

# *Health and Resilience for Our World*

**2018 Annual Report**



*Inner Ocean*  
EMPOWERMENT PROJECT





**Our healthcare team trekked 8 miles to get to patients who needed treatment in a rural Himalayan village.**



# From the Founder

Dear friends of Inner Ocean,

We broke ground this year for the Mothers in Nepal, we shared education, and we lifted the spirits of those who have been down for a long time. None of this would have been possible without you cheering for us and sharing your resources.

There is simply no better time to get involved in our world; there is no shortage of causes and the issues are pressing. As you know, our work in healing trauma, restoring health and building resilience is what fuels each and every project that takes our attention. We believe that trauma lies at the heart of much of today's suffering and we will continue to address trauma at its very root. Thank you for believing in us!

In health,

*Mindi K. Counts*

Mindi K. Counts  
Founder and Executive Director



## Mission

To counter suffering caused by disease, poverty, and oppression using holistic health care and education.



## Vision

A world where basic needs are met and equal value is placed on all sentient beings.



## Goal

Restoring health, building resilience, and empowering leadership in the individuals and communities we serve.

## What is an Inner Ocean?

The ancient Chinese recognized that even though we draw vital energy from many sources in our lives, we store it in a central channel held deeply within each of our bodies. This pool, often referred to as a sea or ocean in classical medical texts, is a reservoir of energy for the body, mind, and spirit to draw from throughout our entire lives. When our Inner Oceans are abundant and full of life, we also feel this way and find it easy to be open-hearted, to share our resources, to feel connected to others and this planet, and to cultivate resilience in difficult times.

The opposite is true when we have taxed this life-giving resource: We may feel exhausted, careful to extend ourselves, and sometimes downright hopeless. When our Inner Oceans are depleted, we may not even have the energy for the simplest of tasks or responsibilities, because it puts our nervous system into a state of survival mode. This is where violence, addiction, and the cycle of trauma begins: in the powerlessness that a lack of resources fuels.



The Inner Ocean Empowerment Project is about finding what it takes to fill these reservoirs back up, thus empowering one person at a time, all around the globe, to have the resources they need to meet the challenges in their lives.



## Navigating the Inner Ocean Empowerment Project

### Generating Currents

- Women's Health & Education
- Global Disaster Relief
- Holistic Healthcare Accessibility

### Training Wavemakers

- Educational & Leadership Programs

### Our Tools

- Integrative Healthcare Clinics
- Leadership Training
- Educational Health Classes
- Community Building Activities
- Bearing Witness
- Rites of Passage Ceremony

### Our Causes

- Trauma/ PTSD
- Sex-trafficking
- Poverty
- Oppression
- Social Inequality
- Addiction Recovery



# Project Reports

## Training the Mothers in Nepal

With the overwhelming support of our donors, 24 women from the region of Sindupalchok received the first Nepal Government Certification in Wilderness First Aid and CPR sponsored by Inner Ocean in February of 2018.

As a result of the destructive earthquake in 2015, many of their friends and family members were critically injured, and thousands of local people died. The Mothers felt helpless and yearned for more skills in order to be able to respond in the case of another earthquake or natural disaster, but also to help with non-emergency health problems that are common in their villages, as there were no health providers in those villages.

The culmination of this training with the Mothers has been a top priority since we first met this group of women in 2016. From 9 different villages, these women came together dedicated to support their families and communities with first aid and CPR.



After extensive consulting with a local organization willing to travel and camp in the remote Himalayan villages to train the Mothers with customized oral and practical curriculum, the inaugural certification was a success! Most of the Mothers received formal education only through first grade with little development of writing and reading skills. Our training therefore focused on oral didactic approaches and followed each Mother into her success in the course.

Contributions from our donors allowed this mission to have an incredibly rewarding and inspiring outcome. This life-saving training has created a solid foundation for continued health throughout numerous villages in Nepal for years to come—and has created a model we can duplicate in other vulnerable communities.

“We will never feel so vulnerable and scared when this (earthquake) happens again”.

-The Mothers

# *Project Reports*

## **Trauma Training Modules Supported by the Dr. Scholl Foundation**



In addition to our volunteer healthcare and education work in the poorest communities, IOEP is committed to sharing our knowledge and resources with others who make a difference in our world. Over the years we have received numerous requests to teach our approach to trauma healing to other healthcare providers, nonprofits, and communities. The most effective, accessible way to provide this information is in the form of video training as we can easily share it and translate it for use in communities who speak a different language.

In 2018 we received a grant from the Dr. Scholl Foundation to fund two videos in our upcoming series, Trauma Training Modules for Healthcare Providers and First Responders. The first two modules, Understanding Trauma and its Impact on Vulnerable Populations and Developing Social and Cultural Sensitivity During Disasters will be produced in 2019. The videos will be available free of charge

on our website and will be translated into several languages. In addition to providing training for those in the field and for our international partners, we can use these videos to increase our qualified IOEP volunteer teams.

Our video modules will provide culturally-sensitive, specialized training in trauma and post-traumatic stress disorder with a focus on trauma recovery, and they will go beyond the work of first-response disaster relief agencies, providing care for those affected by unaddressed psychological symptoms. We appreciate the support of the Dr. Scholl Foundation in helping us share our knowledge world-wide.



# Project Reports

## Matching Gift Challenge and Nepal Service Work



In the fall of 2018, IOEP was offered an incredible opportunity to host a second Matching Gift Challenge. Three anonymous donors offered to match up to \$15,000 if we could meet the goal in 30 days. With the commitment and support from our community of donors, we were able to meet our goal and offer continued support to communities in need around the world.

December of 2018 started with the founder of Inner Ocean, Mindi Counts, traveling to Nepal for her fourth service trip to the earthquake-devastated Sindupalchok region. Mindi and a talented team of volunteers hauled supplies to fill the Mothers' medical kits and host health clinics for people in need of healthcare. Partnering with the Mothers, who were recently certified in First Aid and CPR, along with local Nepali healthcare providers, the Inner Ocean team hosted health clinics in the villages of Yarsa, Golchi, Gati, Anthali and Mandra. With assistance from sherpas and porters, team members trekked through the region, traveling up to 8 miles in one day. Beebal Singh Limbu, our local Nepali colleague, once again provided the Inner Ocean team with his expert guidance and local knowledge.

Health camps on mountainsides quickly filled with people from miles away to receive healthcare services from the Inner Ocean team. Some patients who received care in past years trekked to our health camps simply to say hello and offer their thanks for our ongoing work.

### Nepal by the Numbers

1,047 Health Assessments and Treatments

170 pounds of supplies

24 Mothers trained in First Aid and CPR



During their two weeks in Nepal, the Inner Ocean volunteer team had the unique opportunity to work with patients who have had traumatic spinal cord injuries. At the BIA Foundation, the team offered their skills to treat everything from bed sores to depression and chronic pain.

While in Nepal, Inner Ocean also raised funds for a young Nepali boy, Laxman, living with a physical deformity so that he could have the necessary surgery. Beautiful paintings of our volunteers and health camps were created as part of the fundraiser. We are delighted that the young boy has already had his first surgery and is working toward the second soon!

In 2018, we witnessed again how the Inner Ocean Empowerment Project can support young girls and women in the recovery from trauma, give hope and relief to those living with chronic physical and emotional pain, and provide treatments for those affected by the aftermath of the earthquake. We are deeply touched by the generosity of our donors.

## Service as a State of Mind

### Naropa Magazine

Fall 2018

The Inner Ocean Empowerment Project and Mindi Counts were featured in Naropa University's annual magazine spotlight on alumni leaders and their work in the world. According to Mindi, this special honor could not have happened without the love and support of Inner Ocean donors.

## Mindi Counts Writes a Book on Healing

A passion for writing has inspired Mindi to publish two professional blogs and contribute to numerous health and healing resources over the years. Shambhala Publications staff read Mindi's work and asked her to write a book. Many laborious hours of love later, Mindi finished her first book. With a focus on Chinese health and healing, Mindi's book will be published in Spring 2020.

# NAROPA MAGAZINE

Home / 2018 Fall Magazine / Features / Naropa Meets World

### Service as a State of Mind

"I've always been passionate about helping the most vulnerable populations," says Mindi Counts (BA Contemplative Psychology, '08). Within months of launching her acupuncture practice and the Inner Ocean Center for Healing in Lafayette in April 2013, Counts founded Inner Ocean Empowerment Project, a nonprofit bringing integrative healthcare and education to places most in need. "Service isn't something you do—it's a state of mind. And if you let it, it penetrates everything you do."

In the last four years, the organization has spent thirty-two weeks in the field on eight international and U.S.-based projects. Among other projects, they have provided vital and timely assistance to survivors of sex-trafficking in India, victims of violence in the United States, persons displaced by natural disasters in Nepal and the United States, and Burmese refugees.

That would be enough to keep most people busy, but Counts is also working on a book about Chinese medicine, forthcoming from Shambhala Publications in 2020.



Mindi Counts, Inner Ocean Empowerment Project founder, treats the many children who visit her clinics in Nepal. Many of these children have struggled significantly since the earthquake of 2015. She and her team brought along toys to replace the ones lost during the disaster. Photos courtesy of Mindi Counts.

## Did You Know...

## The Trafficking of Women and Children is the World's Fastest-Growing Crime?

### More than 50% of trafficked victims are SEXUALLY EXPLOITED?

We are not immune in the U.S. The sex-trafficking of women and girls is much more insidious here than in developing countries. And because of this secrecy, it is hard to put our fingers on an accurate statistic. That being said, in 2017 there were more than 6,000 reports of sex-trafficking.

If sex-trafficking isn't the breeding ground for trauma, then we don't know what is. This happens not only to women and girls, but to men and boys also, all around the world. The more vulnerable an individual or family is to poverty and oppression, the more likely they are to be trafficked.

Inner Ocean cares about sex-trafficking and other issues facing our world because we identify as global citizens. We all belong to the Earth, no matter where we are from or where we live. This means that wherever we choose to focus our nonprofit's energy, we consider the place, the people, the animals, and the ecosystem as valuable and entitled to connection, compassion and healing.



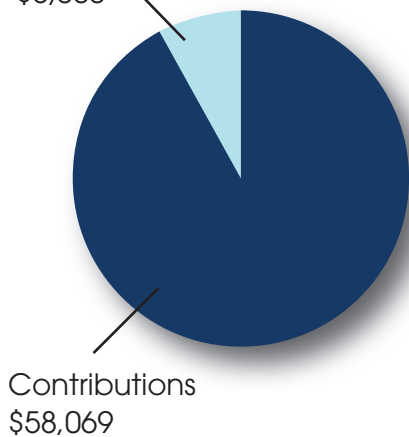
Thousands of candles can be lit from a single candle,  
and the life of the candle will not be shortened.  
Happiness never decreases by being shared.

-Siddhartha Gautama



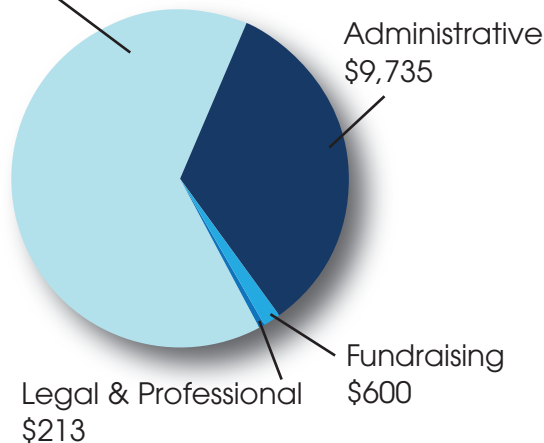
## 2018 Financials

Grants  
\$5,000



**Income**  
\$63,069

Program  
\$26,946



**Expenses**  
\$37,494

**The majority of our 2018 net income is related to timing:** Some of our

expected program expenses for 2018 were pushed back to 2019. Our Board of Directors has allocated all of our 2018 net income to our 2019 program goals, allowing us to move forward on important offerings for those we serve.



# How to Help

## Support the Mission of Inner Ocean

**Donate.** Your gift of cash, securities or real estate can help a girl recover from sex-trafficking, support a rural villager living with chronic pain, and treat a child with an open wound. Your planned giving donation can extend our reach and mobilize our volunteer healthcare teams.

**Volunteer.** Join our worldwide healthcare teams, healing trauma while turning your experience into inspiration for others. Practitioners, students and lay people are invited to explore our heart-oriented service work opportunities.

**Collaborate.** We work with nonprofit partners in service throughout the world. Let us know how we can work with you.

**Provide administrative support.** We welcome experienced grant writers and fundraisers who want to volunteer their skills to support our mission.

**Apply for a mentoring opportunity.** Learn with us! Discover your passion and share it with the world. We have several upcoming training opportunities to help you get the support you need to live your vision.



## How to Donate

### Visit Our Website.

[inneroceanempowermentproject.org](http://inneroceanempowermentproject.org)

Click "Donate" to pay online with a credit card

### Send a Check.

Inner Ocean 501(c)3  
210 East Simpson Street  
Lafayette, CO 80026

### Call.

For donations of securities, real estate, or planned giving opportunities call us at 720-441-2392.



# Thank You!

## Thank You to the Inner Ocean 2018 Donors

Acu Depot  
Erin Anderson  
Margaret Anderson  
John Antonacci  
Jacqueline & Ed Arnold  
Cynda Collins Arsenault  
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**Inner Ocean also acknowledges our anonymous donors.**





**720-441-2392**

**Inner Ocean 501(c)3**

**210 East Simpson Street**

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