

# ACTIVE HELP ORGANIZATION (AHO) ® NGO

(Registered under the Societies Registration Act XXI of 1860 Registration No RP/1608/L/S/04)

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## Annual Report 2012

Reporting Period

**1<sup>st</sup> January 2012 to 31<sup>st</sup> December 2012**

### Activities 2012

Title of the Project: **HIV/AIDS prevention, treatment and care for female injecting drug users/drug users, spouses/ families of HIV positive drug users in Okara**

Targeted Area: **Okara City, Punjab**

Project Period: **1<sup>st</sup> January 2012 to 31<sup>st</sup> December 2012**

### **Introduction of the project!**

The primary goal of this project is to enhance the quality of services available to female injecting and non-injecting drug users (including those involved in sex work and spouses of male injecting drug users) in the community by improving female access to existing harm reduction services and developing new female-specific services and effective referral systems to female health service providers. The services include the establishment of gender-sensitive drop-in-centre, mobile services exclusively devoted to accessing female IDUs/DUs, at-risk spouses of male IDUs and families of HIV positive IDUs.

### **Overall Objective:**

To provide HIV prevention, treatment and care to the female injecting and non- injecting drug users and spouses of HIV positive drug users in Okara

### **Target Group**

To deliver HIV prevention and treatment to female injecting/ non-injecting drug users and, spouses/families of HIV positive drug users in Okara

At least **289** female injecting/ non-injecting drug users and, spouses/families of HIV positive drug users access services by the completion of this contract.

**325 Cases** by 1st January to 31<sup>st</sup> December 2012, the tests include **110** VCT, **112** HEP B & **112** HEP C, and STI. **28** females will be provided drug detoxification.

**1. Activities performed during the project:**

**1. Problem solving skills training;**

Many FDU are benefiting from problem solving skills trainings FIDU as well because it is completely new for them. So, while carrying out likewise the previous month the Psychologist conducted problem solving skills training on the following topics Existential Therapy, Person – Centred Therapy and Behaviour Therapy as well.

**2 .Reproductive Health Care/ Basic Health Care/ STI prevention, diagnosis and syndrome management;**

**(From 1<sup>st</sup>-January-2012 to 31<sup>st</sup>-December-2012)**

• Total Number of Patients	<b>2847</b>
• New cases	<b>1959</b>
• Follow up cases	<b>888</b>
• New FDU/ FIDU registered till 31 <sup>st</sup> Dec.2012	<b>36</b>
• Total FDU Provided Services	<b>1500</b>
• Total FIDU Provided Services	<b>112</b>
• Total relatives of FDU/ FIDU treated/ prescribed	<b>1231</b>
• STI's Patients	<b>152</b>
• Skin Infection	<b>70</b>
• Respiratory Infections	<b>57</b>
• Antenatal care	<b>53</b>
• Infertility	<b>7</b>
• Irregular Menstruation	<b>78</b>
• Abscess Cases	<b>65</b>
• Other diseases	<b>2362</b>

**3. Marital Counseling;**

**Tharty Six (36)** marital counseling sessions were conducted in which beneficiaries along their families were facilitated.

**4. Counseling and psychosocial support;**

**Counseling Sessions:**

Total Sessions	<b>1097</b>
Total Individual counseling sessions	<b>1075</b>
Total Group sessions	<b>115</b>
Total beneficiaries	<b>1095</b>

**5. Condom provision;**

.Total **9734** condoms were distributed among the beneficiaries

**6. Sterile injecting equipment;**

Six Hundred Three (**603**) sterile injecting equipment were provided and replaced after single use.

**7. VCT and HIV or Hepatitis B & C diagnosis**

The testing was started from January 2012

Test Results

Month	VCT	HCV	HBs	HCV Positive	HBs Positive	HIV Positive
Total 12 Month	101	112	112	27	3	2

**8. Vaccination for Hepatitis B;**

Sixteen (16) beneficiaries were vaccinated for Hepatitis B.

**9. Home based detoxification for female IDUs/DUs;**

. Home based detoxification.

Detoxification Completed	28
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#### 10. Pregnancy tests of female IDUs/DUs and spouses of male HIV positive DUs;

Month	Total Test Performed	Positive Results
Total 12Month	37	16

**11. Develop different strategies;** For this purpose the Out Reach Workers and along with the AHO executive organized meetings and informative sessions with Lady Health Workers of Health Department and with Lady Health Supervisors to spread the information about the drop in centre in the entire city Okara.

- While following the different strategies we are in contact with a local Non – Governmental Organization named Marie Stopes Society, Green Star Organization, they are cooperating with us and referring FDUs to Umeed e Nisa drop in centre.
- On the other hand we are also in contact with Government Department Social Welfare Department, Sannit Zar District Headquarters Hospital officials, antenatal clinics and reproductive health clinics here we are building a good liaison with all of them that they should refer the deserving beneficiaries to our drop in centre for testing or for detoxification and they are cooperating with us with their great interest.

#### 12. Train peer-educators from the target group to reach female IDUs/DUs to support them and their families in recovery;

The Sixteen peer educators are trained in DIC for disseminate knowledge about services of DIC. Ms. Yasmeen Bibi ,Miss Shamshad Bibi , Miss Najma, Latifan bibi , Miss Asia, Miss Naziya, Miss Bushra, Ms. Yasmeen Bibi, Miss Shahnaz Afzal , Kulsoom Bibi ,Farzana Ramzan ,Nagmana Hassan, Asiya Bibi , Miss Bushra, Irshad Bibi, and Sugaftha they are helping the outreach workers in the field for better interventions and for better services delivery.

#### 13. Develop awareness raising strategy for females and their families in the community to address the stigma and discrimination directed at females with drug abuse problems and HIV status.

##### Awareness Sessions

Outreach workers, Community Organizer, conducted sessions on Healthy living, HIV, Hepatitis, STIs, Hazard of Drug abuse, and Safer Sex Practices and harm Reduction. The details are as given below;

• Total Sessions conducted	524
• Sessions at new sites	205
• Follow up sessions	319
• Total Number of participants	2666
• New participants	955
• Repeated participants	1711
• IEC Material distributed	3091

##### Advocacy and Awareness Raising:

#### International Candle Light Memorial Day 2012 Celebrations

**Title of the event :** “International Candle Light Day” with the Theme of “Promotion Health & Dignity Together”

**Duration :** One Day

**Date :** 20<sup>th</sup> May, 2012

**Venue :** Umeed-e-Nesan Center, Okara

**Beneficiaries :** 90

**Organized by :** Active Help Organization

**Participants :** Beneficiaries, General Community



#### Brief of the proceedings

As AHO celebrate International Candle Light Day every year with different communities in Lahore. This year we decided to celebrate it in a rural city like Okara. Where we think need to impart knowledge and information regarding Drug Abuse, HIV and AIDS for this purpose we organized a one day seminar. In this seminar near about 90 people participated in the lightning of the candles and pried for those people who are indulged in harm diseases. The main purpose of this event is sensitized the people about Drug Abuse, HIV and AIDS. The main purpose of this activates, to spend awareness of the harm deceases in beneficiaries, general community and students who are participate in this seminar.

#### Celebrations of “International Environment Day”

**Title of the event** : “International Environment Day”  
**Duration** : One Day  
**Date** : 5<sup>th</sup> June, 2012  
**Venue** : Rally Center to Okara Press Club

#### **Purpose & Objectives**

On 05-June-2012 an awareness rally on **Environment** was held in Okara by Active Help Organization in collaboration with Social Welfare & Environment Development Association. This activity was a group effort of Active Help Organization, Social Welfare and Environment Development Association in which the whole team provide knowledge to the participants about Environment.

More than 200 participants were present there form general community like students, Teachers, EDOs etc. Dr. Kulsoom Akthar form Active Help Organization was the facilitator and she was leading rally. Dr. Hanif organized all the staff and completed the rally to Press Club with successfully.



## Celebrations of International Drug Day 2012

<b>Title of the event</b>	: “International Day against Drug Abuse”
<b>Theme</b>	: “Global action for healthy communities without drugs”
<b>Duration</b>	: One Day
<b>Date</b>	: 25 <sup>th</sup> June, 2012
<b>Venue</b>	: Umeed-e-Nise Center Okara
<b>Number of Beneficiaries</b>	: 156
<b>Organized by</b>	: Active Help Organization
<b>Funded by</b>	: U.N.O.D.C Pakistan
<b>Chief Guest</b>	: Maher Irshad (Chairman of Baat-ul-Maal)
<b>Guest of Honor</b>	: Rana Ashraf (District Officer of Social Welfare), Nadeem Bhuta (Gender Specialist in Okara)

Muhammad Shakil (Baat-ul-Maal), Mina Urfat Rasool and Others

**Participants** : General Community, FDUs/FIDUs, NGOs, Media

### **Purpose & Objectives:**

By adopting the theme of the International Day against Drug Abuse “Global action for healthy communities without drugs” Active Help Welfare Organization (AHO) has decided to organize **Public health awareness camp/ Free Medical Camp** for general community and awareness an advocacy event in Okara.

### **Goal:**

The goal of the camping is to mobilize support and to inspire people to act against drug abuse. The camping encourages young people to put their health first and not to take drugs

### **Objectives:-**

- ❖ To educate the general community about drug abuse , HIV / AIDS, and STIs
- ❖ To bring behavior change among attitude of community about HIV/AIDS and Drug Abuse
- ❖ To reduce discrimination and stigma faced by FDUs/FIDUs
- ❖ To inform other NGOs about this issue.
- ❖ To reduce the myths and misinformation of media and medical personnel regarding Drug Abuse and HIV&AIDS.

### **Process**

There is a great need of such event to be celebrate in cities like Okara where we think need to impart knowledge and information regarding Drug Abuse, HIV and AIDS. For this purpose we organized one day seminar by the contributions from UNODC & PFRD. In this seminar near about 156 people were participated including FDUs/FIDUs, media, general community, and District Officer of Social Welfare Govt. department. The main purpose of this event to sensitize the people about Drug Abuse, HIV and AIDS.

There are other stake holder also visited the free medical camp and gave the appreciate remarks to the Organization and all Para Medical staff.

Miss Rabia Bashir took a session about the counseling and did a relaxing therapy to the beneficiary and general community.

A lot of people came to Free Medical Camp and took the medical facilities like tests, ultra sounds, relaxing therapy and IEC Material about Drug Day.





### **Training for Volunteers on Dengue Campaign**

**Title of the event :** “Training of Volunteer on Dengue Campaign”  
**Duration :** One Day  
**Date :** 28<sup>th</sup> August, 2012  
**Venue :** Umeed-e-Nesan Center, Okara  
**Volunteers :** 15  
**Organized by :** Active Help Welfare Organization and Social Welfare  
**Department**

Training session is organized by Active Help Welfare Organization (AHO) for volunteers on the issue of the dengue. Now a day, dengue is spreading rapidly in Okara. Everyone is active for prevention of this dangerous various. Some organizations and NGOs are also organized some activities for the control of this complicated situation. So, Active Help Welfare Organization and Social Welfare Department is decided to train some volunteers for this noble purpose. They will spend the knowledge in Okara by going door to door. So, we organized a one day training seminar with calibration of Social Welfare Department. In this seminar near about 15 volunteers participated in this training session. The main purpose of this event is sensitized the people about Dengue. The main purpose of this training activity is spent awareness of the Dengue and other harm disease among beneficiaries and general community



### **Celebrations of International AIDS Day 2012**

**Title of the event :** “World AIDS Day Celebrations 2012”  
**Theme :** “Getting to Zero”  
**Duration :** One Day  
**Date :** 09<sup>th</sup> December, 2012  
**Venue :** Municipal Committee hall(Baldia Hall), Okara  
**Chief Guest :** Mian Yawer Zaman (MPA Okara)  
**Guest of Honor :** Dr. Saeedullah. E.D.O Health Okara  
**Number of participants :** more than 300

#### **Purpose & Objectives**

Active Help Organization organized this particular activity inviting all the primary stakeholders from the targeted community of the project i.e. Female Drug Users to disseminate and share information and knowledge HIV and AIDS also to formulate and develop consensus on HIV to be taken at the priority wise. The main beneficiaries of this exercise were AHO itself and project targeted community and general population.

#### **Objectives**

The specific objectives of the seminar were as follow;

- ❖ To educate & upgrade the knowledge of project targeted communities
- ❖ To bring behavior change among attitude of community about AIDS and STIs

- ❖ To convince high risk people to adopt methods of safe sex and encourage them for blood screening of HIV & AIDS
- ❖ To reduce discrimination and stigma faced by PLHA's
- ❖ To decrease the fear of HIV positive people
- ❖ To inform other NGOs and general community about this issue
- ❖ To reduce the myths and misinformation of media and medical personnel regarding HIV & AIDS



**Free Medical Dispensary/ FP/RH/MCH**

Name of the Project : **Family Health Clinic Babo Sahbo Shera Kot Lahore**

**Total Population:** 7200

Estimated Numbers of MWRA's: 3680

Achievements in quantitative terms

- Provision of Contraceptive medicines to 677 clients.
- Provision of Information to 2000 clients.
- Provision of Medical services to 3500 clients