



Turn It Around

Start where you are. Use what you have. Do what you can.

Mission:

Turn It Around (TIA) is dedicated to transforming the lives of people living with HIV (PLHIV), by addressing the intersection of mental health, poverty, and HIV. TIA equips PLHIV with the knowledge, skills, and psychosocial support needed to overcome challenges such as poor drug adherence, anxiety, depression, stigma, and discrimination. Through mentorship, evidence-based programs, and community-centered interventions, TIA empowers individuals to improve their health outcomes, improve their mental health, gain economic independence, and thrive in fulfilling lives.

Vision:

We envision an Eswatini where AIDS is no longer a public health threat, PLHIV do not experience stigma and discrimination, and can lead self-reliant, economically empowered, and fulfilling lives alongside their families and friends.

Strategic Alignment:

TIA's vision aligns itself with international, regional, and national targets for HIV prevention, care, and support. By collaborating with multi-sectoral stakeholders who share the same ideals and values, TIA contributes to the achievement of collective commitments and long-term goals for positive outcomes. Our focus is on building resilient individuals—PLHIV, Peer Supporters, families, and communities—through empowerment programs that provide knowledge, skills, support, and mentorship. We aim to reduce the harmful effects of HIV, including mental health challenges and related vulnerabilities, through decentralized and integrated services, ensuring that all individuals are empowered and supported in their journey.

TIA's vision positions the organization to actively engage with stakeholders at all levels, both locally and internationally, through communication, networking, and partnerships. This collaborative and intersectional approach enhances the visibility and impact of our work. TIA's long-term goal is to end AIDS, reduce mental health issues, morbidity, and mortality among PLHIV, and create lasting hope and resilience for vulnerable groups. We aim to destigmatize HIV and mental health, reduce isolation by fostering peer support systems, and empower individuals to build sustainable livelihoods.

Even in the most rural, remote, and disadvantaged chiefdoms and Tinkhundla constituencies, we are committed to making a positive and lasting impact on the lives of those we serve. TIA's dedication to building resilience and empowerment drives our work forward.

The Need for Change:

Eswatini is at a critical juncture in the fight against HIV/AIDS. Thanks to significant strides in treatment, prevention, and care, the majority of Emaswati now know their HIV status, are receiving antiretroviral therapy, and are experiencing viral suppression. This reflects tremendous progress, but challenges remain.

Any discussion of health must include mental health, as physical and mental well-being are deeply interconnected – chronic illness and pain can affect mental health, while stress, depression and anxiety can worsen physical conditions. Stress, depression, anxiety and fear may also cause individuals not to seek care, or to isolate and withdraw, contributing to further financial distress and poverty.

The rural communities of Eswatini, where resources are scarce, face a lack of economic opportunities that directly impacts food security, household stability, and health. In the search for economic mobility, many individuals, particularly women and girls, find themselves vulnerable to exploitation and higher-risk activities—such as sex work or transactional sex—just to survive. Issues over poverty give rise to issues of anxiety, depression, and mental health, and carries a social stigma which may discourage people from seeking or adhering to care, impacting both the individual and potentially spreading the disease.

The need for an integrated approach is clear. We must address the intertwining issues of poverty, nutrition, and mental health to break this cycle. By strengthening livelihoods, improving mental health, reducing stigma, and building psychosocial support systems, we can alleviate many of the risks that further expose individuals to HIV and empower PLHIV to not just survive, but thrive.

The Solution: A Holistic, Community-Centered Approach

Turn It Around (TIA) works tirelessly to support PLHIV and vulnerable populations through a holistic, people-centered approach that addresses the intersectionality of HIV/AIDS, mental health, and poverty. TIA's work centers on five strategic goals that align with the core needs of the communities we serve:

- 1. Leadership Skills Development:**

We empower individuals by fostering leadership skills, enabling them to advocate for their health and wellbeing, and become change agents within their communities.

- 2. Economic Empowerment:**

TIA provides training, mentorship, and access to economic opportunities, helping individuals achieve financial self-sufficiency and reduce the pressures that lead to risky behaviors.

3. **Positive Prevention:**

TIA promotes positive behaviors around HIV prevention, focusing on improving drug adherence, reducing stigma, and enhancing mental health and self-esteem, ensuring that health outcomes remain stable and sustainable.

4. **Sustainable Financing:**

We aim to ensure long-term sustainability by establishing funding mechanisms that allow our programs to thrive and grow. This includes partnerships with local businesses, government, and international supporters.

5. **Ethical Governance:**

With a commitment to transparency and accountability, TIA ensures that all resources are managed ethically and responsibly to deliver high-impact programs that drive change.

The Role of the Community:

TIA's approach is deeply rooted in community ownership. Our community support groups, known as Friends of Friends (Bangani Bangempela), serve as the backbone of our work. These groups are comprised of individuals and families, religious and government leaders, from within the community who work together to create and implement their own projects, including support groups. TIA's role is to facilitate, guide, and support, and the ultimate responsibility for success lies with the communities themselves. This community-centered approach empowers people to take ownership of their development, ensuring sustainable change.

The Opportunity for Impact:

By supporting Turn It Around, you will directly contribute to transforming the lives of vulnerable individuals in Eswatini and contribute to sustainable impact in the fight against HIV/AIDs. Philanthropic support will provide direct support to PLHIV, enabling access to training, mentorship, and economic opportunities, improving mental health and ending health-based discrimination. Philanthropy will empower communities to lead their own development, breaking the cycle of poverty and creating long-term, positive changes for generations to come. Support for TIA will make a tangible difference through:

1. **Information & Resources:**

Donations will allow TIA to access up-to-date, user-friendly resources and tools for integrated HIV + mental health care and psychosocial support, providing essential educational content for the communities we serve. Leveraging social media and digital platforms, TIA will amplify its advocacy, raise awareness, and share the stories of the individuals and communities we serve.

2. **Capacity Development:**

Donations will help fund training programs and educational tools that will equip TIA volunteers and community members with the knowledge and skills to lead healthier, more empowered lives. This investment will have long-term benefits, empowering individuals to take charge of their health and wellbeing.

3. **Data Management & Monitoring:**

TIA uses evidence-based programming to drive impact. Your donations will fund data management systems that track key metrics such as the number of people trained, the

number of counseling sessions provided, referrals to professional health care, and funding sources. This ensures accountability and transparent reporting to stakeholders.

4. **Advocacy & Communication:**

Technology and digital platforms will enhance TIA's ability to communicate and engage with stakeholders. Donations will support online campaigns, advocacy, and lobbying efforts that increase awareness, garner support for PLHIV, and build broader community backing for TIA's mission.

5. **Community Empowerment:**

Your support will help enhance the digital literacy of TIA volunteers, empowering them with the skills needed to drive their own development and contribute to TIA's work. This knowledge-sharing will have a ripple effect, uplifting entire communities and multiplying the positive impact of TIA's interventions.

Join us

Eswatini stands at a crossroads, with the possibility of ending AIDS as a public health threat within our grasp. However, this will only be possible if we address the interconnected challenges of poverty, stigma, and lack of economic opportunities. Through the holistic programs of Turn It Around, we can empower individuals to improve their health – both physical and mental – as well as their livelihoods, creating a brighter future for all.

We invite you to join us in this mission. Your support can turn the tide, enabling us to provide the necessary tools, resources, and mentorship to ensure a sustainable, AIDS-free future for all in Eswatini.

Together, we can make a lasting impact. Together, we can help *turn it around*.

Our Motto:

“Start where you are. Use what you have. Do what you can.”