

## Executive Director

Dr. Manivone Thikey is a Lao native and citizen who received an MD in Laos. She then traveled to the US for further training, receiving a Masters of Public Health (MPH) from Boston University and a Ph.D in clinical psychology from the University of Rhode Island. In 2008 she participated in the Harvard University Global Mental Health Program, selected as one of only 40 participants worldwide considered to be current or future international leaders in this arena.

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### To Donate:

Please send your donation check or money order to:  
Health Enhancement for Laotian People  
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Cranston, RI 02920

### To Volunteer:

Please contact Dr. Manivone Thikey  
Email: [mthikey@yahoo.com](mailto:mthikey@yahoo.com)  
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For more information visit the HELP website at [www.helplo.org](http://www.helplo.org).

Health Enhancement for Laotian People (HELP) is registered as a non-profit organization in Rhode Island and is classified under the US tax code as a 501(c)(3) public charity. Its EIN number is 27-2918339. Individual donations to HELP are tax deductible.



**HEALTH  
ENHANCEMENT  
FOR  
LAOTIAN  
PEOPLE**



In Laos, the lives of physically and mentally ill children and adults are severely limited and lost due to an underdeveloped healthcare system and lack of health education.

Together, with dedicated volunteers and donations, we can change this situation and improve the lives of Laotian people.

## ***Vision***

Physical and mental well-being for Laotians of every ethnic group in every part of the country.

## ***Mission***

To create partnerships and collaborations that build sustainable institutional and community initiatives that enhance the physical and mental well-being of the Laotian people.

## ***What We Do***

Build systemic capacity to meet Lao PDR mental healthcare needs by providing mental health training to Lao medical students, medical professionals and healthcare workers.

Integrate mental healthcare into the Lao primary healthcare system and promote behavioral interventions in order to improve physical health.

Collaborate with local health facilities to provide mobile team outreach to isolated or needy people unable to access or afford medical treatment facilities.

Facilitate the development of psychiatric training opportunities with regional partners in Cambodia, Thailand and Vietnam and coordinate international resources toward the development of a full Lao psychiatric residency program.

## ***Current Projects***

### **Collaboration with Lao Ministry of Health, Health Frontiers and the World Health Organization to:**

- Develop a training series for residents at the Lao medical school in how to screen for and treat mental health problems that will be integrated into their routine curriculum.
- Establish, in conjunction with Mahosot Hospital's Mental Health Department, continuing education in mental health for medical professionals and healthcare workers.
- Recruit and coordinate the activities of health professionals from other countries who volunteer to visit Laos to share particular areas of expertise with Laotian colleagues.
- Partner with Save the Children Australia and Sayaboury Province health officials to integrate a pilot program to prevent postpartum depression with primary healthcare.
- Partner with Khon Kean University in Thailand to institutionalize a psychiatric rotation and residency training for Lao doctors and nurses.