

Academic Collaborative for Integrative Health

ACIH Annual Meeting December 12, 2018



Welcome – David O'Bryon, JD, CAE, ACIH Chair



Alyssa Wostrel, MBA, Executive Director

JoAnn Yanez, ND, CAE, ACIH Chair-Elect

Liza Goldblatt, PhD, MPA/HA, Founding Board Member

Beth Rosenthal, PhD, MBA, MPH, Director of Working Groups

Deb Hill, MS, Library SPIG Coordinator

Renée Motheral Clugston, Director of Operations





ACIH now has a national office on campus at the Southern California University of Health Sciences in Whittier, CA.

SCU has been a long-time member of ACIH at the Chancellor level and John Scaringe, DC, EdD, SCU's President, serves on the ACIH Executive Committee as Treasurer.

This move on campus was in tandem with the Executive Director search and placement of Alyssa Wostrel, MBA. Ms. Wostrel joined ACIH as Executive Director in April, 2018 and Liza Goldblatt is now on the board.



Thanks to our Board members & Staff for their time and commitment to ACIH

David O'Bryon, JD, CAE, Chair

JoAnn Yanez, ND, MPH, Vice Chair

John Scaringe, DC, EdD, Treasurer

Dale Healey, DC, PhD, Secretary

Stacy Gomes, EdD, MA Ed, Executive Committee Member-At-Large

Safiya McCarter, ND, MSAOM

Karen Bobak, DC, EdD

Stanley Dawson, DC, LMBT

Courtney Everson, PhD

Elizabeth Goldblatt, PhD, MPA/HA

Iman Majd MD, MS, EAMP/LAc

Mark McKenzie, LAc, MsOM

William C. Meeker, DC, MPH

Steffany Moonaz, PhD

Paul Morin, DC

Beth Pimentel, ND

Marcia Prenguber, ND

Pamela Snider, ND

Staff: Alyssa Wostrel, MBA, Executive Director, Beth Rosenthal, PhD, MBA, MPH, Director of Working Groups, Renée Motheral Clugston, Director of Operations, Deb Hill, MS, Library SPIG

ACIH Executive Committee – Governance Updates

ACIH held its first formal election for Executive Committee members in October 2018 per new policy.

2019 Incoming Executive Committee Officers



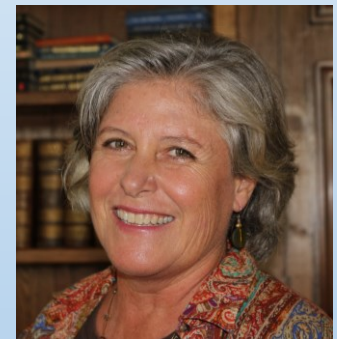
JoAnn Yanez ND, MPH, CAE
Chair



Dale Healey, DC, PhD
Vice-Chair



Stan Dawson DC, LMBT
Secretary



Beth Pimentel ND
Treasurer

David O'Bryon, Chair will serve as
Immediate Past Chair in 2019

Academic Collaborative for Integrative Health (ACIH)

The Academic Collaborative for Integrative Health (ACIH, formerly known as ACCAHC) is a 501-c3 non-profit organization that began in 2004.

www.integrativehealth.org

Membership: ACIH membership includes 19 national organizations, 28 individual colleges, universities and schools, and 8 associate organizations.

Core members are the councils of colleges, accrediting agencies, certification and testing organizations associated with the five licensed integrative health and medicine professions that have a U.S. Department of Education recognized accrediting agency. These are: acupuncture and Oriental medicine, chiropractic, direct entry (home birth) midwifery, massage therapy, and naturopathic medicine.

ACIH's membership category of **emerging and traditional world medicine professions** includes Yoga therapy, Ayurvedic medicine, homeopathy, somatic movement and nutritional specialists.

Thank you to our 2018 ACIH Members

CORE/ORGANIZATIONAL:

Councils of Colleges: CCAOM, ACC, AFMTE, AANMC, AME
Accrediting Agencies: ACAOM, COMTA, CCE, CNME, MEAC
Certification and Testing Orgs: NBCE, NCCAOM, NABNE

TWM and Emerging Professions:

ACHENA, BCNS, CHC, IAYT, ISMETA, NAMA

Individual Colleges and Universities – 28 schools

Associate Members – Individuals and Allied Orgs

Thank you Individual College Members

- Southern California University of Health Sciences
- Bastyr University
- Canadian College of Naturopathic Medicine
- Canadian Memorial Chiropractic College
- Cleveland Chiropractic College
- Emperor's College of Traditional Oriental Medicine
- Life University
- Logan University
- Maryland University of Integrative Health
- New York Chiropractic College
- Northwestern Health Sciences University
- National University of Health Sciences
- Oregon College of Oriental Medicine
- Palmer College of Chiropractic
- University of Western States
- University of Bridgeport
- Five Branches University
- Pacific College of Oriental Medicine
- Academy for Five Element Acupuncture
- American College of Traditional Chinese Medicine
- AOMA Graduate School of Integrative Medicine
- Boucher Institute of Naturopathic Medicine
- Cayce/Reilly School of Massotherapy
- Colorado School of Traditional Chinese Medicine
- Midwives College of Utah
- Southwest College of Naturopathic Medicine
- Tri-State College of Acupuncture
- Yo San University of Traditional Chinese Medicine

ACIH Vision and Mission

Vision:

ACIH envisions a healthcare system that is multidisciplinary and enhances competence, mutual respect and collaboration across all healthcare disciplines. This system will deliver effective care that is patient centered, focused on health and well-being, and readily accessible to all populations.

Mission:

ACIH enhances health by cultivating partnerships and advancing interprofessional education and collaborative practice.

ACIH educates, collaborates and advocates for the inclusion of the values, practices and disciplines associated with integrative health and in particular for collaborative, team-based patient-centered care.

ACIH Values

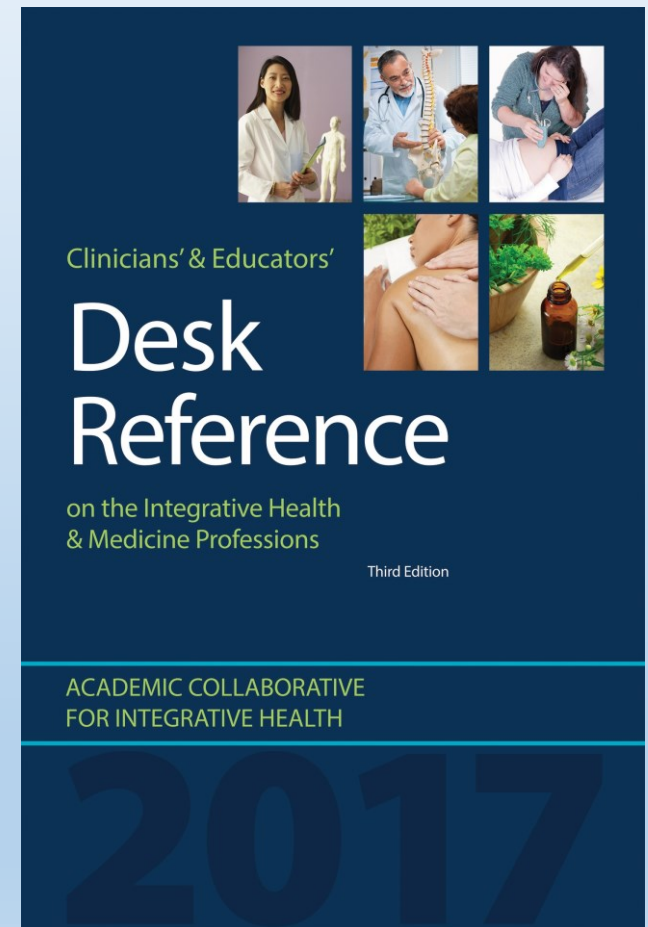
1. **Equity in access** to the disciplines that ACIH represents – acupuncture and Oriental medicine, chiropractic, direct entry (home birth) midwifery, massage therapy, and naturopathic medicine, as well as emerging fields.
2. **The diversity and traditions** that exist in programs and institutions accredited by agencies recognized by the US Department of Education, as well as emerging fields that are actively engaging educational and regulatory processes.
3. **Educational opportunities and equitable access to patient-centered integrative care** without regard to race, gender, identity, socio-economic status, sexual orientation or religion.
4. **A healthcare system that is inclusive and values all evidence-informed practices** and recognizes the relationship between health, mind, body, spirit and environment, and emphasize healing, health promotion, disease prevention and wellness.
5. In addition, the Institute of Medicine statement expresses a value, that “**the goal of integrating care should be the provision of comprehensive care that is safe and effective care, that is collaborative and interdisciplinary, and care that respects and joins effective interventions from all sources.**” (1)

(1) Institute of Medicine is now the National Academy of Medicine, Science and Technology Health and Medicine Division, Washington D.C.: National Academy of Sciences Press, 2005

Publication of Third Edition of the Clinicians' and Educators' Desk Reference on the Integrative Health & Medicine Professions

The Clinicians' and Educators' Desk Reference (CEDR) is available in print and in Epub and Kindle formats.

To learn more about the book, please go to:
<https://integrativehealth.org/desk-reference-integrative-health-professions/>



2018 in Review – ACIH



National Academy of Medicine Global Forum for Innovations in Health Professional Education –



We are in our 7th year as a member of the Global Forum. Liza Goldblatt is our representative to the Global Forum and David O'Bryon is her alternate. The Collaborative's involvement with the Global Forum provides us with the platform to continually educate the 50+ national health professional organizational representatives who attend these meetings about who we are and how we contribute to building resilience, health and well-being.

The April 26-27, 2018 workshop focused on organizational and individual resilience, health and well-being and how to work with and institutionally address stress and burn-out.

Both Liza Goldblatt and John Weeks were on the planning committee, which was chaired by Mary Jo Kreitzer, PhD, RN (Consortium leader. The workshop was exceedingly well received. Liza Goldblatt, David O'Bryon, John Weeks and others from the IHM disciplines were present.



Mary Jo Kreitzer

In November, David O'Bryon attended the Global Forum meeting. Liza was not able to attend as she was preparing for the early December workshop on the "Nonpharmacological Treatment of Pain."

The Global Forum workshops (video) and publications are free to download:

www.nationalacademies.org/hmd/Activities/Global/InnovationHealthProfEducation

The Role of Nonpharmacological Approaches to Pain Management: A Workshop

December 4-5, 2018

ACIH Global Forum Representative: Elizabeth Goldblatt, PhD, MPA/HA
ACIH Alternate Representative David O'Bryon, JD, CAE

- Co-hosted by Forum on Neuroscience and Nervous System Disorders and the Global Forum on Innovation in Health Professional Education
- ACIH was sponsored for this off-cycle workshop by the Foundation for Chiropractic Progress
- Liza Goldblatt was invited to serve on the planning committee
- First time ACIH has participated in multiple workshops over the course of a year since membership in the Global Forum began 8 years ago
- Powerful representation of complementary, integrative professions and Consortium leadership on panels and as moderators and speakers
- National Academies of Medicine task force

Global Forum January 11th Meeting 2019

National Academy of Medicine's Global Forum on Innovation in Health Professional Education will host a meeting Jan 11th in Irvine, CA

Focus will be on a discussion about the Global Forum's recent work on burnout, stress and well-being of health professionals across the education continuum and the role of health professionals addressing social determinants of mental health and mental health disparities

Liza Goldblatt will be presenting; panelists and presenters will be announced soon

In-person meeting (no webcast), registration is open – to be held at the Beckman Center in Irvine

Consortium/Collaborative Course

We are currently working with the Academic Consortium for Integrative Medicine and Health to create a 36-hour hybrid course that will focus on training the ACIH disciplines last year students, residents and practitioners to work in integrative conventional medical in and out-patient settings.

In addition, this course will include a training component in IPE/CP for all the health professionals who work in the integrative medicine and health settings.

30 hours will be online and 6 hours in person.

The Leadership team consists of Consortium representatives Margaret Chesney, PhD, (Consortium past board chair), Maryanna Klatt, PhD, (Consortium Board member), Ray Teets, MD, former chair of the Consortium Education Working Group, and ACIH Board members, Iman Mjad, MD, LAc, Bill Meeker, DC, MPH, and founding ACIH board member Elizabeth Goldblatt.



Bill Egloff

Thanks to Bill Egloff of Crane Herbs and NCCAOM for initial funding for this project



The Project for Whole Health Learning in K-12

www.wholehealthed.org

Integrating wellness activities into K-12 education,
delivering sustained, proactive learning
on lifetime factors that influence
personal, community
and society's vitality

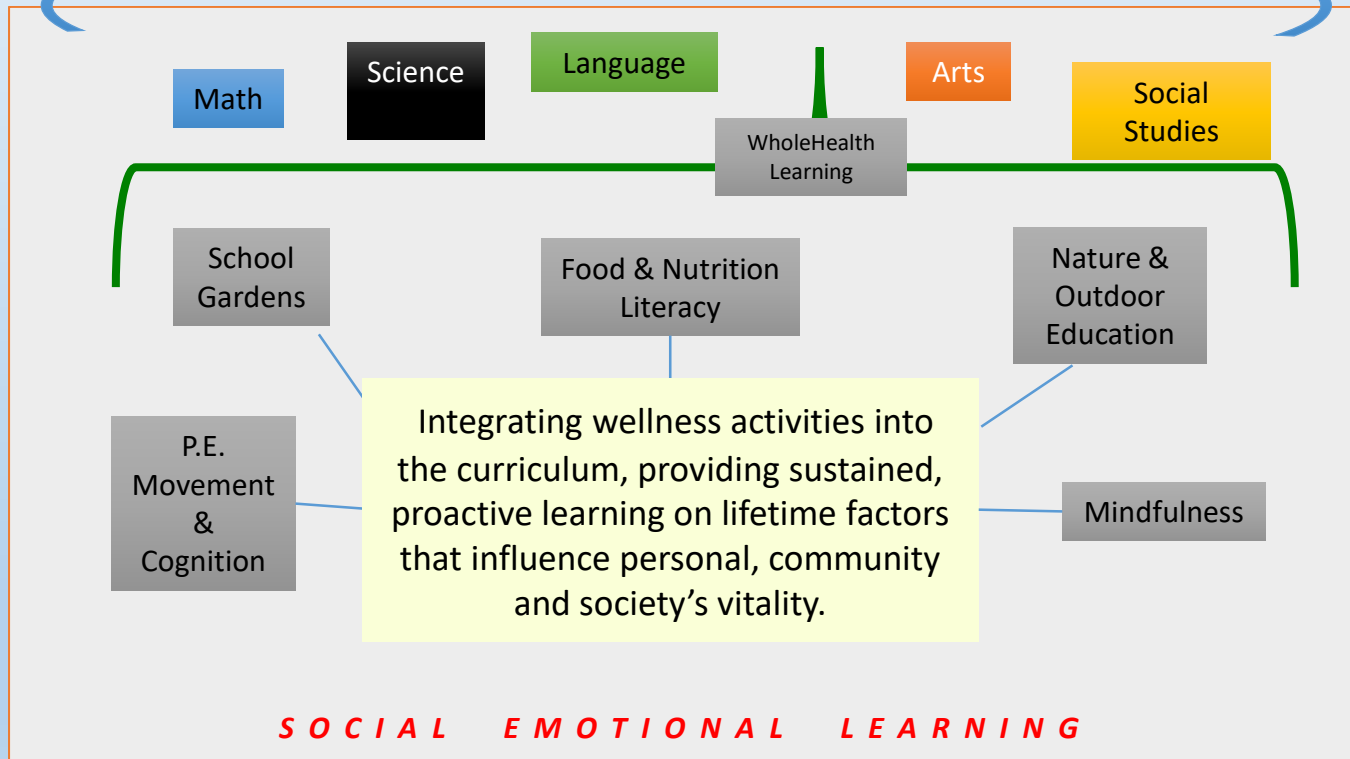


The Project for Whole Health Learning in K-12

www.wholehealthed.org

Fully preparing future generations to succeed in adult life now requires a thoroughgoing education in the factors that influence health.

Core Elementary and Secondary Subjects



Mitigating the Impacts of Debilitating Social Determinants
Obesity • Adverse Childhood Experiences • Nutrition Depletion • Extreme Stress

Conferences and Collaborative Efforts 2018



The Collaborative is engaged in projects and partnerships with many national organizations, including:

- The Academic Consortium for Integrative Medicine and Health (ACIMH)
- The Academy of Integrative Health and Medicine (AIHM)
- The Integrative Health Policy Consortium (IHPC)
- The National Center for Primary Integrative Health (NCIPH) and
- The National Academy of Medicine Division of Health and Medicine's Global Forum for Innovations in Health Professionals Education.



MOVING BEYOND MEDICATIONS

Non-Pharmacological Approaches to Pain Management and Well-Being

In response to the current public health crisis of opioid abuse, overdose, and death, many organizations have issued guidelines and recommendations for treating pain, including the former Surgeon General's "Turn the Tide" campaign. Similar to other guidelines, this campaign recommends non-pharmacological approaches as first line pain treatment, with opioids to be considered only if these and non-opioid pharmacological treatments are ineffective. This document expands upon those recommendations to help primary care clinicians and their patients with this approach.

1 Assess Patient's Pain and Well-Being

Perform a thorough assessment of the patient's pain condition, treatments, lifestyle and overall health status

- Ask the patient to describe the pain, including word descriptors, location, duration, aggravating and alleviating factors, intensity, and functional impact
- Ask about the patient's psychological status (e.g., depression, anxiety, ineffective coping styles), nutritional health, sleep pattern, and social and environmental contributors to the pain experience

2 Set Goals Jointly with the Patient

- Ask the patient what he or she would like to do, if pain treatment is successful
- Jointly decide on 2-3 SMART (Specific, Measurable, Attainable, Relevant, Time Bound) goals as measures of progress. Set goals for outcomes important to patient, not for pain intensity alone

3 Educate the Patient about Integrative Pain Management Options

Describe evidence-informed non-pharmacological and self-care approaches to managing pain and promoting wellness, including but not limited to:

- Acupuncture
- Chiropractic, Osteopathic and Myofascial Manipulation, Massage Therapy, and Physical Therapy
- Cognitive Behavioral Therapy, Stress Management, and other psychological therapies
- Mind-Body Approaches, Meditation, Biofeedback, Guided Imagery
- Yoga, Tai Chi, and other movement therapies

4 Develop a Treatment Plan with the Patient; Assess Potential Challenges

- Based on your clinical assessment and discussion with the patient, develop a treatment plan
- Discuss potential challenges, and ways to overcome them, with the patient
- Reinforce that 1) chronic pain is a complex problem with no simple solutions; 2) each patient's path is a little different and you will be there to support your patient along their path; 3) just as the tide causes all boats to rise, getting healthier overall helps all medical conditions improve—even chronic pain
- Obtain patient's commitment to carry out the treatment plan

5 Follow Up, Troubleshoot and Modify Treatment Plan as Needed

- See the patient regularly; assess progress toward identified goals at each appointment
- Encourage changes they have made and urge them to continue the good work
- Problem-solve to help overcome barriers to treatment plan adherence
- Modify treatment plan to maximize progress toward goals

Resources for Information on Nonpharmacological Approaches to Pain Management and Wellbeing

Academy of Integrative Pain Management and the Integrative Health Policy Consortium

- **Integrative Pain Care Policy Congress**, Boston, MA
November 2018
- Invited representatives from 70 organizations including the Executive Branch (FDA, CDC, CMS, HRSA, NCCIH, VHA and other agencies), Patients, Research, Payers and the full scope of providers
- Alyssa Wostrel is member of the Strategic Communication Working Group

Integrative Pain Care Policy Congress

Nov 10, 2018



COMTA and ACIH Joint Webinar

November 15, 2018



The Commission on Massage Therapy Accreditation (COMTA) and ACIH hosted a joint webinar for massage schools interested in membership in either or both organizations

Speakers: COMTA's Executive Director, Dawn Hogue and COMTA's Chair, Cliff Korn, LMT, BCTMB; ACIH's Alyssa Wostrel and Executive Committee member Dale Healey, DC, PhD, who wore both hats as ACIH board member and Commission with COMTA

This is an outreach model that can be replicated in 2019 for other professions – and which supports both the ACIH organizational member and ACIH's goal of expanding individual college membership



AIHM Annual Conference 2018

September 22–26 | Sheraton San Diego



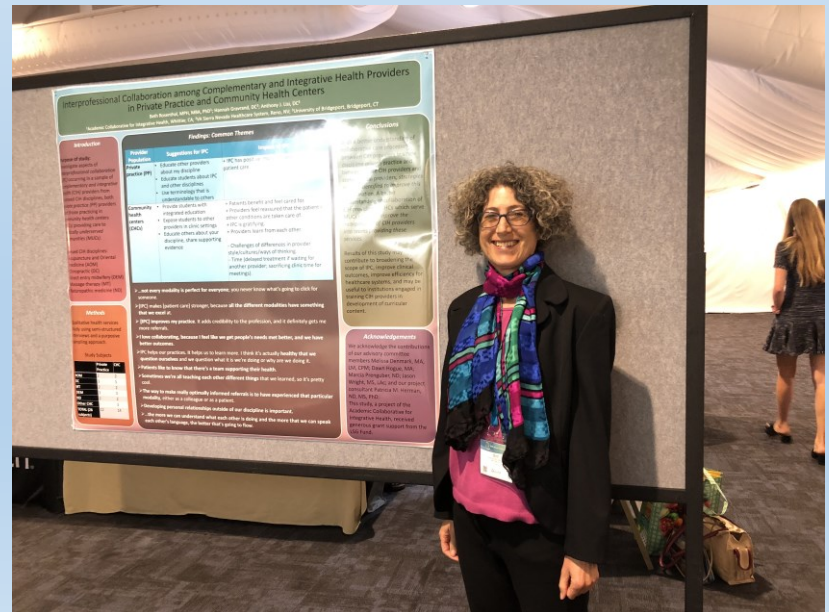
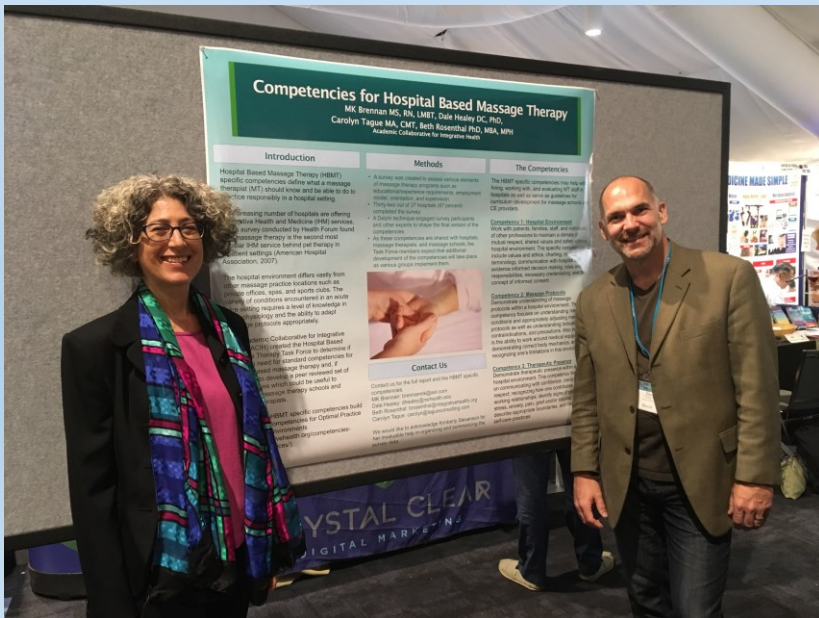
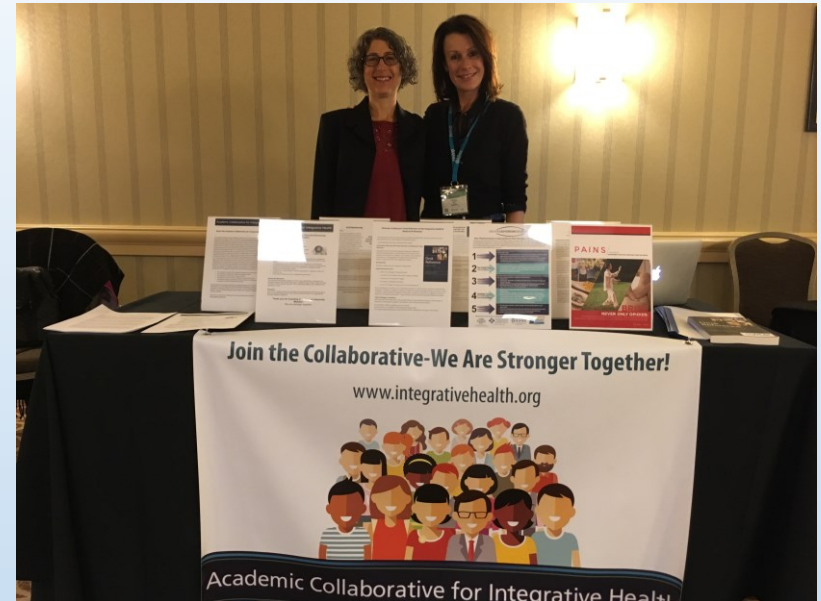
Several ACIH board members and staff presented at the Academy of Integrative Health & Medicine conference in San Diego in October, 2018.

Director of Working Groups, Beth Rosenthal, PhD, MBA, MPH and ACIH Board member Dale Healey, DC, PhD (representing COMTA, the Commission on Massage Therapy Accreditation) presented at AIHM on Hospital Based Massage Therapy Competencies.

Academy of Integrative Health & Medicine Conference continued

ACIH Board members John Scaringe, EdD, DC, Bill Meeker, DC, MPH, Stacy Gomes, EdD and Exec Director Alyssa Wostrel attended this conference, where ACIH has an exhibit table.

ACIH presented two posters at AIHM, one about the Hospital Based Massage Therapy Competencies and the other about Interprofessional Collaboration among Integrative Health and Medicine providers.



Integrative Medicine for the Underserved (IM4US) in Washington, DC, June 2018



Director of Working Groups, Beth Rosenthal, PhD, MBA, MPH and ACIH Research Working Group member John S. Finnell, ND, MPH, LAc, Presented in 3-1/2 hour pre-conference workshop **Interprofessional Leadership in Integrative Health and Medicine: Fostering justice and equity in team-based care**. Workshop created with Isabel Roth, MS, DrPH, Heather Carrie, MAS.

Healthier Texas Summit in Austin, October 25-26th, 2018



Director of Working Groups, Beth Rosenthal, PhD, MBA, MPH and ACIH Research Working Group member John S. Finnell, ND, MPH, LAc, were part of panel presentation about Integrative Health & Medicine Leadership.

American Public Health Association (APHA) in San Diego, November 2018



Presentations at the American Public Health Association: Director of Working Groups, Beth Rosenthal, PhD, MBA, MPH in collaboration with ACIH Research Working Group member John S. Finnell, ND, MPH, LAc, ACIH CWG member Prasad Vinjamury and others including ACIH Board member Stacy Gomes, Isabel Roth, MS, DrPH, and Heather Carrie, MAS.

ACIH Working Groups

Director of Working Groups: Beth Rosenthal, MPH, MBA, PhD

ACIH's Clinical, Education, and Research Working Groups carry out projects and tasks aligned with and furthering ACIH mission.

Each Working Group (WG) meets approximately five times during the year. WGs are comprised of up to three members from each of ACIH's core disciplines (not including ACIH Board members and WG co-chairs), plus up to three members from ACIH Traditional World Medicines / Emerging Professions member organizations. WG members are educators who are typically connected with schools affiliated with one of the ACIH disciplines.

Presentations given during WG meetings are posted on the ACIH website under the Resources tab:

<https://integrativehealth.org/working-group-presentations/>

WG members also participate in smaller project groups. Current projects include:

- **Integrative Clinic Webinars:** Series of panel presentations/discussions to better understand factors that are successful and not successful in developing and maintaining integrative clinic settings.
- **Hospital Based Massage Therapy Specific Competencies:** Created and now disseminating specific competencies for HBMT.
- **Bridging the Research Gap Between Educational Institutions:** Connect ACIH discipline schools with researchers from conventional academic centers to enhance quantity and quality of collaborative research.
- **Systematic Review of Integrative Health and Medicine for under-resourced populations:** Produce a systematic review of integrative health and medicine (IHM) for low-income, minority and underserved populations.
- **Dissemination of WG Project outputs:** Make it easier for ACIH members to share WG products in a timely manner with our own constituency and our colleague organizations and members.

If you are interested in joining an ACIH
WG, contact Beth Rosenthal
brosenthal@integrativehealth.org

Library Special Interest Group (SPIG)

ACIH Library SPIG Coordinator: Deb Hill, MS

- **ACIH Membership Benefit** – Open to library staff from individual ACIH university/college/program members
- Semiannual meetings to support library staff – share knowledge between members, focus on Evidence Informed Practice
- March 2018 Meeting special presentation from Bastyr University Library Staff – ***Challenges to Complementary and Integrative Health (CIH) Research Quality & Retrieval: Experience from the Field*** - available under archived webinars on ACIH site

ACIH's Collaborative Projects for 2019

1. Continue our work as a member of the National Academy of Medicine Global Forum on Innovations in Health Professional Education.
2. Consortium/Collaborative course
3. ACIH Working Groups – Clinical, Education, and Research
4. Expansion of College Memberships

Thank you to our 2018 corporate and foundation donors:

- Anonymous foundation donor for our Global Forum work
- Crane Herbs – Bill Egloff
- International Association of Yoga Therapists
- Leo S. Guthman Foundation
- National Certification Commission for Acupuncture and Oriental Medicine
- NCMIC (National Chiropractic Malpractice Insurance Company) Foundation
- Foundation for Chiropractic Progress for Global Forum workshop
- Visual Outcomes
- Anonymous corporate donor for the hybrid course
- Healing Centers United
- O'Bryon & Co



A special thanks to Bill Egloff who in 2018 supported both our annual in-person meeting and our ongoing work for the Consortium/Collaborative project.

Academic Collaborative for Integrative Health

Please become a member of ACIH if you have not already joined!

We have core members, individual college members and associate members (the latter includes both organizations and individuals) and corporate sponsors.

<https://integrativehealth.org/associate-members/>

**Thank you for attending our annual meeting
and your involvement in ACIH.**

Happy Holidays!