

**Report on Mission to Haiti Team #6, October 21-25, 2010
Team Report**



Team #6:

Dr. Kathryn Adams

Stacy Checchet

Dr. Tina Edraki

Dr. Jeff Gilman

Dr. Kira Mauseth

Dr. Galina Mohebat

Judy Rector

Dr. John Thoburn

Jahan Travangar

Objectives:

- 1) Sort through the pharmacy to throw away any expired medicine. Pack everything still good and give to a to-be-located, free clinic so the medicines can be used for the local community
- 2) Find a place to store all the dental equipment and coordinate with other volunteer dentists, both local and foreign, to set up a rotating schedule for dental patients
- 3) Hold "Train-the-Trainer" sessions for interested youth who had previously taken the volunteer mental health training
- 4) Hold two free clinics to see local patients with on-going needs
- 5) Visit Pastor Joseph's school/orphanage to see how Love for Haiti could assist with their development
- 6) Build a Nura Dome in Cite de Soliel with Mr. Francois, principal of a school needing shelter for the children

Eight members of the Love for Haiti Teams were able to return to Lilavois, Haiti, on October 21, 2010. There were several purposes for this trip. The Mental Health Team, composed of Kira, John, Kathryn, Jeff and Stacy, had two planned workshops to meet again with previously trained Haitian youths. These particular Haitians had expressed a keen interest in learning coping techniques to assist their community members individually when they were approached for help in dealing with daily crises. This October trip was to revisit those same techniques and "Train Trainers" so that those interested in holding sessions and workshops of their own would be empowered to do so. In this way Haitians would have learned some skills necessary to improve the mental health of those in their own communities.

On Thursday, just after stepping off the plane, the psychology team was invited to the JP/HRO camp where there are 50,000 people living in tents. Volunteers have organized a hospital, schools, children's play areas, very basic schools and other community services to help normalize the lives of those displaced by the quake. The organizers requested the psychologists' give an impromptu workshop for 25 teachers and 25 other citizens/volunteers and all were very pleased with the three hour presentation. They invited the team back for another session the next time they're in Haiti. Some comments were that the workshop was "Excellent" and 'beyond their expectations.'

While they were busy at the camp, we picked up Galina from her 3:00 arrival and headed with Farhad Khozouee to inspect the land in Delmas for a possible site for a clinic/community center. It's a lovely piece of land but the costs of construction and purchase of the land itself would really be prohibitive. We determined to keep it in mind but wanted really to find something closer to the familiar community of Lilavois, the people we already know and a pre-existing building.

Friday morning John and Kira of this dedicated team left at 6:00 AM for Carrefour-feuilles to train youth who had previously attended the volunteer training on the July trip. This time they gave their "Train the Trainers" presentation so that these same Haitians can reach more of their countrymen with stress coping skills and management of their daily lives. Suicide is on the rise there. . . many, many people are becoming increasingly desperate.



While John and Kira were training in Carrefour-feuilles, Judy, Galina, Jeff, Stacy and Tina worked in the pharmacy in the morning sorting through the medicinal supplies and tossing out expired medicines and items not suitable to keep. All was organized into boxes to be transported to a local free clinic. We found what seems like the ideal place, a 15 minute ride down the street. This free clinic is run by a pastor/medical doctor (Friend of Pastor Joseph's) and his very capable staff. The doctor lives above the clinic and below are several examination rooms, a lab, a pharmacy and recovery room. It's cleaner than any other place

in Haiti we looked at and the staff was delighted that we were able to connect. They also were encouraged by our dental opportunity as they have been looking for dentists to serve the community. Galina approves of the site and will coordinate with them in sending volunteer dentists on a regular schedule. Galina had met that morning at Anis Zunuzi with two Canadian dentists from Newfoundland who are seeking places to return to volunteer their services, so this might be a perfect place for them to serve as well. The pharmacy shelves of this free clinic held many bare places as they were very low on basic medicines. Their eyes lit up as they unpacked the many, many boxes of supplies and medicines we gave them. They have enough now to continue operating for some time!

While we were cleaning out our classroom pharmacy, a huge truck backed up to the gates of the building. World Vision had arrived with 20- 50# bags of rice, 10- 50# bags of beans and 32 quarts of cooking oil. This bounty will feed the students for a month. Some of it actually is shared with George Marcellus School in the Artibonite. For children who look forward to their one meal each day, the fact that it's the same doesn't matter. It will fill their stomachs and they are very grateful.

Katherine spent Friday at New Horizons School in Titayen, giving a specialized workshop for the nine teachers of that school. Her topics included but were not limited to how disaster affects children and

manifests itself in their behaviors, strategies and coping skills for managing disruptive behaviors caused by the stress, and new activities to divert repetitive play which might be destructive. The teachers were thrilled with the information shared and Katherine has been invited back for additional training in November.

Later on Friday, Tina, Stacy, Jeff, Judy all were taken to Pastor Joseph's school and orphanage a short drive from Anis Zunuzi. There, in a field next to his school, we held a medical clinic staffed by Haitian doctors with us as back up support. We did wound care, organized the children with some coloring sheets, treated infections and cuts and tended to all 150 who came to the clinic. Classes were in session at the school, so after the clinic we were able to see the school children in action. We worked with them a little with coloring sheets in the kindergarten and visited the older children in their class as well.

Pastor Joseph has held classes for K-12 students since 2005 but the majority of the 183 students are in the primary and middle school. Most of them pay no tuition, though a little is asked. He supports the school on contributions which of course are always much less than the needs. Children can come without supplies and uniforms and as it's possible, they receive those later. The school receives food from World Vision -- rice and beans only. There are eight teachers who all receive a very nominal salary and are dedicated to helping these children. School supplies are almost non-existent and as at Anis Zunuzi, most learning is done by singing and rote memory. Pastor Joseph also has taken in children, running an orphanage in addition to this school. He generously offered Galina a place to store her dental equipment in his home until a safe clinic has been organized in the free clinic near Lilavois. She generously decided to buy the orphanage a much-needed generator there in PaP and then raise funds for it at home later, rather than try to buy and ship one from Toronto. She and Pastor Joseph went 'shopping' and made the purchase to the extreme delight of both. She was asked to be the godmother for Joseph and his wife's new son. She was, of course, thrilled.

Saturday morning, Mr. Francois, a principal of a little school in Cite de Soleil tent camp, came to Anis Zunuzi by taptap. Because of security concerns, it was decided not to take the materials to Cite de Soleil and construct the requested Nura Dome ourselves. Apparently the message that he needed to pick up the building supplies with a truck didn't reach him. So he called a friend of his who had a taptap and the rebar, clamps and large tarps were loaded into the truck. Wedzer, a youth from about two hours away came all the way in to teach Francois how to construct this Nura Dome shelter for his school in Cite. Francois had been trying to hold classes in the rain and was in desperate need of shelter for the children. Wedzer took Francois to the two domes we constructed previously in the local area and together they discussed construction methods. Francois then felt confident that he could do this on his own with friends there. He was delighted with the opportunity to have the tools to make his own shelter. Wedzer left the next morning for home having been paid a very modest sum for his help and travel expenses (\$20) and a bag of food which was even more appreciated.

A second clinic was held in the same field next to Pastor Joseph's school on Saturday. Tina, Stacy, Jeff and the Haitian doctors and nurses worked longer hours and 170 patients were seen. Jeff and Stacy worked with individuals referred by the doctors as needing counseling and they saw about 14 patients for intensive discussions. Stacy worked with children specifically. Both Friday and Saturday, those

tending the community were given a delicious lunch by Pastor Joseph in his home. Food is a critical item in this country and any workers, even professional ones, expect a modest noon meal if hired for the day. This meal included chicken too, which was very unusual.

Mid-morning Sunday more youth who had been trained as volunteers on two earlier visits returned to Anis Zunuzi to learn the "How-to's" of training well so that they could then hold mental health sessions on their own. All in all, over 200 youth were trained this visit in these mental health methods to help keep their communities moving forward, coping better with daily troubles to support one another. The psychologists worked very hard and by all the positive responses and eager questions were very well received. Several participants commented that they appreciated being given information that could be used by themselves and not just something that foreigners dispensed on their visits. The printed manuals in three languages are theirs to keep and will be used often for reference. The printing costs and team T-shirts were generously funded by Mona Foundation.

Jahan worked independently with UNICEF on water treatment systems for schools on Thursday and Friday. The end result of his consultations with them is that he is to put in a water system at his own expense in a school for their inspection and they will then consider funding more systems in other schools, once they see that one up and functioning well. The system for Anis Zunuzi that he installed is working very well but it is too small for the increased enrollment requirements for drinking water. (They now serve over 400 students daily) Jahan has decided to move that smaller water filtration system to Pastor Joseph's school/orphanage and get a larger one for Anis Zunuzi.

Monday morning was spent dismantling camp and packing. Everything was wet as the night had brought torrential tropical rains. Tina and I then took another trip to Pastor Joseph's to see the 12 new classrooms he's constructing to improve his school. This additional project has been under construction for some time and construction continues as resources become available. Since the quake not much has been done because the orphanage needs takes priority.

The psychological team had gone earlier in the morning to the clinic with two very capable and eager 'interns' to observe the interns practicing with clients. By observing their one-on-one counseling sessions, they could then offer a critique when it was concluded. The interns did an excellent job and were excited with their successes. One of the trainees has now set a schedule with the organizing doctor of the clinic and will return each Friday to consult with patients. Later, Tina and I joined them there to take pictures and get the rest of the team to return in cars to AZ.

The entire team then returned to Anis Zunuzi to load our bags and head to the airport. Ribentrop, our dedicated translator and driver, drove and a taptap came along to carry bags and some of the team. Tina came along with the intent of treating Ribentrop and Chris (translator and general assistant) to lunch afterward for their hard work coordinating and translating for the entire time we were there. Jeff located his lost bag with the three computers in it and only had to pay \$40 to get it back from customs. He gave it to Ribentrop for safe-keeping until another trip, when they can be given to trained, trusted youth for consultation and communication with the psychologists when needed.

One of the bags loaded with art supplies disappeared enroute. Those things will be difficult to replace—scissors, paints, glue, special papers, and many more supplies which supported the art curriculum for teacher training at Anis Zunuzi in mid-November. We're still hoping the airlines will find it, but as more time passes, it looks less likely.

All in all, this Team #7 trip was considered a great success. Safe storage was found for the dental equipment and a plan begun for a treatment program started in the new clinic; arrangements were made for all the medicines and supplies to be transported to and installed in the new clinic; two free clinics were held and almost 300 individuals seen; materials were given to build another Nura dome for a classroom; several 'Train the Trainers' sessions were held, sharing information for Haitians to now hold their OWN training sessions; trained Haitian counselors will now visit the new clinic on a volunteer basis; Pastor Joseph has a new generator for his orphanage; and future steps will be taken to collaborate on improvements for his orphanage and school.

Medical Report from Oct 21-25, 2010 trip:

Objectives:

Provide medical care to patients in two underserved areas already identified on prior Love for Haiti trips.

Utilize Haitian doctors and staff from P.I.H. and local community.

Investigate further feasibility of long-term permanent medical/dental clinics in Titayen and Lilavois.

Find service for medical follow-up and emergencies when we are not physically in Haiti.

Clean out room at Anis Zunuzi with medicines and medical supplies and donate to a clinic and/or hospital.

Investigate possibilities in which Health for Humanity (Baha'i-inspired medical NGO) can provide medical specialists for future medical clinics in Haiti.

Medical clinics in Lilavois (near Anis Zunuzi):

Since school had started October 1st at Anis Zunuzi and lasses had been moved inside the buildings, medical clinics could no longer be held on the grounds of Anis Zunuzi. Therefore, it was pre-arranged to hold medical clinics in Santos near Pastor Joseph's orphanage, as he had an open piece of land where he had held congregation/services after earthquake. The clinics were set up to be held Friday, October 22nd and Saturday, October 23rd. The same PIH/Zamni Lasante mobile clinic doctors and pharmacists (from prior trips) were used.

On the first day, one Haitian general doctor and I saw 103 patients. There were two pharmacists and one nurse (who did the vital signs for all the patients) who had all worked with us on the last trip. There were also 2 nursing students from Pastor Joseph's congregation, who helped with triage. A wound cleaning station was also set up by a LFH team member. One of the psychologists from the LFH team also saw a few patients.

On the second day, 3 additional Haitian general doctors came with the generalist from the day before and they all saw 173 patients. Again the same team of ancillary staff was there as well as a LFH team

member running a wound cleaning station and a psychologist seeing patients who were identified with possible symptoms of PTSD.

The same typical cases of malaria, upper respiratory infections, viral syndromes, skin infections and vaginal infections were seen. No cases of cholera were seen on either of these days.

Medical clinics at Titayen:

Prior to our trip, I received an email from Bernard Martinod informing me that Mission Lespwa had placed a permanent medical clinic in Titayen with ambulance services as well. Thus, there was no need for another clinic in Titayen, a town that serves approximately 500 people. Because of this we did not plan to hold any medical clinics there.

Donation of medicines and medical supplies:

I along with several LFH team members spent 3 days cleaning out the (storage) class room with the medicines and medical supplies we had collected over all our trips. Each box and each medicine and each medical supply was sorted according to category and the expired medicines and supplies were discarded. All the other medicines and supplies were placed on separate labeled boxes.

On asking about donating these supplies, Pastor Joseph had a friend, Dr. Volcy Chery who ran a free medical clinic (Clinique Piscine de Bethesda) at the end of Lilavois Rd and was always in need of medicines. We were so happy to donate these to this clinic as we knew they would be used right away before they expired.

Permanent medical clinic:

As mentioned in previous section, we were able to set up a cooperative effort with Dr. Volcy Chery the owner of Clinique Piscine de Bethesda, which is located at the end of Lilavois Rd and then a few miles north on Rte 3. The clinic has 3 consultation rooms, a pharmacy and a lab with a lab technician. It also has an area with 4 beds for patients who need to stay longer or who require IV hydration. Usually he and 2 other doctors see 90-120 patients a day and the clinic is open 7 days a week. The clinic has been in existence for 20 years. He funds the clinic through generous donations and also his own personal income which he collects working for the government when he is not working in his free clinic. They are in need of specialists and also dentists and psychologists, which the Love for Haiti team can provide.

As a representative of the medical team, I believe that health care is a fundamental right and not a privilege. I do not believe that cost should prevent people from obtaining medical care and I am grateful that the Dr. Volcy Chery provides free medical care and free medicines to the patients. I am also happy that this clinic can serve the community of Anis Zunusi Baha'i School, where we have been seeing patients up until this October trip. The clinic is also in need of specialists and education programs which we, along with assistance from Health for Humanity, can provide. I hope that this partnership will help build local capacity through training programs and improve medical care through health-related education programs for the local people.

Mental Health Team Report – October, 2010

The mental health team took a broad approach to our work on this trip, and split up to achieve a variety of goals including volunteer, trainer and teacher workshops for our Health Support Team (HST) program, and individual clinical work with patients.

After arriving on Thursday the 21st in the mid afternoon, we went directly to J/P Haitian Relief Organization (HRO) in Petionville. One of our team members, Kathryn Adams, had arrived a day earlier, and was volunteering with them. She arranged for the rest of our team to join her at J/P as what was initially a smaller teacher focused training became a 55+ person group consisting of volunteers and representatives from several Haitian NGOs. We met up with Kathryn there, and conducted a 2.5 hour training, splitting off into small groups towards the end so that Kathryn Adams and Jeff Gillman could work with teachers, and John Thoburn and I could work with community volunteers. We completed the training at J/P, and then made our way to Lilavois to set up camp at Anis Zunuzi school for the remainder of our trip. After pitching our tents in the dark, we planned the rest of our time in Port-au-Prince.

On Friday (10/22), what was to be our team's first full day of work in Haiti, John Thoburn and I left Lilavois at 6:30 am to head to Carrefour-feuilles for a volunteer training day. The training began at 9:00 am, and wrapped up by about 3:00pm. We trained 63 first-time Haitian volunteers in our Health Support Team (HST) Program, offering them tools and emphasizing techniques for community support including psychological first aid, active listening, how to respond to people who may be suicidal, how to promote resiliency, and how to approach problems from a manageable perspective. While we were in Carrefour-feuilles, Jeff Gillman and Stacy Cechett went to a local orphanage & school to work with children from the community and to provide services during a medical clinic held at that location. The clinic itself saw more than 150 patients that day, and Jeff and Stacy were busy with adults and children. Kathryn Adams went out to Titayen and conducted a teacher training for 10 participants at the New Horizons school. The teacher program of the Health Support Team provides information for teachers and others who work with children on what to look for and how to manage the symptoms of stress and trauma that they may see in their classrooms. The session was intended to run from noon until 3:30pm, but the teachers had such interest in learning more and were so engaged in the discussion at the end that the session ran until 4:30pm.

On Saturday (10/23), John and I again left Zunuzi at 6:30am and returned to Carrefour-feuilles to conduct a 'trainer' workshop for those volunteers who had already completed at least one of the previous training sessions we had offered in July or the previous day. We had 41 people in our first "trainer" workshop, which provides greater depth of understanding and further practice in some aspects of our HST program. Based on feedback from earlier volunteer trainings and focus groups, this "trainer" session focuses on (1) the strength and power of the supportive, listening relationship, (2) self-care, and (3) active practice of relaxation and breathing techniques. We emphasized to these second level volunteers that they now should have some capacity to pass along the information from the Health Support Team to other volunteers. While we were working in Carrefour-feuilles, Jeff and Stacy again returned to the clinic and orphanage in Lilavois and worked one-on-one with children and

adults throughout the day. Stacy succeeded in providing a much needed referral to a local clinic for the ongoing psychological care of one young patient. Kathryn stayed in Lilavois and from 9am until 12:30pm conducted another HST teacher training workshop for 26 primary and secondary level teachers from Anis Zunuzi and

from the school associated with the orphanage. Later that day, Kathryn joined Dr. Tina Edraki in visiting a nearby medical clinic and establishing connections for future mental health clinic work.

On Sunday (10/24) we were all at Zunuzi school. Stacy did some follow up clinical work with a few children she had made connections with in July. Kathryn conducted yet another teacher training workshop for 5 secondary school teachers from the Anis Zunuzi faculty, while John, Jeff and I conducted a trainer workshop, this time for those volunteers who had participated in two previous trainings (May and July). There were 18 people at this trainer workshop, which went from 9:30am to 3:00pm. We emphasized certain aspects of the program in more depth for this advanced group, and encouraged them to work with each other in addition to training new community volunteers in HST practices. We also asked if there were any volunteers who would like to join us for clinic work the next day so that they could practice working with people under supervision. We had two volunteers, David Menard and Louis Yveton.

On Monday (10/25), Kathryn, Jeff, John and I went to a local clinic along with Louis Yveton and David Menard, two of the HST trainer volunteers. We worked with patients at the clinic, and supervised David and Yveton working with patients as well. They did a great job, and when it was time to go the doctor at the clinic invited them both back whenever possible to continue Health Support Team psychological first aid in that community. After the clinic, we went back to the school and collected our things before heading to the airport.

At the end of all trainings—volunteer, trainer, and teacher—participants completed surveys so that we may assess the strengths and weaknesses of these sessions, and identify further needs or requests for further knowledge. This information will be studied and used to refine our process and to shape the content of future trainings or follow-up workshops.

In summary, the mental health team:

Trained 88 new volunteers in the HST program (25 at J/P, and 63 in Carrefour-feuilles)

Trained 66 teachers in the HST program (30 at J/P, 16 from Anis Zunuzi school, 10 from a local Lilavois school, and 10 from New Horizons)

Trained 41 second time “trainers” in the HST program (41 from Carrefour-feuilles)

Trained 18 third time “trainers” in the HST program (From Carrefour-feuilles, Lilavois, and other communities)

Provided direct clinical care to approximately 30-45 children & adults over two days at a community medical clinic

Total trainees including volunteers, trainers and teachers: 213

Many thanks to all the members of the team including Dr. John Thoburn, Dr. Kathryn Adams, Dr. Jeff Gillman, and Stacy Cechett who pitched in where and whenever help was needed. Thank you to the

Mona Foundation for providing funding to support the Health Support Team program on this trip where so many volunteers were reached.

Special thanks also to Cris Castera, our translator, collaborator, and friend, who facilitated these connections and trainings, and who also demonstrated ability to serve as a Health Support Team trainer. We hope to return to Haiti in the future and to continue this work of helping the Haitian people in their support of one another.

-Kira Mauseth, Ph.D.