The Healing Power of Peers in Cultural Communities

Presented by
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Greetings!

A few days ago, my dear friend Julie emailed me the link to an awe-inspiring video of Nick Vujicic personifying the healing power of resilience. His ability to overcome obstacles and transform them into opportunities is truly a miracle.

In summary, hard work and resilience are the keys to success, along with a healthy mind.
A Life of Dreams...
About ASHA International:

- ASHA International is a 501(c)3 non-profit organization based in Portland, OR.
- Our mission is to promote personal, organizational and community wellness through mental health education, training, and support.
- Since the launch of our Wellness Campaign *Healthy Minds, Healthy Lives* in 2006, we have reached more than 26,000 people nationally and internationally with a resounding message of hope and healing.
We Offer:

- Mental Health Education Programs
- Wellness Workshops
- Cultural Competence Training
- Peer Mentoring
- Referrals & Resources
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Who is a Peer?
A peer is a **Person with Experiential Expertise of Recovery.**
What is Peer Mentoring/Peer Support Services?

Peer Mentoring/Peer Support Services is an evidence-based practice in which former mental health consumers provide professional support and encouragement and specialized services to individuals currently struggling with mental health issues. Peer support specialists serve as a living example of recovery and successful community reintegration.
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Learning Objectives:
- List the most essential elements of peer support
- Describe the relevance of peer support across cultures
- Discuss how peer support can optimize individual and family functioning in cultural communities
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Agenda:
- The Story of Aida the Angel
- The Story of the Missing Mom
- The Story of Val & Kevin
- The Story of Archana & Nikhil
- The Story of Chinmay Birje

Q & A
HIDDEN PICTURES:
A Personal Journey into Global Mental Health
Sonal lives with schizophrenia. Her family must drive several hours to get any mental health treatment—which is extremely limited. This Indian family, like millions of others, hides their daughter from the outside world so that they will not be judged by her illness.
Seclusion
The Healing Power of Peers
The Story of Aida the Angel

Hope sees the invisible, feels the intangible, and achieves the impossible.
~ Charles Caleb Colton
The Healing Power of Peers
The Story of the Missing Mom

Medications, therapy and hospitalization can help.
Community heals.
~ Gayathri Ramprasad
The Healing Power of Peers

The Story of Val and Kevin
The Healing Power of Peers
The Story of Archana and Nikhil
The Healing Power of Peers
The Story of the Chinmay Birje

Recovery is possible!
~ Chinmay Birje
Suicide Amongst Indian Americans: We’re Stressed, Depressed, But Who’s Listening?

By Sunita Sohrabji, Staff Reporter
Jul 12, 2013

Former Brown University student Sunil Tripathi, shown here with his mother Judy, July is National Minority Mental Health Awareness Month. (Tripathi family photo)

United States

(Editor’s note: India-West reporter Sunita Sohrabji received a fellowship from the University of Southern California’s Annenberg School of Journalism to report on mental health disorders in the South Asian American community).

A year before he died earlier this year on April 23, Sunil Tripathi had dropped out of college at Brown University, allegedly suffering from bouts of depression.
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6 Essential elements of Peer Support:
- Hope
- Social Connections
- Social Support
- Empowerment
- Advocacy
- Wellness Coaching
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Benefits of Peer Support:

- Improves recovery rates by fostering hope, self-efficacy, and empowerment among clients
- Reduces psychiatric hospitalization and incarceration rates
- Promotes social inclusion and reintegration through advocacy
- Creates support networks in the community
- Enhances overall health and holistic wellness
- Builds resilience
“It takes a village to raise a child; it takes a community to care for humanity.”

~ Gayathri Ramprasad
PEER DELIVERED SERVICES IN OREGON

RESOURCES:
- http://www.myasha.org/programs/peer-mentoring
I Wish you wellness!

For questions of comments, please contact me at gayathri@myasha.org