



Information Packet 2019



Top row from left: Founder Dr. Gunther Heyder, Secretary Erika Heyder, Matthew Hladiuk, and Dr. Markus Heyder
Bottom row from left: Peace Corps Volunteer Jill McIntosh, Director of Communications and Operations Mariel Butan, and Amanda Cooper



Table of Contents

<i>Executive Summary</i>	3
<i>Purpose and History</i>	4
<i>What Does ARTS do?</i>	5
<i>Volunteers</i>	6
Who Can Volunteer?	6
How Many People Volunteer on One Trip?	6
Is there a Volunteer Fee?	6
What Should Volunteers Expect?	6
What are accommodations like?	7
Can Vegan or Vegetarian Diets be accommodated on ARTS Trips?	7
Can Dental Students Volunteer?	7
Do Volunteers Have to be U.S. Citizens?	7
What have past volunteers said?	7
<i>Policies</i>	8
Insurance	8
Health	8
Immunizations:	8
Security	8
Consent / Liability Release and Covenant Form	9



Executive Summary



Dr. Gunther Heyder showing children how to use a toothbrush.

MISSION

The mission of A Reason To Smile (ARTS) is to empower African communities without access to dental professionals to achieve and maintain a higher level of oral health by providing hygiene education, direct treatment, and dental supplies.

ARTS was founded as a non-sectarian organization to address the dire need for better access to dental healthcare providers and comprehensive preventative knowledge and tools in African communities. The purpose of ARTS is to educate communities about good dental healthcare habits and provide both services and supplies that relieve pain and prevent further tooth decay. A steady diet of refined sugar, lack of dental hygiene education, and lack of access to dental professionals leave individuals prone to advanced stages of decay and infection, leading to early morbidity. To combat this, ARTS dental teams travel to rural African areas for a week of intensive dental hygiene education and dental services, treating an average of 350 patients - most of whom have never seen a dentist. The importance of sustainable health improvements and cultural exchange between volunteer and villager permeates ARTS' vision and the actions of the Board of Directors, volunteers, donors, and partner organizations, such as Peace Corps, abroad.

Since 2015, volunteer teams have traveled to Senegal in the Spring and Uganda in the Fall of each year. ARTS has completed nine trips in total, treating over 3,000 patients and educating hundreds more in small villages spread throughout the countryside where poverty is rampant. All volunteers contribute financially by purchasing flights and paying a trip fee that goes towards lodging, meals, and transportation. The remainder of the support for trips and operations is raised through financial and in-kind donations.

ARTS' vision is a world in which all people have reliable access to the treatment, knowledge, and supplies required to maintain dental health.

VISION



Purpose and History

A Reason To Smile (ARTS) was founded in 2014 by Dr. Gunther Heyder, DDS, a practicing dentist in the Outer Banks of North Carolina, to address the persistent problem of chronic dental disease in small African villages. Throughout his university and dental school years, Dr. Heyder explored multiple opportunities to study and volunteer across the African continent, giving him the chance to see firsthand the lack of dental care and the abundance of dental-related diseases in many rural communities.

Worldwide, there are communities plagued with obstacles - most notably, poverty and lack of trained clinicians - that prevent individuals from receiving adequate health care. Many residents in developing countries rely on homeopathic remedies for all ailments, and dental disease is often ignored due to the absence of means to address or even identify issues. Untreated tooth decay and gum disease typically worsen and can lead to additional, potentially life-threatening medical problems. If dental disease is given any attention, it is often only once infection is at an advanced stage, when treatment requires the attention of someone with a level of training and expertise that is unlikely to be found in the region as well as rigorous infection control practices that are typically underemphasized in rural areas.

The need for dental care in African countries is unquestionable: 80% of Africans receive their primary healthcare from traditional healers, and access to dental care is very low. The average dentist-to-population ratio across the continent is 1:150,000, compared to approximately 1:1,667 in the United States (WHO). Unlike Americans, citizens of these countries have not been exposed to advertisements for or even the general use of toothpaste and toothbrushes. This has led to severe periodontal disease across a high percentage of Africa's rural population, with a disproportionate amount of advanced tooth decay prevalent throughout a villager's life and leading to early morbidity (43.1 deaths per 1000 live births in Senegal).

Seeing these realities, Dr. Heyder founded ARTS to provide the education, treatment, and supplies that could improve the health and lifespan of people in small villages in Africa. ARTS took its inaugural trip to Ndioum, Senegal, in March 2015 to start the process of village-wide dental education and to perform emergency tooth extractions. The team included two dentists, one dental assistant, a lawyer, a teacher, and an international advisor as logistics support. The trip was a success, with the ARTS team serving over 500 patients and extracting more than 1,000 infected teeth. The team was assisted by local Peace Corps volunteers, who not only provided logistical and translation support but also served as cultural exchange guides within the communities. ARTS soon expanded to Uganda thanks to a partnership with a local organization, Tokamalirawo Aids Support and Action Group Awareness (TASAAGA,) easing the transition into the communities' political and cultural dynamics. Over the last four years, ARTS has found these local partnerships essential in promoting sustainable improvements in dental hygiene for the region.

Now, with eight trips, 3,000 patients, and 30 educated communities under its belt, ARTS has set its sights on increasing the impact of its work by increasing the budget, the number of volunteers, and the frequency of trips.



What Does ARTS do?

A Reason to Smile (ARTS) is more than our name. It's a mantra. Using a three-pronged approach of **direct care**, **education**, and **supplies**, ARTS aims to empower people in these communities to attain and maintain a higher level of dental health and prevent the spread of dental disease-giving more and more Africans a reason to smile.



Direct Care: Perhaps the most well-known component of ARTS' work, direct care consists primarily of extractions and cleanings which are often the first for adults as well as children. Clinics are designed to efficiently assess and treat the progressive dental disease of as many people as possible. Patients often wait a full day for the opportunity to see an ARTS dentist or hygienist. ARTS verifies the credentials and expertise of all dental professionals volunteering prior to each trip. During the trip, volunteers set up triage, manage check in and check out, maintain sterilization of workstations and instruments, ensure that the dental

exam rooms are fully stocked and ready once patients arrive, collect patient data, and provide patients with excellent care, respect and a positive attitude.

Education: The education sessions are designed to provide information and techniques for preventative care in order to reduce the consistently high need for dental extractions over time. Patients, students, and local leaders are educated often for the first time about oral hygiene and healthy nutritional habits to inhibit the development of severe dental disease. Success comes in the form of communities no longer needing ARTS services because volunteers have empowered them to achieve and maintain better dental healthcare. In addition to lecture-style sessions, ARTS volunteers engage with regional and local healthcare officials and provide a checklist of dental care techniques and resources to be reinforced after the ARTS team leaves. Volunteers also try to meet with one or several local community members to teach them the curriculum.



Dental Supplies: ARTS takes donated toothbrushes, toothpaste, and dental floss and sells the items to community members for nominal amounts, following the advice of larger NGOs already operating in these communities that villagers are dismissive or even skeptical of items given for free and are more likely to use items they have purchased. The income from the sales are then used to pay or provide water for the translators who enable the team to do its work. ARTS has developed and maintains relationships with US vendors and clinicians who donate supplies. An inventory of donated supplies is kept to ensure sufficient materials for each trip.



Volunteers

Trips are executed entirely by volunteers.



ARTS is so grateful the wonderful volunteers who make our trips possible!

Who Can Volunteer?

While volunteers can have any professional or educational background, each team has a high presence of individuals highly skilled in dentistry, hygiene, assisting, education and humanitarian aid work.

How Many People Volunteer on One Trip?

Typically, our trips to Senegal host 7-8 volunteers and our trips to Uganda host 8-10 volunteers.

Is there a Volunteer Fee?

Yes, there is a \$600 fee for Senegal and a \$700 fee for Uganda. This fee covers all food, lodging, and travel within the country. Volunteers are also responsible for purchasing their own flight to Senegal or Uganda.

What Should Volunteers Expect?

ARTS volunteers create a family dynamic within the dental team, which fosters an upbeat, can-do team attitude on each trip as everyone works tirelessly to achieve the program's mission. Each member works 12-hour days to accomplish as many effective interventions as possible. Trips are typically 10 days and consist of 6-7 clinic days with 2 days for travel and 1 day for cultural exploration.



What are accommodations like?

Accommodations range from shared rooms to rooms with shared bathrooms to individual hotel rooms. Several places we stay have AC while others do not.

Can Vegan or Vegetarian Diets be accommodated on ARTS Trips?

All food is provided on the trips, and vegan or vegetarian diets can be accommodated although we recommend bringing your own protein source as there typically won't be a vegetarian protein available.

Can Dental Students Volunteer?

Absolutely! Dental students are welcome to support and observe dentists in treating patients in addition to helping with the education workshops.

Do Volunteers Have to be U.S. Citizens?

No! Our volunteers are international and come from all over the globe. While we typically like to meet volunteers in Washington D.C. and fly together, we can meet in Uganda or Senegal.

What have past volunteers said?

“Traveling to Uganda with the ARTS crew was a LIFE CHANGING experience for me. We throw around "access to care" here in our country, but that mission trip really brought it to light for me. I was amazing being a part of a team which brought dental care and education to such an under served community. The work ARTS does is invaluable! #TeamARTS”

- Anonymous Volunteer

“Arts really bought me out of my comfort zone from my first trip to Uganda and got me instantly hooked. Because of arts I have friends for LIFE! I encourage every one to volunteer with ARTS because it is life changing!” - Madison Ambrose: Uganda 2016 & Nicaragua 2017

“ARTS gave me numerous joyous memories. One that resonates with me is on our inaugural trip, a woman who was in desperate need of her pain alleviated waited in line all day at her village site and was unable to be seen unbeknownst to us. However, the next day, she was in such pain she traveled hours to our next village site to see one of the ARTS Dentists. To me this really spoke to the ARTS' mission; to educate and give people access to dental health who do not have it.” - Matt Hladiuk: Senegal 2015, 2017, & 2018, Uganda 2015



Policies

Insurance

All trip leaders are required to purchase private travel insurance, which includes emergency medical and evacuation coverage. Volunteers are encouraged to purchase private travel insurance and required to sign and submit a liability form prior to travel created by Board Member Erika Heyder Seeley. The Liability form is included in this information packet.

Health

All team members are briefed in travel-hardiness and are responsible for getting the State Department and CDC recommended health inoculations and taking State Department and Peace Corps recommended precautions. Volunteers are also provided with a list of recommended over-the-counter medical supplies to take for their own use if needed.

Immunizations:

- You must carry proof of your **Yellow Fever** vaccine (the yellow card).
- Other vaccinations (recommended but not required in accordance with the State Department) are:
 - Hep A
 - Hep B
 - Meningitis
 - Typhoid Fever (available as a shot or pills).
 - Other suggested vaccines include Tetanus and Rabies.
- Anti-Malaria medication is highly recommended. There are four main kinds, but our volunteers generally opt for Malarone or Doxycycline.

Security

Board Member Mariel Butan conducts both pre- and post-departure orientations with volunteers during which she goes over extensive safety precautions. Prior to departure, local liaisons in each village apprise the ARTS team of community customs and safety tips.



Consent / Liability Release and Covenant Form

This form must be completed and returned to A Reason to Smile (“ARTS”) before any person may participate in any ARTS international activities.

Full Legal Name: _____

Age: _____

Birth date: _____

Address: _____

Phone: _____

Passport No.: _____

LIABILITY RELEASE

In consideration of volunteering to participate in ARTS activities, I, the undersigned, do hereby release, forever discharge and agree to hold harmless ARTS, its directors, employees, volunteers and agents from any and all liability, claims or demands for accidental personal injury, sickness or death, as well as property damage and expenses, of any nature whatsoever which may be incurred by the undersigned while involved in ARTS’ activities.

I have been advised and understand that the project may involve unusual risks to participants. Those risks may involve, among others, the following: Dangers resulting from disease; from extreme heat and humidity with no air conditioning available, or from extreme cold with no central heating. The foregoing is not an exhaustive list of dangers that may arise but is illustrative of some types of dangers that may be faced. This release covers all rights and actions of every kind, nature and description, which the undersigned ever had, now has or but for this release, may have. This release binds the undersigned and his/her heirs, representatives and assignees.

Furthermore, I hereby assume all risk of accidental personal injury, sickness, death, damage, and expense as a result of participation in recreation and volunteer activities involved therein. Authorization and permission is hereby given to ARTS to furnish any necessary, food, and lodging for the Volunteer. I agree to hold harmless and indemnify ARTS for any liability sustained by ARTS as a result of negligent, willful or intentional acts of Participant, including expenses incurred attendant thereto.



MEDICAL TREATMENT PERMISSION

I authorize ARTS to consent to any emergency x-ray examination, anesthetic, medical, surgical or dental diagnosis or treatment and hospital care to be rendered to ARTS volunteer under the general or special supervision and on the advice of any physician or dentist licensed under the provisions of the Medical Practice Act on the medical staff of a licensed hospital or emergency care facility. The undersigned shall be liable and agrees to pay all costs and expenses incurred in connection with such medical and dental services rendered to the aforementioned Participant pursuant to this authorization.

MEDICAL INFORMATION

Covered by medical insurance: YES ___ NO ___

Insurance Company _____ Policy/Group ID #: _____

Allergies or Medical Conditions: _____

Prescriptions or Medicines: _____

Blood Type: _____

Physical Limitations: _____

Other Medical Information:

EMERGENCY CONTACT INFORMATION

Name of Emergency Contact in USA: _____

Relationship to Volunteer: _____

Phone Number and Email: _____

VOLUNTEER SIGNATURE

My signature on this Consent / Liability Release and Medical Form is an acknowledgement that I have read and understand these guidelines. I recognize that this is a medical release, liability release, and covenant for the ARTS trip. I commit to abide by the provisions of this Release Form.

Signature: _____

Date: _____