



WINTER 2020

# REFUGEE HEALTH ALLIANCE — BEYOND BORDERS —

## NEWSLETTER



### To our RHA Community,

We are in need of clinicians with Global Health experience and Spanish proficiency to assist in our weekday clinic at Resistencia y Justicia en Salud, Monday- Thursday 12-5pm.

**Please email us if you are available at:  
[RHA@refugeehealthalliance.org](mailto:RHA@refugeehealthalliance.org).**

Thank you for your continued  
support during the COVID-19  
Pandemic.

# WINTER FUNDRAISER 2020: CHOCOLATE FOR A CAUSE

This year on Giving Tuesday, Refugee Health Alliance launched our **Chocolate for a Cause** fundraiser which will continue throughout the holiday season. Giving Tuesday is meant to spark generosity, engagement, and philanthropy in order to support communities and nonprofits around the world. In light of the COVID-19 pandemic, there is now more need than ever within the refugee community here in Tijuana, Mexico.

**While supplies last, every donation of \$25 or more will be accompanied with a handcrafted, artisanal Mexican chocolate bar. If you are interested in participating in our fundraiser please follow these easy steps:**



1. Go to our website, [www.refugeehealthalliance.org](http://www.refugeehealthalliance.org)
2. Donate \$25 or more
3. Complete the [Google Form](#) linked on our website
4. Expect a chocolate bar to be delivered soon!

**Take a look at how your donation can make a difference:**

- \$25 covers well baby care for 3 months
- \$25 for mental health support for one patient
- \$50 covers medications and labs for a diabetic patient for 3 months
- \$100 prenatal care for one woman
- \$200 to support a birth of a baby
- \$300 on average covers the cost of emergency hospitalization
- \$400 covers the cost of medications and labs for our Saturday shelter visits where we see over 150 patients

**We thank you for your continued support and don't forget to share and spread the word throughout your social circles and communities!**



# WATER WORKS PROJECT

***Thanks to generous donations, the first installation of the water fountain and refill station project was initiated by RHA in Aug. 2020 is nearing completion.***

This project aims to provide clean drinking water to underserved populations throughout Tijuana, Mexico. The first installation at our main clinic site will provide 90 gallons of drinkable water per day to a population that was previously forced to use canal water. Upon completion in the coming weeks, the public water fountain and refill station will be the first of its kind in the city of Tijuana, but certainly not the last. We will be moving forward with more installations in the coming months. In order to sponsor a water fountain installation in whole (\$1300) or in part, please donate to RHA and write "water fountain project" in the memo/description.

**"...THE PUBLIC WATER FOUNTAIN AND  
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# COMMUNITY LAUNDRY & SHOWER SERVICES

***RHA is excited to announce that we are planning an innovative community center project in Northern Tijuana, Mexico***

Personal hygiene is a crucial determinant of physical and mental health. The populations we serve can benefit immensely from access to hygiene resources. This community space, upwards of 1800 sq. ft., will contain 6 personal shower spaces, 4 sets of washers and dryers, and provide clothing donations for those in need. The community center will be an immense undertaking for RHA as estimated costs will be approximately \$70,000 for construction and \$20,000 per year to sustain the project. We are thrilled to begin fundraising for this project and we believe that with your support, this project will break ground soon.

When submitting donations for this project, please write "community hygiene center" in the memo/description.

# TOY AND ART SUPPLY DRIVE

*We are collecting materials to use in providing mental health support to families and their children.*

To this end, we are in search of donations for a variety of toys and activities for all ages, including balls, soft animals, art and school supplies (glitter, glue, paint, color pencils, markers) bubbles, pinwheels, deck of cards, yarn, picture books, clay/play-dough, toy cars sand box, fidget toys, timers, stress balls and board games. We are accepting both used (in good condition) and new items. If you are interested in providing a donation, please contact:



**RHA Mental Health Team: [rhabienestar@gmail.com](mailto:rhabienestar@gmail.com)**

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## MENTAL HEALTH

*Psychology First Aid and Referrals for Migrants*

Due to COVID-19, no RHA mental health providers are on the ground. We are receiving referrals for mental health consults via tele-health. In collaboration with **Autonomous University of Baja California** Psychology students, we are expanding elemental health to several shelters. The mental health **Bienestar** program provides emotional support and psycho-educational services to the migrant population. This includes regular therapy consultation hotlines to call/chat and will soon include group sessions. We need mental health providers!

**WE NEED MENTAL HEALTH PROVIDERS!  
VOLUNTEER FORM [HERE](#).**



# PRENATAL AND MIDWIFERY

*With numerous anticipated births in December, **Clinica de Justicia en Salud**, urgently requests donations for necessary supplies*

As Tijuana public hospitals continue to be closed for COVID-19, **more than 19 new pregnant families are expected to give birth in December** at **Clinica de Justicia en Salud**. Donations have allowed us to fund short-term stipends to provide housing for three additional Mexican midwives, purchase the necessary equipment, supplies, and medicine and pay for birth certificates for every migrant baby. The need continues to grow each day; we are searching for additional space to provide isolation and reverse isolation to our COVID+ or suspected positive pregnant and postpartum families. The need for funds to support our midwives and keep our supplies stocked continues..

Everyday, the number of expectant mothers increase and soon there will be 520+ after delivery patients that we provide continued care for. With 19 more anticipated births before the years end, please consider donating to our prenatal care GoFundMe to help us continue to provide prenatal and postpartum care to this community.



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## SATURDAY OUTREACH UPDATE

***RHA relaunched our Saturday outreach to shelters in Tijuana with a limited core team of volunteers.***

During November, we re-launched our Saturday shelter outreach with a limited team. Over the course of a full weekend, we were able to visit three shelter sites and provided care to **108 patients!** Due to ongoing COVID-19 surges we will continue to operate bi-weekly shelter visits with a small core team of volunteers.

If you would like to support our Saturday shelter outreach, **we urgently request folding tables and chairs** which will be used to provide our patients with comfortable, socially distanced consultation spaces while we visit the shelters.

# FOOD INSECURITY INITIATIVES

*RHA has continued working with **Comidas no Bombas** and **Contra Viento y Marea**, a local food kitchen. We need your help for this project to continue into 2021.*

We provide one free meal every day of the week in Zona Rio to those in need. Our funding provides between **260-280 individuals with a full meal each week**. This month we have expanded our partnership with Comida no Bombas to offer an additional 45 lunches per week to be served directly to our patients at Justicia!

If you have any connections to food distributions in the United States who are looking for soup kitchens to donate to, send them in our direction as there is a lot of need in Tijuana, Mexico.

We hope to be able to extend this service into the new year at Resistencia and Justicia. We are establishing new services in view of COVID-19, which includes but is not limited to restructuring our budget, but we can't do it without your help. When submitting donations for this project, please write "food insecurity initiative" in the memo / description.



## MEDICAL-LEGAL EFFORTS

RHA continues partnering with established asylum clinics in Southern California to complete at least **two forensic asylum examinations per month**. We provide consultation space and conduct the physical examinations in Tijuana.

RHA has assisted in at least 5 to 6 successful immigration cases. These patients have been approved to legally relocate to the United States despite restrictive Migrant Protection Policies (MPP) such as Remain in Mexico. Upon crossing into the U.S., we help to connect patients with necessary continued medical care.

We are always in need of volunteer clinicians to help conduct these evaluations and write medical letters, particularly Pediatricians and/or Family Medicine clinicians. We are planning to host an upcoming training for those interested. Lookout for more on this soon!

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## IOM HOTEL UPDATE

### *International Organization for Migration Hotel continues to operate*

Last, but not least! We are also in need of two clinicians and one nurse to possibly assist at the IOM Hotel with quarantine medical services . We will continue to send an RHA clinician volunteer for medical consults on Fridays. As well as continuing to assist in supplying medications.



- The hotel houses up to 150 migrants, provides meals, laundry services in collaboration with RHA. After recovering from quarantine, we provide two months of medication so our refugees can be safely accepted and accommodated into a shelter. **We ask for donations to provide funds for these services.**

# EVENTS: RHA PARTICIPATION

## **Upcoming:**

PHR Webinar: Family Separation and Reunification Efforts

Dec 4, 2020 12:00 PM EST

## **Past:**

UCLA Medical School Panel- LGBTQIA care for Refugees

RHA speakers: Hannah and Ronica

Meds students for choice (MSFC) panel: Reproductive Injustice and ICE

Detention Centers: Medical and Community Advocacy

RHA speakers: Hussein and Evan presented RHA's work and the situation for refugees in Tijuana.

Other panelists included representatives from Doctors for Camp Closure (D4CC) and RAICES

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# HOW YOU CAN HELP

## **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 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.

## **Telemedicine Mental Health GoFundMe:**

To support our efforts, you can donate!

## **Prenatal Care GoFundMe:**

Support materials for prenatal care is through our prenatal Amazon Wishlist

## **RHA Amazon Wishlist:**

Current needs include glucometers, sweatshirts, blankets, sweaters, and socks.



# DONOR APPRECIATION

*A huge THANK YOU to the following donors that help us continue serving our community!*

TAO RISING

CHOOSE LOVE

PLANNED PARENTHOOD

MARGOT TISHLER

MEDICS MUTUAL AID LA

BOZEMAN AREA COMMUNITY FOUNDATION - SAS AND STUART WEBER FUND

ELENA HILL

MARINA BAIT AND TACKLE

JERRY SILBERT

MONICA LAVERY

SCHWAB CHARITABLE

FACEBOOK: NETWORK FOR GOOD

TIMOTHY ROSS

JOANN ETTENSPERGER

SHEILA CANETE

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## REFUGEE HEALTH ALLIANCE (RHA)

*A belief in the health and dignity of every individual.*

*Share and Follow*



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.