Rhode Island Holistic Healing Association (RIHHA)

Serving since 2004

MISSION AND VISION

To inspire, educate, and empower individuals on their path to optimal health and wholeness. To raise awareness and enlighten the public about the range of holistic healing methods and practices available in Rhode Island. Our Vision is a stronger, healthier, and happier community.

Our goal is to educate the public about the benefits and safe integration of holistic methods. Additionally, we support holistic and integrative practitioners through education and professional camaraderie.

We offer professional development and public opportunities while cultivating a supportive community to nurture and embrace practitioners. We develop platforms for learning, sharing, and connecting (i.e. expos, conferences, workshops, meetings, speaking opportunities, fairs, and social media)

HISTORY

Established in 2004, the Rhode Island Holistic Healing Association (RIHHA) has flourished into an incredible collective of diverse holistic, integrative practitioners, healers, and like-minded people. This community encompasses an extensive group of practitioners who collaborate, exchange healing methods, and even share business insights.

In 2022, Vandana Pitke assumed the role of President, ushering in a new wave of transformation within RIHHA. She held a deep-seated aspiration to embed holistic practices at the grassroots level to reach those most in need. This brought about many changes and additions, including a variety membership levels, an expanded board, the introduction of virtual workshops, and presence on social media. As a result, membership doubled, and RIHHA now has connections with a broad range of businesses.

RIHHA is represented across many social media platforms: YouTube, Instagram, LinkedIn, and Facebook, and has a vibrant newsletter base. We now offer resources

and learning videos to the public and our members. Younger practitioners, moms, like-minded professionals, Integrative practitioners, Holistic organizations, Holistic magazines are part of RIHHA. We are growing in leaps and bounds!

A Few Facts

- **Over 150 Members and Supporters -** *RIHHA developed a clearer vision and new leadership; our numbers have recently doubled.*

- **Social Media Followers: 2400 and growing.**....

- **Newsletter Subscribers over 2700** - *RIHHA Newsletter is sent twice monthly with updates and announcements. During the Special Event Cycles (i.e. EXPO AND CONFERENCE) newsletters are sent weekly.*

- **RIHHA cultivates an inclusive and welcoming atmosphere.** Our message is accepting and positive, and creates an environment. We strive to create an environment of synchronicity where everyone can thrive, one that uplifts everyone and encourages boundless creativity. We practice what we preach.

ACTIVITIES

- **Holistic Harmony Meetups - In-Person Meetings with Presenters**

JANUARY, MARCH, MAY, SEPTEMBER, NOVEMBER

Meetups are rich and diverse experiences designed to engage and inspire. We curate these sessions featuring practitioner members or renowned guest speakers. Their expertise spans a variety of topics, ensuring a dynamic and enlightening experience for all attendees. In addition to thought-provoking talks, our meetups incorporate guided meditations to promote well-being. These gatherings serve as a platform for important announcements, foster transparency and keep our community informed. Most importantly, these events serve as a hub for community building, providing opportunities for meaningful connections and collective growth. At each in-person meeting donations are collected for small non-profits and charitable organizations. Generosity and kindness are our way to “Pay It Forward” and practice what we preach.

- **Wisdom Wellness Webinars - Virtual Learning Webinars**

FEBRUARY, APRIL, JUNE, OCTOBER, DECEMBER

We host dynamic virtual events featuring esteemed guest speakers, offering insightful discussions and engaging presentations. These events are easily accessible on YouTube. They provide a platform for learning, inspiration, and

connection. These are a resource anyone can use from the comfort of their own home.

- **Gratitude Gathering - Community Appreciation and Strategic Planning**

During **NOVEMBER,** we practice gratitude by celebrating the year's accomplishments with a dinner, strategic planning, and an award ceremony. A place where achievements are recognized and appreciated. This event acknowledges individual efforts and also strengthens our collective bond, inspires us to strive for excellence as we move forward together.

- **Health and Wellness Expo - Opportunity to Showcase Holistic Practitioners & Services**

Largest Health and Wellness Expo in RI
700 Attendees and > 75 Vendors

- **NE Integrative Mental Health Conference**
  Annual Conference for Health Professionals and Holistic Practitioners

Academic-focused In-person health conference bringing Health Professionals and the Holistic Community together to discuss Mental Health and earn CEUs. One of the few Integrative Conferences available on the East Coast.

RIHHA - ANNUAL SPONSORSHIP PACKAGES

Feature	INSPIRE $1200	ENRICH $1800	EMPOWER $2400
Website - logo/year	✓	✓	✓
Newsletter - logo/year	✓	✓	✓
Social media - spotlight/yr	2/year	4/year	6/year
Membership - Institutional Level Including Directory listing/year	✓	✓	✓
Raffle bag/gift basket for meetup attendees	✓	✓	✓
YouTube - Featured Educational Video shared across all social media platforms	✓	✓	✓
Shared reels, short videos on social media platforms	✓	✓	✓
Special Email blast promos	2/year	4/year	6/year
Speaker/hosting opportunity at monthly in person meetings			✓
Opportunity to Host Gratitude Gathering, Special Events or featured speakers			✓
Hosting or Screening additions at Wellness Webinars			✓

***Donations in any amount are always welcome and appreciated.*
RIHHA offers tailored sponsorship upon request.

EVENT SPONSORSHIPS

ANNUAL HEALTH AND WELLNESS EXPO

RIHHA EXPO 2026 March 22, 2026 “Connect - Heal- Thrive”

- **Keynote Speaker Roland Comtois - Renowned Medium**
- **70 Vendors**
- **around 750 attendees**

Upcoming March 21, 2027 - **“Empowering Health & Wellness”**

EXPO SPONSORSHIP PACKAGES

Feature	Platinum Pioneers $6000	Gold Guardians $4500	Silver Supporters $30000	Bronze Boosters $1500
Logo placement on all event materials	✓ Big	✓ Medium	✓ Small	✓Small
Listing in digital/ printed Program Guide	✓ full page	✓ 1/2page	✓ 1/4 page	✓ business card size
Website, banners, and signage	✓ Big Logo	✓ Medium	✓ small	✓
Prime - Booth/Table Space	✓2 tables	✓ 2 tables	✓/2 tables	✓ 1 table
Social media promotion across all event channels/pages 3 months	✓ 4/month	✓ 3/month	✓ 2/month	✓ 1/month
Newsletters promotion for 3 months	✓	✓	✓	✓
Branded promotional items in attendee gift bags	✓	✓	✓	✓
Exclusive Sponsor Workshops or Seminars	✓	✓	✓	✓
Complimentary General Admission Passes	8	6	4	2
Exhibitor admission badges	2	2	2	2
Featured article or interview in event newsletter	✓	✓		
Sponsorship of keynote speaker session	✓	✓		
Opportunity to provide promotional materials	✓	✓		
Opportunity to address attendees	✓	✓		

Post-event recognition	✓	✓		

Wellness Experience Sponsor

$1,000–$2,000

Branding associated with a designated interactive wellness activity

Digital Program Sponsor

$500–$1,000

Logo and link in the digital event program

Community Wellness Partner

$250–$500

Recognition for supporting the Expo's community education mission

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MENTAL HEALTH CONFERENCES

Academic Mental Health Conference
addressing the need for whole-person mental health solutions

2024
INTEGRATIVE MENTAL HEALTH CONFERENCE
"Shifting the Paradigm in Mental Health"
Three-day, In- Person Conference
May 3 - 5, 2024
Narragansett, RI

- **Keynote Speakers: Whitney Ogbo, PMHNP and Sadie Elisseou, MD and David Stern PsyD**
- **50 Curated Speakers**
- **over 100 attendees**
- **17 CEUs from NASW-RI**

RIHHA proudly presented an academic event meticulously coordinated to bring together leading mental health professionals. This forum served as a platform for discussing integrative techniques and emerging ideas in mental health. Medical doctors, psychiatric nurse practitioners, Ayurvedic doctors, psychologists and psychotherapists served as speakers, along with over 50 experts from diverse integrative and

academic modalities and fields. Attendees experienced a rich and multifaceted exploration of mental health. Distinguished keynote speakers and experiential workshops captivated and educated an audience of 100 per day, all set against the serene and picturesque backdrop of Narragansett.

In our ongoing commitment to serving the community, RIHHA seeks to foster partnerships and collaborations that support and connect individuals seeking mental health assistance throughout Rhode Island. By working closely with local organizations, practitioners, and wellness advocates, we strive to create a cohesive network that ensures individuals can access the resources they need. Through the guidance of professional mental health providers, we aim to develop programs tailored to the specific needs of our community members, ensuring that our initiatives are culturally sensitive, inclusive, and responsive.

In line with this mission, we have included mental health providers in our directory, offering a comprehensive list of professionals across various disciplines to ensure easy access to care. We also hosted webinars every other month, featuring expert-led discussions on mental health topics, integrative and holistic practices, and the latest research. These webinars provide ongoing education and support to our members and the wider community, creating an accessible platform for learning and growth.

Additionally, we endeavor to coordinate mental health training initiatives, equipping our members with the tools, knowledge, and practical strategies necessary to address mental health challenges effectively. These training programs will empower not only healthcare professionals but also educators, caregivers, and everyday individuals in the community to recognize early signs of mental distress and provide appropriate support. By building these strong foundations, we hope to cultivate a more compassionate, informed, and resilient community that prioritizes mental wellness.

2025
NEW ENGLAND MENTAL HEALTH CONFERENCE
"Changing Times, Empowering Wholeness"

Two-day, Integrative In- Person Conference
NOVEMBER 1 & 2, 2025
Attleboro, Massachusetts

- **2 Keynote Speakers *plus 42 Featured* speakers**
- **Interactive, Experiential and Lecture Based**
- **14 CEUs from NASW**
- **Almost 100 Attendees**

CONFERENCE SPONSORSHIP

Feature	Platinum Pioneers $4000	Gold Guardians $2500	Silver Supporters $1500	Bronze Boosters $1000
Logo on event WEB Page and all print materials and press release	✓ Largest	✓ Medium	✓ Featured	✓
Shout out on all social media platforms	✓4/month	✓ 3/month	✓ 2/ month	✓ 1/ month
Announcements at the beginning and closing ceremony	✓ (2 days)	✓ (2 days)	✓ (2 days)	✓ (2 days)
Announcements at the beginning of each Keynote Speakers presentation	✓ (2 days)	✓ (2 days)	✓ (1 day)	
Announcements included in email blasts MULTIPLE TIMES BEFORE THE EVENT	✓	✓	✓	✓
Inclusion in post-event thank-you newsletter	✓	✓	✓	✓
BANNER placement IN THE CONFERENCE HALL/ Main room with flyers, brochures	✓ (2 days)	✓ (2 days)	✓ (1 day)	
1 VIP Pass to all 2 /1 day sessions	✓ 2 passes (2 days)	✓ 1 pass 2 days)	✓1 pass (Any 1 day)	

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Upcoming Fall 2027 - **Planning is in progress**