



JULY 2024

REFUGEE HEALTH ALLIANCE — BEYOND BORDERS — NEWSLETTER



- **NEW WEEKDAY MOBILE MEDICAL UNIT PROGRAM BEGINS AT RHA!**
- **JUSTICIA EN SALUD: 5TH ANNIVERSARY OF FREE SEXUAL AND REPRODUCTIVE HEALTH SERVICES IN TIJUANA**
- **REVOLUCIÓN EN SALUD MARKS 1 YEAR OF MEDICAL SERVICES IN REYNOSA!**

RESISTENCIA EN SALUD

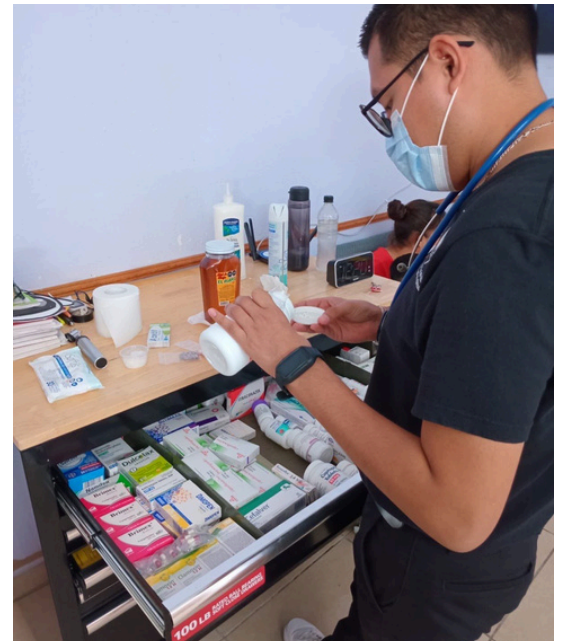
We are excited to share the incredible progress we've made at our general medical clinic, Resistencia en Salud, in Tijuana, Mexico. This year alone, we have provided care to an astounding 3462 patients from 17 different countries, with Haitians and Mexicans making up the majority of our patient population. Our dedicated team, comprised of three full-time physicians, two medical residents, a nurse, and three Haitian Creole-Spanish interpreters, has worked tirelessly to meet the growing needs of our community. We are also grateful for the invaluable support of our volunteer physicians from the United States, who have contributed significantly to our patient care.

Our staff keeps a close eye on our medical supplies to understand the needs of our patients and the local community. This allows us to efficiently stock our clinic and donate essential supplies to local shelters and medical organizations like Prevencasa, a harm-reduction clinic that relies on our support. We also provide medical supplies to the General Hospital of Tijuana to help our patients who require specialized care.

We are thrilled to announce the launch of our Mobile Medical Unit! This new initiative brings together a physician, psychologist, and nurse to provide on-site medical and psychological care to underserved populations in Tijuana's shelters. With 37 shelters in the city, our goal is to reach as many as possible through our Mobile Brigade and our existing Saturday Shelter Clinic Team. Since its inception on June 19th, the Mobile Brigade has already served over 40 people at five different shelters.

Your continued support is essential to the success of our programs.

Thank you for helping us make a difference in the lives of refugees and migrants in Tijuana.



REVOLUCION EN SALUD: RHA CLINIC IN REYNOSA, MX

WRefugee Health Alliance (RHA) continues to provide essential care in Reynosa at two key locations. Our Revolución en Salud Clinic operates on Monday, Wednesday, and Friday, while the Senda de Vida Shelter offers services on Tuesday and Thursday from 9 AM to 1:30 PM. From January to June, we served a total of 2,606 patients: 1,116 at the Revolución en Salud Clinic and 1,491 at the Senda de Vida Shelter. In June, 67.9% of our patients were asylum seekers, representing 17 different nationalities, with the majority from Mexico (32.4%), Honduras (28.4%), and Haiti (20.3%).

We have strengthened our collaboration with external partners such as Doctors Without Borders (MSF), the Danish Refugee Council (DRC), and the Epidemiology Department of Health Jurisdiction No. IV. These partnerships enable us to offer comprehensive services, including mental health care, protection, and advanced medical treatment. Additionally, we have enhanced our inventory system to better manage medications nearing expiration and consumption rates. This improvement allows us to project needs more accurately and optimize our resources. In June, we began holding regular meetings with our Reynosa team to gather data for a socio-cultural and health diagnosis of our target population.



SATURDAY SHELTER OUTREACH

Our Saturday Shelter Outreach program continues to make a profound impact on the lives of countless individuals in Tijuana. Each Saturday, our dedicated team of volunteers travels to various shelters throughout the city, reaching those who might otherwise lack access to our clinic sites. This vital outreach allows us to provide essential care, screenings, and referrals to our clinic for ongoing treatment.

We are thrilled to announce significant growth in our program! Our volunteer provider group has expanded to include over 10 dedicated partner organizations, enabling us to extend our reach to 7 new shelters. This expansion has been made possible by generous donors who have made it possible for us to consistently staff our outreach efforts with two local physicians. To further enhance our capacity to serve, we've increased our provider team by 30%. We couldn't do this without the incredible commitment of our volunteers who dedicate their Saturdays to making a difference. Their passion and dedication are the heart of our program.

PAZ EN SALUD: EXPANDING CARE AND ENHANCING SERVICES

We are thrilled to share the exciting developments at our Paz en Salud clinic in Tijuana, Mexico. With your generous support, we have been able to expand our services and enhance the quality of care we provide to refugees and migrants in the region.

Expanding Care and Enhancing Services:

- A key highlight of our efforts this year is the creation of a new ludoteca, which translates into English as "toy library," a recreational and learning space specifically designed for children waiting for their appointments at our clinic. This safe and engaging environment provides a much-needed respite for young patients and their families.
- To further enhance our patient care, we have expanded our team by hiring a psychologist who will visit shelters on weekdays, a coordinator for the new children's space (ludoteca), and a mental health coordinator to improve team communication.

Providing Comprehensive Care to Diverse Populations:

- Our clinic has been a beacon of hope for individuals and families from a wide range of backgrounds. We have provided comprehensive care to children, adolescents, adults, entire families, and members of the LGBTTTIQ+ community.

Addressing Mental Health Needs:

- In our work with minors and families, we have focused on improving sleep hygiene, addressing self-harming behaviors, ruminating thoughts, and feelings of insecurity stemming from traumatic events such as violence, internal displacement, or sexual abuse



Social Work Services: Enhancing Well-being

Our social work team has played a crucial role in supporting and improving the well-being of our patients and their families. Their activities have included:

- Shelter Search: Identifying and finding shelters for individuals and families in need of temporary refuge.
- Medication Identification and Delivery
- Evaluation and Reporting of Unaccompanied Minors: Assessing and reporting on cases of children who attend appointments alone or with relatives or friends.
- Employment Search Referrals: Providing assistance with job search and application processes.
- Internal and External Referral Reception and Management: Managing internal referrals for medical, psychiatric, and other care, and collaborating with external organizations to ensure comprehensive care for our patients.
- Medical Record Retrieval: Facilitating the retrieval of medical records to ensure effective consultations.
- Psychiatric Appointment Coordination: Scheduling and managing psychiatric appointments ensuring proper follow-up for our patients' mental health.
- Clinic Contact Coordination and Follow-up: Maintaining communication with patients, both new and existing, to address general questions and coordinate needs based on their individual circumstances.
- Institutional Support and Resource Search: Providing support and accompanying patients to relevant institutions for specific case follow-ups and actively seeking resources that can enhance their well-being.

From January to June 2024, our social work team has directly assisted 337 patients.

Your Support Makes a Difference. With your help, we can continue to expand our services, enhance our staff training, and address the diverse needs of our community.

DIGNIDAD EN SALUD

From January to May, our Dignidad en Salud clinic has been active, providing essential services to thousands in need. We've assisted 3,862 individuals with restroom facilities and 4,239 with invigorating hot showers. Laundry services were extended to 654 people, contributing to a total of 8,755 individuals benefiting from our comprehensive care. Upon arrival, each visitor receives a personal hygiene kit—complete with a toothbrush, toothpaste, and hand sanitizer—ensuring they have access to their hygiene necessities

The demand for clothing, especially pants, shirts, and underwear, continues to exceed our current donations, highlighting the ongoing need for support. Your contributions can make a real difference in meeting these needs.

In May, we conducted crucial maintenance on our bathroom and shower facilities, ensuring they remain in excellent condition for our visitors. Repairs and fresh coats of paint have revitalized these spaces. Additionally, we have created a comfortable seating area with mats, allowing for a more relaxed post-shower experience for changing and getting ready. This has also facilitated quicker shower turnover, so more individuals can access our showers.

Since June 2023, our partnership with IOM has provided clean water services to approximately 1,500 individuals, significantly improving health and well-being in our community. Thanks to the generous support of Khalsa Foundation starting March 11, we launched an outdoor dining area that serves 100 nutritious vegetarian meals every weekday. This initiative has already benefited 6,000 individuals, offering both sustenance and a sense of community.

Furthermore, Khalsa Foundation's outreach extended to 10 different shelters across Tijuana, including Casa Arcoiris, Templo Embajadores de Jesús, and others. Their contributions have provided 4,548 people with nutritious meals and 2,274 with essential hygiene products, supporting those in need across our city.

Your support is vital in continuing these impactful initiatives. By donating today, you can help us maintain and expand these essential services, ensuring that Dignidad en Salud remains a beacon of hope and support for our community. Together, we can make a lasting difference in the lives of those who need it most.



JUSTICIA EN SALUD

We are thrilled to announce that the Justicia en Salud clinic is approaching its 5th anniversary of providing free sexual and reproductive health services in downtown Tijuana. Since our inception on September 13, 2019, we have made significant strides in improving the health and well-being of refugees and migrants in the region. This year alone, we have conducted over 1,730 consultations, providing comprehensive care to families from diverse backgrounds, including Haiti, Honduras, El Salvador, Mexico, Colombia, Guatemala, Venezuela, Costa Rica, Bolivia, Ecuador, the Dominican Republic, Africa, Russia, Egypt, Uzbekistan, Burkina Faso, and Guinea.

Our prenatal care services have been instrumental in supporting expectant mothers throughout their pregnancy, labor, and delivery. We have also provided nine accompaniment services to teenage mothers this year, ensuring they receive the necessary support and guidance during this critical time. Each week, we conduct healthy baby checkups to ensure successful breastfeeding, monitor infant weight gain, and educate parents on newborn warning signs. We have also identified cases requiring specialized care, such as hypothyroidism, Down syndrome, urachal anomaly, and umbilical hernias. Our postpartum care services have played a crucial role in reducing perinatal mortality rates. We provide education on normal postpartum bleeding, cesarean section wound care, perineal care, warning signs, and mastitis.

We have also extended our support to survivors of sexual violence, offering laboratory tests, preventive treatment for sexually transmitted infections, collaboration with mental health professionals for ongoing care, and accompaniment during safe medication abortions, followed by a personalized 4-to-9-day follow-up system.

In addition to clinical services, we have conducted workshops and provided counseling on hormonal balance, menstrual cycle, reproductive health, nutrition, movement, family planning, breastfeeding, and self-care using natural medicine. Every week, an acupuncturist from AWB - Acupuncturists Without Borders - offers free consultations in acupuncture, cupping, moxibustion, heat therapy, and natural medicine (Chinese blends).

We are incredibly grateful for the unwavering support of our donors and volunteers, whose contributions have enabled us to make a tangible impact on the lives of refugees and migrants in Tijuana. Your generosity has allowed us to provide essential healthcare services, promote reproductive health education, and offer emotional support to those in need.

As we celebrate this milestone, we remain committed to expanding our reach and deepening our impact. With your continued support, we can continue to provide life-changing care to those who need it most.

Thank you for being a part of our mission.

MEDICAL-LEGAL UPDATES

RHA remains dedicated to providing essential medical-legal services for those with severe medical needs. Title 42, a public health code that was misused to deny entry to thousands of migrants, ended on May 11, 2023.

This year, RHA has collaborated with physicians from both the US and Mexico to draft 22 medical support letters for humanitarian parole appeals. If you are a clinician interested in contributing to this vital cause through remote evaluations, we encourage you to contact us at medical-legal@refugeehealthalliance.org



CALLING ALL MENTAL HEALTH PROFESSIONALS AND ADVOCATES!

Partner with us to bridge borders and improve migrant family well-being.

The Refugee Health Alliance, in collaboration with the American Academy of Child and Adolescent Psychiatry and Asociacion Mexicana de Psiquiatria Infantil, is hosting Migrant Mental Health Beyond Borders: An International Humanitarian Collaboration, Training, and Volunteer Event. The multi-part conference can be attended virtually or in person for the entire event (August 15-17) or for specific sessions.

Learn best practices and gain valuable skills to provide effective mental health care for migrant families. This conference will focus on:

- Integrating trauma-informed care into your practice
- Enhancing collaboration across borders, disciplines, and migrant-serving organizations

Register today! Secure your spot and join us for the event.

Spread the word! For questions, email us at saludmental@refugeehealthalliance.org.

PSYCHIATRY - PSYCHOLOGY - HEALTHCARE & MENTAL HEALTH WORKERS

Mental Health Beyond Borders

August 16-17, 2024
An international Humanitarian Collaboration, Training, and Volunteer Event
TIJUANA, BC, MX

Translation available!

VOLUNTEER

JOIN OUR MOBILE CLINIC ON A SHELTER VISIT

LEARN

TALKS ON IMMIGRANT MENTAL HEALTH

SHARE

ASK QUESTIONS AND SHARE BEST PRACTICES

Learn More!

Register by **July 12, 2024** <https://tinyurl.com/SaludMentalRHA>

PSYCHIATRY - PSYCHOLOGY - HEALTHCARE & MENTAL HEALTH WORKERS

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VOLUNTEER

Opportunities to volunteer in person at the Refugee Health Alliance (RHA) free clinic or at a shelter in Tijuana, BC MX
AUGUST 15 THURSDAY 7:30AM-1PM
AUGUST 17 SATURDAY 7:30AM-1PM

LEARN

Presentation by AMPI on Interventions for mobile populations (Spanish)
AUGUST 16 FRIDAY 7:30AM-12PM
Presentations/Panel by RHA on advocacy, integrated and trauma-informed care.
Virtual/In person
AUGUST 16 FRIDAY 12:30-5:30pm

SHARE

Discussions on interventions for migrant people, associated trauma and how volunteers can become more involved in services, asylum/parole assessments and advocacy.
AUGUST 17 SATURDAY 1:30PM-5pm
Social Networking
AUGUST 16 & 17 FRIDAY 6pm

Learn More!

Register by **July 12, 2024** <https://tinyurl.com/SaludMentalRHA>

HOW YOU CAN HELP

Patreon:

Establish recurring monthly donations to RHA! Subscriptions as low as \$1 a month can still provide ongoing support to RHA. Take a look at our Patreon page to see how your donation can make a difference

RHA GoFundMe:

Donate directly to our efforts through our GoFundMe! We are working closely with shelter leadership to make sure that they are equipped and informed to handle this ongoing pandemic. We are collaborating closely with other local organizations to help direct patients in need of additional resources to the organizations that can provide them.

Prenatal Care GoFundMe:

Support materials for prenatal care is through our prenatal [Amazon Wishlist](#)

Help us avoid processing fees by using these options:

Venmo:

@Refugeehealthalliance

Send a check:

Refugee Health Alliance
8861 Villa La Jolla Drive
PO BOX #12062
La Jolla, CA 92037



USE YOUR SMARTPHONE TO SCAN OUR QR CODE AND EASILY ACCESS THE RHA WEBSITE, VOLUNTEER PAGE, AND DONATION PLATFORMS

REFUGEE HEALTH ALLIANCE (RHA)

A belief in the health and dignity of every individual.



Feedback is always appreciated! Submit a form [here](#) or email us at <RHA@refugeehealthalliance.org>.

Any concerns can also be *anonymously* reported to our ethics committee.