

**2001**

CHAI is formed, received 501c3

Mental Health & Trauma Workshop post 9/11

Attended India Day in Baltimore

Created and distributed Crisis Resource kit

**Board Members: 1**

**Advisory Board: 1**

**Volunteers: 3**

**2002**

CHAI website on geocities launched

NASW Presentation- Islam Myths & Realities

Awarded \$5,000 grant from Mittendorf Foundation

**Board Members: 4**

**Advisory Board: 1**

**Volunteers: 3**

**2003**

Awarded \$8,000 MCRC Grant

Revised Mission & Goals – focus on referrals and education, not counseling

CHAI attended Aarohan Conference in NJ- building relationships with SA DV organizations

Professional presentation- MC- Cultural Competency with SA in counseling settings

Began collecting articles for CHAI Resource books

Presentation on mental health- India House of Worship

Presentation on mental Health- Mosque- Silver Spring

**Clients Served: 23**

**Board Members: 7**

**Advisory Board: 1**

**Volunteers: 5**

**2004**

Fundraiser- “Shades of Love”- at UMCP collaborated with AID India & STAGE- Raised \$1,000

Completion & Publication of CHAI Resource Books

Fundraiser “Good Girls Don’t but Indian Girls Do” Comedy show- Raised \$3,500

CHAI Board Retreat

Booth at HCMC Health Fair

Met with DVRP

Joined MD nonprofits

2 members attended Asian American Mental Health conference in NYC on Stigma

Chaicounselors.org website launched

**Clients Served: 37**

**Board Members: 6**

**Advisory Board: 2**

**Volunteers: 5**

**2005**

Women’s Wellness Group launched- 8 women attended

Presented at SAAN conference at the University of Michigan

Collaboration w/ SAMHA

Collaboration with Indo/American Psychiatric Association

Two workshops with DVRP on counseling

Workshop with EAP Consultants- Cultural competency with SA

Met with Neha Navasaria about model for SA youth mentoring

**Clients Served: 34 & 8 from WWG**

**Board Members: 8**

**Advisory Board: 1**

**Volunteers: 5**

**2006**

Fundraiser-“15 Park Ave.” raised \$6,615

Presented at MD NAME conference- Cultural Competency with SA in the Educational setting

Corporate Sponsorship- Citibank NRI, Chevy Chase Bank, Maryland Foundation for Psychiatry

Opened position for Youth Board member

Booth at HCMC Health Fair

Attended Asian American Health Disparities Conference in Bethesda, MD

Met with SA Club at Wilde Lake HS

Two Board members attended Family to Family psycho-educational sessions w/ NAMI

Meetings with NAMI Executive Director from Baltimore and HC – plans for collaboration

Attended NAMI National Conference

Attended ASHA Reception with Local SA Leaders and from SA

**Clients Served: 32**

**Board Members: 8**

**Advisory Board: 2**

**Volunteers: 5**

# 2007

Monies Raised: 13,645

- ◆ Middendorf Foundation (10,000)
- ◆ SHANTI & CHETANA, Inc \$750,
- ◆ Donations \$2,475 WWG-\$420

Translations in Hindi, Bengali and Tamil

Participated in following:

- ◆ MD Dept. of Health and Mental Hygiene's Cultural Competency and Mental Health Committee (2007)
- ◆ HCMC Health Fair
- ◆ SAALT on "Be the Change Day" with health fairs at two sites
- ◆ SAALT to do Community Dialogue in VA

Attended following Prof. Mtgs:

- ◆ SAALT briefing on South Asians in DC
- ◆ Maryland Health Disparities Summit
- ◆ Governor's Summit for Asian Americans
- ◆ Manavi- Capacity Building Conference in NJ

Year 2 of Women's Wellness Groups- 8 participants

Presented at following :

- ◆ Youth Transitioning to College Workshop at Islamic Community Center
- ◆ Asian American Psychological Conf. in CA- Community Collaborations- South Asian Panel-
- ◆ Presented at NYU- Center the Study on Asian American Health- Innovation Strategies-
- ◆ FUEL conference at U of MD with the Asian American Student Union

2<sup>nd</sup> CHAI board retreat- leadership & financial development

CHAI Social brining community partners together

Clients Served: 31 & 7 from WWG

Board Members: 11

Advisory Board: 2

Volunteers: 6

# 2008

Monies Raised: \$33,745.99

- ◆ Vijai Nathan-Comedy Fundraiser (\$4,182)
- ◆ Avon Hello Tomorrow Foundation- \$5,000 ( recognizing the WWG)
- ◆ American Tamil Medical Association- \$2,000
- ◆ SAALT- ACE Grant-\$3,000
- ◆ Verizon Hopeline- \$2,000
- ◆ Verizon Volunteer- \$750
- ◆ Columbia Rotary-\$750
- ◆ SHANTI Inc. -\$500
- ◆ Pehchaan-\$100
- ◆ Other monies were business and individual donations

Participated in the following:

- ◆ FIRN South Asian Ad Hoc Committee
- ◆ Howard County Muslim Council's Health Fair
- ◆ School Health Interdisciplinary Program
- ◆ Howard County Public School's Resource Fair for Student Services and Alternative Education
- ◆ Johns Hopkins University's Wellness Day
- ◆ Asian American Psychological Association's Conference & Division on South Asians (DoSAA)
- ◆ Women of Color Conference Against Violence
- ◆ Aarohaan Conference addressing Domestic Violence

Presented at the following agencies/ organizations:

- ◆ Parkinson's Awareness Conference
- ◆ John's Hopkins University Hospital- Department of Social Work
- ◆ Baltimore Mental Health Systems
- ◆ South Asian Bar Association- Domestic Violence Panel @ Georgetown University Law School
- ◆ Montgomery County Women's Commission
- ◆ National Association of Social Workers- Maryland
- ◆ Jessup Correctional Center
- ◆ Foreign Born Information & Referral
- ◆ Main Street Pediatrics
- ◆ Muslim Community Center's Women's Luncheon

Completed a 3<sup>rd</sup> year of the CHAI Women's Wellness Group

Held the 1<sup>st</sup> Annual CHAI Community Awards Dinner

Completed the Advocates for Community Empowerment training with SAALT with four other national South Asian Women-led organizations

Clients Served: 74 & 5 from WWG, # of Referrals 133

Board Members: 9 Paid Staff: One- Part -time

Advisory Board: 1

Volunteers: 6 Intern: 1

## 2009

### Monies Raised: 16,977.75

- ◆ Tikkas & Trader Joes - \$560
- ◆ Clinical Conference -\$3,256.98
- ◆ CHAI Community Awards Luncheon -1,631.02
- ◆ Business& NonProfit Donations & Sponsorships
- ◆ Individual Donations - \$3,984.85
- ◆ Membership Fees -\$320
- ◆ Misc. – 2,077.40

### Participated in:

- ◆ HCMC Health Fair
- ◆ Asian American Psychological Association Conf.
- ◆ FIRN- South Asian Committee
- ◆ SAALT Advocacy Day

### Presented at:

- ◆ SAALT Summit April 2009
- ◆ Montgomery County Asian American Health Initiative
- ◆ FIRN- International Women's Day Event
- ◆ SABA Dinner
- ◆ SHANTI- Dinner/Fundraiser
- ◆ Baltimore- Interfaith Women's Group
- ◆ Child & Adolescent Group in Montgomery County
- ◆ Shiva Vishnu Temple (Senior Group)

### Collaborations with:

- ◆ SAALT
- ◆ NAMI
- ◆ DoSAA
- ◆ SAMHA
- ◆ SABA
- ◆ ASHA
- ◆ SHANTI
- ◆ HCPSS
- ◆ DC Office of the Mayor

### CHAI EVENTS:

- ◆ Clinical Conference
- ◆ Awards Luncheon
- ◆ WWG- Reunion Dinner

Clients Served- 61  
Board Members- 10  
Advisory Board- 2

## 2010

### Monies Raised: 15,161.14

- ◆ Individual and Business Donations

### Participated in:

- ◆ MCC DV Presentation
- ◆ Asian American Psychological Association Conf.
- ◆ FIRN/ CA Int'l Planning Day & H1N1 Clinic
- ◆ AAPI Health and Human Services Planning
- ◆ Consulting with Bondus Women's Group Planning

### Presented at:

- ◆ IAPA-EC Dinner & National Conference
- ◆ HCPSS International Parent Presentation
- ◆ Asian American Educators of Howard County
- ◆ NCORE- National Conference
- ◆ Maiyatri National Conference
- ◆ AAPA National Conference-Panel Presentation
- ◆ George Mason University Counseling Center-Workshop
- ◆ MCC Women's Health Fair-Panel Presentation
- ◆ Coalition of Geriatric Services-Howard County
- ◆ SAALT –Lead the Change Plenary
- ◆ Islamophobia Teleconference Workshop
- ◆ NAMI – Baltimore Staff & Family Presentation

### Collaborations with:

- ◆ SAALT
- ◆ NAMI
- ◆ DoSAA
- ◆ SAMHA
- ◆ SHANTI
- ◆ HCPSS
- ◆ MCC
- ◆ Maiyatri

### CHAI EVENTS:

- ◆ Community Awards Luncheon
- ◆ Cooking Demonstrations Fundraisers
- ◆ WWG- Reunion Dinner

Clients Served- 42  
Board Members- 7  
Advisory Board- 2  
Volunteers- 5

## Summary 2001-2010:

- ◆ Total Clients Served to date :
  - ◆ 342 &
  - ◆ 20 from WWG
- ◆ Monies Raised: \$98,487.40 (over 9 yrs)
- ◆ Community Outreach- 27
- ◆ Professional Workshops- 35
- ◆ Professional Collaborations- 14