



Short Term Medical Missions Team Information Packet 2012

Overview:

This packet contains information for the team leader to adequately prepare and inform your team members for the best possible medical mission experience in Juarez with Missions Ministries. This packet includes information on the Mexican people, costs, immunizations, identification, travel needs, contacts, and accommodations.

Skills and needs:

Medical and non-medical professionals, including the following:

- Dentists/dental assistants
- Midwives
- Nurses
- Nurse practitioners
- Occupational therapists
- Pharmacists
- Physical therapists
- Physicians
- Physician assistants
- Physician assistants
- Eye care professionals

Medical Credentials:

Each medical professional (doctors, nurses, et al) **must** send copies of their medical licenses and certificates to the International Office in Denver before departing for their trip to Juarez. Each person must also take a copy of these documents with them to Juarez. Mexico law requires this and requires Missions Ministries to have copies on file in their office(s). The copies will be maintained in both locations by the ministry.

Services Provided:

Your trip consists of being available at the well-equipped Family Care Center located at the Missions Ministries Team Center to see patients that arrive on a first-come, first-served basis. Teams may consist of medical and non medical personnel. Non-medical personnel may be utilized to assist the doctors and nurses, organize the distribution of medication, check in patients, update charts, and keep children entertained. Some, but not all, major areas of need are:

- Hypertension diagnosis, treatment, and education
- Diabetes diagnosis, treatment, and education
- Pre-natal education
- Minor acute illnesses
- Immunizations and flu shots
- Minor skin diseases
- Basic hygiene instruction
- CPR and first aid instruction
- Eye exams

Each team needs to bring their own supply of medications, as this is how we are able to keep medications on hand at the care center for emergencies.

Medications that are always needed are:

- Antibiotics
- Medication for diabetes and high blood pressure
- Pre-natal vitamins, adult vitamins
- Infant liquid vitamins
- Anti-inflammatory medicines such as Motrin and Advil for adults
- Infant Tylenol
- Infant decongestant
- Betadine solution
- Arthritic medications
- Antihistamine eye drops
- Cold sore/lip treatments
- Teething preps
- Hydrocortisone cream
- Antibiotic soaps and creams
- Tagamet
- Pedialyte
- Reading glasses
- Immunization packs for children

These medications need to be packed in your own personal luggage.

Team size:

The ideal size for a medical team is between 11 (*minimum*) and 15 individuals to get the most out of the medical mission experience. The Team Center has a total of 16 motel style rooms with an average capacity of 4 people per room.

Sample trip:

Mission Timeframes – Trips usually last 4-days, i.e. Wednesday to Saturday or Sunday to Wednesday. Extended trips will be considered depending on calendar availability.

Driving Teams – Teams need to arrive at the rendezvous point which is, The Harvest Christian Center in El Paso, TX by 2:00 p.m. on the first day.

Directions to The Harvest Christian Center, 1345 New Harvest Place, El Paso, TX 79912 from Denver: Take I-25 South from Denver through Las Cruces, NM to I-10. Go East on I-10 to the exit for Santa Teresa. This is Artcraft Road going South – Road 178. Turn left and The Harvest Christian Center is across I-10 and on the right. It is suggested that you look at Google Maps to assist you.

Flying Teams – Team members flying to El Paso will be picked up at the airport baggage claim area in the terminal. Those flying should plan to *arrive* between 2:00 and 4:00 p.m. and should plan to *depart* El Paso at 12:00 p.m. or later. Please let Missions Ministries know the flight schedules for each team member in advance so arrangements can be made for picking everyone up. As soon as all members of the team have been picked up at the airport and at The Harvest Christian Center, the entire team will be taken to Wal-Mart to purchase water and desired supplies. Most teams find it necessary to stop for lunch after they are picked up and teams will be taken to a restaurant of their choosing. The team will then caravan through the border and on to the Team Center

On the **first day**, devotions (for all team members) are at 6:30 AM, followed by a wonderful breakfast at the Missions Center prepared by our in-house staff. The team will then see patients at the Family Care Center, on the Missions Ministries' property until a specified time in the afternoon. The **second day** is similar to the first except team members will attend an afternoon or evening service at a Mexican church. You will leave immediately after 6:30 AM devotions and breakfast the day of departure to cross back over the border. Exceptions to this schedule can be made on a case by case basis and adjustments will be made in order to cover additional costs.

Medical Team Costs:

Project Cost-Medical Team Only: \$640.00 per day / per team Plus food and lodging

Medical and Construction Team: \$600.00 / day / per team Plus food and lodging.

Lodging Cost: \$40/night per person (*not per room*) This is the same cost as a construction team.

Food Cost: 8 meals included: \$90 total for adults for a normal 4-day trip, children 12 and under \$65. Longer term trips will be figured at \$11.25 per meal for adults.

Interpreter fees: \$30.00 per day - per interpreter.

Transportation Cost: These are the fuel and maintenance costs for the team travel to and from El Paso and depend on the mode of travel. Costs for transporting the team while in El Paso and Juarez are included in the Project Cost amount.

Accommodations:

You will stay in the Team Center. Room charge is \$40.00 per night per person for adults 18 and over; \$20.00 per night per person for children 17 and under, accompanied by parents and staying in the same room.

***There may be no unaccompanied minors staying in rooms alone.**

Rooms accommodate a family of five and contain one queen bed, one single bed and a bunk bed. Please no more than three unrelated adult individuals in a room. Food costs for 8 meals (beginning the day of arrival *through* breakfast the day of departure) as follows: Adults = \$90.00; Children 12 years and under = \$60.00.

The Mexican people and the ministry we provide:

Your trip will give you chances to meet and befriend many Mexican people. Certainly, there are many cultural differences, and it may take years to familiarize yourself with them. Many Mexican people **speak and understand English**, although sometimes just enough to misunderstand or take what you say *literally*. Please **do not make promises** to any Mexican people. When team members do so and don't or can't follow through, it damages the credibility of the ministry. If you have questions or are not sure about communication, please ask us. **In addition, sometimes teams (or team members) want to give money or other gifts to some of the people, churches, and even to the Mexicans working with Missions Ministries. These gifts are needed, but please discuss this with a ministry staff person before giving gifts of any kind. Missions Ministries will distribute all designated gifts through the pastors.** Note: This does *not* refer to the offerings taken at the church service; in that case we ask you to please be as generous as possible.

Alcoholism is an enormous problem in Mexico (along with illicit drug use). We are a Christian mission group representing not only the United States, but most importantly we are representing Christ. In order to present a proper image for our Mexican neighbors, there will be no alcoholic beverages while on this mission experience. Also, please be respectful of the Mexican culture in action, dress, and attitude. Long, conservative shorts are fine to change into after you return to the Missions Center from the work site.

Language:

The language barrier is not as great as it might seem. It's amazing how much communication happens even when you don't speak each other's language. It is helpful, though, to buy a Spanish/English phrase book. Of course, teams with a fluent Spanish speaker are that much more able to connect with the people. Don't forget that you can smile in Spanish!

Church Service:

In Juarez, you will attend a Mexican church service. One or two members of your team will be asked to share words of encouragement with the congregation.

Identification and immunizations:

Passport Identification: Federal regulations require that every team member **must** have a valid passport in order to travel across the border into Mexico. And, they are also required for re-entry into the United States. Children must also have a passport. Passports cannot expire within the next 90 days or they will not be valid for leaving or entering the U.S. Please be certain you leave ample time (at least 6 weeks) before your trip to acquire a passport. A rushed passport may be possible for a fee, please check with your local post office or online at www.travel.state.gov

Passport Identification Continued: **IMPORTANT** If there is anyone in your group with a passport issued by any country other than the United States, please advise Missions Ministries immediately. Additional preparation is required for anyone in this category. If the requirements regarding passports and other information are not followed, the person may be denied entry into Mexico, or they may not be allowed to return to the U.S.

Health and Safety:

Immunizations: A tetanus shot is highly recommended if your immunizations are not up to date (every 7 years). Check with your doctor concerning this or any other immunizations. Health alerts may come up unexpectedly. Children and adults with asthma or other respiratory/health issues should bring needed medication for an emergency.

What to bring:

Casual clothing such as jeans, slacks for work in the Family Care Center, and one nicer outfit for the evening church service. Please be respectful of the Mexican culture in your dress. Scoop, V-neck T-shirts or short shorts are not appropriate. Bring a Bible, sunscreen, first aid kit, camera and film if desired. A Spanish/English phrase book is also helpful. Also, please bring your personal medical information including the specifics of your health insurance in case of an emergency.

Getting there:

Driving teams rendezvous point for pick up is The Harvest Christian Center (please see above). Meeting time for driving groups is 2:00 PM. In case of an emergency causing you to arrive one hour or more past 2:00 PM, please call Chris Henshaw, Gary Fields or Bill Orange (numbers below). You will leave your vehicle(s) at The Harvest Christian Center in El Paso and your team will be driven across the border in the Missions Ministries' bus.

Flying teams will be picked up at the El Paso airport baggage claim area around 2:00 p.m. Please plan to leave between 11:00 a.m. and noon the day of departure.

Contacts:

Gary Fields – Denver 303-371-3789 or 303-888-7700

Bill Orange – Juarez 720-220-9864

Chris Henshaw-Denver 303-771-3789

In Case of Emergency, contact your team leader or Bill Orange.

Leader checklist:

___ Call Missions Ministries Denver office to schedule your trip

___ Group Registration Form to Missions Ministries (due upon scheduling)

___ \$500 non-refundable deposit per trip to Missions Ministries (due upon scheduling; credited to the total team costs).

___ Liability forms (originals) to Missions Ministries (parents sign for minors, keep copies to bring to Juarez with you).

-----**Don't forget that the medical professionals must bring copies of their licenses and certificates with them to Juarez. They must also send a copy of this paperwork to the International office in Denver.**

Testimonials From the Family Care Center:

Below are a few perspectives from members who have served in the Care Center:

From a team member: "After spending five days in the Missions Ministries Family Care Center, I can only say this, 'A totally blessed time.' This is due to patients who are *patient*, a facility that is clean and cool, translators that help communicate between patient and doctor or nurse, and support from Missions Ministries' staff. A typical day is one in which we see as many patients as possible, sharing compassion and an encouraging smile."

From a pharmacist: "It is early as you walk from breakfast to the care center. You pass by the gate to the street and see the anxious faces or those who came in the hope of receiving help for themselves and for their children. You say 'Hola,' 'Buenos dias,' or just say hello and enter the center for an exciting day. The gate opens and people pour in and sign up. All you have to do is practice your medical skills, extend helping hands, supply medicine, and give hands-on treatment of illness in love and compassion, free of insurance, prior authorizations, HMO's, PPO's and all the other organizations we medical folks are so used to. What you get back is thanks ('gracias') and blessings."

From an RN: "I would say that at first I was overwhelmed because I had no idea what to expect. But once I started seeing patients and giving God control of the day, things worked really well. I was blessed by being able to see such a wide variety of ages with various problems. This created a fun challenge and learning experience to be able to remember skills and knowledge I hadn't drawn from in a while. The mission's staff made me feel more at ease with their attitude of great appreciation that we were there and the expectation that many Mexicans would be seen and helped. However, I didn't feel pressured to see everyone that walked in the door, as that would have really overwhelmed me. I was able to focus on each patient one at a time and enjoy the experience. We really felt the presence of God while assessing and treating the patients. It's an experience that can't be duplicated without God in control."

**May the Lord bless your team and your mission trip!
Please contact Missions Ministries if you have any questions.**

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