



Promoting mental health awareness,
hope, and holistic wellness



ASHA International • P.O. Box 91232, Portland, OR 97291 U.S.A. • 971-340-7190 www.myasha.org

2016 Annual Report





A Message from the Founder & President

Dear friends of ASHA International,

Ten years ago, I started ASHA International with a simple wish – to share my story to give hope to at least one person struggling with a mental health condition. Over the last decade, you have helped us reach out and touch the lives of 50,000 people nationally and internationally with a resounding message of hope and wellbeing.

We want to thank each and every one of you – our amazing sponsors, donors, volunteers and supporters for your valuable support. Together, we are tearing down the insidious walls of stigma and shame surrounding mental health conditions, and empowering people struggling with mental health conditions and their families to overcome barriers to recovery and achieve wellness.

We also want to offer deepest gratitude to our Board members, past and present, for their dedication and support for our work. And, we are especially honored to serve individuals and families in their quest for wellbeing.

Lean and fiscally responsible, in 2016, ASHA International invested \$0.78 of every dollar directly to its programs. And, we reached 9,728 people across the U.S. and around the world through our programs and publications.

It is with great pleasure that I present ASHA International's 2016 Annual Report. And, look forward to partnering with you on another exciting year dedicated to promoting mental health and wellness at home, at work, and in the community. Together, we can change lives, perhaps even save lives.

Namaste,

A handwritten signature in black ink that reads "Gayathri Ramprasad". The signature is written in a cursive, flowing style.

Gayathri Ramprasad, Founder & President

FEEDBACK FROM THE COMMUNITY



“Bekah, your presentation was very helpful, and the personal stories you shared helped me see how anyone can be affected by a mental illness and can still manage to overcome it.”

— **Canby High School Student**

“Gayathri, your presentation to our Employee Assistance Program Association (EAPA) Chapter was not only moving and inspirational, but very helpful to understand the way that mental illness and our services may be perceived from a different lens. Most of us in the field take great pride in the illusion that we are totally non-judgmental. It is only through regularly attending workshops and trainings like this

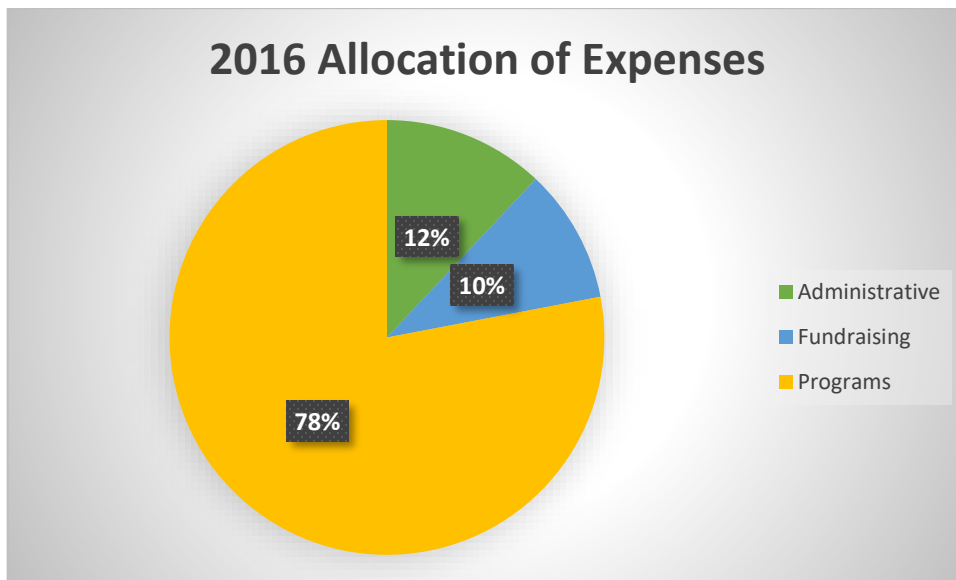
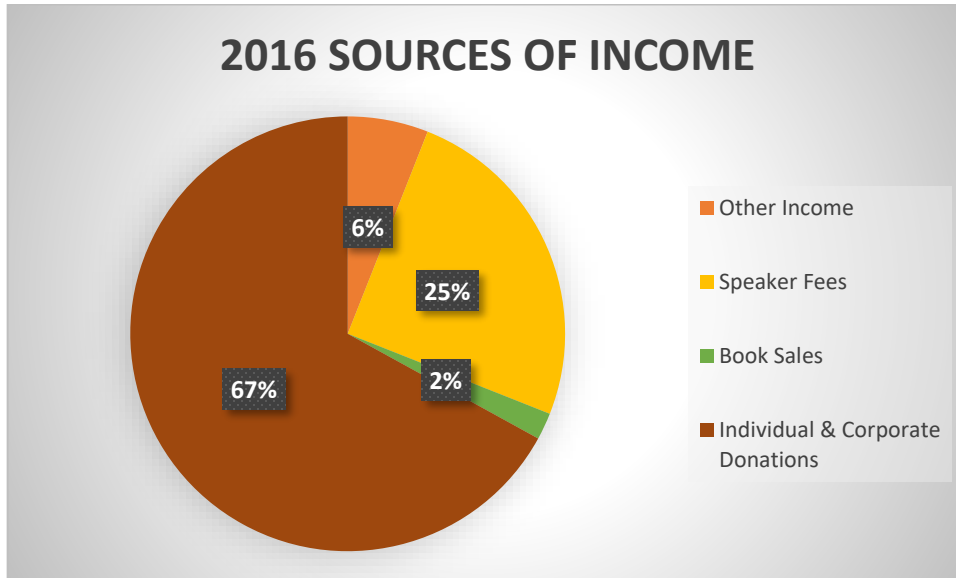
that we are forced out of our comfort zone and can continue to be challenged to see the world as others experience it, and to be willing to be enlightened. Thank you so much for helping me to appreciate more clearly elements of the South-Asian perspective, and how I can be a more culturally competent professional.”

— **Tom Wolfe, MSW, LCSW, Clinician & Management Resource Consultant, E4Health Inc.**

“Thank you very much for your timely advice during tough times. I was able to successfully deliver my now 4-month-old baby with the help of a perinatal mental health team.”

— **Grateful Mom**

2016 FINANCIAL SUMMARY



2016 Financial Reports

Income Statement

2016 Condensed Statement of Activities	
Revenues	
Contributions, Gifts, Grants	\$ 49,087
Program Revenues	\$ 3,797
Other	\$ 1,033
Total Revenues	\$ 53,917
Expenses	
Program Services	\$ 11,418
Management and General	\$ 2,223
Fundraising	\$ 424
Total Expenses	\$ 14,065
Total Change in Net Assets	\$ 39,852

Balance Sheet

2016 Condensed Statement of Financial Position	
Assets	
Cash	\$ 83,402
Contributions Receivable	\$ 13,087
Other Assets	\$ -
Total Assets	\$ 96,489
Liabilities and Net Assets	
Liabilities	\$ 1,358
Unrestricted Net Assets	\$ 95,131
Total Net Assets	\$ 95,131
Total Liabilities and Net Assets	\$ 96,489

GOVERNANCE

Board of Directors



Gayathri Ramprasad, MBA, CPS – Founder & President

Kathy Van Riesen – Secretary

Kellie, Manahan – Treasurer

Saramati Krishna, MD – Director

Deeksha Thati, MS – Director

Kathy Gomez – Director

John Boylston, JD – Director

Kalindi Kapadia – Advisor

James Boehnlein, M.D. – Advisor

Larisa A. Klein – Advisor

Barbara Maloney, Ph.D. – Advisor

Meghan Caughey – Advisor

**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/sponsor/give-the-gift-of-sponsorship/

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/donate

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.