

HEAL International
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HEAL International

Annual Report
2017

Overview

HEAL International is a non-profit organization that is dedicated to improving the health and well-being of individuals living in low resource areas by providing health education and health related services. HEAL International believes that community development begins with education and that the HIV/AIDS epidemic creates both an imperative to act and an opportunity to learn.

HEAL International provides service in Arumeru District, Arusha Region in Tanzania and in Phoenix, Arizona in the United States. We operate as a fiscal agent for the Fusion Foundation in the United States (EIN:26-3429018) and is a registered non-governmental organization in the United Republic of Tanzania (Registration No.: I-NGO/00007289). The organization has been working in both Tanzania and Arizona since 2008.

We strive to empower the communities where we work to think about healthcare in new and innovative ways by taking health into their own hands.

HEAL International is a small organization with a big dream -- that every person has access to the love and healing that they need to live happy and healthy lives.

Healing For Trafficked Youth

“Of My Own”

Our team in Arizona is committed to creating new futures for children who have experienced sex-trafficking and sexual violence, and that is where Of My Own blossoms. Throughout the year, four volunteer staff spent over 80 hours visiting and prepping materials used at a safe house for sex-trafficked youth in Phoenix, Arizona. At this location, they discussed topics such as sexual health, healthy relationships, and communication to children ages 11-17. The children HEAL International works with are strong, loving individuals who need someone who can be a shoulder to lean on. The children need access to love and healing, and we are present to listen for what will make a difference in their lives.

Our volunteer staff worked with 57 unique individuals in the group home in a six week long course that addressed the individual needs of persons in their circumstances. The six week long course was offered four separate times throughout 2017, and residents at the safe house accumulated a total of 334.25 hours having discussion about what matters to them in their lives.

Some of the Topics and Activities covered during the courses included the following:

- HIV/AIDS and STI transmission, testing, and prevention
- Components of a Healthy Relationship
- Respect
- Communicating Needs
- Saying “No”
- Future Plans and Goals

- **Sharing Who We Are**

Of My Own is a program of HEAL's that has changed the lives of over 200 individuals in Arizona. We stand for children to live an empowered life where they get to be the source of their own happiness and connected relationships. Our team is always continuing to learn and grow in order to support the healing of children, and we are lucky to do what we do.

Education Programs

Arusha, Tanzania

Teaching Training Workshop - June 22-23, 2017

The Exploding Dots & Science Leadership workshop took place on June 21st and 22nd. A total of 104 teachers (50 on day one and 54 on day two) from 25 secondary schools in Meru District in Arusha, Tanzania gathered during the two days to celebrate mathematics, science, and community leadership. The occasion was exciting, productive, and fostered collaboration between teachers and representatives from the hosting organizations of HEAL International, Global Math Project, and Beagle Learning. Of the attendees, 55 teach biology, 26 teach physics, 50 teach chemistry, 45 teach math, and 10 teach other subjects. Listed below are the schools that each teacher represented.

Schools Represented

Ailanga Secondary	Akeri Secondary
Nkoanrua Secondary	Henry Gogarty Girl's School
Usa River Academy	Sing'isi Secondary
Songoro Secondary	Tengeru Boys Secondary
Makumira Secondary	Nkoarisambu Secondary
Makula Secondary	Haradali Secondary
Poli Secondary	Maji Ya Chai Secondary
Mbuguni Secondary	Nkoanrua Secondary
Star High School	Uraki Secondary
Kikwe Secondary	Precious Blood Secondary
Nkuanekoli Secondary	Muongano Secondary
Baraa Secondary	Mariado Secondary
Nshupu Secondary	

Community Health Internship Program - June 27 - August 5, 2017

From June 27th to August 5th, HEAL International completed our annual Community Health Facilitator program. This year, sixteen American university students joined six Tanzanian teaching partners and four HEAL Coaches as Community Health Facilitators in Arusha, Tanzania to lead health education discussions. The goal of this program is to empower the community to understand their health, to discover what matters to the community in regards to their health, and to encourage the community to take preventative health action.

The Community Health Facilitators (CHFs) trained for five months prior to coming to Tanzania to learn health education content, as well as how to lead important discussions cross-culturally. After arriving in Tanzania, the CHFs participated in an in-field orientation to practice teaching with translation, learn about Tanzanian customs and culture, and discover the beauty of Akeri, the village where we provide service.

The education program was implemented in Arumeru District, particularly in Akeri, Kimundo, and Nkoanrua, Patandi, and Tengeru. The Community Health Facilitators worked alongside teachers to develop a specialized curriculum for each class that complemented what the students are already learning in the areas of biology, health, and HIV/AIDS.

The HEAL International Health Education Curriculum consists of a range of health topics: Germs (“Things Too Small to See”), Nutrition, Hygiene and Sanitation, Malaria Prevention, HIV/AIDS Prevention, HIV/AIDS Transmission, HIV/AIDS Testing and Treatment. Our curriculum is dynamic and includes activities for the students that reinforce what they are learning. During the program this year, the CHFs utilized Germ Powder and other low cost science resources to demonstrate and reinforce topics we are covering. The curriculum also consists of other games that allow the students to review content or release energy.

Below, please find a breakdown of our health education program including schools taught, number of students, and subjects covered.

School or Group	Location	Standard/ Form	Number of Students	Subjects Taught
Akeri English Medium School	Akeri	1 - 7	Total: 90	Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS, Malaria Prevention
Akeri Football Club	Akeri	All members	Total: 20	HIV/AIDS
Akeri Secondary School	Akeri	Form 1 - 4	Total: 442	Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS
Ebenezer Primary School	Moshi	K - 7	Total: 452	Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS, Malaria Prevention
Kimundo Primary School	Kimundo	4 - 7	Total: 146	Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS, Malaria Prevention
Mavinuni Primary School	Akeri	6 - 7	Total: 80	Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS, Malaria Prevention

Nkoanrua Primary School	Nkoanrua	1 - 6	Total: 266	Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS, Malaria Prevention
Nkoanrua Secondary School	Nkoanrua	Form 1, Form 3	Total: 327	Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS
Nkoarisambu Secondary School	Nkoarisambu	Form 1 - 4	Total: 286	Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS
Peace Matunda Primary School	Tengeru	K - 7	Total: 196	Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS, Malaria Prevention
Sing'isi Primary School	Tengeru	1 - 7	Total: 523	Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS, Malaria Prevention
Sing'isi Secondary School	Tengeru	Form 1 - 4	Total: 266	Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS
Tengeru English Medium School	Tengeru	3 - 5	Total: 108	Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS

In total, our community health facilitators taught HIV/AIDS and health education to **3,202** students in primary and secondary school.

HEAL Community Health Facilitators also met with the Akeri Football Club to lead discussions about HIV/AIDS to 20 young adults. The Football Club joined us at the HEAL compound to participate in conversations about HIV/AIDS. The topics covered were HIV transmission, including mother-to-child transmission; prevention; and finally testing and treatment. During the conversations the football club members expressed interest in the topics, asking intellectual questions regarding HIV, especially with concerns of how we can care for individuals who are HIV positive. Other concerns discussed included myths of HIV transmission, the stigma surrounding testing for HIV, and the reusability of condoms. The HEAL volunteers sat with these concerns along with the group members and helped to hold a safe space for appropriate discussions to take place regarding these concerns.

Community Day (Akeri) - July 29, 2017

At the end of the Community Health Facilitator Program, HEAL International held its second annual Community Day, which took place at the Akeri Primary School Field. The event received over 600 community members throughout the day, with students and adults coming from Nkoanrua, Kimundo, Mavinuni, Patandi, Sing'isi, and Tengeru. The activities of the day were incredibly successful as they brought together the community on a day full of joy and empowerment for health. There were over 500 young students that participated in music, games, and completing a community mural. Many of these students were those taught by

our HEAL Community Health Facilitators. This day strengthened our interns' relationships with their students, furthering the positive impact of HEAL's health education programs.

On Community Day, 250 individuals got tested at the event. As represented below in the charts, 114 of the 250 individuals tested on community day had never before been tested. As an organization, we were very excited by this data as it represents the impact of our HIV Education Program and the willingness of community individuals to join together to reach an HIV free generation. Additionally, we, as an organization, were encouraged by the amount of individuals between 15-24 who received HIV tests, as around the world, this age group is the most at risk for new HIV infections.

In response to HEAL Community Day, village and community leaders expressed interest in continued testing for HIV, as well testing and consultations for other diseases, both infectious and chronic.

Ultimately, this event evidenced the continued importance of HEAL International's work within the community and revealed more ways that HEAL can partner within the community to continue to support the Arumeru District in their health goals.

Number of Individuals Tested and Their HIV Testing History

Total Tested for HIV		Previously Tested for HIV	
Male	Female	First Time	Returner
159	91	114	136

Women's Empowerment Program

Women's Day, Hatunshindwi Program - August 3, 2017

Tanzanian women embody strength, and contribute so much to our organization. In collaboration with 15 women, our Country Director and Health Officer in Tanzania came together to form a Women's Empowerment Group. The group is titled Hatunshindwi, which means "We cannot be defeated." In Tanzanian culture, and many cultures all around the world, women often do not have an outlet to speak of their concerns and discuss solutions to their problems. For example, the group's curriculum includes gender violence, women's reproductive health, and entrepreneurship. These women work together to support one another in whatever daily challenges they may face.

On August 3rd 2017, Hatunshindwi invited friends and family for a day of celebrating women. Over 50 people came together to learn from one another and share their stories in service to each other and members of their community.

Women's Day was an inspiring day filled with those who radiate strength, perseverance, and community. The morning began with coffee, crafts and introductions. All around the yard, women were working together to make bracelets and anklets using small beads, needles,

and string. A beautiful banner displayed “Hatushindwi Women’s Group”, and was enhanced by the handprints of all the women and their encouraging handwritten messages.

After the morning, multiple speakers shared their stories. One of our Community Health Facilitators, began the conversation by sharing her story, including the challenges she has faced in her life and how she overcame them. Afterwards, two Community Health Facilitators led a conversation for health about HIV transmission, Martha, the village executive officer of Kimundo, shared about being a leader and the important role women play in society, and Dr. Lucy contributed her expertise by sharing about family planning and options available to women in the village. In addition, two of our Tanzanian teaching partners shared their personal experiences of growing up and overcoming challenges, including sharing about caring for their siblings, and recognizing their mother’s strengths.

The entire day had uplifting messages that embodied empowerment. Each speaker represented the power women are, the contribution women are, and the resilience they all possess. The day ended on a powerful and positive note, with a closing message. A group picture portrayed all the relationships that were built that day, and was filled with smiles of women who have overcome, and will continue to overcome.



Community Projects

Each year, HEAL strives to extend our reach beyond education in the classrooms by supporting and/or implementing health projects in the community.

This year, HEAL team members worked in collaboration with the Kimundo dispensary, which provides medical care services in the areas where we work. Our team completed a campaign to support the development of the dispensary and further their efforts to provide quality and safe healthcare. This community project is ongoing and we are committed to watching the community take action in this project and action in their own health.

In addition, our Community Health Facilitator team initiated a conversation with the Mayor of Arusha to explore the possibility of establishing a Sister Cities program between Arusha, Tanzania and Tempe, Arizona.

World AIDS Day Programs

December 1, 2017

Tanzania

HEAL International held a World AIDS Day event to honor those who have lost their lives to HIV/AIDS, to empower and educate young people about HIV, and to fight HIV stigma in our communities. Tengeru Institute for Community Development (TICD) hosted HEAL International and, with the help of their student government, the event was a success. Upon entering the lecture hall, participants received a red ribbon symbolic of the fight against HIV/AIDS. Over 300 young people attended the event where the first hour was spent listening to and engaging with different speakers from the community. The topics presented were as follows:

- HIV Testing and Counseling (Efram)
- HIV Stigma: Breaking the Cycle (Sarah Mure and Haroun Jeremia, HEAL International)
- HIV Transmission and Prevention (Godlisten Mbise and Haroun Jeremia, HEAL International)
- HIV Testing and Treatment (Tengeru Institute for Community Development Team)
- Home Based Care Services (WAMATA)
- Technology and HIV (Ally Salim, Dr. Elsa)
- Women and HIV (Tengeru Institute for Community Development Team)

All of these conversations left the students with a new sense of freedom when it comes to HIV and new futures for all of the young students and their communities.

After the lectures, in collaboration with TICD and Meru District Hospital, HIV testing was made available to students. In total, 125 young people chose to get tested, 80 of those being young women. There was also music outside and activities for students to share with others about how they can work together to create change in their community. For example, there were posters set up around campus that stated “HIV stigma STOPS with me” and students who wanted to commit to break the cycle of HIV stigma were challenged to sign their name and take a stand in their community. Small posters with positive World AIDS Day messages saying, “Everyone has an HIV status, know yours” “I know my status, do you?” “Get tested, protect yourself” and student’s very own messages were created for everyone to take pictures with and share on their social media to spread love and light surrounding HIV. There was also an HIV memorial made to honor and remember those we have lost to HIV where students wrote the names of loved ones and hung them on a string between beautiful palm trees.

HEAL International's First World AIDS Day event in Tanzania was full of love and could not have been achieved without the help of TICD, Meru District Hospital, and WAMATA. We are honored to work in Arusha and inspired by the young students who are taking a stand to fight HIV in their communities. We look forward to future World AIDS Day events in Tanzania!

Paint for Peace - Arizona

Every year at the Arizona State University Tempe campus, we host an event called Paint for Peace on World AIDS Day. The event is very important to our Community Health Facilitators and volunteers because it creates a space to express hope for the future of HIV/AIDS, and aims to inspire, educate, empower, and offer hope for all those infected, affected, and at-risk. Guests attending the event are invited to paint on a small canvas, and include a red ribbon to honor those infected or affected by HIV/AIDS.

This year we hosted the 9th annual Paint for Peace on Hayden Lawn, and it was magical! Over 100 people painted on a canvas to display for all by passers, and over 50 volunteers joined us to make the event a success. We had fun activities that spread awareness and positive messages surrounding HIV/AIDS, such as lawn scrabble with words focused around HIV/AIDS, cornhole decorated with large red ribbons, giant Jenga with questions about HIV, and a colorful spin wheel with HIV trivia questions and candy prizes. All of these games were handmade by our Community Health Facilitators and ASU volunteers.

One of the most powerful pieces of the event is free HIV testing offered to anyone on campus. Many of our volunteers were tested for the first time that day, and guests also got to get tested for HIV with the help of Terros Health. Partner organizations on campus such as Devils in the Bedroom and the ASU Wellness Center offered free HIV testing and STI testing as well that day, and we all joined together to fight stigma and bring peace and understanding to the community. As the painting and testing occurred, seven sexual health organizations offered awareness, samples, and informational pamphlets about testing, transmission, prevention, and treatment. It was a day filled with laughter and fun for everyone involved.

Special thanks to Aunt Rita's Foundation, the Bill Holt Clinic, Joshua Tree Feeding Program, Ignite from Southwest Center, Terros Health, One n Ten, and All Walks at ASU for all standing with us at HEAL International and making this day of love and light possible.

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