

# 2016

## IMPACT REPORT



# MISSION



We provide enduring programs  
of practical, social and  
spiritual value to people in  
the developing world through  
a system of partnership and  
mutual responsibility.

Dear Friends,

2016 was a remarkable year for HELPS International. With a focus on building health, hope and opportunity, our organization is bringing about positive change in Guatemala in a powerful and enduring way. The unwavering dedication of our community of volunteers, donors, partners and staff has improved the lives of more than a million people, and we're just getting started.

This year, eight medical teams traveled across Guatemala, including new sites for us in the remote Guatemalan Highlands. As always, life-changing surgeries were performed. I wish I had enough room in this letter to tell you all the incredible stories.

Our community development teams were also very successful, trudging up and up and up the slopes to the remote homes of the Highlands, and in as little as 45 minutes changing families' lives for generations to come.

The HELPS school continues to prove that a great education is possible anywhere. The incredibly hard working administration, teachers, students and graduates make us proud every day.

The agricultural program has expanded dramatically and the audited results are again showing a 300% yield increase over the national average. We are integrating cash crops to the program to put cash back in the farmers' pockets.

The impact of our work is something that is mostly unseen, but it has such far reaching implications locally, nationally and regionally. On behalf of our Board, volunteers, supporters and staff, thank you for your continued support.

Sincerely,



A handwritten signature in black ink, appearing to be 'Stephen W. Miller', written in a cursive, flowing style.

Stephen W. Miller  
President & Founder

# WHAT WE DO

More than nine million Guatemalans are living in poverty today. Poverty rates are highest in rural, indigenous communities, where most families struggle to meet even the most basic of needs.

HELPS International is addressing the root causes of poverty with a unique, integrated approach. HELPS' programs focus on practical solutions to complex problems in four core areas: agriculture, community development, education and health care.

At the heart of our work is a strong network of volunteers, local community leaders, corporate partners, and faith groups. Because of their dedication, HELPS has changed more than a million lives. Children are learning, people are walking again, women are breathing freely, and families have the resources they need to thrive. With your support, we're helping to transform families, communities, a country and even a region.



Photo: Steve Bither

# VALUES



## SERVICE

We believe that we serve others best by working alongside them as they move toward independence. With a focus on mutual respect and responsibility, we work to empower people living in poverty with the essential tools to build better lives. We know that handouts don't work—but helping people help themselves does.



## SUSTAINABILITY

With a strong infrastructure across Guatemala, we ensure consistency and create enduring relationships with local leaders and institutions. We leverage community partnerships to maintain positive outcomes so that when you change lives with HELPS, you change them for generations to come.



## SCALABILITY

Change on the ground happens one family at a time, but that doesn't keep us from thinking big. We continuously evaluate our programs to ensure they add maximum value to communities and can be replicated on a large scale. We don't just invest in programs—we invest in models for lasting change.

# HIGHLIGHTS

Over more than 30 years, we have built a strong local infrastructure across Guatemala, ensuring consistency and creating lasting partnerships with community leaders and institutions. With your support, HELPS programs achieved great results in 2016:



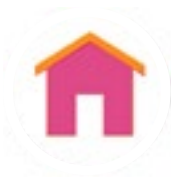
## 181 CHILDREN

from Pre-K to 6th grade received high quality education in the remote village of Santa Avelina, Guatemala.



## 4,053 FARMERS

and their families got the tools and resources they need to increase their yield of corn and other crops up to three times.



## 5,512 HOMES

and schools became healthier and safer places to live and work after having ONIL cookstoves and water filters installed.



## 10,664 PATIENTS

received surgery and preventive health care from volunteer doctors, nurses, interpreters and support staff.





"To the people who support HELPS International and the volunteers who travel from far away to help my country, thank you and God bless you. You changed my life, not just because you helped my daughter, but also because seeing your kindness and open hearts gave me hope."

*-Domingo, whose daughter has received two life-changing surgeries from HELPS medical teams*

*Photo: Steve Bither*



Photo: Chris Schooler



# WHY GUATEMALA?

In 1981, at the height of Guatemala's 36-year internal conflict, Dallas businessman Steve Miller visited the country for the first time as part of a private group invited by its government in hopes of bringing aid.

Steve saw the tremendous suffering caused by conflict and poverty in Guatemala, and he returned to the United States resolved to do something about it.

Working with a local missionary, Steve started bringing food, clothing and blankets to communities he had visited. They began building simple homes for widows of the war, some of whom had resorted to living in hollowed out spaces they dug in the sides of the hills. Those efforts led to the creation of HELPS International.

Today, Guatemala plays a vital role in the stability and progress of the entire region of Central America, but it continues to face major obstacles to its development. It has one of the highest inequality rates in the world, and some of the worst poverty, malnutrition and maternal and child mortality rates in Latin America.

Disproportionately affected by economic instability and health problems are people in rural, indigenous communities, where the poverty is so extreme that four out of five children are chronically malnourished.

HELPS is committed to working alongside the poorest Guatemalans to help them build better lives. Our community of thousands of generous volunteers and partners have changed the lives of more than a million people. With your support, HELPS International's health care, community development, education and agriculture projects are improving the quality of life for an entire region, one family at a time.

We are actively engaged in making a positive impact: children are reading, people are walking again, women are breathing freely, and families have the resources they need.

**Together, we're working to build the foundation for lasting progress in Guatemala and beyond.**

# AGRICULTURE

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**HELPS is working with smallholder farmers in rural Guatemala to put more food on their tables and more money in their pockets.**

In partnership with agricultural industry leaders, we're helping smallholder farmers improve their crop yields with tools, training and technical assistance from agronomists with regional expertise, microloans for supplies, and personal finance education.

In 2016, **4,053 farmers** across **35 communities** benefited from the program, increasing their crop yields up to 500%. Families and local economies are benefiting as farmers transition from subsistence farming to having surplus of corn and cash crops to sell.

Finally, a 2016 audit of the agriculture program by Deloitte made an exciting discovery: best practices from the agriculture program have been spreading by word of mouth to villages surrounding participating communities without any intervention by HELPS.



## MEET JUAN JOSÉ

Juan José, a farmer and community leader from Sumpango, Guatemala shows the difference between what his corn looked like before joining the agriculture program and what it looks like now.

"As farmers, we were planting our crops without the knowledge we needed. We learned how to get the most out of our soil and space, and now we're improving our harvests and also our incomes."







Photo: Steve Bither



# EDUCATION

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**The barriers children face to make it into classrooms are extremely high in Guatemala.** While they may already be struggling to afford basic necessities, families face the costs of school uniforms, supplies and transportation.

Education quality is also a pressing concern, and many students do not acquire the necessary skills to advance through primary school.

Moreover, despite recent increases in school enrollment, only four out of ten kids who start primary school will finish. At highest risk of leaving school early are indigenous girls, who receive only three years of formal education on average.

To address that need, in 1998, HELPS launched a primary school in the village of Santa Avelina, Guatemala. At the HELPS school, best practices in teaching meet respect for local language and culture.

Our education program provides high-quality early childhood education, K-6

instruction, educational tours, exceptional teacher training and student scholarships for secondary and trade schools.

In 2016, we worked to help the students of Santa Avelina access opportunities with great results:

## 181 STUDENTS

attended the HELPS primary school.

## 27 OUTSTANDING GRADUATES

received scholarships to continue their education at private high schools and universities.

## 16 HELPS VOLUNTEERS

traveled from the United States to lead hands-on teacher workshops.

## 6 TEACHER TRAINING SESSIONS

covered chemistry & natural sciences, mathematics, reading and writing.

# COMMUNITY DEVELOPMENT

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## **Rural Guatemalans face health risks every day in their own homes and schools.**

The open fires traditionally used for cooking often lead to devastating respiratory problems and cause severe burns. At especially high risk are children under age 5, for whom acute respiratory infection is the leading cause of death.

In addition, 60% of disease in Guatemala is waterborne and millions of Guatemalans lack access to clean drinking water.

HELPS is working across Guatemala to improve infrastructure with a line of high-quality, low-cost cookstoves and water filters designed and tested to meet the needs of rural families.

In 2016, **202 HELPS volunteers** from 15 U.S.-based teams and nearly **200 volunteers** from Guatemalan corporations and civic groups installed **5,512 cookstoves** and **7,031 water filters**. That means clean air and water for more than **37.000 people** and a 70% reduction in firewood consumption.

## MEET MARTA

For most of her life, Marta cooked on an open fire on the floor of her home. With no ventilation, smoke filled the home and soot covered the walls and ceiling. She and her daughters suffered from frequent respiratory illnesses.

Since she installed an ONIL stove, Marta's home is bright, the air is clean, and she and her family are healthier than ever. Because the stove uses 70% less firewood, Marta's family saves money and time, which has allowed her to start a successful business selling tortillas.





Photo: Steve Bither





Photo: Steve Bither



# HEALTH CARE

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**Millions of Guatemalans lack access to quality health care.** With only one doctor for every thousand residents and severely limited medical care in rural areas, persistent health crises threaten the country's progress. Maternal and infant mortality, malnutrition, communicable diseases, parasites and diabetes are high, especially in indigenous communities.

HELPS works to fill the gaps in health care and bring hope to rural areas of Guatemala. With a network of U.S.-based volunteer medical teams, we're providing preventive care, surgery and health education to those who need it most.



*A recovery room prepared for HELPS patients in Tejutla. HELPS volunteers travel up to nine hours outside Guatemala City to deliver health care in the most remote regions of the country.*

## 2016 IMPACT

- **10,664 PATIENTS** received surgery and preventive care
- **8 TEAMS** traveled to Guatemala to provide medical care
- **613 VOLUNTEERS**, including doctors, nurses, interpreters and support staff changed lives with HELPS
- **MORE THAN \$17 MILLION** in medical aid was provided

# FINANCIALS

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HELPS is committed to the responsible management of all gifts and resources that support our work in changing lives in Guatemala. The following financial statements cover the fiscal year from January 1, 2016 to December 31, 2016.

## STATEMENT OF ACTIVITIES AND CHANGE IN NET ASSETS

	Unrestricted	Temporarily Restricted	Total
<b>PUBLIC SUPPORT &amp; OTHER REVENUES</b>			
Contributions	\$ 2,678,225	\$ 804,811	\$ 3,483,608
Contributed Medical and Other Services	17,364,655	-	17,364,655
Equipment Sales	1,125,373	-	1,125,373
Other Income (Loss)	(724)	-	(724)
Total Public Support & Other Revenues	<u>21,167,529</u>	<u>804,811</u>	<u>21,972,340</u>
<b>NET ASSETS RELEASED FROM RESTRICTIONS</b>	<u>966,478</u>	<u>(943,452)</u>	<u>-</u>
Total Revenue	22,110,981	(138,641)	21,972,340
<b>EXPENSES</b>			
Programs	20,966,478	-	20,966,478
General and Administrative	750,523	-	750,523
Fundraising	<u>293,293</u>	<u>-</u>	<u>293,293</u>
Total Expenses	22,010,294	-	22,010,294
<b>INCREASE (DECREASE) IN NET ASSETS</b>	100,687	(138,641)	(37,954)
Net Assets - Beginning of Year	<u>984,354</u>	<u>1,899,181</u>	<u>2,883,535</u>
<b>NET ASSETS - END OF YEAR</b>	<u>\$ 1,085,041</u>	<u>\$ 1,760,540</u>	<u>\$2,845,581</u>

## STATEMENT OF FINANCIAL POSITION

### ASSETS

#### CURRENT ASSETS

Cash and Cash Equivalents	
Accounts Receivable, Net of Allowance of \$73,050	\$ 2,703,794
Grants Receivable	94,044
Inventory	400,000
Prepaid Expenses & Other Assets	102,397
Total Current Assets	<u>102,185</u> 3,402,420

#### NONCURRENT ASSETS

Property and Equipment, Net	<u>70,269</u>
Total Assets	<u><u>\$ 3,472,689</u></u>

### LIABILITIES AND NET ASSETS

#### CURRENT LIABILITES

Accounts Payable	\$ 93,111
Accrued Expenses	533,997
Total Liabilities	<u>627,108</u>

#### NET ASSETS

Unrestricted	1,085,041
Temporarily Restricted	<u>1,760,540</u>
Total Net Assets	<u>2,845,581</u>
Total Liabilities and Net Assets	<u><u>\$ 3,472,689</u></u>



[www.helpsintl.org](http://www.helpsintl.org)