Advancing integrative medicine and health through academic institutions and health systems.
Dear Members and Friends of the Consortium,

On behalf of the Board of Directors, I am delighted to share with you the Consortium’s Annual Report covering the 2016 Fiscal Year. From our formation in 1999 by eight academic health centers that led to our founding in 2002, we have grown substantially to now represent 69 academic health centers and health systems in FY16. This growth has brought greater opportunity to work towards our vision of “a transformed health care system promoting integrative medicine and health for all.” In this report you will find detailed information on our Congress, Members Meeting, working groups, communications, student programs, membership, finances, governance, and our new Nonpharmacologic Pain Initiative. Here I will share with you several highlights.

Last May in Las Vegas, we convened the International Congress for Integrative Medicine & Health. This was the fifth such meeting in our history. A vibrant community of approximately 900 health care professionals and trainees gathered from 27 countries and 43 states, representing a range of disciplines including medicine, nursing, public health, behavioral health, pharmacy, acupuncture, naturopathy, chiropractic, nutrition, and others. Fascinating plenaries, workshops, symposia, and sessions captivated our attention on topics ranging from the neuroscience of meditation, treatment of pain, health care policy, and the microbiome. Special thanks to the scores of volunteers who tirelessly helped plan the meeting, particularly the Congress co-chairs Rick Hecht, MD, and Judy Balk, MD, MPH. The meeting would not have been possible without strong support from many generous sponsors, exhibitors, and our collaborating organizations: International Society for Complementary Medicine Research, Academic Collaborative for Integrative Health, Academy for Integrative Health & Medicine, and the Integrative Health Policy Consortium. The 2016 Congress final report is online (click here). Please mark your calendars for the 2018 Congress, May 6-11, 2018, in Baltimore, MD.

Immediately prior to the 2016 Congress, the Consortium’s Annual Members Meeting drew 165 attendees from 59 of our institutional members to network, exchange information, celebrate our successes, and wrestle with our challenges. Thanks to Board
Member-at-Large Maryanna Klatt, PhD, who kicked us off on a high note with the Consortium Café, a fun format that helped people meet their colleagues while being guided through meaningful conversations about our work. Todd Salovey from UCSD led us in a storytelling workshop to help each of us learn how to convey the unique story of our work to health center leaders and other stakeholders back at our home institutions. The meeting capped off with a celebratory evening dinner. We had an opportunity to thank our outgoing leaders and honor Dr. David Eisenberg with the Bravewell Distinguished Service Award. We launched the Consortium’s new book authored by Bonnie Horrigan, *The Bravewell Story*, with a fireside chat by former leaders of The Bravewell Collaborative who shared with us how they accomplished so much for integrative health care. Plans are well underway for our 2017 Member’s Meeting, hosted by the University of Cincinnati, April 23-25, 2017.

We are all aware of the compelling opioid problem our society and health care system is facing. The public conversation has predominantly focused on improving treatment for substance use and regulations on opioid prescribing. However, relatively little attention has focused on alternatives to opioids, particularly evidence-based nonpharmacologic options. The Consortium is ideally positioned to be an authoritative voice on this issue and is thus launching a nonpharmacologic pain initiative to disseminate evidence-informed information and resources on the nonpharmacologic treatment of pain. Heather Tick, MD, from the University of Washington, will lead this initiative.

We continue to focus on the organization’s priorities and strategies to meet our goals and vision. In the last two years, we have changed our name to reflect the need for our work to embrace health promotion as well as treatment of illness. Our mission now better reflects the focus of our members, academic health centers and health systems. A new website, logo, new membership benefits such as the biweekly *Breaking News Briefing*, governance changes, and engaging Degnon Associates, an association management company, have all been critical to this process.

Our strength lies in the community of members and friends who together support the Consortium’s work and shared vision to transform health care. Thank you for your commitment and generosity of your time, energy, and resources. We look forward to continuing to work together.

Warm regards,
Rob
Robert B. Saper, MD, MPH
Chair, Academic Consortium for Integrative Medicine and Health
Associate Professor, Boston University School of Medicine
Robert.Saper@bmc.org

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**Save the Date!**

2018 Congress ~ May 6-11, 2018*

*Baltimore Marriott Waterfront
Baltimore, Maryland

*Members Meeting is May 6-7, 2018*
Financial Overview
Fiscal Year End 2016

### Sector INCOME

<table>
<thead>
<tr>
<th>Sector</th>
<th>Amount</th>
<th>% of Revenue</th>
<th>Sector %</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Membership Dues</td>
<td>$172,500</td>
<td>15%</td>
<td>17%</td>
</tr>
<tr>
<td>Investments</td>
<td>$13,071</td>
<td>1%</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>$4,747</td>
<td>1%</td>
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</tr>
<tr>
<td><strong>ICIMH</strong></td>
<td></td>
<td></td>
<td>63%</td>
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<tr>
<td>ICIMH Registration</td>
<td>$430,803</td>
<td>36%</td>
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<tr>
<td>ICIMH Sponships &amp; Other</td>
<td>$322,043</td>
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<tr>
<td><strong>Restricted</strong></td>
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<tr>
<td>LEAPS</td>
<td>$15,334</td>
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<tr>
<td>HRSA</td>
<td>$86,654</td>
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<tr>
<td>GFF Communications</td>
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<tr>
<td>Legacy</td>
<td>$47,069</td>
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<tr>
<td><strong>TOTAL Income</strong></td>
<td>$1,192,221</td>
<td>100%</td>
<td></td>
</tr>
</tbody>
</table>

*GFF Communications grant: received in current year -- leftover restricted for future use

**Legacy Grant: majority received in prior year and released from restricted to match expenses

### Sector EXPENSE

<table>
<thead>
<tr>
<th>Sector</th>
<th>Amount</th>
<th>% of Expense</th>
<th>Sector %</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General</strong></td>
<td></td>
<td></td>
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<tr>
<td>Mgmt. Admn &amp; Prof Svc</td>
<td>$403,646</td>
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<tr>
<td>Operations &amp; Member Services</td>
<td>$36,347</td>
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<tr>
<td>Leadership &amp; Other mtgs</td>
<td>$96,438</td>
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<tr>
<td>Other</td>
<td>$651</td>
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<tr>
<td><strong>ICIMH</strong></td>
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<tr>
<td>ICIMH</td>
<td>$603,291</td>
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<tr>
<td>LEAPS</td>
<td>$20,858</td>
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<td>HRSA</td>
<td>$68,536</td>
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<tr>
<td>GFF Communications</td>
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<td>1%</td>
<td></td>
</tr>
<tr>
<td>Legacy</td>
<td>$202,086</td>
<td>14%</td>
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<tr>
<td><strong>TOTAL Expense</strong></td>
<td>$1,481,855</td>
<td>100%</td>
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</table>

Net Income(Loss) $ (259,634)
Membership Update

FY16 Members: 69

- 6 New Health Systems in FY16
- 2 New Academic Health Centers in FY16

Year

Number of Institutions

1999 00 01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 2016

8 11 11 19 23 28 33 36 39 42 44 46 50 54 57 60 61 69
2016 Congress

2016 International Congress on Integrative Medicine & Health

May 17-20, 2016
Green Valley Ranch Resort, Henderson, Nevada
Watch the video at http://www.icimh.org

By the Numbers...

900 Participants
49 Exhibitors
13 Sponsors

27 Countries Represented
162 Students
250 Pre-Congress Attendees

88 Total Sessions
12 Pre-Congress Workshops
9 Plenary Sessions

380 Posters Accepted
11 Oral Abstract Sessions

62 Oral Presentations
56 Concurrent Workshops

Oral Presentations: 19% by trainees
Poster Presentations: 49% by trainees
2016 Members Meeting
May 16, 2016
Green Valley Ranch Resort
Henderson, Nevada
165 registrants
59 Institutions

Save the Date!
2017 Members Meeting
April 23-25
Hilton Netherland Plaza
Cincinnati, Ohio
Working Groups

2016 Clinical Working Group
Chair: Lauray MacElhern, MBA
Vice-Chair: Sonia Sosa, MD
Co-Chair: Marni Hillinger, MD

- 166 members
- Monthly Grand Rounds featured Carol Greco, PhD, on "Measuring the Context of Healing: Development and Validation of the Healing Encounters and Attitudes Lists (HEAL)"; Tieraona Low Dog, MD, on "Botanicals and the Management of Pain"; and Jaime Schehr ND, RD, on "Integrative Nutrition." Average attendance: 50+ individuals.
- Grand Round recordings are available on https://imconsortium.org/members-only/grand-rounds.cfm
- Conducted an annual survey in order to share and understand best practices, financial performance and income streams, structural trends, and innovations.
- Ongoing conference calls focus on clinical areas of interest, administrative structures, credentialing, privileging, operational issues, fundraising, and billing/insurance.

2016 Policy Working Group
Chair: Leslie Temple, MD
Vice-Chair: Arya Nielsen, PhD

- 55 members
- Ongoing appeal to the Joint Commission to score evidence-informed nonpharmacologic therapies for pain.
- Development of IM credentialing templates — acupuncture (complete) and massage (in process) — for acute care/inpatient organizations.
- Provided supportive documents to AMA CPT Code update process.
- Engaged in planning and participation for many policy-related activities for the 2016 Members Meeting and International Congress.
- Responded to several calls to sign on to various letters that supported the advancement or enhancement of integrative health policies and initiatives.
- Hosted a webinar conducted by Allison Whitehead of the VA to learn about their policies and initiatives around integrative health.
- Hosted monthly conference calls.
- Increased participation and energy focused on policy opportunities.

2016 Education Working Group
Chair: Raymond Teets, MD
Vice-Chair: Alejandro Chaoul, PhD

- 201 members
- Created infrastructure for increasing student engagement by identifying an "Education Champion" at each institution who serves as the liaison between the Consortium/Consortium student leaders and the local students.
- Mentored two Consortium student leaders: Victoria Silver and Max Binstock.
- Designed and implemented a Student Poster Session at the 2016 Congress.
- Supported student leaders in creation of student networking events and student-specific programs at the 2016 Congress.
- Increased number of students on student email list.
- Initiated a student FB page.

Join a Working Group by logging in to your profile and selecting the group(s) you are interested in joining.
Thank you to the George Family Foundation for their generous support that is enabling us to implement the Consortium's new Communications Plan.

2016 saw the launch of the Breaking News Briefing (BNB), first distributed March 22, then sent every other week to Members.

This BNB has more powerful/useful items per page than any other document I have seen this year! Phenomenal!

This News Briefing is AWESOME. I very rarely do this with news feeds I get, but I found interest in, and printed every single article you highlighted!

This Breaking News Briefings was superb. Short, helpful, informative. Bravo!

Thank you all for making this happen—this is exactly the type of thing we need to demonstrate the Consortium’s value to members!!

Love the whole thing!!!

I really love getting this newsletter.

Love the whole thing!!!

www.imconsortium.org

Job Listings

Discussion Board

Fellowship Opportunities

Resources
LEAPS Program

LEAPS (Leadership & Education Program for Students in Integrative Medicine)
June 12-17, 2016
The Mission San Luis Rey, Oceanside, CA

20 students attended the program in June 2016

Since its inception, over 200 have benefited from this week-long program

2017 Dates: June 4-10, 2017
The Mission San Luis Rey, Oceanside, CA

Grants

Cochrane through University of Maryland
HRSA through University of Arizona
George Family Foundation

The Bravewell Story

2016 saw the publication of the Consortium’s first book
The Bravewell Story, How a Small Community of Philanthropists Made a Big Difference in Healthcare.

Topics Include:

- Measuring the Context of Healing
- Integrative Nutrition
- Sound and Music Healing
- Ayurvedic Medical Education
- Sustainable Integrative Models of Care
- Group Visits
- The Electronic Medical Record
- Botanicals and the Management of Pain
- Veterans Health
- Systematic Reviews and Cochrane: What’s their Use?
- Integrative Nutrition
- Veterans Health
- Mind-Body Medicine
- Top-Down and Bottom-Up
- Mind-Body Medicine
- Measuring the Context of Healing
- Botanicals and the Management of Pain
- Systematic Reviews and Cochrane: What’s their Use?