

BORDER FELLOWSHIP ANNUAL REPORT

SUMMARY FOR YEAR ONE

In the Border Fellowship Project, 2803 people were reached with screenings, group presentations, and one-on-one interventions. Of those 667 people received group presentations, and 60 received one-on-one interventions. Based on the evaluations submitted, the various educational presentations were well received. 63 participants rated the delivery of services as excellent, 100% of the evaluations returned. Other successes of the Border Fellowship Project are outlined as follows:

- 1975 people were screened for diabetes in colonias and maquiladoras.
- 553 clients were unaware they were diabetics until they were screened. (28% of the total sample screened.)
- Of the 553 diabetic clients the average reduction in glucose levels was 17% after the promotora education on diabetes management and control.
- 32 women with high-risk pregnancies were connected to the health care system and community resources, given emotional support, taught prenatal/postpartum care, and healthy living.
- 112 children were immunized against childhood diseases.
- 82 participants were taught about lead contamination in the household, folk medicines, herbs, and the environment.

Note: The prison, Cereso Femenil, had the highest percentage of positive rates for both glucose and blood pressure. The second highest rate for glucose levels was found in the colonias. The lowest percentage of abnormal glucose levels was found in the maquiladoras.

Other highlights

Organizations recruited to be part of the Border Fellowship network: **38**

Hours spent for each category in the scope of work:

Health fairs: **68**

Health screenings: **114.5**

Follow-up for positive screenings: **184**

Community events: **137**

Group presentations: **123**

Community based media: **40.5**

One-on-one interventions:

Prenatal & postpartum: **407.5**

Domestic violence: **136**

Substance abuse: **74**

Depression: **57**

Cancer: **23**

Family dynamics: **12**

Support group: **46**

Staff training: **346**

Meetings with network members: **117**

Meetings with subcommittees: **20**

Other:

 Help for campesina: **3**

 Medical equipment for Sonoran clients:

9 wheelchairs

7 walkers

3 canes

3 crutches

1 prosthetic leg for an amputee

2 ostomy bags

12 ostomy system supports

10 eyeglasses and/or frames

 First aid supplies: Colonias Primavera, Rosarito I, and Del Valle

 Vitamins: **138 bottles**

Miles traveled to reach clients in Nogales, Sonora: **6340**

BORDER FELLOWSHIP ANNUAL REPORT PROJECT TIME LINE

YEAR ONE

June - September: Recruit network members for effective dissemination of information. Promotoras continue education in Nogales, Sonora while developing schedule of education for the participating maquiladoras and colonias. Network meets as a group for the first time.

September - December: Provide education in maquiladoras and colonias; network meets for the second time; members choose executive, evaluation and activity committees; promotora training is reviewed (pre and post test of educational components, home visiting skills, role play, shadow visits with experienced promotoras, support group facilitation).

January - March: Network meets as a group for the third time; evaluation committee develops evaluation instruments, such as satisfaction surveys; activity committee works on community events and/or health fairs; executive committee develops press releases and relationship with media; support groups begin in colonias and maquiladoras.

March - June: Education/prevention activities continue. Health screenings held. Executive committee speaks at service clubs, to local officials and colonia leaders to recruit trainees for annual training of trainers. Training of trainers is held. Random satisfaction survey is administered at community events and group presentations.

Objective: Recruit network members

PROGRESS

The following colonias, maquiladoras, governmental and non-governmental agencies, churches, and special interest groups were recruited to be part of the Border Fellowship network. Meetings were held on site at The Way of the Heart: The Promotora Institute twice. All other meetings were held at the member's site in Nogales, Sonora, Mexico.

Presidencia Municipal de Nogales, Sonora
Direccion Municipal de Asuntos de la Mujer (DIRMAM)
Presidencia Municipal de Nogales, Sonora
Centro de Salud para el Estado de Sonora, Hospital Basico
Secretaria de Salud Publica
Seguro Social
Ejercito de Salvacion
Borderlinks
Casa Misericordia
Albergue San Juan Bosco
Plan Retorno
Grupo Arabela

Colonia Solidaridad
Colonia Los Virreyes
Colonia Celaya
Colonia Cinco de Mayo
Colonia Granja
Colonia Buenos Aires
Colonia Rosarito I
Colonia Centro
Iglesia Divino Redentor
Casa Radio
Programa de Alcance por Sectores (La Iglesia en las Calles)

Border Health Ministry, Presbyterian Church, Mexico
International Alliance on Domestic Violence
INSEN (Instituto Nacional de la Senitud - Senior Citizens)
Hospital CIMA
Maquiladora SUMMIT
Maquiladora Barton Nelson

Network members added

JANUARY TO JUNE , 2003

Cerezo Femenil (women's prison)
Maquiladora Sumex
Maquiladora Otis, Nogales
Colonia Heroes
Colonia Lago Vista #2
Colonia Primavera
Colonia Rastro
Colonia Encinos
Colonia Sinfin
Radio XENY
EXA radio

Meetings with member agencies were held on 6/13/02, 7/11/02, 8/6/02, 8/22/02, 9/4/02, 9/11/02, 9/12/02 (3 meetings on this date), 9/14/02, 9/24/02 (2 meetings), 10/10/02, 10/11/02, 10/17/02 (2 meetings), 10/23/02, 10/25/02, 10/31/02 32.5 hours x 2 staff **71 hours**

JANUARY TO JUNE, 2003

Meetings were held on 1/15/03, 1/17/03, 2/6/03, 2/27/03, 3/10/03, 3/16/03, 4/20/03, 5/16/03, 5/30/03 x 2 staff **46 hours**

CHALLENGES

Getting all the members together as a group was very difficult. Each member had a different schedule, priorities, agendas, and interests. This reflects both the diversity of the members in the network, and the lack of communication between the agencies. Thus, WHPI staff had to attend many meetings in order to create a link between all parties. Meetings were sometimes held with one agency, sometimes with several to achieve the goals of the Border Fellowship project. Network development will be a continual process.

Objective: Promotoras continue education in Nogales, Sonora

PROGRESS

Two thousand eight hundred and three (2803) people were reached with screenings, group presentations, and one-on-one interventions. Of those, 667 people received group presentations, and 60 received one-on-one interventions. Thirty two (32) women with high-risk pregnancies were connected to the health care system and community resources, given emotional support, taught prenatal/postpartum care, and healthy living. One hundred and twelve (112) children were immunized against childhood diseases. Eighty two (82) participants were taught about lead contamination in the household, folk medicines, herbs, and the environment.

One thousand two hundred sixty seven and a half (1267.5) hours of health education were shared with project participants. Also, 68 hours were spent in health fairs, 114.5 hours in health screenings, 184 hours in follow-up to positive screenings, 137 hours in community events, 123 hours in group presentations, 709.5 hours in one-on-one interventions, 46 hours in the support group, and 40.5 hours in community based media during the project year in Nogales, Sonora from June, 2002 through the end of May, 2003.

Five hundred and fifty three (553) people were diagnosed with diabetes and referred to medical care. In the United States, one would expect a maximum 10% positive screening rate. Currently the average in colonias and maquiladoras is 28%. These numbers reflect the propensity of Hispanics and Native American people towards diabetes. They also reflect the lack of financial resources as a barrier to disease identification for poor people in Mexico.

Why is this important? Because the burden on the Mexican public health system is enormous. The scarce health care resources available to the Mexican population is being expended at an alarming rate, and is targeted to crisis care which is costly. For instance, many people do not recognize the symptoms of diabetes and go without medical care until there is organ, circulatory, or neurological involvement. Many go blind unnecessarily. The Border Fellowship project is saving money and lives.

CHALLENGES

The challenges encountered:

- *Scheduling group presentations and one-on-one interventions are based on client need, not WHPI need. This means that staff works many evening and weekend hours.

- *Meeting clients in colonias with no roads is a challenge to our cars, as is personal security. These colonias have no public services, and are very dark in the evening.

*WHPI staff became aware of the fact that many people who live in colonias often do not have access to radio because of lack of electricity, or money for batteries. Therefore, we have developed alternative outreach strategies that include offering whole colonias the opportunity to receive free personal, medical and household items. These give away events allow us to speak to large numbers of colonia residents to identify need, and offer services through the Border Fellowship Project.

*The lack of resources to help the very poor is frustrating. Clients need food and money to buy medication. Thus, the Border Fellowship project advocates for clients with local, state and federal agencies such as legal services and charity medical care. For this reason as well, WHPI has organized colonia residents around economic development issues, building awareness among individuals of their own identified needs in order to advocate with city hall, non-governmental agencies, and media for basic services.

HEALTH FAIRS

Centro de Usos Múltiples, Seguridad Pública, 54 people were screened for diabetes on October 24, 2002. 10 positives. The next day, October 25, 2002, 62 additional people were screened. 14 positives (**18%** positive rate for 10/24/02, **23%** positive rate for 10/25/02.) 14 hours x 3 promotoras. **42 hours**

Hospital CIMA, 156 people were screened for diabetes on November 10, 2002. 35 positives. (**22%** positive rate.) 6.5 hours x 4 promotoras. **26 hours**

HEALTH SCREENINGS

Maquiladora Barton Nelson 161 people screened, 15 positives. (**9%** positive rate.) Positives were referred to the Hospital Básico, plant nurse, or the Seguro Social. August 19, 2002 5 hours x 4 staff. **20 hours**

Colonia Celaya 100 people screened, 23 positives. (**23%** positive rate.) Positives were referred to the Hospital Básico, or the Seguro Social. August 24, 2002 6 hours x 4 staff. **24 hours**

Grupo Arabela 16 people screened, 5 positives. (**31%** positive rate.) Positives were referred to the Hospital Básico or the Seguro Social. September 19, 2002 **3.5 hours**

Grupo Arabela 17 people screened, 6 positives. (**35%** positive rate.) Positives were referred to the appropriate agencies. October 13, 2002 **4 hours**

Foyitos, 30 workers from maquiladoras were screened for diabetes, 8 positives. (**27%** positive rate.) November 13, 2002. 2.5 hours x 2 staff **5 hours**

Follow up for diabetes positives 52 hours

JANUARY TO JUNE, 2003

Foyitos 28 people screened for diabetes, 6 positives, (**21%** positive rate.) January 13, 2003 3 hours x 2 staff **6 hours**

Foyitos 8 people screened for blood pressure, 7 positives, (**88%** positive rate.) January 13, 2003 hours included in prior count

Placita Miguel Hidalgo 72 people screened for diabetes, 15 positives, (**21%** positive rate.) February 5, 2003 5 hours x 2 staff **10 hours**

Placita Miguel Hidalgo 72 people screened for blood pressure, 34 positives, (**47%** positive rate.) February 5, 2003 **5 hours**
Colonia Primavera 13 people screened for diabetes, 2 positives, (**15%** positive rate.) February 18, 2003 2.5 hours x 2 staff **5 hours**
Colonia Primavera 13 people screened for blood pressure, 3 positives (**23%** positive rate.) 2 hours x 1 staff **2 hours**
Cereso Femenil (women's prison), 96 women screened, 43 positives, (**45%** positive rate.) March 7, 2003 6 hours x 2 staff **12 hours**
Cereso Femenil, 58 women screened, 33 had abnormal blood pressure readings (**57%** positive rate.) March 7, 2003 (Hours included in prior count at Cereso Femenil.)
Colonia Lago Vista #2, 36 people screened, 8 positives, (**22%** positive rate.) April 7, 2003 3 hours x 2 staff **6 hours**
Colonia Lago Vista #2, 18 people screened for blood pressure, 9 positives for high blood pressure, (**50%** positive rate.) April 7, 2003, volunteer, **3 hours**
Maquiladora OTIS, 49 workers screened, 9 positives, (**18%** positive rate.) May 22, 2003 4.5 hours x 2 staff **9 hours**

1975 people were screened for diabetes in colonias and maquiladoras.

Diabetes positives from June-December, 2002: 27%

Diabetes positives from January-June, 2003: 28%

Abnormal blood pressure readings: January-June, 2003: 56%

Note: Blood pressure (bp) reading scores were added in 2003. In the first half of the second year the Project will have the raw data to compare to bp reading scores post promotora intervention.

FOLLOW-UP FOR CLIENTS WITH POSITIVE SCREENINGS (POST PROMOTORA INTERVENTION)

Colonia Primavera, 54 people screened, 6 positives (**11%** positive rate) all days in January, 2003 6 hours x 2 staff **12 hours**

Colonia Rastro, 76 people screened, 11 positives (**15%** positive rate) all days in February, 2003 9 hours x 2 staff **18 hours**

Colonia Encinos, 129 people screened, 17 positives (**13%** positive rate) all days in March, 2003 15 hours x 2 staff **30 hours**

Colonia Rosarito, 146 people screened, 11 positives (**7.5%** positive rate) all days in April, 2003 18 hours x 2 staff **36 hours**

Colonia Sinfin, 149 people screened, 16 positives (**11%** positive rate) May, 2003 18 hours x 2 staff **36 hours**.

Total: 553 people who tested positive at the initial screening were followed after the promotora education to evaluate the effectiveness of the intervention. Positive rate was lowered to **11%** overall in the follow-up group. This is compared to **28%** in the community health screenings, a **17%** reduction in positive rates for diabetes. This dramatic decrease in glucose levels was reached after only one educational intervention

provided by the promotora. The assumption of the Project is that further follow-up will continue to improve the decrease in glucose in diabetics to healthy levels.

COMMUNITY EVENTS

Activity Committee

Women's Health March - 2/28/03. About 50 people from the American side marched to the Centro de Usos Múltiples (CUM) in Nogales, Sonora, Mexico. At the same time 90 to 100 people, women and students mostly, walked from a nearby Mexican plaza to the CUM. At the CUM presentations were made about physical activity, healthy lifestyles, and diet. An exercise session started the proceedings once everyone had convened. Bags with information on domestic violence, parenting skills, tobacco, drugs, HIV/AIDS, home and personal safety were handed out to all participants as were examples of healthy eating, juices, water, vegetables and fruits. Everyone was given a chance to share tips about how to start a healthy lifestyle. Students talked about the dangers of tobacco and the need to drink more water. The issue of safe, potable water in Nogales, Sonora was raised to the government officials who were present. Two participants exhorted the audience to act on the advice that was being shared. They cautioned the audience to not forget what was being said, but instead to share with others and create a plan for action.

137 hours

GROUP PRESENTATIONS

Iglesia Divino Redentor. 6/25/02

Information given on cardiovascular health. **2 hours**

Alianza Internacional de Violencia Doméstica – 8/23/02

Information given to 14 people regarding domestic violence. **4 hours**

Ayuntamiento del Municipio de Nogales, Sonora – 9/12/02

Information given about community resources for families in need. **2.5 hours**

Colonia Granja INSEN (Instituto Nacional de la Senitud- Senior Citizens) –10/10/02

Presentation given to 10 people on cardiovascular health. **2 hours**

Colonia Granja INSEN (Instituto Nacional de la Senitud- Senior Citizens) –10/16/02

Presentation given to 44 people on elder care and abuse. **3 hours**

Alianza Internacional de Violencia Doméstica – 11/7/02

Information given to 12 people regarding domestic violence. **4 hours**

Colonia Cinco de Mayo – 11/6/02

Presentation made to 14 people on self-development, creating work groups, organizing for economic development in colonias. **5 hours**

Colonia Granja – 11/9/02

Workshop for women to identify their own personal and community needs leading to an action plan for the betterment of women on the border. **8 hours**

Colonia Solidaridad – 11/13/02

Presentation to 12 women, 2 men on cardiovascular health and nutrition **2 hours**

Colonia Centro – 11/15/02

Presentation to 19 women on pre menopause and menopause **2 hours**

Colonia Cinco de Mayo Guarderia “Primeros Pasos” - 12/20/02

Presentation to 6 people on how to have a healthy pregnancy. **2 hours**

JANUARY TO JUNE, 2003

Foyitos – 1/13/03

Presentation given to 28 women on cardiovascular health and nutrition. **4 hours**

Colonia Encinos – 1/21/03

Presentation given to 14 people on lead awareness. **2 hours**

Colonia Rosarito - 1/31/03

21 people were given a presentation on nutrition, exercise, and lead awareness. **6 hours**

Maquiladora SUMMIT – 2/8/02

79 people were given a presentation on domestic violence and how to prevent it. **3 hours**

Colonia Centro – 2/11/03

12 people were given a presentation on lead awareness. **2 hours**

Casa de la Misericordia - 2/23/03

13 people were given an intensive workshop on self-esteem in an all day encuentro (encounter) **5 hours**

Reclusorio – 3/3/03

Presentation given to 21 women on menopause, question and answer period followed. **6 hours**

Partido Revolucionario Institucional (PRI) Auditorium - 3/6/03

20 people were given an interactive presentation on family violence. **4 hours**

Colonia Primavera – 3/7/03

Presentation given to 16 women, 2 men on cardiovascular health, nutrition, and exercise. **3.5 hours**

Cereso Femenil (women's prison) – 3/7/03

Several presentations were made to the inmates:

cardiovascular health, nutrition, and aerobics 22 women 2 hours x 2 staff **4 hours**

menopause 53 women 1 hour repeated twice x 1 staff **2 hours**

Colonia Primavera – 3/13/03

Presentation to 21 women on menopause. **4 hours**

Colonia Centro – 3/18/03

Presentation to 16 people on lead awareness. **2.5 hours**

Dispensario Primavera – 3/27/03

Presentation to 11 people on HIV/AIDS. **4 hours**

Maquiladora SUMMIT – 4/2/03

Presentation to 3 women, 14 men on cardiovascular disease and obesity. **2.5 hours**

Colonia El Represo – 4/7/03

Presentation given to 18 women, 3 men on cardiovascular health and nutrition. **4 hours**

Colonia Heroes – 4/10/03

Presentation given to 9 people on lead awareness. **2 hours**

Colonia Sinfin – 4/15/03

Presentation given to 11 people on lead awareness. **2 hours**

Colonia Celaya – 4/22/03

Presentation given to 13 people on lead awareness. **2.5 hours**

Workshops for the Visually Impaired 5/14/03, 5/21/03, 5/28/03, 6/4/03 16 hours

Due to the high rates of blindness in the colonias in Nogales, Sonora WHPI made an arrangement with the Southern Arizona Association for the Visually Impaired (SAAVI) to give a series of workshops in Spanish to our colonia clients. Workshop topics included writing skills, record keeping, labeling, handling money, telephoning, use of the white cane, definitions of eye terms, causes of visual impairment, current medical research, practice with magnifiers, sewing, pouring liquids, eating and cutting skills. In addition to the workshops, a home visit was also made.

Maquiladora (HASTAMEX) OTIS – 5/22/03

Presentation given to 52 employees of OTIS on the symptoms, treatment and control of complications in diabetes. 4 hours x 1 staff **4 hours**

Maquiladora SUMEX– 6/5/03

Presentation to 30 workers on domestic violence. **4 hours**

COMMUNITY FOCUSED MEDIA

Executive Committee

Casa Radio requested a special presentation on cardiovascular health, which aired on June 11, 2002. This program was also used to announce the Border Fellowship Project to the citizens of Nogales, Sonora. There were many requests for information and assistance made to the Border Fellowship Project. 2 hours x 2 staff **4 hours**

Invited back to Casa Radio on June 24, 2002 to answer questions for listeners of the previous Border Fellowship guest appearance. Topics were cardiovascular health and services provided by WHPI. 1 hour x 2 staff **2hours**

Colonia Los Virreyes - WHPI gave away donated items of book bags, paper, notebooks, pencils, erasers, etc., to over 300 kids, August 10, 2002 4 hours x 3 staff. **12 hours**

Colonia Solidaridad - WHPI distributed soap, toothbrushes, toothpaste, shampoo, towels, kids underwear, shoes, socks, clothes, blankets, sheets, food, diapers, soy milk, rice drinks, pots, pans and utensils to 200 colonia residents on September 4, 2002. Services

provided through the Border Fellowship program were offered to residents. 3 hours x 3 staff. **9 hours**

Requests were made during the delivery of services in group settings and radio for one-on-one interventions with clients suffering from acute depression with suicidal ideation, pregnant females with little or no prenatal care, cancer, and diabetes patients in need of medical equipment.

JANUARY TO JUNE, 2003

Telemundo – January 31, 2003 Television interview to announce the presence of GlobalWorks in Nogales, Sonora, describe services, invite community to participate. **.5 hours**

Radio XENY – February 24, 25, 26, 27, 28, 2003 to announce and describe the events of the Women’s Health March. **3.5 hours**

Radio XENY – March 7, 2003 to describe the services provided to the inmates of Cereso Femenil. **1 hour**

TELEMAX – March 7, 2003 Television coverage of services provided to the inmates of Cereso Femenil. **1.5 hours**

Radio XENY – March 8, 2003 to describe opportunities for community education in April. **.5 hours**

EXA (radio) – March 9, 2003 describe services available through Border Fellowship Project. **.5 hours**

Colonias: Buenos Aires, Heroes

The Border Fellowship project gave away 37 bottles of folic acid, and 101 bottles of vitamins to women who were planning on getting pregnant or were in the early stages of pregnancy. The project used the opportunity to talk to women about the importance of prenatal care and high-risk symptoms. Community outreach was achieved through colonia leaders and the distribution of flyers. **6 hours**

ONE-ON-ONE INTERVENTIONS

One-on-one interventions emerging from presentations and TV/radio interviews and word of mouth:

DEPRESSION/SUICIDE

LM - 6/24/02, 7/30/02, 9/3/02, 9/13/02, 9/30/02, 10/28/02, 11/25/02 21 hours

Topics were self-esteem, achieving balance in positive and negative attitudes, 10 ways to increase energy, self-knowledge, how to maintain a sense of dignity in a difficult world, self-help strategies, life stages, quality of life, communication skills.

IM - 2/5/03, 3/13/03, 4/14/03, 5/29/03 13 hours

Husband is impotent. Topics were medical causes of male impotence, community resources, depression, self-esteem, menopause, and personal self-development.

JM - 3/6/03, 4/7/03 6 hours

Topics were depression, self-esteem, economic self-development, community resources.

FM - 3/6/03, 3/20/03, 4/10/03, 5/19/03 14 hours

Husband does not work, but disappears every day for most of the day. Two kids. One needs a hearing aide and is doing poorly in school because of hearing problems. Communication within family is almost non-existent. Topics included depression, self-esteem, menopause, nutrition in older adults, family communication skills, creating your own emotional support system, personal self-development, economic self-development, community resources.

SB – 5/30/03 3 hours

Client cleans homes for a living. Husband lives in home, but provides no financial or emotional support. Client has 3 daughters one of whom is in severe depression. Client asked for assistance when husband beat her. The police were called and order of protection filed in mexican court system. Topics included self-esteem, how to get motivated, set goals for your life, community resources for domestic violence.

PRENATAL

CAR – 6/17/02, 9/20/02, 9/23/02, 10/24/02 9.5 hours

Infant with congenital defects. Secured hospital and surgeon for operation. Provided post partum information such as infant care. Trained mother in money management and budgeting.

CR – 6/19/02, 11/22/02 6 hours

Needed diapers and clothes for children. Provided pre and post partum information and assistance with domestic violence. Returned to provide information on women's health and how to manage stress.

IS – 6/21/02, 7/16/02 5 hours

Was able to secure public assistance for high-risk delivery. Provided pre and post partum information.

ME – 7/3/02, 9/3/02, 9/11/02, 9/12/02, 9/16/02 11 hours

Provided transportation to doctor's visits. Needed diapers and clothes for children. Provided pre and post partum information.

KF – 9/3/02, 9/6/02, 9/11/02, 9/19/02 9 hours

Immigrant from interior of Mexico. This immigrant family has no housing, no prenatal care, no transportation. The Project provided pre and post partum information, as well as clothes, microwave, coffee pot, pans, utensils, and diapers. Temporary housing has been secured. The clothes given to this family will allow them to have decent apparel for job interviews.

ZM – 6/18/02, 6/20/02, 8/21/02, 10/10/02, 12/4/02 13.5 hours

Mother had trouble getting baby to latch on to her breast. Taught mother proper position for breastfeeding and breast care. Took mother and baby to hospital because baby was

not receiving proper nutrition due to rejection of breast. Gave information on family planning and birth control options. Also discussed child developmental milestones.

ML – 7/2/02, 10/29/02 6 hours

Trained mother in the proper installation of a car seat. Also gave information on breastfeeding and family planning options.

LH – 7/30/02, 10/2/02, 10/15/02 8.5 hours

Assisted mother in obtaining timely immunizations for her baby. Discussed family planning options. Father did not want to allow mother to take birth control. Family dynamics were explored.

NA – 8/13/02, 9/13/02 6 hours

Assisted mother with information regarding child development. Practiced educational activities for child to ensure proper brain development.

MP- 8/20/02, 10/8/02, 11/6/02 6.5 hours

Father refused to accept paternity. Provided information to mother on how to establish paternity and which community resources to access. Also provided mother with information on infant care and development.

LC – 8/22/02 2 hours

Provided information on child nutrition.

JM- 9/11/02, 10/7/02, 11/4/02 9 hours

Provided mother with information on personal, child and home safety, immunizations, how to manage finances, and basic necessities.

PV – 6/17/02, 6/21/02, 7/10/02, 8/07/02, 9/14/02, 10/8/02, 11/14/02, 12/3/02 24 hours

Provided mother with information on folic acid, prenatal care, child development, child safety, finances, immunizations, changes during pregnancy, maternal diet, jaundice, breastfeeding, women's health, labor and delivery, cesarean sections, family planning, well baby checks, infant tests, post partum depression.

MZ – 6/19/02, 7/15/02, 8/17/02, 9/24/02, 10/8/02, 12/5/02 18 hours

Provided mother with information on child safety, emotions during pregnancy, alcohol, domestic violence, child development, breastfeeding, personal and child safety, finances, violence during pregnancy, physical changes of pregnancy, changes during post partum phase.

IV – 6/21/02, 7/19/02, 8/17/02, 9/9/02, 10/15/02, 11/19/02, 12/13/02 20 hours

Provided mother with information on gestational stages, breastfeeding, finances, emotions during pregnancy, labor and delivery, infant tests, prenatal care, immunizations, family planning, birth control options, maternal and infant diet, post partum depression.

MJV – 6/27/02, 7/23/02, 9/5/02, 10/22/02 12 hours

Provided mother with information on maternal diet, managing money, gestational stages, nutrition, exercise during pregnancy, folic acid, high risk symptoms during pregnancy, labor and delivery, cesarean section, adjusting to new family dynamics.

AA – 6/27/02, 7/19/02, 8/13/02, 9/24/02, 11/4/02, 11/14/02, 12/13/02 21 hours

Provided mother with information on prenatal exams, down's syndrome, violence during pregnancy, personal/child and home safety, nutrition, exercise during pregnancy, gestational stages, finances, labor and delivery, birth control/family planning, breastfeeding, immunizations, post partum changes, child development, child nutrition.

PAA – 7/5/02, 7/26/02, 8/22/02, 9/27/02, 10/22/02, 11/19/02, 12/5/02 21 hours

Provided mother with information on folic acid, maternal tests, high-risk symptoms, breastfeeding, nutrition, exercise, home safety, jaundice, emotions during pregnancy, immunizations, labor and delivery, finances, personal safety, exercise, changes in the post partum phase, child development.

PB – 9/11/02, 9/19/02, 10/4/02, 11/26/02 11 hours

Provided mother with information on prenatal exams, folic acid, high-risk symptoms, women's health, emotions during pregnancy, prenatal care, child development, nutrition, exercise, maternal risks.

AG – 10/4/02, 10/15/02, 11/4/02, 12/3/02 12 hours

Provided mother with information on prenatal exams, folic acid, high-risk symptoms, prenatal care, emotions during pregnancy, child development, jaundice, breastfeeding, nutrition.

LP – 12/10/02 3 hours

Provided mother with information on prenatal exams, folic acid, and high-risk symptoms.

AC – 6/8/02, 7/10/02, 8/14/02, 9/11/02, 10/15/02, 11/12/02, 12/6/02 21 Hours

High-risk pregnancy. Mother has diabetes and high blood pressure. 6 prior pregnancies, advanced age. Provided mother with information on diabetes management and control, high blood pressure, "alfa fetoproteina," cesarean sections, family planning, child development, child safety.

JANUARY TO JUNE, 2003

PRENATAL

AC - 3/26/03 3 hours

Car seat training, driver safety.

AG - 1/7/03, 2/11/03, 3/17/03, 4/10/03, 5/8/03, 6/4/03 18 hours

Breastfeeding, jaundice, circumcision, conception, labor and delivery, car seat training, post partum developmental milestones, family planning, immunizations.

CC - 2/10/03, 3/19/03, 4/8/03, 5/21/03 12 hours

Family medical history, pregnancy risks and tests, folic acid, healthy pregnancy, conception, maternal diet, dry diet, nutrition, labor and delivery, cesarean section.

CR – 1/31, 2/6/03, 3/12/03, 4/16/03, 5/9/03 15 hours

Client experienced violence against her during pregnancy. Topics included patterns of violence in pregnancy, conflict resolution, gestational stages, maternal diet, family planning, early childhood development, family dynamics, communication and negotiation skills.

KF – 1/21/03, 2/12/03, 3/27/03, 4/23/03 12 hours

Client did not have a home when she became pregnant. Stayed with extended family members in a 2 room cardboard shack. Topics included community resources, housing, public assistance, church-based economic support, gestational stages, diet/nutrition, prenatal tests, importance of prenatal care, immunizations, family planning.

LC – 1/9/03, 2/18/03, 3/5/03, 4/22/03, 5/16/03 15 hours

Client experiences domestic violence which increased with the pregnancy. Topics included child developmental milestones, immunizations, goal setting, developing economic self-sufficiency, patterns of violence, conflict resolution, the rights of children, community resources. Referred to DIF (Desarrollo Integral de la Familia.)

LH – 1/21/03, 1/31/03, 3/12/03, 5/9/03 9.5 hours

Topics included family planning, signs and symptoms of common illnesses in childhood, immunizations, self-help strategies, community resources, career development.

LP - 1/14/03, 2/25/03, 3/18/03, 4/2/03, 3/3/03, 5/8/03, 6/4/03, 6/9/03 24 hours

Conception, labor and delivery, cesarean section, breastfeeding, high risk deliveries, gestational diabetes, premature babies and their care, immunizations, developmental milestones in infancy.

MA – 2/11/03, 2/19/03, 3/3/03, 4/3/03 10 hours

Client needs money for delivery of child. Topics included planning for the future, goal setting, gestational stages, labor and delivery, housing, community resources, community asset building for transportation.

MP – 2/12/03, 3/11/03, 4/16/03, 5/9/03 12 hours

Client needs housing and a way to provide for basic necessities. Talked with her about selling food, tortillas, or providing a service in her colonia, economic self-development, conflict resolution, negotiation, positive discipline, parenting skills, early childhood development, immunizations, family planning.

PB - 1/23/03, 2/6/03, 3/4/03, 3/13/03, 3/26/03, 4/21/03, 5/19/03 22 hours

Stages of pregnancy, danger signs, folic acid, premature births, jaundice, cesarean section, spontaneous abortions (took client to doctor), breastfeeding, care after a

cesarean, car seat training, family planning, immunizations, post partum care, infant developmental milestones.

FAMILY DYNAMICS

GS - 2/3/03, 3/25/03, 4/15/03, 5/22/03 12 hours

Parents divorced. Son is in danger of becoming a juvenile delinquent. Topics included self-esteem in children, positive discipline, goal setting, how to create an emotional support system, conflict resolution, and communication skills. Mother was referred to DIF (Desarrollo Integral de la Familia), a government entity that works on family and child development.

DOMESTIC VIOLENCE

AA – 6/27/02 3 hours

Victim of domestic violence

MZ – 7/15/02, 10/8/02 6 hours

Victim of domestic violence due to alcoholism

LS - 9/11/02, 10/3/02, 11/7/02, 12/18/02, 1/15/02 15 hours

Mother divorced husband because of alcoholism and severe violence against her and her two children. One child is in desperate need of counseling due to the trauma in the family.

LM – 9/30/02 3 hours

Victim of domestic violence.

ME – 11/22/02, 11/26/02 6 hours

Victim of domestic violence.

CR – 1/31/03, 3/12/03, 5/9/03 7 hours

Husband is an alcoholic and they have separated. Husband removed all furniture from the home while she was out. Promotora assisted client in filing a police report. Estranged wife has developed severe depression.

ER - 1/23/03, 3/6/03, 4/11/03, 5/5/03, 6/3/03 17 hours

Topics included emotional support systems, self-esteem, the characteristics of depression, how to motivate yourself, biological vs. situational determinants of depression, solitude, personal self-development, good parenting skills.

IM – 8/1/02, 8/8/02, 9/6/02, 9/13/02, 10/19/02, 10/25/02 1/20/03, 2/26/03, 3/20/03 4/30/03, 5/23/03 27 hours

Originally did not want wife to get pregnant because of financial responsibility of parenthood. She got pregnant anyway. Client was on family planning, but stopped taking birth control. Husband is severely depressed. He beats wife on a regular basis causing generalized fear and anxiety. Wife began to stutter. Topics were financial literacy, how to divide chores and responsibilities in the family, problem solving techniques, life-

enhancing decision making, goal setting, healthy self-esteem. Also included information on gestational stages, diet, prenatal care, tests, child developmental milestones, modeling behavior for children, immunizations. Referred to marriage counseling through DIF (Desarrollo Integral de la Familia.)

LM - 1/7/03, 1/21/03, 1/31/03, 2/21/03, 3/3/03, 4/8/03, 5/5/03, 5/15/03, 6/2/03 32 hours

Victim of domestic violence as well as small children in the family. Topics included self-esteem, emotional support systems, how to be a good parent, the rights of children, personal self-development, quality of life, nutrition, exercise, motivation, crisis interventions, and how to manage a crisis.

ME – 1/21/03, 1/25/03, 3/20/03, 4/17/03, 5/16/03 20 hours

Continuing violence in the family. Stepfather raped daughter on several occasions. Client's hip was fractured during one of the many times she was severely beaten. She had to be hospitalized in the Secretaria Medica de Sonora (SEMESON), a government entity charged with assisting low income residents, for surgery to repair hip. Was referred to DIF (Desarrollo Integral de la Familia) Worked on causes of violence, communication skills, changing negative thought patterns to life-enhancing ones, how to be proactive in problem-solving, negotiation, compromise, conflict resolution, goal setting, community resources, public assistance, economic self-sufficiency. This client is sharing info she gained in the Border Fellowship Project with others in the same situation.

SUBSTANCE ABUSE

LS - 2/26/03, 3/25/03, 4/15/03, 5/22/03 13 hours

Husband is an alcoholic. Wife and kids are nervous all the time. Topics included the rights of children, how to be a good parent, how to raise healthy children, personal self-esteem and how to teach children how to develop healthy self-esteem. Wife was referred to al-anon sessions at WHPI.

MR – 1/15/03, 1/31/03, 2/27/03, 3/10/03 15 hours

Client abuses cocaine, marijuana, and alcohol. Lost job, wife and kids. Topics were the emotional and physical dangers of drug abuse, community resources for rehabilitation, employment opportunities, career development, family communication skills, family negotiation strategies, self-esteem, personal goals. Was referred to 2 job sites and a pastor of his choice for spiritual advice and support. Gained employment and medical care for physical consequences of substance abuse.

SUPPORT GROUP

NH – 1/8/03, 1/15/03, 1/22/03, 1/29/03, 2/5/03, 2/12/03, 2/19/03, 2/26/03, 3/1/03, 3/5/03, 3/12/03, 3/19/03, 3/26/03, 4/2/03, 4/9/03, 4/16/03, 4/23/03, 4/30/03, 5/7/03, 5/14/03, 5/21/03, 5/28/03, 6/4/03 46 hours

Client has alcohol related violence in her family. Client rejects husband's sexual advances because of resentment. He forces himself on her. Topics included family dynamics in alcoholism, first steps, sexual intimacy, recovery, how to love an alcoholic, self-acceptance, communication skills, beginning a new life, spritual resources, the dilemma of a marriage when one or both are alcoholics, bringing hope into your life, how to deal with resentment, how to live with an alcoholic.

EL - 1/8/03, 1/15/03, 1/22/03, 1/29/03, 2/5/03, 2/12/03, 2/19/03, 2/26/03, 3/1/03, 3/5/03, 3/12/03, 3/19/03, 3/26/03, 4/2/03, 4/9/03, 4/16/03, 4/23/03, 4/30/03, 5/7/03, 5/14/03, 5/21/03, 5/28/03, 6/4/03 46 hours

Client has very controlling husband who restricts her everyday movement. Topics included family dynamics in alcoholism, first steps, sexual intimacy, recovery, how to love an alcoholic, self-acceptance, communication skills, beginning a new life, spiritual resources, the dilemma of a marriage when one or both are alcoholics, bringing hope into your life, how to deal with resentment, how to live with an alcoholic.

CN - 1/8/03, 1/15/03, 1/22/03, 1/29/03, 2/5/03, 2/12/03, 2/19/03, 2/26/03, 3/1/03, 3/5/03, 3/12/03, 3/19/03, 3/26/03, 4/2/03, 4/9/03, 4/16/03, 4/23/03, 4/30/03, 5/7/03, 5/14/03, 5/21/03, 5/28/03, 6/4/03 46 hours

Client's husband cannot keep a job because of alcoholism. Husband does not accept responsibility for anything related to marriage or household. Client works to maintain household. Topics included family dynamics in alcoholism, first steps, sexual intimacy, recovery, how to love an alcoholic, self-acceptance, communication skills, beginning a new life, spiritual resources, the dilemma of a marriage when one or both are alcoholics, bringing hope into your life, how to deal with resentment, how to live with an alcoholic.

CANCER

NL – 11/20/02 3 hours

Client has lung cancer that has spread to her stomach. Information was given on nutrition to combat fatigue, and the side effects of medications.

CM – 6/5/02 2.5 hours

Client had stomach cancer. Helped hospital staff change her clothes and her bed. Sat with client and prayed with her. Client died the same day.

AR – 7/9/02 5.5 hours

Client was ashamed to tell WHPI staff that she had found a lump in her breast and was very worried to the point of not being able to sleep at night. WHPI staff took her to the doctor even though the client had no money to pay for the visit. The doctor immediately ordered a mammogram. WHPI staff found donors to cover the cost of the visit, and the operation that ensued to remove the lump. The pathology report came back negative.

GIM – 4/24/03, 5/15/03, 5/30/03 10 hours

Client has breast cancer. Lives in a colonia in a cardboard house. Topics included cancer, what it means, how it's diagnosed, treatment options, and diet. Client has decided to go through chemotherapy. She is in great need of food and money for transportation to doctors/specialists. Referred to two of the network members for financial and medical assistance, Agrupacion Georges Papanicolau, and DIRMAM.

CR – 5/16/03 2 hours

Client found a breast mass. Topics were diagnosis, treatment options, emotional support, health care financing, community resources.

For cancer and diabetes patients in need of medical equipment the Project has distributed:

9 wheelchairs
4 walkers
3 canes
3 crutches
1 prosthetic leg for an amputee

JANUARY TO JUNE, 2003

3 walkers
2 ostomy bags
12 ostomy system supports
10 eyeglasses and/or frames

Age ranges are

1-21 = 1
22-30 = 4
31-45 = 5
46-65 = 5
66-90 = 5

JANUARY TO JUNE, 2003

Age ranges are

1-21 = 1
22-30 = 0
31-45 = 2
46-65 = 0
66-90 = 2

JANUARY TO JUNE, 2003

1/14/03.- Sra. Guadalupe Soto of Altar, Sonora, Mexico. Medical equipment for husband who had a heart attack. Campesina from an ejido(communal ranch.) Very poor. She had no means of transportation or money. Acquired equipment needed and transportation to village of origin. **3 hours.**

Objective: members choose executive, evaluation and activity committees

PROGRESS

Three (3) network members have chosen a committee to sit on. At this time, there is one representative for each of the three committees. They are:

Executive: Leticia Haro representing the Ayuntamiento del Gobierno Municipal de Nogales, Sonora, Mexico

Evaluation: Marisela Curiel representing Plan Retorno (deportee program)

Activity: Conchita Larios representing Direccion Municipal de Asuntos de la Mujer (DIRMAM)

Representatives of the subcommittees met together on 10/25/02, 10/31/02 to talk about the scope of work for each subcommittee.

CHALLENGES

Although the network had a slow start, participation by network members is increasing. This participation has increased as the members see the benefit of the Border Fellowship Project to their constituencies. Most agencies working with the poor and the disenfranchised are overworked, understaffed, and lacking in resources.

JANUARY TO JUNE, 2003

The Activity Committee had meetings on 1/15/03, 1/17/03, 2/25/03 to plan the Women's Health March, and the Women's Prison Project.

The Executive Committee had meetings on 3/10/03 and 4/20/03 to discuss the community based media campaign.

The Evaluation Committee met on 2/20/03 to discuss the design and implementation of the evaluation plan.

Total: 15 hours

Objective: review promotora training (educational components, home visiting skills, role play, shadow visits with experienced promotoras, support group facilitation)

PROGRESS

Trainings were held on 7/11/02, 7/12/02, 7/18/02, 7/19/02, 7/25/02, 8/28/02, 8/29/02, 8/30/02, 9/10/02, 10/22/02 52 hours x 5 staff **260 hours**

Training topics were domestic violence, sexual assault, rape crisis, "club drugs," diabetes, cardiovascular health, depression.

JANUARY TO JUNE, 2003

Trainings were held on

1/24/03 Diabetes and Depression, Flinn Foundation, Phoenix, Arizona 8 hours x 1 staff

1/27/03 to 1/27/03 HIV/AIDS Trainer Instructor Course, American Red Cross, Nogales, Arizona 36 hours x 2 staff

2/6/03 Lupus, WHPI, Nogales, Arizona 3 hours x 2 staff **86 hours continuing education**

CHALLENGES

None.

Objective: evaluation committee develops evaluation instruments, such as satisfaction surveys.

PROGRESS

The evaluation committee decided that a more effective evaluation tool would be to follow clients that had received an educational encounter to see if the intervention does, indeed, have an effect (See follow-up of newly diagnosed diabetes clients under health screenings.)

However, random satisfaction surveys were passed out at maquiladoras and colonias. About 200 surveys were distributed in different service sites, dates and times. Sixty three (63) evaluations were returned to staff.

The general evaluation form used by WHPI for its programs was chosen as the evaluation instrument. The benefits of choosing an existing evaluation instrument are standardization across programs, increase of sample size for statistical validity, and data gathering for comparison of Mexican vs. U.S. health, social service and environmental priorities and needs.

Evaluation questions were:

In general how would you rate the workshop you attended today?

63 excellent, 0 good, 0 regular, 0 poor.

In general how would you rate the quality of the information you received today?

63 excellent, 0 good, 0 regular, 0 poor.

What, if anything, impacted you the most in this workshop?

How sugar harms the body. (16) All the information. (9) I didn't know I had diabetes. (7) How Mexicans suffer more from diabetes. (5) We are ignorant. (3) I am going to share what you taught me with my sister. I think she is diabetic. (1) How important it is to take care of your feet. (1)

Is there anything you would change to make this workshop better?

60 no, 3 yes (better in the evening so my family can be there, want more information, can you give me the medication?)

Other comments or suggestions: have these screenings/talks more often (12), time was not convenient (6), can you come to my colonia? (4) we need this kind of information (3) don't like it at work (1).

CHALLENGES

The evaluation committee felt that the satisfaction surveys gave very little information that would be useful to the Border Fellowship Project. In general, they felt that if anyone were unhappy it was unlikely they would write it down on a piece of paper. It was deemed more effective if the project could personally interview the project participants individually (not in a group setting.) Although everyone agreed that this would be the best possible way to get honest feedback, it was deemed prohibitive in terms of staff time. Another issue that came up was that not all our clients are literate. This may be one reason why we received so few written comments. Other reasons are lack of time, interest, or experience in filling out an evaluation instrument.

Objective: executive committee recruits trainees for annual training of trainers through local officials and colonia leaders. Training of trainers is held.

PROGRESS

The executive and activity committees have reached an agreement with 4 colonia leaders for the train the trainer piece of this project. We have secured a location for the training at the Chamber of Commerce located in the center of town. All the subcommittees are working on recruiting as many colonia leaders as possible. Since the Project has not been able to hold the training yet we will have 2 trainings on different topics, back to back in the second project year.

CHALLENGES

The project did not take into account that 2003 is a pre election year in Sonora. In Mexico the different candidates and parties court the colonia leaders to work on their campaigns. They do this because a colonia leader's opinion carries a lot of weight with their residents. Thus it has been very difficult to gather all the colonia leaders together since they are busy. Also, one of our partners, the Director of DIRMAM, has fractured her leg making it difficult to fully organize the logistics of the colonia leaders training.

Objective: creation of support groups

PROGRESS

Clients in the substance abuse category elected to meet as a group.

A support group was held once a week starting: 1/8/03, 1/15/03, 1/22/03, 1/29/03, 2/5/03, 2/12/03, 2/19/03, 2/26/03, 3/1/03, 3/5/03, 3/12/03, 3/19/03, 3/26/03, 4/2/03, 4/9/03, 4/16/03, 4/23/03, 4/30/03, 5/7/03, 5/14/03, 5/21/03, 5/28/03, 6/4/03 46 hours

CHALLENGES

Most other groups, i.e. prenatal, cardiovascular, cancer, diabetes, domestic violence, etc. prefer to have a one-on-one intervention at this time. Reasons for this "shyness" may have to do with cultural barriers such as pride, not wanting to air personal issues in front of strangers, and not being used to a group process with non family members.

BUDGET

Woman hours: 1,940.5 (Does not include preparation time for group and individual presentations, collecting and reporting data, or site visits.) \$19, 405

317 trips made @ 20 miles round trip (average) = 6340 miles \$2,282.4