

ANNUAL REPORT

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Inner Ocean
EMPOWERMENT PROJECT

A woman with a warm smile stands in a dry, open field. She is wearing a vibrant purple headscarf with a patterned band, a red long-sleeved shirt, a purple vest with floral embroidery, and a long skirt with horizontal stripes in blue, green, red, and yellow. She has a nose ring and a necklace of silver coins. The background shows a line of trees under a clear sky.

I feel confident now that I know first
aid. I can take care of my community.
Thank you.

- Mother from Mandra Village
Sindupalchok, Nepal

From the Founder

Dear friends of Inner Ocean,

What a wild year this has been for our world! Almost daily, we have juggled so many concerns from being faced with a global pandemic, to the necessary but painful surfacing of age-old human rights issues, the climate crisis, political division, and addressing poverty and systemic oppression — to name a few.

For Inner Ocean, as for all of us, this has been the year of flexibility and of pivoting.

We have entered the new year and the energy is definitely changing... with the launch of the vaccine and all the hope that it is bringing our most vulnerable populations, to the drastic change in leadership for our country. Most of us are hoping for a radically different year than what 2020 had to offer.

Despite (and in fact because of) so much challenge presented to us in 2020, Inner Ocean stepped up to the plate to create two brand new programs to support our local Colorado community in need. We also got creative and found ways to get medical supplies and healthcare access to those in need despite shutdowns and landslides in Nepal.

As we playfully called it, 2020 was the year Inner Ocean learned to shimmy.

Thank you for your continued support and compassion for our community and for our world. It truly takes a village and we're honored to have you in ours.

With deep gratitude,

A handwritten signature in black ink that reads "Mindi". To the left of the name is a simple line drawing of a heart.

Mindi K. Counts, MA, LAc.
Executive Director



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

Our Causes

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

Training Wavemakers

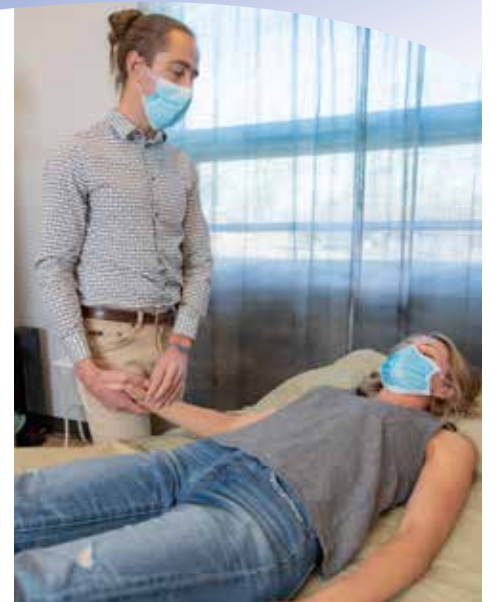
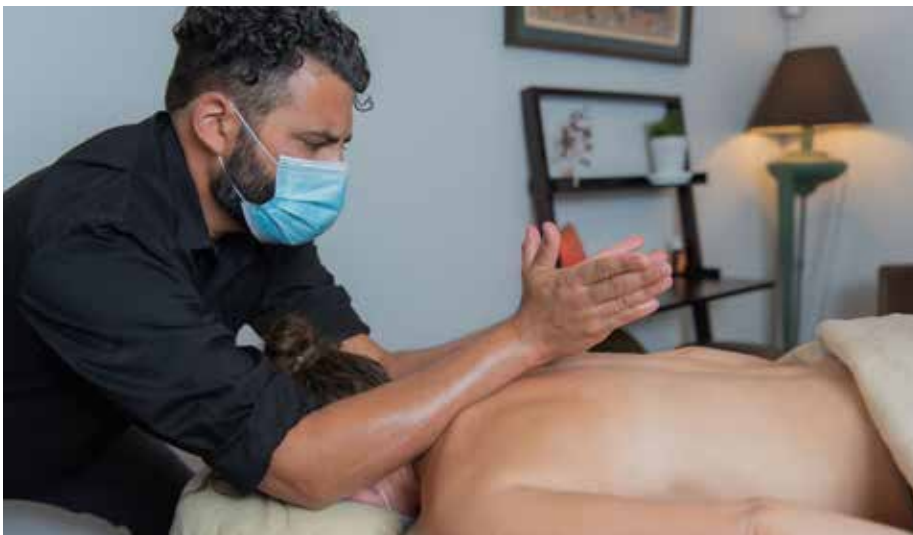
- Educational & Leadership Programs

Our Tools

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

"COVID Shimmy"

This past year, we've shifted a great deal of our work due to the pandemic. For instance, the trip to Thailand and Myanmar was rescheduled for March 2022.



And the trip to Nepal was rescheduled for October 2022.

Making a Global Difference

The Mothers In Nepal

The Mothers of Sindupalchok, Nepal who are now trained in wilderness first aid and CPR thanks to you, serve villages with a population of 3,000 adults and about 600 children.

In 2020 we were able to once again restock the Mothers personal medical kits and the health posts of all eight, remote Sindupalchok villages with vital medical supplies.

Our Nepali crew on the ground has been busy distributing supplies throughout the villages, constantly pivoting with COVID travel restrictions and ever changing road conditions.



This year we hosted the second wilderness first responder and CPR refresher course for all the Mothers and we introduced COVID safety protocols. We outfitted all adults and approximately 600 school-age children with cloth masks, face shields, and hand sanitizer and taught them about COVID safety, i.e. importance of handwashing, social distancing, and not touching their faces.

We also created a new system for tracking medical supplies so that we can receive detailed lists from each Mother of which supplies are most frequently being used, and we can replenish what is most needed on a quarterly basis.



We were also able to purchase and donate 2 oxygen concentrators to the hospice center after hearing of the significant shortage of respiratory equipment as residents were transitioning.

To make access more complicated, Sindupalchok had major flooding and landslides in July that took out 2 entire villages and destroyed many others that we had been working in these last 5+ years. The villages of Bugam and Sothang were hit hardest. Another devastating landslide followed, – hitting the village opposite the valley from Gati in September.

Following the landslides and floods in July, thanks to you and your commitment to our world, we raised a total of \$11,660 to be used strictly for Nepal.



Dr. Shyam Maharjan teaching a Wilderness First Responder and CPR refresher course to the Mothers from the village of Mandra.

The middle and high school classroom is now stocked with face masks made from a women's group in Kathmandu.



Medical supplies landing at their final destination after a 5 hour bus ride, a 1 hour steep and rocky jeep drive, and two full days of trekking through the Himalayas.

Trauma Training Modules

We are so grateful to receive another grant from the Dr. Scholl Foundation that is earmarked for completion and distribution of the free Trauma Training videos.

With the grant received this year, we plan to engage in significant outreach so we can grow our network and keep trauma prevention at the forefront of global concerns. Since this training is free, it is a great opportunity for IOEP to grow visibility in the global community and medical service and volunteerism sector.

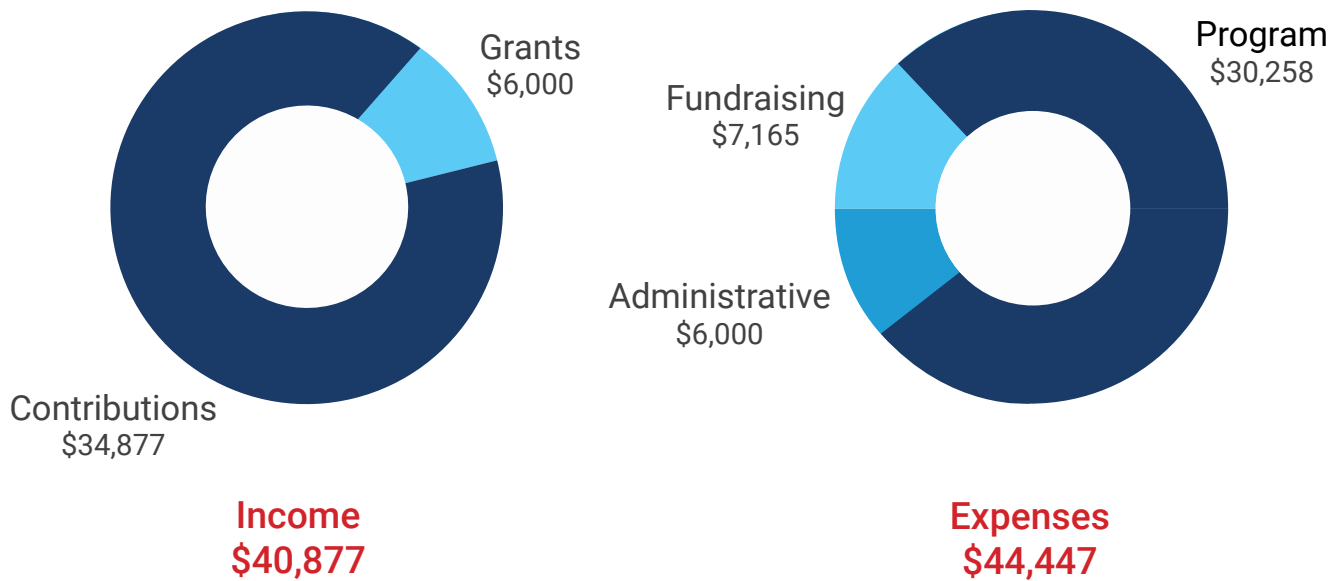
In 2020; we had several new organizations subscribe to view our Trauma Training Modules including a refugee center in Egypt and a university in Bangkok. Together these organizations serve more than 5,175 individuals.

This has happened with little to no outreach.

Imagine what we can do now with funds dedicated solely to extend this free training to leaders and organizations who work with communities in need!



2020 Financials



Colorado Gives Day

Colorado Gives Day is an annual statewide movement to celebrate and increase philanthropy in Colorado through online giving.

This was Inner Ocean's first year participating in Colorado Gives Day and thanks to our generous donors, we were able to **TRIPLE** our donations, totaling \$15,000 on December 8th.





"I'm so grateful for the Pay What You Can Program at Inner Ocean. It offered an opportunity that I truly needed and would not have had otherwise. It began my healing journey, that in just a short time, has provided relief and a shift for the better in my quality of life!"

- Boulder County resident

Making a Difference In Our Hometown

Due to the cancellation of our planned projects and trainings in 2020, Inner Ocean had a fund-raising surplus from 2019 and we saw an opportunity in our local Boulder County community.

We branched out to create two local “disaster relief” programs:

Pay What You Can Acupuncture & Massage and Healing Our Heroes.

Pay What You Can Acupuncture & Massage

In April 2020, we began planning for the launch of a new program in Boulder County called the **Pay What You Can Acupuncture & Massage Program**. This program enabled community members who have been significantly impacted by COVID to come in and receive treatment at our healing center at an affordable rate.

The PWYCAM program launched in June 2020 and we were interviewed by and featured in the *Daily Camera*, a local paper.

Our starting budget for the program anticipated providing 2, one-hour trauma-informed services to approximately 80 people.



Over the course of 4 months, we have had 51 applicants, and were able to serve 27 people total, who all identified as significantly impacted by COVID, and serve them with 54 hours of specialized care.

Healing Our Heroes

In July, we began planning and budgeting for the launch of our second new program in Boulder County, the **Healing Our Heroes Program**. This Program will enable front line workers in our community to receive two free one-hour trauma-informed services in our clinic.



Bodywork for Liberation massage therapists joined forces with the acupuncturists and herbalists of the Inner Ocean Center for Healing to serve those in the Boulder County community who have been serving and protecting us since the beginning of the pandemic.

We wanted to show our love to all of our front line workers and caregivers through the COVID crisis by inviting them to take a pause at our healing center, let go of stress, and deeply nourish themselves so they can return to work refreshed and energized.



After the launch of Healing Our Heroes, we were interviewed again by *The Daily Camera* in October 2020. To ensure they are equipped to support their clients, all practitioners have been trauma-informed by completing trauma training provided by the nonprofit.

And we could not have done this without you.



A photograph of a wildfire. A large, billowing plume of white and orange smoke rises from a forested hillside into a clear blue sky. In the foreground, a paved road with yellow and white lane markings leads towards the fire. A white fire truck with its emergency lights on is driving away from the viewer. Further down the road, a dark-colored car is also visible. The surrounding landscape is filled with green pine trees and rocky terrain.

“This program could not have
come at a better time. My team is
so burned out. Thank you.”

BOULDER FIRE CHIEF
MICHAEL CALDERAZZO

We've Moved Offices!

Inner Ocean opened doors to a brand new office in August 2020. Built on historic grounds, The Silos Wellness Center is a new, community resource that blends state-of-the-art health and wellness services with a holistic approach to enhance the lives of community members of all ages and needs.

Our new office is located at:
816 E. Baseline Road, Suite 102
Lafayette, CO 80026



***Inner Ocean Empowerment Project
can now be found inside the Silos Wellness Center
alongside the Inner Ocean Center for Healing.***

How to 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.

We believe all beings deserve to have their basic needs met – especially during unprecedented times like now.



Visit Our Website:

inneroceanempowermentproject.org

Click **"Donate"** to pay online with a credit card

Call:

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

Send a Check:

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