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INTERNATIONAL NETWORK FOR
AID, RELIEF AND ASSISTANCE

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2022 Annual Report

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Letter from INARA's President and Founder

There are quite a few freeze-frame memories I have of the last year. The first is standing on the Ukraine-Poland border watching exhausted children stumble across, dragged one tired step after another by their mothers, small suitcases limping along behind them. I saw around me volunteers waiting to offer rides to warm rooms, piles of clothes, food being handed out. It was in such stark contrast to what I had witnessed years earlier when Syrians, Afghans, and others began to trek en masse across Europe. What I saw on Ukraine's borders was very much the way we should be responding to those who are fleeing war. Since that conflict began, aid has been diverted to Ukraine, the shutting down of wheat and grain exports from Ukraine and Russia has compounded hunger crises stretching from Somalia to Lebanon to Afghanistan and exacerbated humanitarian aid and access to medical and mental healthcare in areas where INARA operates.

At INARA, we are not diverting any funding and we are not reducing any of our medical and mental health programs. We are finding ourselves in a position where we need to be able to expand in terms of beneficiaries that we treat to fill in the gaps left behind by those other NGOs who have shifted focus.

In Lebanon especially, the situation has often left me without words. Lebanon is a country that I know well, I've been regularly going in and out since 2003 and was based there for CNN from 2011- 2014. In Lebanon you have the disastrous confluence of a reduction in humanitarian aid colliding with a complete collapse of the economy and any real form of governance. Shocking numbers of Lebanese are being forced into poverty meaning that when their children are injured, they are unable to pay for their treatment. When their children suffer from mental trauma, they are unable to provide them with the sessions they need to heal.

We had already, post the Beirut blast in 2020, included Lebanese children in our mental health program, now we have opened our medical program to all children residing in Lebanon.

We spoke at length with smaller Ukrainian NGOs and asked them what gaps they were seeing, and based on that we are creating centers that can act both as a "safe space" and daycare, serving not only the children but the mothers as well. As I stated, we did not divert any funding in this effort, we raised specific funds for this project and ensured that it did not impact any of the other children to whom we have an obligation.

As I think back on 2022, my freeze-frame moments are not only of war. I remember the joy on the children's faces when I decided that as a 45th birthday present to myself I would take them hiking to a river. Most of them had never been in nature this way. I remember the laughter when we did haircuts, hair dye, and face painting activities in a park. I remember the pain of each step and the sheer pride I felt watching our older INARA kids take on Mt Kilimanjaro joined by young women from Afghanistan and Ukraine.

I remember how wonderful it feels to give opportunity, give joy, give agency. It's hard to think about the last year when we are all so consumed with what has happened this year and the enormity of the need. The earthquakes in Türkiye and Syria were beyond devastating. I know war very well, and I most certainly have seen plenty of the destruction that war leaves behind, but war does not do what the earthquake did in a minute and a half. INARA's own staff in Türkiye all lived and worked in the quakezone. Luckily all survived, but their own trauma runs deep. Despite that they returned to work and I am immensely proud of our rapid response.

Thank you for being with us on this journey. It's hard but damn is it beautiful when you see the change. And please do remember, with all that is happening around the world, we need you to make the change in these children's lives.

Arwa Damon

INARA's President and Founder



2022 A Year In Review

2022 was a challenging year, where INARA was able to grow its current programs in Lebanon in Türkiye, and expand into Ukraine to provide much needed help to internally displaced Ukrainian children.

This year was full of events, activities, and campaigns through which INARA was able to raise money for the children we treat, and put a hopeful smile on their faces on this journey towards recovery and healing.



2022 CAMPAIGNS

“Miracles on Christmas” The Concert

We wanted to do something fun this year that involves the children whose lives you’re changing.

For Christmas 2022, we partnered up with Amanda Seyfried, actress, singer, humanitarian and one of INARA’s board members, as well as Carla Chamoun, a singer from Lebanon for an amazing concert “Miracles on Christmas” where our conflict impacted children were the stars of the show!

The children, who are all getting treated with INARA, have never been to a concert, and were delighted to be a part of such an event on Christmas.

Rehearsal after rehearsal, the children made new friends, learned how to trust themselves and sing in public. Through this concert, we were able to help them understand that they deserve to be in the spotlight, and that they are seen, heard and loved just the way they are.



Thanks to all of you who bought tickets to this concert, we were able to reach our goal and raise \$300,00 that will go towards INARA’s programs and their expansion in Ukraine, Lebanon, and Türkiye. This money ensures the continuity of the services we provide, and will help INARA continue to fill in gaps in access to medical and mental health care.

In fact, 100% of these donations will go towards the treatment of children impacted by conflict.



You can watch the full concert on:
youtu.be/0gDZCIaaD3Q



“Thank you to the incredible, extraordinary INARA kids, you are amazing performers. This moment is yours, and I am so grateful to have been able to bear witness to your gift!”

Amanda Seyfried

“Now more than ever I believe that love is the only answer!”

Carla Chamoun





“They turned my life around,
and helped me heal my legs!”

Mira - 10 Years

“ When I was feeling down, I only got better when I started getting treated with INARA.”

Zeina - 7 Years



Summits for smiles, Mt. Kilimanjaro Expedition

An Experience Uniting Conflict Impacted Populations Worldwide

In July 2022, INARA's President and Founder, **Arwa Damon**, along with renowned mountaineer **Mostafa Salameh**, and INARA ambassador **Leonardo Avezano** set out on a quest to hike up to the highest point in Africa with two of INARA's beneficiaries to show them and others that when we come together, we can do anything we set our mind to!

They were joined by young women from Afghanistan and Ukraine in a show of unity for all conflict impacted children, no matter geography, religion, or ethnicity.



The people on this adventure were all affected by war in some way, and have known loss and death.

From INARA's beneficiaries who both sustained severe injuries due to their displacement and the war in Syria, to Shaqayeq and Tatiana who both had to flee the countries they call home.

On this journey, they were able to challenge themselves, and reach their personal summits, while showing every conflict impacted child like themselves that anything is possible in this life!

Through this initiative, they were able to raise \$135,497 to help INARA grow, and help children in dire need of medical and mental health care only we can provide.

At the end of this life-changing journey, all of them went back home having created special bonds that will tie them to each other forever.

We were also pleased to receive an official document from the government of The United Republic of Tanzania stating that Shaqayeq is the first Afghan woman to successfully climb Mount Kilimanjaro to Uhuru Peak!



Safa: The little hero who jumped into a building on fire to save her siblings

Tatiana: The Ukrainian who lost 7 people dear to her heart, and made it to the top to honor their memory

Shaqayeq: The courageous Afghan girl who loves her country more than anything despite the heartache it caused her

Adnan: The Syrian refugee who defied all odds after getting shot by a sniper and became an athlete

Ramadan: Give Eidiye!

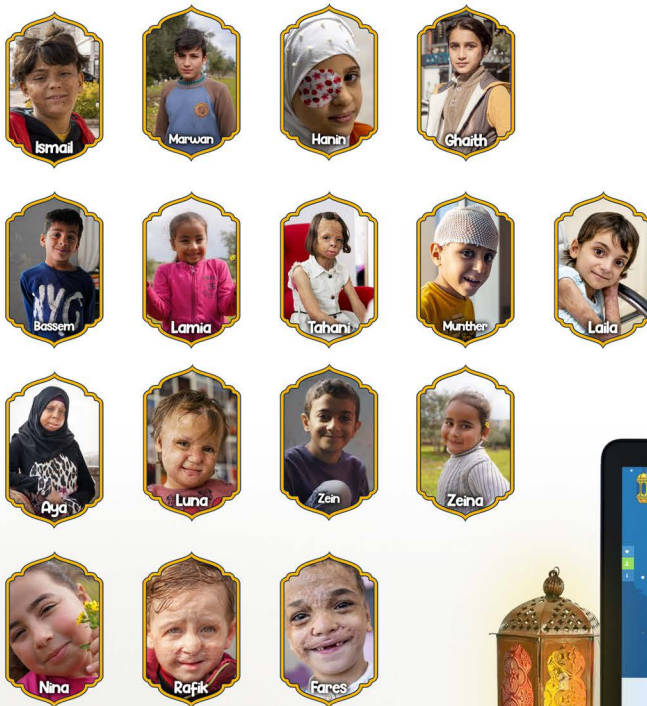
This year on Ramadan, we highlighted the stories of 16 of our children aiming to raise enough funds to fully cover their medical treatment.

We introduced people to the concept of Eidiye, which is money they get from their family and relatives to spend on toys, candies, and Eid clothing.

Through people from all over the world generously giving our children Eidiye, we were able to collect \$107,254 in funds that will all go towards the treatment of so many children waiting for us to instill life-altering change in their lives!

With so many conflicts arising around the world, the need keeps growing, and funding is becoming scarcer than ever. With these donations, we can provide life-altering medical care for children impacted by conflict who are unable to access or afford treatment.

Thanks to your support, our medical and mental health programs are ongoing, and we will be able to cover all logistical costs and partner up with new medical professionals and healthcare institutions in 2023.



2022 ACTIVITIES

We all know the benefits of going out and playing in the sun with other children your age. At INARA, we want the children we treat to feel like they belong to something. We want to make them see that there are others just like you in the world, and that their injuries don't necessarily mean their life has to stop. They can still have fun, smile from the heart and make new friends who can support them on their way towards healing. Therefore, we introduced a couple of activities for these children, to mingle with others and experience the childhood they never had!

Haircuts with Joshua!

Joshua Coombes, a well-known speaker and hairdresser wanted to meet some of the children INARA is sponsoring and spend a fun afternoon with them. We knew how much this would mean to our children, and decided to hold a gathering they would definitely remember. Along with Joshua and the children we headed to a beautiful park in Gaziantep where haircuts, face painting, and games were on the menu! The children spent a lovely afternoon, making friends, having their faces painted, receiving fresh haircuts and making the most of this lovely day.



Inspiring session with Mostafa

In 2022, a group of INARA's children gathered at a small bookshop in Beirut to discover some new books and universes, and hear about **Mostafa Salameh's** adventure, through his book entitled "**Dreams of a Refugee: From the Middle East to Mount Everest**". They had a lovely time listening to a man they can all relate to: A Refugee who made something of himself, encouraging them to follow their dreams and shoot for the moon.



A day at Jabal Moussa Reserve

We took some of INARA's children on a beautiful hike! In the Jabal Moussa Reserve, they learned about animals, different plant species and enjoyed some arts and crafts, a recreational activity to boost their morale and have some fun away from hospitals and medical sessions.



Fun day at the garden

We took some of our children for a fun day at Sanayeh Garden, a historic garden in Beirut where the team prepared some games and puzzles for the children about love, hope and resilience. Our children enjoyed coloring, taking photos and exploring the iconic fountain.



Clarissa Ward & INARA

On may 11th, 2022, CNN's multi-award winning Chief International Correspondent **Clarissa ward**, along with Arwa hosted a talk at the Rebecca Hossack Art Gallery in London about the impact of war on children and the importance of the work INARA does helping them when no one else can.

During this Event, three stunning prints donated by photographer Adam Dobby were up for silent auction. Additionally, a limited number of Ward's new book was available for purchase, signed by ward herself. All proceeds from the sales went towards INARA's medical and mental health programs.



OUR PROGRAMS

INARA's Medical Program: Growing and Adapting

INARA's medical program seeks to improve injured children's physical health and quality of life through financial support and increased access to services. We fully cover all medical treatments, surgeries, and logistical costs involved in supporting the child. So how does this program work?

First and foremost, an assessment is performed to check if the beneficiaries fit our criteria. If they do, our case management team takes the child and his family for a medical assessment with our partner doctors who set out a detailed plan for the child's recovery. If a child doesn't fit our criteria we attempt to refer them to an organization that can and continue to follow up with them and their family.

Our team follows up closely with the child and his family making sure they are receiving the quality medical care they deserve until the child fully heals, which can take years with the type of injuries INARA treats.

Each year, our amazing team, from coordinators to case officers, pull out all the stops to provide the best medical care there is to the children we treat. This team works all year round to provide access to medical services for children impacted by conflict regardless of their ethnicity or nationality. In 2022, INARA was able to help 304 children get the surgeries, Co2 laser, prosthetic eyes and hearing aids they need, and set a hopeful smile on so many faces of children who can now listen to the sounds of life again, feel the ground under their foot while they run and walk again, and see the sun shine differently once they heal!

We keep growing, and accepting more children in need to this program, with more and more referrals from UN agencies and INGOs. We vow to keep helping as many children as we can in a world where no conflict impacted child is left untreated.



Total number of ongoing cases in 2022

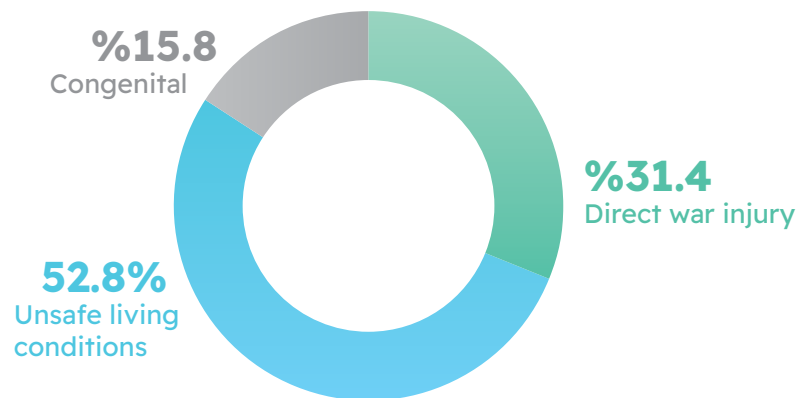
304
Cases

149
New cases

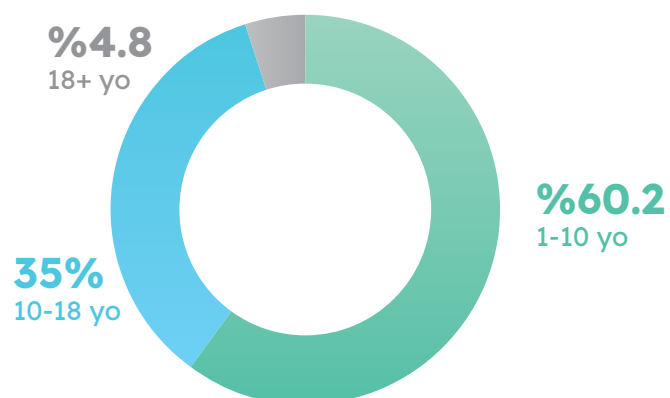
Total number of surgeries performed in 2022

261
Surgeries

Breakdown of cases by type of injuries:



Breakdown of beneficiaries by age group:



“I started to see the world from a different perspective since I started working with INARA. Every child has taught me a lesson, one of them is to appreciate every single thing I have and to count all my blessings on a daily basis. These children taught me that if we stand together, we can face every obstacle, challenge, and crisis that we might face.”

Khadija Ezzedine

Senior Case Management Officer



“Over the years, we’ve heard many stories of how our work made a difference in the lives of many children. INARA continues to provide quality medical and mental healthcare to the most vulnerable of children, regardless of their nationality and gender, and the impact of these interventions is crucial to their well-being. It makes us feel really proud of our work, and witnessing the positive and life-changing impact on these children is really overwhelming”

Hussein Haraty

Health Programs Coordinator



“INARA works on creating a better world for war impacted children, and it’s a privilege to be a part of their journey towards recovery and growth. As someone who grew up in Syria and witnessed the horrors of war, my job at INARA provides me with a sense of purpose and fulfillment that is difficult to match!”

Weam Ghazal

Case Management Officer



INARA's In-House Mental Health Program

Mental health is a delicate subject that needs to be handled with care, especially when we are talking about the deep trauma and emotional scars the children we treat have.

All the children we treat at INARA go through a mental health assessment performed by our team of mental health professionals specialized in child and adolescent psychology and psychiatry.

If a child needs therapy, he/she is accompanied by both a psychiatrist and a psychologist throughout their treatment.

The team formulates an intervention plan that might include pharmacotherapy and / or psychotherapy and PSS interventions, as well as psycho-education for the child and the caregivers. Our psychiatrists and psychologists work closely with the parents to help them understand their child's issues and help the family heal as a whole.

We want to show these children that they always have the power to change, overcome their traumas and fears, and envision a future of success and peace away from their painful past.

Total number of children benefitting from our mental health program in 2022: 142

Total number of psychotherapy sessions and psychiatric consultations provided in 2022: 1384



“Medical treatment makes a difference to the child’s physical capabilities and appearance, while psychological treatment restores the spirit and meaning to the lives of these children.”

Yara Ahtar

Child and Adolescent Psychologist



“During the psychotherapy sessions, children get to engage in a wide range of activities including relaxation techniques, role-plays, art, story-telling, and small puppet shows, all in purpose of promoting emotional awareness, self-expression, targeting self-image, treating trauma, and managing emotions and behavioral difficulties.”

Sara Makke Child and Adolescent Psychologist





A story like no other!

Hadi is a 9-year-old who came to INARA with severe obsessive thoughts and compulsions. He couldn't stop himself from performing daily rituals which consumed his life and days.

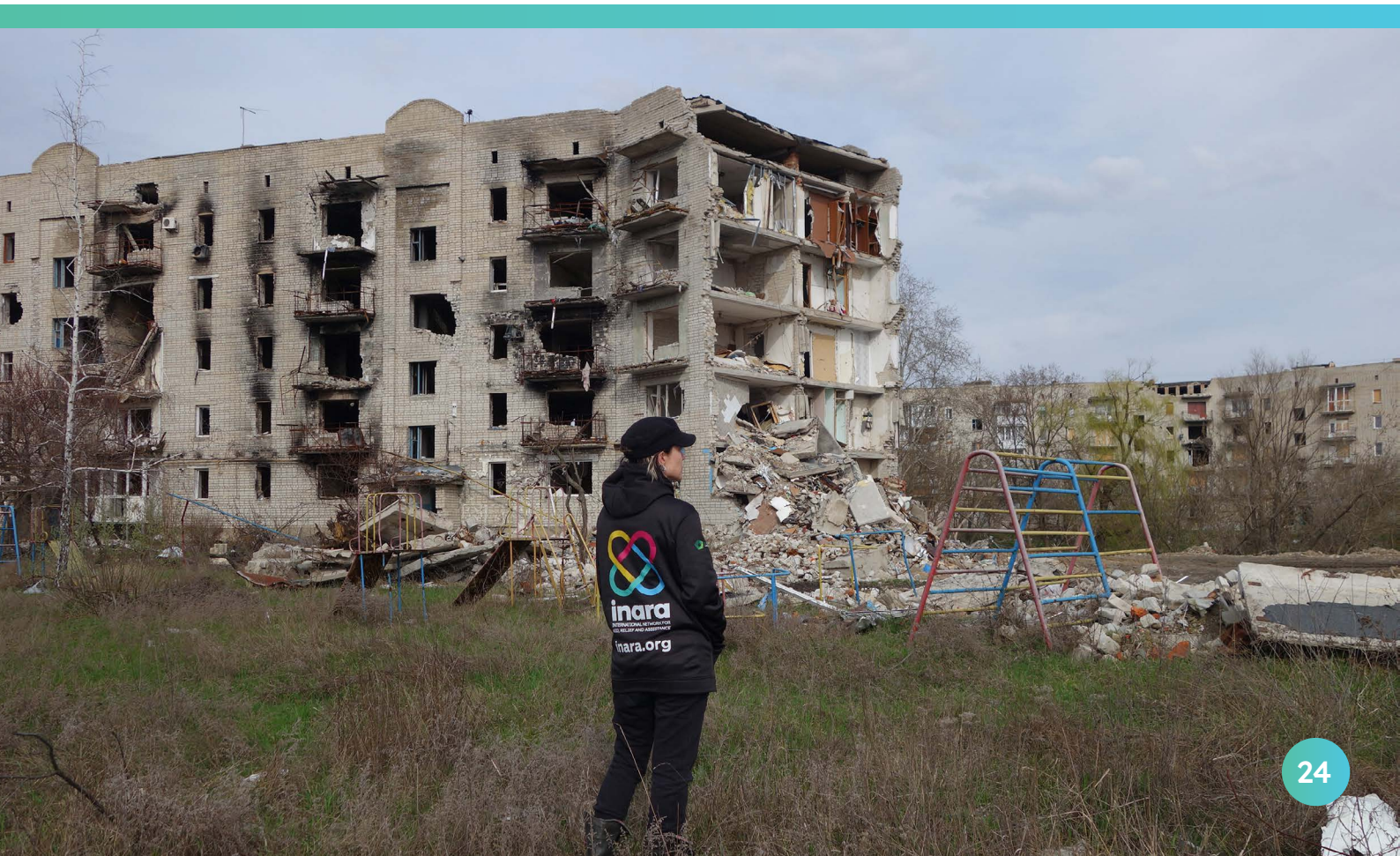
Hadi met with our team, and started working with INARA's child and adolescent psychologist. Day after day, Hadi learned to work hand in hand with our psychologist to cope with his OCD, whom he called "Khanfouch".

This little boy's life drastically changed upon starting his treatment. He learned mindfulness and deep breathing exercises and was able to face "Khanfouch" and regain control of his life!

Rapid Response Program in Ukraine

At INARA we know what war can do to children, and how deeply it can affect every aspect of their being. In February 2022, when the Ukraine crisis had just begun, we knew something had to be done. INARA's founder Arwa Damon was able to carry out a needs assessment on the ground and identified the gaps INARA could fill in access to care. We were able to raise \$56,620 from our loyal supporters and expanded into Ukraine to start implementing new programs and share our expertise with other NGOs on the ground. As we grow our programs, we will be applying for additional funding and reaching out to you.

With 7 million people forced to flee their homes, children and teenagers continue to be one of the most vulnerable groups affected by the hostilities in Ukraine. Our first program in Ukraine consists of conducting training and workshop sessions in the field of Mental Health and Psycho-social Support (MHPSS) on mental health guidance for the nationwide hotline consultants, psychologists, and psychotherapists of local partner La Strada Ukraine by INARA's in-house mental health expert.



Our Programs | Rapid Response Program in Ukraine

We successfully carried out a pilot training session in partnership with Caritas Moldova, providing teachers, social workers and any volunteers in contact with children at their four centers with tools, information, and training they need, to help support these children and facilitate their integration into the society they have been welcomed in. The next series of sessions will be held in 2023 on predefined topics.

On the 29th of November, INARA also facilitated a training workshop for 10-12 hotline consultants from La-Strada Ukraine who attended the 2-hour meeting on experience exchange on anxiety and stress during the war.

Witnessing the trauma they're going through and knowing really well the impact of war on children has pushed INARA to create new ties in this community and launch our second program in partnership with our local Partner Mariupol Youth Union to create a safe space for the children and their families.

INARA has built this safe space for children based specifically on the recommendations of frontline workers and community members from Mariupol. Through this safe space they will be able to receive ongoing educational, social and psychosocial support and assistance to recover and integrate their new communities. In speaking to those on the ground, it became apparent that this space is needed not just to conduct MHPSS activities for the children but also to serve as a daycare. This would allow mothers - as many of the fathers are elsewhere volunteering or fighting - the time to be able to work and provide for their children. It would additionally allow mothers some breathing space in an extraordinarily intense situation.

As always, INARA seeks to identify the gaps that need to be filled and build programs very specific to local needs. We are slowly implementing our programs hoping to make a difference and help families and children victims of this ongoing conflict that has uprooted them.





“The creation of a “Safe Space” in the Verkhnekoropetsk community is the most important step towards the integration of displaced families and children.

The positive effect from the implementation of the project will be most noticeable, since in addition to children, we also cover the immediate social environment: teachers and parents.

Our project is complex in nature, as it covers at least three main components, and is aimed directly at children, teachers and parents. Specialists, psychologists, mentors will work with each of these groups.”

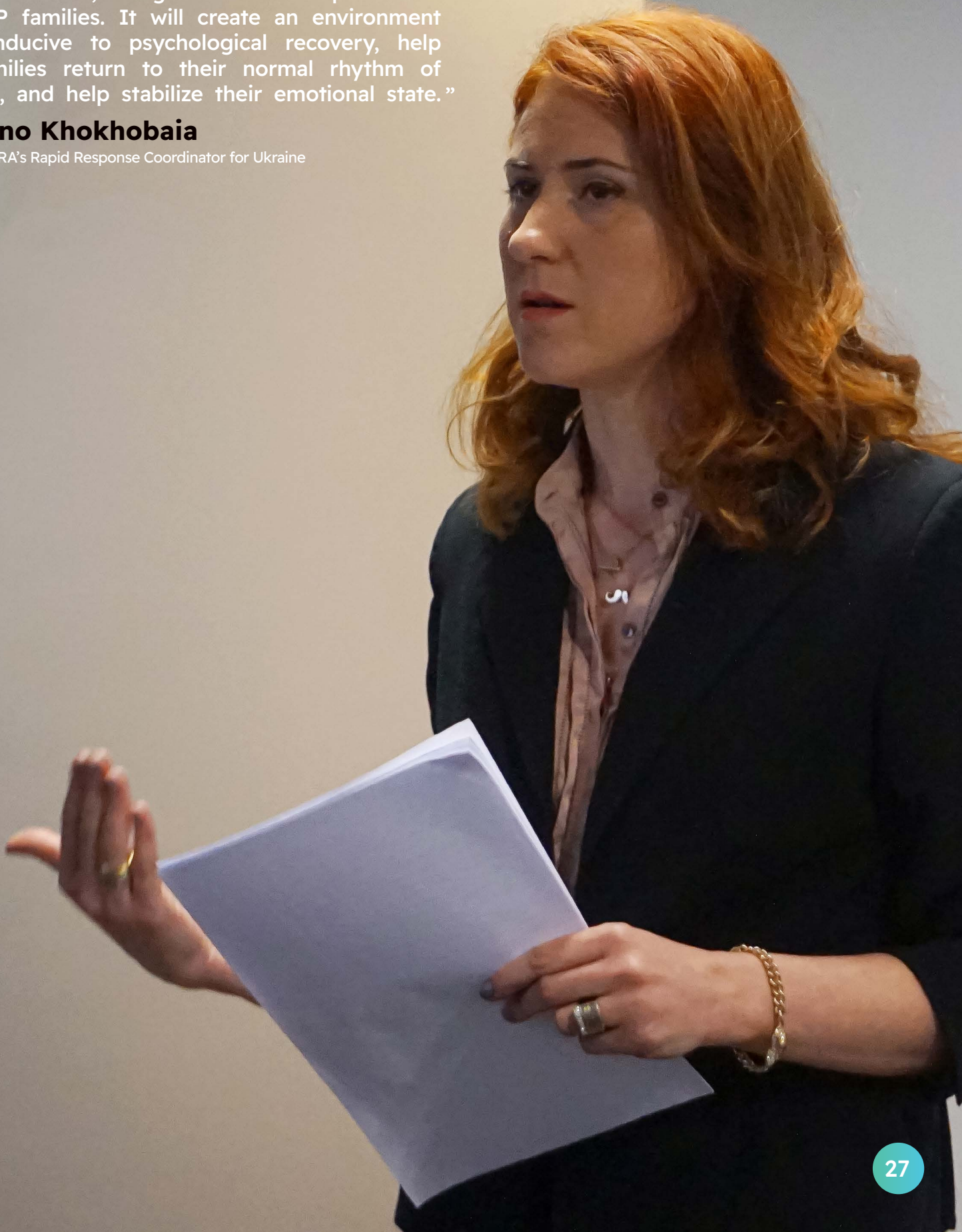
Daria Markovich

Project Coordinator in Ukraine

“This place will play a huge role in the socialization, integration and adaptation of IDP families. It will create an environment conducive to psychological recovery, help families return to their normal rhythm of life, and help stabilize their emotional state.”

Nino Khokhobaia

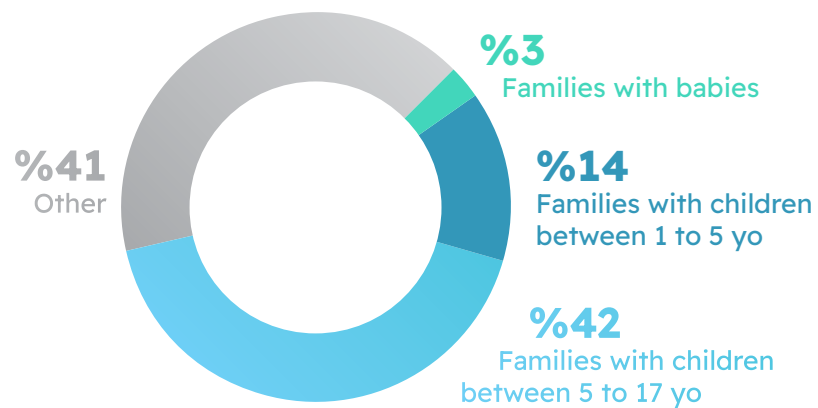
INARA’s Rapid Response Coordinator for Ukraine



+7,000,000

Displaced people from Ukraine in 2022

Out of those people there are:



Our target Communities:

7,500 People = **2,400** Families



THE IMPACT

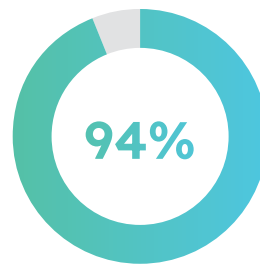
Throughout the years, INARA has brought life-altering changes to 2857 individuals. (Through our running programs, outreach during covid-19, Beirut blast, and other activities)

2,857

Total numbers of beneficiaries



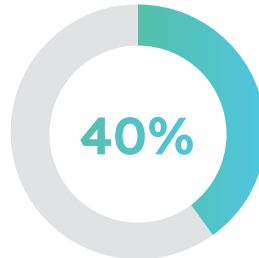
of beneficiaries report a reduction in disabilities, access barriers, scarring, and/or wounds



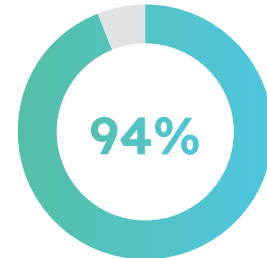
of beneficiaries experience improvement in mental health



of households with prior medical costs report a decrease in medical costs



of caretakers report increased livelihood opportunities due to their child's improvement



of caretakers report increased ability to spend more time with other children and family



STRATEGIC GOALS FOR 2023

In 2023, INARA is planning to expand and diversify the services offered in Lebanon, Türkiye and Ukraine offering an even more inclusive holistic approach.

Our teams are planning to enhance our referral approach, and reach more children in need of treatment.

We are working on expanding our area of coverage, and partnering up with new medical centers and NGOs across the countries we work in.

As for our in-house mental health program, we plan on introducing new psychosocial support activities, arts and crafts as well as work closer with the families of the children we treat.

Our mental health professionals will also use their extensive knowledge in the field and pass it on to our local partners in Ukraine with whom we will provide numerous MHPSS trainings throughout the year. Everything we are introducing in 2023 is aimed at enhancing our children's wellbeing.

Our teams are constantly on the lookout for ways to improve our current programs, and help a growing number of children who can't access medical or mental healthcare.



As for funding, INARA is always seeking new funding opportunities, as individual donations are on the decline. We'd love to engage with our donors and funders, and find new and more diverse ways to fundraise for our children's treatment.

Our communications department will be working on enhancing our presence on all social media platform, to better showcase the children's stories. We're also on the lookout for exciting new partnership opportunities, and will be activating a new advocacy component to reach people who'd like to help us spread the word about the work we do.

PARTNERSHIPS

INARA and UNICEF

In 2022, INARA was privileged to sign a grant agreement with **UNICEF**-Lebanon over a period of nine months from January till September 2022. The overarching goal of this project was to improve the well-being, and physical and mental health of refugee, migrant, and vulnerable children from the host community.

Thanks to this partnership, INARA was able to support 148 children who received medical treatment and services while 103 children received mental health treatment.



INARA and The Big Heart Foundation

INARA was invited to join a partnership as part of **The Big Heart Foundation** Ramadan Campaign 2022, to support ten refugee children in Lebanon and Türkiye in improving their physical health through financial assistance and access to services.



INARA and DCB World

This year INARA partnered up with **DCB World** and dived into the exciting world of NFTs! Through this partnership, when people would mint any of Romero Britto's NFTs they would be contributing to our programs at INARA and providing life-saving and life-altering medical assistance to conflict impacted children.



INARA and Al-Madad Foundation

The collaboration between INARA and **Al-Madad Foundation** started in August 2021, with the aim of increasing the wellbeing and mental health of refugee children in Türkiye.

The project was successfully finalized in 2022 where INARA was able to provide 57 children with needed psychological interventions and treatment over a total number of 398 sessions.

In addition, psychosocial support activities were implemented for the children and their families, including a counseling program for the mothers to improve their parenting skills and “Peer Group Therapy” where children gathered to discuss a specific mutual issue that they face.



Al Madad
Foundation

INARA and Fondation Philanthropia

INARA received a grant from **Fondation Philanthropia** as a “funding for three surgical interventions for refugee children” in Lebanon and Türkiye where INARA was able to support one urgent case in Lebanon and two other cases in Türkiye.



FONDATION
PHILANTHROPIA
LOMBARD ODIER

INARA and World of Children

One of the key partnerships that is vital to INARA’s work is the one we are privileged to have with **World of Children**. WoC has shown tremendous support throughout all INARA’s campaigns in 2022, and were able to really help us fill in our funding gaps to complete our projects and fully treat our children.



World of
Children

INARA and The Robert Ho Family Foundation

In addition to our running partnership with **TRHFF**, INARA was awarded another grant from the foundation to cover the medical treatment of 30 refugee children in Türkiye. This project will have a lasting impact and improve children’s physical capabilities and well-being, empowering them to have a bright future. Without this project and intervention, many children would have life-long disabilities that could keep them from living up to their full potential.



何鴻毅家族基金
THE ROBERT H. N. HO
FAMILY FOUNDATION

INARA and Theory

In 2022, a generous donation of \$50,000 was made to INARA by **THEORY** that went to our Kilimanjaro fundraiser and qualified them for the Gold Sponsorship of our corporate sponsorship package.

Theory

INARA and ZOXX

As part of the continued partnership with **ZOXX**, the generous amount of \$23,123 was donated to INARA from the “Ukraine Bracelet” sales that went to our Ukraine appeal to support organizations and IDPs inside Ukraine and Moldova.



Community Champions

In 2022, INARA was able to reactivate its **Community Champions initiative** following a prolonged struggle with the pandemic and related restrictions.

Not only was this initiative developed by INARA and its supporters to raise funds on the community level, but to raise awareness among students and communities. Anyone from any community could be a Community Champion through organizing events that shed light on INARA’s work and the impact of war on children, because each and every one of us could make a change on any scale. Some of our Community Champions activities this year were a Spaghetti dinner implemented by **Oshkosh North High School** where they were able to raise \$4057, as well as **Moe Karam’s** hike up Mount Ararat. Moe is an amateur runner and mountaineer who set out to climb Mt. Ararat to raise funds for the children of INARA.



OSHKOSH NORTH
HIGH SCHOOL



Ockenden Prize

In March, 2022, INARA was delighted to receive the news that our Medical Program was one of the four 2022 **Ockenden International Prize** winners with \$25,000 cash prize. The judging panel was particularly impressed by the project’s “long-term commitment to children recovering from and/or overcoming horrendous injuries, providing aftercare aimed at gaining a full and complete life through medical interventions and psychosocial support that fills an important gap, making a real difference to their chances of independence.” The Ockenden Prize is usually granted for projects that advance self-reliance among refugees and/or displaced people.



FINANCIAL STATEMENT

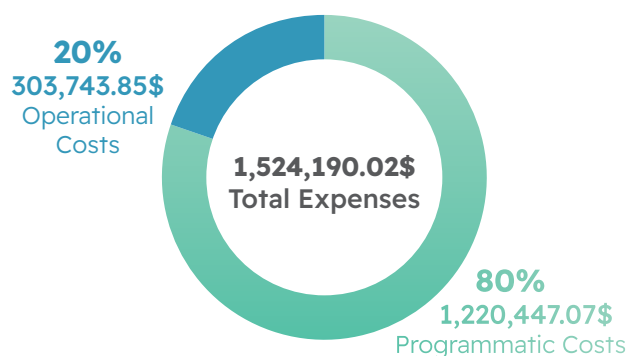
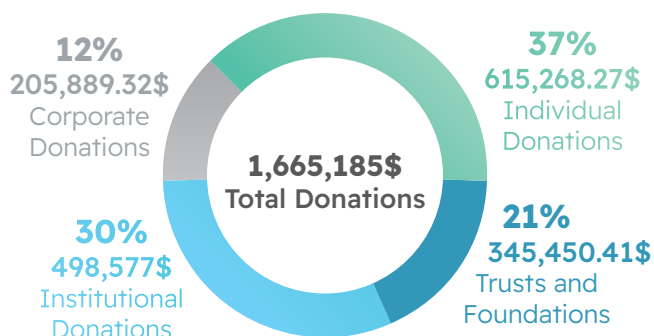
With the increase in needs and decrease in funding, INARA has been facing many challenges in the past two years, especially as an organization that doesn't technically fit into institutional donors' funding criteria because of the long-term programs and treatments.

In 2022, individual donations, which constitute around 82.5% of INARA's funds, have decreased remarkably by \$256,088 compared to the year before.

We have tried to diversify our funding as much as possible by reaching out to corporates, institutions, and trusts and foundations, and were able to secure more funding.

However, the number of children on our waiting list is increasing every day given the unstable living conditions, conflicts, inflation, and many other risks that are hindering the children from getting their basic rights of living a healthy and dignified life.

Item	Amount
Revenues	1,665,185 \$
Operations	
Staff (Operations)	164,368.47 \$
Accounting, Auditing and Legal Fees	38,672.87 \$
Office Costs	30,914.90 \$
Communications and Fundraising	13,066.79 \$
Taxes (Operations)	19,121.49 \$
Other Costs	37,599.32 \$
Total Operational Costs	303,743.85 \$
Programs	
Staff (Programs)	335,927.94 \$
Medical Procedures	599,606.39 \$
Direct Medical Costs	78,777.72 \$
Indirect Medical Costs	68,677.88 \$
Taxes (Program)	51,698.84 \$
Office Costs	33,491.15 \$
Communications & Fundraising	52,267.16 \$
Total Programs Costs	1,220,447.07 \$
Total Expenses	1,524,190.92 \$



COMMUNICATIONS

Shedding Light on INARA's Work

Our communications department is the mirror that reflects all that we do to the whole world.

What we do is tell their stories, highlight their plight and convey to the best of our abilities the hard work our teams put in every day to make healing a reality for conflict impacted children.

This year, we aim to grow even more on all our social media platforms, increase our reach and target broader audiences, establish INARA's branding, as well as raise awareness on INARA's mission and cause through various measures.

We also want to introduce an advocacy component and reach people from all over the world so they can advocate and support INARA's cause and help the conflict impacted children we treat.

Reaching more people on social media is of the utmost importance, since 80% of our donations are online donations, which is why we try to be as present and as transparent as can be. To know more about our work, you can visit our website and check out our social media platforms.



GET INVOLVED WITH INARA

INARA needs you!

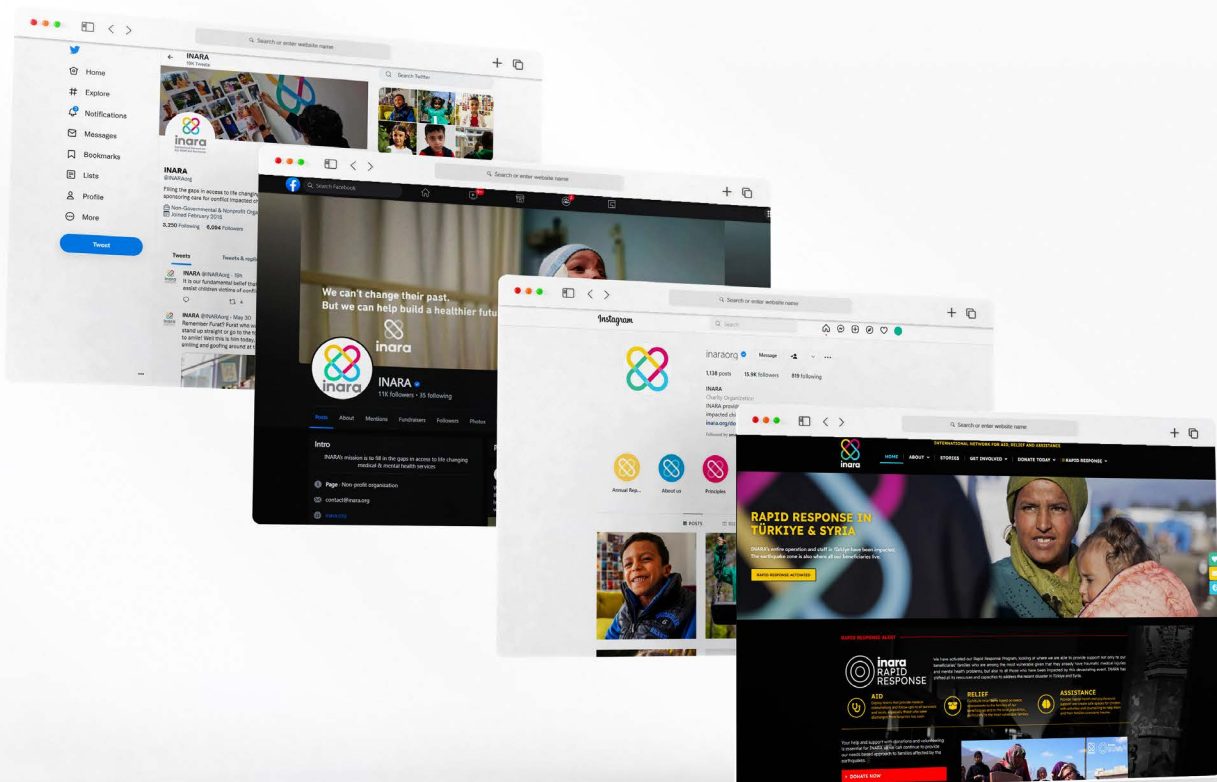
We need your help to continue helping children in dire need of life-altering medical and mental health care.

With new conflicts arising around the world, like the conflict in Ukraine, and the consequences of ongoing conflicts, we need all the help we can get to carry out our mission and help as many conflict impacted children as we can.

Here are a few ideas on how you can help INARA:

- Make a one-off donation on our website inara.org/donate
- Set up a monthly donation
- Fundraise with us, we have a full kit and manual for you on inara.org/get-involved
- Post about INARA on your social media platforms
- Choose The International Network for Aid, Relief and Assistance – INARA as your charity of choice on Amazon smiles.

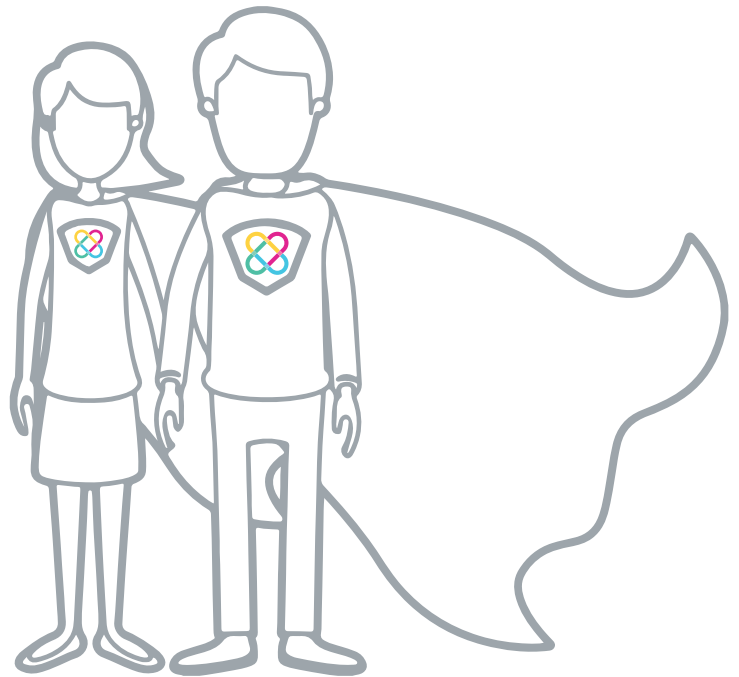
www.inara.org/donate



OUR FUNDERS, OUR HEROES!

Major Individual Donors

- Carla Ramos
- Amanda Seyfried and Thomas Sadoski
- Clarissa Ward
- Kenneth and Aliya Mack
- SE Cupp
- Arwa Damon
- Ghassan Saleh
- Bruce J. Weissgold
- Helen Hancke
- Amanda Hite
- Elisabeth Megally
- Linda Karen Griffin
- David McClenahan
- Peter Friedlander
- James C Chambers
- Omar Danial
- Papa doug Manchester
- John Kavulich



Institutions

- ZOX
- The Big Heart Foundation
- Human Appeal
- UNICEF
- Al Madad Foundation
- The Robert H. N. Ho Family Foundation Global
- The Mary Alice Fortin Foundation
- Orienthelfer
- Variety Media
- Oshkosh North High School Community
- The Ghazi & Badrieh Charitable Trust
- World Of Children
- Philanthropia Foundation
- Ockenden International
- Fidelity
- Theory
- Numbase
- RAD
- Benevity Fund
- Landed Entertainments
- JP Peace Love and Happiness Foundation
- Vanguard Charitable
- Joukowsky Family Foundation

We would like to thank everyone who has been donating and supporting us through the years. Thanks to your dedication, we are able to do what we do, and alter lives. So many people in dire need of help have felt the impact of your donations so deeply in their lives, and will never ever forget the turning point that their lives took after they got treated!



inara

International Network for
Aid, Relief and Assistance

2022 Annual Report

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