



Annual Report: 2009

International Medical Health Organization (IMHO)

A humanitarian nonprofit organization committed to improving and developing health infrastructure and health services for under-served communities worldwide.

2381 Hylan Blvd. #13B
Staten Island, NY 10306
U.S.A.

www.TheIMHO.org



Foreword

Dear Friends,

With your support, we have forever changed the lives of thousands in need, helping to save lives and to improve quality of life. Working through local partner organizations that understand their own communities well and are passionate about service and creating positive, lasting change, IMHO has been able to address serious health and medical needs. We are encouraged by your generosity and commitment to our mission, and we know that with you behind us, we will be able to do so much more.

While we are excited to note the growth of our organization, we are deeply saddened by the ongoing situation in Sri Lanka and the suffering of those around the world who are in dire need of relief, medical & health care, and other support. We are proud to share with you our achievements in 2009 in this annual report, but the reality is that we have just begun to scratch the surface in addressing the needs of the communities we serve. We need your help in spreading the word about IMHO, in opening new chapters in your state or city, in networking us with valuable contacts, and so much more. And as always, we rely on your generous donations to do our important work.

On behalf of the people we serve, thank you again for your compassion and thoughtful support of our work.

All the best,
The IMHO Board of Directors

Mission

To develop and improve health and health care infrastructure in under-served regions worldwide.

Vision

IMHO aims to improve health care across the globe for those in need, by identifying health needs and providing resources & training to address those needs. We believe in empowering communities to build their own health systems, improve overall health, and to respond to health needs as they arise. In this way, we promote self-reliance and sustainability. IMHO frequently partners with local and international non-governmental organizations to better channel assistance to needy populations. Our work is focused on the areas of *Primary Care & Public Health, Health Education & Training, and Capacity-Building*



Project Reports

2009 Humanitarian Crisis & IDP Relief

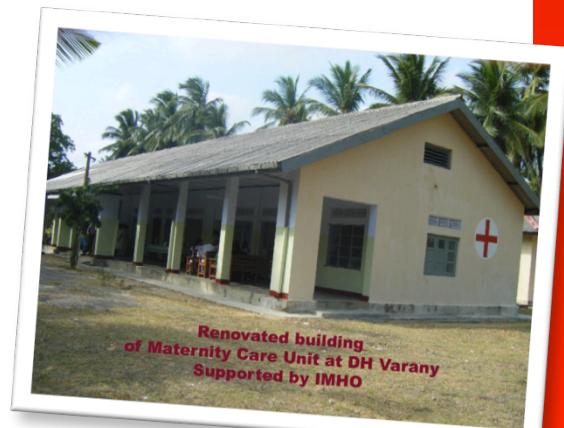


From January through May 2009, the North and East of Sri Lanka experienced an intense spike in violence, as the country's long-standing civil conflict continued to play out. The war was officially declared over in May 2009 when the government regained control

over all territory. As a result of the conflict, hundreds of thousands of persons were displaced, and daily life was severely disrupted throughout the affected regions. Since February 2009, IMHO responded to the needs as they arose. With many thousands still remaining in Internally Displaced Persons (IDP) camps across northern Sri Lanka, IMHO remains committed to serving the humanitarian needs of these persons and others on the outside who have been affected by this conflict. IMHO's efforts in response to this ongoing humanitarian situation up until November 2009 have so far included:

- Nutrition: \$205,000
- Medicines: \$20,000
- Mobile Medical Clinics: \$40,000
- Hygienic Kits & Clothes: \$12,500
- Hospital Renovation: \$5,000
- Construction of Toilets: \$36,000
- Construction of Tube Wells: \$13,300
- Physical Rehabilitation for Amputees: \$38,500
- Medical Students Support Fund: \$7,500
- Orphans Support: \$9,600 (*pledged*)
- Mental Health Services: \$9,500

What a difference this all has made in helping those at the ground to save lives and to improve the conditions and quality of life for those who survived this terrible tragedy. By responding to the needs of local partner organizations and taking a diverse approach, IMHO has been able to help fill in the gaps and draw attention to those most in need.



Nutrition

One of the most basic and critically important needs of those in marginalized areas is that of proper nutrition. As such, IMHO is committed to supporting the basic nutritional needs of those that are malnourished, especially for women, children, and the elderly. In 2009, IMHO supported nutritional feeding programs for at-risk communities, such as those displaced by the conflict, the elderly, and children in schools and orphanages.



Primary Care

At its core, IMHO's main commitment is to primary care and public health in disadvantaged and under-served areas. In 2009, IMHO continued its commitment by supporting local hospitals and clinics in providing basic, essential medicines to poor patients who lack the financial means of paying for such medicines.

Another ongoing pledge is to operating mobile medical clinics in rural and under-served areas all over Sri Lanka through primary care centers, offices of various hospitals, and local partner organizations. The mobile clinics provide general medical consultation along with free medications such as antibiotics, vitamins, painkillers, and more.



Amongst other efforts, support for local doctors, nurses, and health workers was also continued this year, by providing incentive allowances and other general support for these persons to work in very remote and disadvantaged communities.

Mental Health

One of IMHO's primary areas of focus is that of mental health. The overarching goal with every mental health effort is to help those struggling with mental illness or disability to learn to live independently. Getting patients access to the latest medications with the least amount of side effects is also crucial.



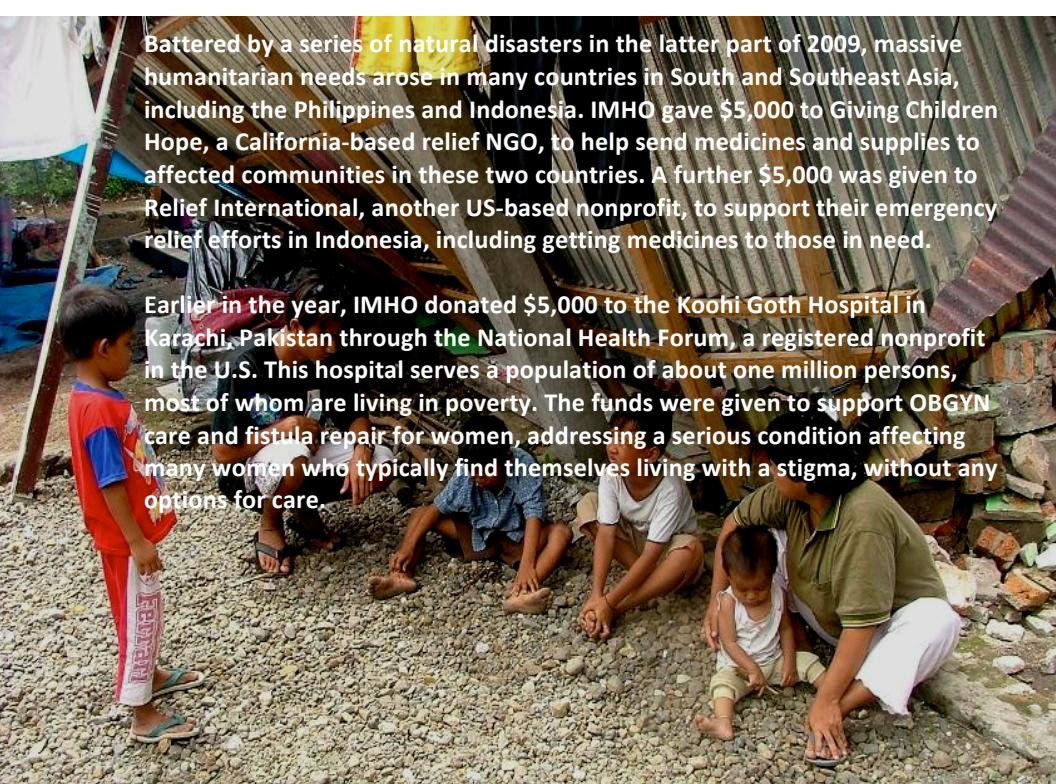
IMHO supported a psychiatric unit in Vavuniya, which was opened in 2009

and has played a critical role in responding to the needs of the IDPs who arrived in large numbers in the nearby IDP camps. IMHO also committed financial support to local partners in Sri Lanka for various other mental health projects, including the development of an acute in-patient psychiatric unit in Negombo, establishment of a microcredit welfare fund for patients in Kalmunai, support for a Mental Health Day celebration in Kalmunai, and support for an existing multi-disciplinary counseling team & an existing mobile community mental health team in Jaffna.

Emergency Relief

Battered by a series of natural disasters in the latter part of 2009, massive humanitarian needs arose in many countries in South and Southeast Asia, including the Philippines and Indonesia. IMHO gave \$5,000 to Giving Children Hope, a California-based relief NGO, to help send medicines and supplies to affected communities in these two countries. A further \$5,000 was given to Relief International, another US-based nonprofit, to support their emergency relief efforts in Indonesia, including getting medicines to those in need.

Earlier in the year, IMHO donated \$5,000 to the Koohi Goth Hospital in Karachi, Pakistan through the National Health Forum, a registered nonprofit in the U.S. This hospital serves a population of about one million persons, most of whom are living in poverty. The funds were given to support OBGYN care and fistula repair for women, addressing a serious condition affecting many women who typically find themselves living with a stigma, without any options for care.



Specialty Care

Many of IMHO's efforts in hospital and clinic development have been in various fields of specialty, with the overarching goal of improving and developing the health care infrastructure in under-served regions. Throughout 2009 IMHO engaged in various capacity building efforts to help train and support doctors and health workers. IMHO gave donations of medical equipment to hospitals and brought attention to the issue of a much needed cardiology unit in Jaffna. General support and assistance were given to cancer patients. Additionally, IMHO helped to establish an Intensive Care Unit, Diabetic Center, Telemedicine Unit, and Post Anesthetic Care Unit at the Jaffna Teaching Hospital.



2009 Partners & Beneficiaries

Organization	Benefiting Country (-ies)	Project Category (-ies)	Amount
Consortium of Humanitarian Agencies	Sri Lanka	Emergency Relief, IDP Relief, Maternal Nutrition, Nutrition for IDPs, Primary Care, Public Health	\$362,700.00
Giving Children Hope	Indonesia/Philippines	Emergency Relief	\$5,000.00
Hindu Board of Education	Sri Lanka	Nutrition	\$8,800.00
Jaffna Hospital Development Association	Sri Lanka	Specialty Care: Capacity Building, Anesthesiology, Endocrinology	\$21,100.00
Jaffna Medical Faculty Overseas Alumni (JMFOA)	Sri Lanka	Specialty Care: Capacity Building (Medical Students Fund)	\$7,500.00
Lions Club of Colombo	Sri Lanka	IDP Relief	\$5,000.00
Mental Health Society, Kalmunai	Sri Lanka	Mental Health	\$11,500.00
Mental Health Society, Tellipalai	Sri Lanka	Mental Health	\$21,800.00
Moolai Cooperative Hospital	Sri Lanka	Primary Care & Mobile Clinics	\$14,000.00
National Health Forum	Pakistan	Emergency Relief	\$5,000.00
Negombo Hospital	Sri Lanka	Mental Health	\$10,000.00
Ramakrishna Mission	Sri Lanka	IDP Relief (Clean Water)	\$13,300.00
Regional Director of Health Services, Jaffna	Sri Lanka	Primary Care, Specialty Care: Capacity Building	\$12,700.00

Regional Director of Health Services, Kilinochchi	Sri Lanka	Primary Care, Specialty Care: Capacity Building	\$5,000.00
Regional Director of Health Services, Mannar	Sri Lanka	IDP Relief & Amputee Rehab	\$11,000.00
Relief International	Indonesia	Emergency Relief	\$5,000.00
Sivan Arul Illam	Sri Lanka	IDP Relief, Nutrition for Orphans	\$37,950.00 (<i>incl. \$9,600 pledged</i>)
Sri Ramakrishna—Point Pedro	Sri Lanka	Nutrition	\$4,000.00
Survivors Associated	Sri Lanka	Amputee Prostheses & Rehab	\$25,000.00
Vavuniya Mental Health Unit	Sri Lanka	Mental Health, IDP Relief	\$3,500.00
Misc.	Sri Lanka	Primary Care, Capacity Building	\$10,560.00
TOTAL			\$600,410.00

*This list reflects expenses from January 1st – November 1st 2009 only.

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2010 Annual General Convention

Please mark your calendars and join us for our 7th Annual IMHO General Convention in Boston in 2010. For the full event listing, please check back with our website (www.TheIMHO.org), or contact Nantha at massachusetts@theimho.org for more information or to RSVP.

When: Friday, April 30th and Saturday, May 1st, 2010

Where: Boston Hilton, Boston, Massachusetts

****To make your tax-deductible donation to IMHO, please send a check made out to "IMHO" to IMHO Treasurer, PO Box 61265, Staten Island, NY 10306 or donate online.****

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