



Hope for the future

NEWSLETTER

Quarter 2 (April to June 2021)

INSIDE THIS ISSUE

- ◆ Adherence to Antiretroviral Therapy in Children and Adolescents
- ◆ Integration of Maternal and Child Health with HIV Management
- ◆ Village Meeting a Means of Sensitization
- ◆ ROM@20 Years



CONTACTS

- 📍 P.O. BOX 7303 Kampala Uganda
Plot 1 Boazman Road Mbuya 11 Hill.
- ☎ Tel: +256 414 222630/+256 312 165250
- ✉ Email: reachout@reachoutmbuyya.org
- 🌐 Web: www.reachoutmbuyya.org

We are new, we are broader and more accomplished. Celebrating 20 years since May 2021 we are a Community Health Initiative. The growing public health challenges in form of more infectious diseases, Non-Communicable Diseases, and other psycho-social aspects limiting our communities to live dignified lifestyles, have informed ROM taking on a wider role to address broader community health challenges hence our change of Name and Identity.

Our Brand Promise & Attributes

“Hope for the future”

Anchoring on the holistic model of care to people living with HIV/AIDs and managing more infectious and non-communicable diseases to vulnerable communities in Uganda, we have set up running programs in Medical Care, Prevention/Psychosocial Support and Community Support that ensures the wellbeing of the community, families and individuals, inspiring hope and empowering them to sustain themselves for a better tomorrow.

We are;

- **Reliable** - Consistent in performance and service delivery.
- **Indigenous** - Appreciate and relate with the communities we serve.
- **Missionary** - Reach out to extremely vulnerable both in rural and urban settings.
- **Social** - Empower individuals, families, communities to break the extreme vulnerability traps by integrating sustainability.



Adherence to Antiretroviral Therapy in Children and Adolescents

Poor adherence is the most frequent cause of treatment failure and the subsequent development of resistant strains of HIV. There are many factors involved in ARV success; However, adherence is the single most important factor.

ROM strives to create effective strategies that can significantly maximize adherence. Counsellors play an essential role in the promotion of successful adherence, a strategy that has yielded positive outcomes in both adults and adolescents with the overall facility adherence levels at **98.3%**.

Adherence workshops for the children and adolescents in care are organized where child counsellors and adherence supporters analyse identified challenges and through peer support solutions are crafted.



ROM Child Counsellor having one on one with an adolescent

“My biggest challenge has been stigma that has always made me isolate myself and have low self-esteem. Through these workshops I have been able to overcome stigma and have realized that am not alone. The counseling and support from the peer supporters have helped me gain self-esteem”.

Eva



A Teenage & Adolescent Supporter having a Session with Children

◆ Integration of Maternal and Child Health with HIV Management

We take pride in our identity as a Community Health Initiative. 20 years of persistent efforts of building better systems, holistic service plus resilient communities, ROM continues to offer hope for the future to the extremely vulnerable members of the community.



Dr. Namaganda Prossy and the PMTCT focal person Josephine Ssekintule During a talk

Maternal and Child Health is a very important aspect of life yet a big challenge among the extremely vulnerable. Aligning with the country's major public health goal of improving the well-being of mothers, infants, and children, ROM has integrated mother and child care into her holistic model welcoming vulnerable mothers and children outside the HIV care as a proactive strategy of mitigating HIV spread in the communities served.

Community sensitization started in April 2021 and service to this new category of beneficiaries commenced June 2021.

◆ Village Meeting a Means of Sensitization

Village meeting is one of the mediums of communication to communities. A channel employed by ROM to deliver a lot of information on key updates on public health concerns, health education, awareness of services available and addressing unending myth surrounding linkage to care for various conditions. Equally serving as a feedback mechanism about ROM service delivery, community leaders, caretakers and guardians are always involved.



ROM Defeat TB team sensitizing clients during a village meeting at Banda



March 2001 ROM opened doors to support the HIV Epidemic Control. Celebrating 20 this year, the Hope for the Future fostered is very visible.



For 25-year-old Mutaka Henry the future looks bright. Contracted HIV at a tender age, has lived to see a helpless situation turn into a living testimony.

“I contracted HIV from my uncle who found out that he had acquired HIV and didn’t want to die alone intentionally infecting me. Growing up in a village in Kayunga district, I was co-infected with HIV and TB but lacked appropriate care and treatment. My body was full of scales; one time a woman vomited on me saying my skin looked so bad. I remember vividly the time I sat for my Primary Leaving Examinations, I was wheeled to the exam room with boils and swollen lymph nodes covering my body. It was then that my mother brought me to Kampala and started receiving care at Reach Out Mbuya. At that time, I was sure I was just being assisted to die with dignity, I didn’t see any hope of living for another year. Counselling helped me realize that my life was not over and could go back to school. In 2009, ROM started sponsoring me to re-join school.

In 2014 I joined United Media Consultancy and Trainers (UMCAT) and graduated with a Diploma in journalism. Today, my viral load is undetectable. I am a human being with high self-esteem.”



Sudhir a 23-year-old barber today attributes all his successes to Reach Out Mbuya.

“Life did not make any meaning to me before I started getting care from ROM. I lived in stigma and always discriminated by my own relatives. But every time I came to Reach Out and had sessions with late Ezati Eric (RIP) I felt relieved and ROM became like a family to me. The different programs ROM organizes for adolescents, like friend’s forum, camps and counselling helped me gain self-esteem, overcome stigma and discrimination making me the man I am today. ROM also offered me a course in saloon and hair dressing that is helping me survive today. Long live ROM”

Additional Services at ROM

1. Antenatal; which involves screening mothers of infections like TB, STIs, AIDs etc, screening for Non-communicable diseases, monitoring mother and child growth up to delivery, provision of mama kits and linkage to maternity facilities.
2. Post-natal; Follow up of the mother and the child care offering services like wellness management, vaccination, nutrition sensitization and linkage to other ROM interventions.
3. Boost male involvement in MHC clinic encouraging mothers to come with their partners and partners involvement in both mother and child care.
4. Other services offered to mothers include, linkage to services like child birth registrations, child abuse awareness and GBV sensitization done through the ROM Community Social Support arm.