allows for trust-building, behaviour change, and community ownership. Future implementation should prioritize longer timelines, deeper investment in community-led action (particularly higher-level phases), strengthened facilitation capacity, and more targeted strategies to engage underserved groups such as male caregivers and host communities. Continued investment in monitoring, evaluation, and cost-effectiveness analysis will further strengthen LIFT as a scalable and evidence-generating model.



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