INSIDE THE WORLD OF HEAL
In 2015, two years ago we were launching our first class of fellows. Phuoc and Sri track the age of HEAL by the age of their daughters who were born around the same time. They are toddlers now, and HEAL is still very young. But as is the case with young children, we at HEAL already have a very strong spirit and sense of self.

Two years after we began, this summer 45 HEAL fellows 1-2 years into their fellowship gathered together in Navajo Nation. Where we usually see G20 like convenings of elite folks, this was a gathering of direct providers from poor communities coming to learn from one another on Native land in the United States. Together we flipped the script and made the space for a different conversation.

It is hard to describe the power of a community of health professionals from eight countries across three continents, together speaking 25 languages, standing together on Native American land. This is the promise of HEAL. Together we discussed best practices in community health, how we struggle as committed health workers to balance work and family, and the way forward whether it be with the Ministry of Health in Malawi, ICU care in rural Haiti, or substance abuse in the Emergency room in Navajo Nation.

Our ceremony to honor the graduation of our first class of fellows at Dine College in Arizona modeled the spirit of HEAL. An elder blessed the space. A Navajo scholar delivered a keynote discussing historical trauma and resilience. Finally, the teenage children of one of our Navajo fellows led a drum song before we honored the first class of HEAL fellows. It was not so much a graduation as a moment to honor this two year segment of a marathon we run to serve poor populations.

We are often asked: What do HEAL fellows do after HEAL? The answer is emerging. This year, four of our ten rotating fellows who graduated are staying in Navajo Nation to work. In a context where 25% physician jobs are vacant, this has a powerful effect - on patient care, as a signal of our values, and on the community we seek to nurture. Other fellows are taking leadership positions in their current jobs as they become upskilled and confident in their leadership capabilities developed through HEAL.
As we reflect on our past and present, and look forward to the coming classes, we are doubling down on areas of strength. Through an ongoing process of listening to our fellows, partners, alumni, mentors, allies, and friends, we are reflecting on how to deepen our strengths, and focus our future. We are building on our longitudinal curriculum to engage the geographic spread of HEAL fellows throughout the year. We are focusing on the community of practice, the collective promise to cross learn and share.

The greatest lesson for us at HEAL is the immersive and difficult experience of delivering care to underserved patients is the greatest teacher, combined with a community to walk alongside with, learn with and reflect with is deeply transformative.

As we welcome our 2017-19 HEAL class, we are now more than 80 health professionals anchored on the simple idea of training and transforming ourselves to better serve those without adequate health care, and stand by their side, as front line health professionals and as advocates. Such a simple, important intention gathers momentum from many directions, including so many of you. It reminds us of a Navajo Prayer:

As I walk, as I walk
The universe is walking with me
In beauty it walks before me
In beauty it walks behind me
In beauty it walks below me
In beauty it walks above me
Beauty is on every side
As I walk, I walk with Beauty.

Navajo Prayer

We are grateful to share some of our work with you as we attempt to walk with beauty.

With gratitude,

The HEAL Leadership Team
to train and transform through a community of health professionals dedicated to serving poor populations as a career choice.
HEAL Community Update

1. HEAL MID-FELLOWSHIP RETREAT & GRADUATION
   From June 24-28, 2017, two classes of HEAL fellows gathered together at Diné College in Navajo Nation to reflect on their work and to share their experiences. When they weren’t in intensive sessions exploring shared lessons and experiences and developing new skills, we took a community hike to breathtaking Canyon de Chelly and learned about the local history of survival and resilience of the communities living in the Canyon. We ended the programming by celebrating the graduation of the first class of HEAL Alumni.

2. HEAL GLOBAL HEALTH TRAINING 2017
   In July we had the honor to welcome 35 new fellows to the HEAL Community at our Global Health Training. Our largest cohort to date gathered for two weeks amongst the redwoods and then on the UC Berkeley campus. These fellows from around the world came together to begin the journey of collaboration, personal transformation, and solidarity amongst their peers committed to the underserved. They have now travelled back to their sites and to begin the fellowship.

3. HEAL RECRUITMENT 2018
   The application for our 4th cohort of HEAL fellows is now open and will close on October 1st. As always, our recruitment efforts are focused on healthcare professionals who aim to make serving the underserved their career choice. Please help us spread the word to applicants who would be good additions to the HEAL Community.
“True compassion is more than flinging a coin to a beggar; it comes to see that an edifice which produces beggars needs restructuring.”
- Martin Luther King, Jr.

AMI WATERS  
Med-Peds Fellow ‘16
During her fellowship, Ami rotated between UCSF and Last Mile Health in Liberia. Ami has since settled into her new position as an Assistant Professor of Internal Medicine and Pediatrics at the University of Texas Southwestern in Dallas, TX and Co-Medical Director of Last Mile Health in Liberia. While these places are miles apart, this arrangement has permitted her to stay firmly rooted in both places she calls home.

ALICE JOHNSON  
Nursing Fellow ‘17
Alice Johnson is our fellow based at Last Mile Health in Liberia. During her fellowship, she pursued nursing studies and is currently looking for opportunities in global health that would align with her deep passion and dedication for providing quality nursing care to patients in Liberia.

AMELIA FISHER  
Pediatrics Fellow ‘17
Amelia spent her fellowship years rotating between Abwenzi Pa Za Umuyo in Malawi and Tséhootsooi Medical Center in Fort Defiance, AZ. After graduation, Amelia will continue her work in providing treatment to the underserved at South Boston Community Health Center, a Federally Qualified Health Center, where she will be a primary care pediatrician.
ANNA LANDAU
Family Medicine Fellow ‘17

Anna spent her fellowship years rotating between Last Mile Health in Liberia and Tuba City Regional Health Care Corporation in Tuba City, AZ. Anna will be working as a core faculty at the Banner-University of Arizona Main Campus Family Medicine Residency. She will be doing full-spectrum care with a focus on global health and will be helping to teach and run a global health course for medical students and residents as well as helping to create and run a global health track for residents.

ANNIE KHAN
Family Medicine Fellow ‘17

During her fellowship, Annie worked at the Northern Navajo Medical Center in Shiprock, NM, Lifelong Medical Center in Oakland, CA, and Jan Swasthya Sahyog in India. After finishing her fellowship, Annie will continue working with Lifelong at the TRUST Clinic, which works closely with the homeless population of Oakland. She will then continue her medical journey with Kaiser Permanente in Richmond, CA.

EMILIA CONNOLLY
Pediatrics Fellow ‘17

During her fellowship, Emilia worked with Abwenzi Pa Za Umuyo in Malawi and Tséhootsooi Medical Center in Fort Defiance, AZ. Emilia will be working as a pediatric hospitalist at Cincinnati Children’s Hospital and Medical Center with a joint appointment as global health faculty. She will be focused on global health education for medical students and residents, and will spend about 1/3 of the year at Kamuzu Central Hospital in Lilongwe, Malawi. In Malawi, Emilia will be helping with education of medical, clinical officer, and nursing students along with quality improvement and community projects.
ISHA NIROLA  
Community Health Director Fellow ‘17

Isha was our site fellow working as the Community Health Director at Possible in Nepal. When Isha began the HEAL Fellowship, she often felt disconnected from the work she wanted to do. Through HEAL, Isha realized the importance of seeking out moments of compassion and love for her patients. Graduating from the fellowship, Isha will continue her position at Possible as well as pursuing a PhD in Public Health from Harvard University.

JESSICA BENDER  
Internal Medicine Fellow ‘17

As part of the HEAL fellowship, Jessica rotated between Last Mile Health in Liberia and Gallup Indian Medical Center in Gallup, NM. After HEAL, Jessica will make her way to the University of Washington in Seattle as a clinician educator and will spend her clinical time at Harborview Medical Center. She will be doing mostly primary care and inpatient attending that will give her an opportunity to work with medical students and residents.

JIMENA MAZA  
General Medicine Fellow ‘17

Jimena Maza is the HEAL site fellow at Compañeros en Salud in Chiapas, Mexico. During her time as a HEAL fellow, she believes she was given the opportunity to improve herself in order to advocate for social change. Jimena was recently promoted to a leadership role within Compañeros en Salud and will continue working passionately on behalf of her patients.
KAMI GROTEN
Dentistry Fellow ‘17

Kami Groten is a dentist and HEAL’s Site Fellow at Gallup Indian Medical Center in Gallup, NM. During her fellowship, she was also enrolled at the University of California, Berkeley to earn an Master of Public Health degree. After the fellowship, Kami will continue enhancing her clinical skill set by enrolling in a Pediatric Dental Residency Program.

KELVIN CHAN
Internal Medicine Fellow ‘17

During the fellowship, Kelvin served at Gallup Indian Medical Center in Gallup, NM and Last Mile Health in Liberia. Kelvin has decided to continue working in Navajo Nation at Gallup Indian Medical Center after the fellowship. During his time working in Gallup, Kelvin met a lot of wonderful people and absorbed a great deal as he was traveling throughout the reservation. He learned more about the sadness and challenges that the Navajo face everyday and is motivated by the belief that there is still so much work to be done on behalf of his patients.

LAWRENCE NAZIMERA
General Medicine Fellow ‘17

Lawrence is the HEAL Fellow at Abwenzi Pa Za Umuyo (APZU) in Malawi. He is the District Health Officer for Neno District - one of the poorest districts in Malawi - and specializes in General Medicine. After the fellowship, Lawrence will stay and continue in his role of coordinating health care for the people of Neno district in partnership with the local government and Abwenzi Pa Za Umuyo.
LENA WONG
Internal Medicine/Peds Fellow ’17
During her fellowship, Lena worked at both Tuba City Regional Health Care Corporation in Tuba City, AZ and Possible in Nepal. Lena’s next step after graduating from the fellowship is to continue serving the underserved in Navajo Nation as an Internal Medicine physician at Tuba City. Lena loves the Diné community and she believes that working in a clinic in Navajo Nation gives her the opportunity to really talk to and get to know her patients.

LEONARD SHIRLEY
Social Worker Fellow ’17
During his fellowship with the HEAL Initiative, Leonard served as a Social Worker at Tséhootsoí Medical Center in Fort Defiance, AZ. Leonard is very grateful to have developed life-long friendships during his time as a HEAL Fellow. After he finishes his time as a fellow, he will continue working alongside the underserved in his current role.

MARCO TRIGUEROS
Internal Medicine Fellow ’17
During the HEAL Fellowship, Marco worked at both Tséhootsoí Medical Center in Fort Defiance, AZ and Compañeros en Salud in Mexico. After the fellowship, Marco decided to stay and continue to serve as an Internal Medicine physician in Fort Defiance. Marco wants to be a vocal advocate who strives to reduce health disparities while continuing to work in vulnerable communities.
MEGHAN RITZ
Physician Assistant Fellow ’17

During the HEAL Fellowship, Meghan served as a Physician Assistant fellow at Northern Navajo Medical Center in Shiprock, AZ. After the fellowship, Meghan plans to continue her work at the site as a Family Medicine Physician Assistant. She also hopes to start working with the local Environmental Protection Agency (EPA) on an air-quality project addressing the effect on health outcomes for people using inefficient stoves and poor biofuels for indoor heating.

MICHAEL TUTT
Internal Medicine Fellow ’17

Michael Tutt serves as the Chief Medical Officer for Tséhootsooi Medical Center in Fort Defiance, AZ. After the HEAL Fellowship, Dr. Tutt will continue in his role and aspires to bridge the gap between traditional and Western practices for his people, bringing an understanding of their culture to the examining room and an acceptance of the role of traditional healers.

ROBIN GOLDMAN
Med-Peds Fellow ’16

During her fellowship, Robin rotated between UCSF and Zanmi Lasante in Haiti. After graduating from HEAL, Robin began part time as a Med-Peds hospitalist at the San Francisco Veterans Administration and a community hospital in Fremont, CA through UCSF. She joined the HEAL Curriculum and Mentorship team and is a mentor for current fellows in Haiti and Navajo Nation. Finally, she has stayed involved with Zanmi Lasante in Haiti working to facilitate multi-site guidelines and projects.

SUSHIL PATIL
Internal Medicine Fellow ’17

Sushil is HEAL’s Clinical Coordinator Site Fellow based at Jan Swasthya Sahyog in India. Sushil feels that his passion for working with the underserved was strengthened through his experience as a HEAL fellow. Sushil’s next step after HEAL is to remain in his role at Jan Swasthya Sahyog and continue working for the underserved.
TARNUE JALLAH  
Site Manager Fellow ‘17

Tarnue serves as the Site Manager fellow at Last Mile Health in Liberia. Tarnue will continue working in this role after finishing his time as a HEAL Fellow. His aim is to keep advocating to provide better care for the underserved.

TRISHA SCHIMEK  
Family Medicine Fellow ‘17

During her fellowship with HEAL, Trisha worked both at Compañeros en Salud in Mexico and Northern Navajo Medical Center in Shiprock, NM. After the fellowship, Trisha will be working as a Family Medicine Physician within the Contra Costa County System in Pittsburgh, CA.

TIMOTHY LAUX  
Internal Medicine Fellow ‘17

During the HEAL Fellowship, Tim worked at both Tséhootsooí Medical Center in Fort Defiance, AZ and Jan Swasthya Sahyog in India. After the HEAL Fellowship, Tim is will continue to work both in Navajo Nation at Fort Defiance as well as in rural Chhattisgarh at JSS. He is actively committed to publishing research that arises from deeply embedded practice in resource denied settings. He has several publications in the pipeline from his work in rural India. He will also be leading journal club for all of HEAL and some key mentorship pieces for HEAL fellows in India.
“If medicine is to fulfill her great task, then she must enter the political and social life.”
- Virchow
What is the most memorable part of the site-exchange? What do you find most challenging?

Having spent all of my life in Liberia and traveling to this part of the world for the first time, I was very much amazed by the geographies of the Country. The communities set up in the hills were really breathtaking. Meanwhile, the realization quickly dawned on me that it must be difficult for the CHWs [community health workers] to access those houses set up in the hilly towns. I thought about how difficult it must have been to cross rivers and walk long hours in the dense rainforest to get to the last mile communities in Liberia. I came to the conclusion that the CHWs play a very selfless and key role in our health care delivery system.

The most challenging part of the site-exchange personally was the language barrier…which in all sincerity is the story of my everyday life.

What did you hope to achieve when applying for the site-fellow exchange program?

I consider the site-exchange opportunity as an ideal avenue to witness firsthand the implementation of remote healthcare delivery at another site and learn best practices that we could consider integrating in our work to improve the health outcomes of the remote population we serve in Liberia.

I was looking forward to gaining insight into the Possible Health’s approach to: community engagement and recruitment of female CHWs, the training and supervision systems for the community health workforce, and …other quality assurance and improvement interventions that they employ to enhance service delivery in their catchment area.

What is the most important think you’ve learned during the site exchange?

I was privileged to attend a home visit with one of the community health nurses and a community health worker. I was very impressed when I saw the nurse conducting blood pressure assessment on the chronic disease patient that we were visiting. I also learned that the community health nurses carry out MTT assay [type of lab test] to rule out pregnancy for women of reproductive age.

I think advocacy to the Liberian MOH [Ministry of Health] around utilizing the clinical skills of the community health nurses to expand the services we provide in the community will improve the health outcomes in the remote communities. Instead of the CHAs [community health assistants] referring patients who are living more than 3 hours walk away from a clinic for BP [blood pressure] measurement or [pregnancy] test before the initiation of family planning in the community, I believe [it] will be rewarding to equip the Community Health Services Supervisors (who are already clinical professionals) to perform those services in their respective catchment communities.
Marco Trigueros is originally from Celaya, Gto in Mexico. He grew up in El Paso, Texas, went to college at Washington State University, and later went to medical school at Ross University, Dominica, and residency in internal medicine at Stamford Hospital/Columbia University College of Physicians. Marco is a HEAL 2015 - 2017 Fellow who served in Arizona and Chiapas, Mexico. He chose to continue working in Navajo Nation after completing the fellowship.

The HEAL initiative was a life-changing experience. Working in Navajo Nation at Fort Defiance allowed me to get a glimpse of a community that lacks continuity of care from medical providers. This is in part due to its rural location and the difficulty it entails for recruitment and because those that are recruited stay short term. As a result, there is chronic disease that is difficult to control and a patient population that feels neglected by the medical community.

"Are you leaving too?" some patients would ask me.

In Chiapas, Mexico, I got to see another layer staggered onto rural communities. On top of the similar issues these two communities faced, rural Chiapas had a dysfunctional medical system entangled with structural barriers in the access of medical services. Physicians like me had to see patients at their homes because there were no resources to deal with the elderly and the disabled. "From the bottom of my heart, I wanted to thank you all for coming and helping our community, we know you leave your families, you are far away to come here and help us," a grateful relative of a patient, once told me. After working with these communities and getting to know them in a very personal way, I find it difficult to abandon them. I think that it would be hard for me to transition back into a privileged lifestyle in the city, which we take for granted. How can you forget the way people live in some places? How can you ignore the social situation that these communities face and go on with your life with normalcy?

The HEAL Initiative helped rearrange my priorities in the medical field and helped clarify how I want to carry out the rest of my career. People are neglected in the United States, Mexico, and in many geographical regions and that is a fact, otherwise the concept of "Global Health" would not exist. I feel it is a duty to continue working in these underserved areas.

I want to be a vocal advocate that strives to improve the disparities in health that we hear about in reports and academic articles. I thank the HEAL Initiative for introducing me to the realities vulnerable communities face and for equipping me better to overcome the structural challenges I will soon face to address them. I will continue to work with vulnerable communities in the United States after I finish the HEAL fellowship, starting with Fort Defiance, AZ of the Navajo Nation.
Lena Wong was born and raised in New Jersey. She attended Rutgers University as an undergrad where she went overseas to South Africa and China and saw the inequalities in access to medicine and education. She moved to Philadelphia to attend Temple University for medical school. During that time, she was able to do medical work in Bolivia, Honduras, El Salvador, Panama, and Tanzania. Lena finished her HEAL Fellowship this year after working at Tuba City and Possible in Nepal. After the fellowship, she chose to continue working in Tuba City, Arizona.

“During my time working in Tuba City, I was given the chance to not only spend time talking and getting to know the patients, but also [to] hike every weekend in the beautiful Navajo Reservation. I chose to stay in the Navajo Nation because the community and the patients are great - the practice of medicine is interesting.

Recently, there was also a NEJM article entitled: “And How Long Will You Be Staying, Doctor?” written by another physician in the Navajo Nation. I was asked the same question for the first few months that I was here (re: Tuba City). There is a very high turnover of providers and the patients deserve stability.

Kelvin Chan

Kelvin is originally from the Los Angeles area. He completed his undergraduate studies at UC Berkeley, majoring in Cognitive Science, medical school at Wake Forest University, and internal medicine residency at Olive View - UCLA Medical Center. During residency he was first exposed at global health doing a rotation at Tygerberg Hospital in Cape Town, South Africa. Kelvin finished his HEAL Fellowship this year and decided to continue his work at Gallup Indian Medical Center, New Mexico.

Before the fellowship, I knew nothing about Navajo Nation. Over the last two years, I have learned so much - from the wonderful people that taught me about life and culture, to the sights and sounds I experienced by travelling through the reservation, each day carried something new.

Navajo Nation also taught me about sadness, about the challenges that people face every day. While we have made much progress, there is so much more to be done, and I think that is what have motivated me to return to Gallup.”
“If you have come here to help me, you are wasting your time. But if you have come because your liberation is bound up with mine, then let us work together.”

- LILLA WATSON, Indigenous Australian activist, elder and educator
Join the HEAL Movement. Apply to be a HEAL Fellow!

http://www.healininitiative.org/apply-to-be-a-fellow

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