



*Promoting mental health awareness,
hope, and holistic wellness*



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2015 Annual Report



A MESSAGE FROM THE FOUNDER

THE POWER OF A PROMISE

Namaste,

Welcome to ASHA International!

I was born and raised in Bangalore, India, amidst ancient traditions, and a large, loving extended family. My happy childhood, however, gave way to a traumatic adolescence. By the time I was 18, I was debilitated by generalized anxiety disorder and panic attacks. At 23, as a young mother in America, I struggled to free myself from the death-hold of depression.

On April 30, 1989, confined in the seclusion room in a psychiatric ward in America, stripped of freedom, dignity, hope and humanity, I promised to emerge a messenger of hope and healing. For every indignity that I had suffered in shame and silence, I promised to fight to restore my dignity and the dignity of others like me around the world. And for every moment that my family and I had lived in despair, I promised to bring hope to the lives of others like us.

ASHA International is the culmination of that promise!

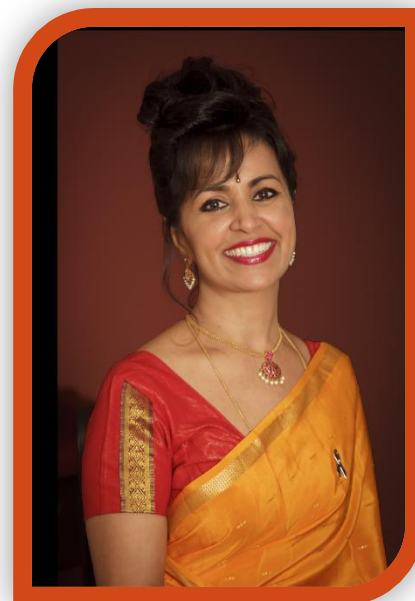
Our mission is to promote personal, organizational, and community wellness through peer-based, culturally-responsive mental health education, training, and support. Since the launch of our wellness campaign, *Healthy Minds, Healthy Lives* in 2006, my colleagues and I have had the privilege to reach out and touch the lives of nearly 45,000 people, nationally and internationally, with a resounding message of hope and recovery. We are eternally grateful to our donors, sponsors, and volunteers, who make it possible for us to promote mental health awareness, and bring hope and healing to people's lives.

1 in 4 people in the world struggle with a mental illness. Yet, a majority of them don't seek help because of stigma, discrimination, and lack of affordable care. Please help us help them. Together, we can empower people to overcome barriers to recovery and achieve wellness. Together, we can create communities of hope, understanding, compassion and inclusion, where every man, woman, and child struggling with mental illness can find the love, treatment and support they need to thrive.

With gratitude,



Gayathri Ramprasad, Founder & President



FEEDBACK FROM THE FIELD



"I enjoyed your presentation *Healing from Depression: 8 Keys to Recover & Thrive*. Thank you for sharing your personal stories; it made the presentation so much more poignant. I appreciate the way you welcomed each person into the discussion & were attentive to their needs. The power point & handouts were very well done. I especially like the quotes from famous people who have suffered from depression.

It really hit home how it is my responsibility to make the changes in my behaviors to help manage my depression. It's one thing to know what to do, but it's another to do what needs to be done consistently. Exercising daily is my biggest challenge. Thank you again for your experience & guidance. I know it will be most helpful."

— **Melissa Williamson, Portland, OR, USA**



“Your Cultural Competence Training, *A Drop of Sunshine* was more like a full sky of sunshine in the world of psych trainings/CE workshops. Everything about this workshop spoke of respect, hope, thoughtfulness, humanity, love, dignity, science w/ heart and wisdom. The space, the program, and the pervasive lovely attitude by all was refreshing, inspiring and comforting.

Thank you very much for a captivating and enriching morning.”

— **Barre Stoll, Licensed Psychologist**

“I was shocked when a 14 year old girl (brought to me for some unexplained lethargy & unrelated symptoms), filled out a Prime MD mental health questionnaire in my clinic & answered in the affirmative for suicidal thoughts in the previous two weeks. She was saved by prompt counselling & treatment from an expert Psychiatrist. Her mother, who is a widow, was aghast that such a possibility could ever cross the mind of her daughter. Thanks for your encouraging articles & episodes of timely help for people with mental health issues.”

— **Dr. Ganesh Dhakappa, Family Physician, Bangalore, India**



THANK YOU ASHA INTERNATIONAL!

"ASHA - it is not just a word or an organization, I personally feel it is a route to peace and happiness. I got to know about ASHA International after my brother broke down due to bipolar depression. The darkest day of my life, September 22, 2015, was the day I came

to know that my brother had got admitted into the hospital for bipolar depression. I immediately flew to Portland, and the next 10 days was the biggest struggle I had in my life. Many questions were rushing in my brain. Why? How? What should I do? I was lost in a new planet. My parents had to come all the way from India. The three of us had no idea what to do and how to deal with it. Eventually, we got depressed and lost hope. That is when we got to meet Gayathri. We felt very lucky to meet her. Just with our first meeting we felt a flicker of hope. Her warmth and caring made us feel a hundred times better than before. She provided us with all the resources she could help with, from web links about books to the list of doctors and treatment options. She helped us connect with the people from our community which made my parents feel at home in US, and offered us tremendous hope that we could call them anytime we needed. With Gayathri's help we could also meet Ashwini Baitmangalkar, a wonderful culturally-responsive mental health professional. She was very patient and spent hours together to help us understand the complex health systems in the U.S. Without Gayathri and Ashwini our family would never have the resources that we have right now. We are very thankful for all their help, and deeply grateful for all the HOPE they have given us. I really appreciate their kindness and concern. With their help, we can now see my brother doing better day by day. While continuing his treatment, he is now finally back at work and returning to a normal life."

— **Apoorva**

HELP US CREATE COMMUNITIES OF HOPE & HEALING
GET INVOLVED. YOU CAN MAKE A DIFFERENCE.



SPONSOR

Sponsor our programs to promote mental health awareness and holistic wellness in your community. Our speakers are available to present at your events, conferences and symposiums. To learn more about how to become a sponsor, please visit

www.myasha.org

DONATE

In order for ASHA International to continue our life-saving mission, Individual and corporate donations are essential. To make a donation, please visit www.myasha.org

STAY CONNECTED

Please sign-up for our **Healthy Minds, Healthy Lives** newsletter at www.myasha.org
This free monthly publication features wellness articles, upcoming events, and personal stories of hope and recovery from around the world.

GOVERNANCE

Board of Directors



Gayathri Ramprasad, MBA, CPS – Founder & President

Kathy Van Riesen – Secretary

Shailajah Prasanna – Treasurer

Jessica Bentley, JD – Director

Julie A. Fast – Director

Barbara Maloney, Ph.D. – Advisor

Don Moore – Advisor

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John Head – Advisor

Kalindi Kapadia – Advisor

Larisa A. Klein – Advisor

William Wilson, M.D. – Advisor

A Message from the Founder & President

A MISSION POISED TO SCALE

Dear friends of ASHA International,

We want to thank each of our amazing volunteers, donors and supporters who helped make 2015 successful. Your valuable support makes it possible for us to continue our outreach to promote mental health awareness, and empower people struggling with mental health issues and their families to overcome barriers to recovery and achieve wellness.

Lean and fiscally responsible, in FY2015, ASHA Internationally allocated \$0.78 of every dollar directly to its programs.

In addition to maintaining a balanced budget, the organization experienced many successes during FY2015:

- ❖ We reached 9,728 people across the U.S. and around the world through our programs and publications, with a resounding message of hope and recovery.
- ❖ My memoir, *Shadows in the Sun: Healing from Depression and Finding the Light Within* was listed as number 2 among 31 Books That Will Help You Better Understand Mental Illness And Disorders on the Buzz Feed website. I am deeply grateful for the heartwarming responses I continue to receive from readers around the world.
- ❖ On October 10, 2015, we launched the *You Can Recover Project* in celebration of World Mental Health Day <http://myasha.org/you-can-recover/>

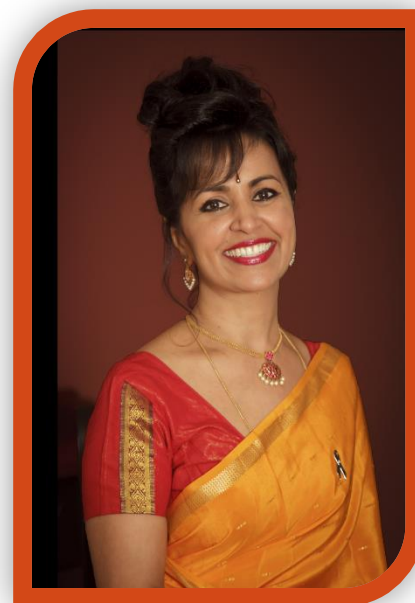
It is with great pleasure that I present ASHA International's Annual Report. And, hope you are as excited as I am to celebrate our 10th Anniversary in 2016. Partner with us as we embark on another exciting year dedicated to promoting wellness at home, at work, and in the community. Together, we can change lives, perhaps even save lives.

I look forward to our collaboration.

Namaste,

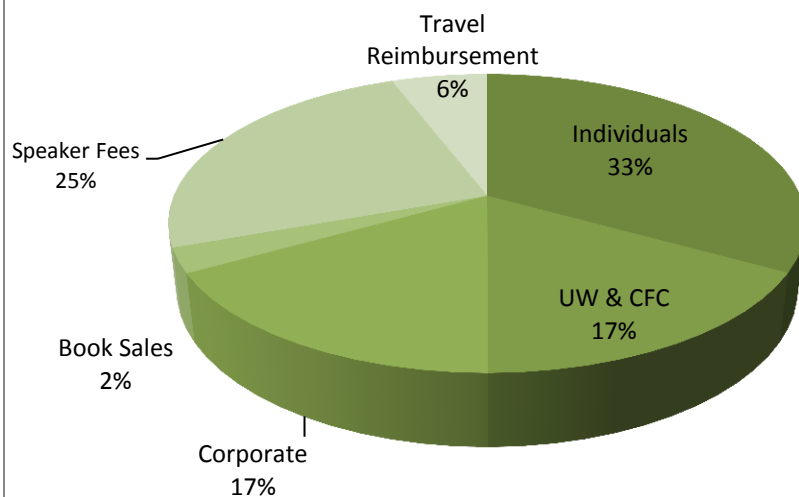


Gayathri Ramprasad, Founder & President

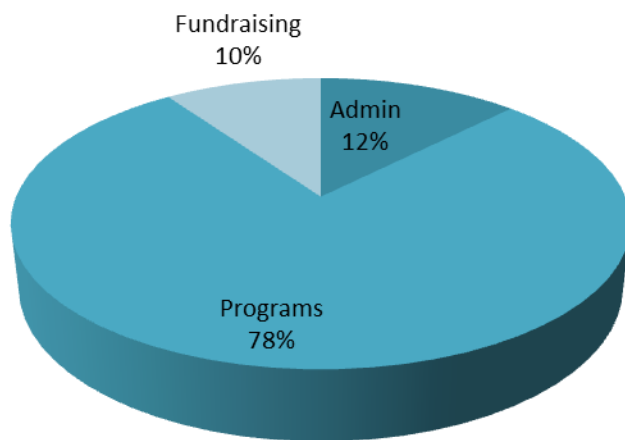


2015 Financial Data

Current Year Sources of Income



Current Year Allocation of Expenses



2015 Financial Data

Income Statement

2015 Condensed Statement of Activities	
Revenues	
Contributions, Gifts, Grants	\$ 17,611
Program Revenues	\$ 6,543
Other	\$ 356
Total Revenues	\$ 24,510
Expenses	
Program Services	\$ 12,550
Management and General	\$ 2,306
Fundraising	\$ 1,812
Total Expenses	\$ 16,668
Total Change in Net Assets	\$ 7,842

Balance Sheet

2015 Condensed Statement of Financial Position	
Assets	
Cash	\$ 55,424
Contributions Receivable	\$ -
Other Assets	\$ -
Total Assets	\$ 55,424
Liabilities and Net Assets	
Liabilities	\$ 644
Unrestricted Net Assets	\$ 54,780
Total Net Assets	\$ 54,780
Total Liabilities and Net Assets	\$ 55,424