

Academic Collaborative for Integrative Health

ACIH Collaborator #71

November 2018

Message From the Chair - David O'Bryon, JD, CAE



ACIH has been very active thus far in 2018. We moved our main office onto the campus of Southern California University Health Sciences; we hired a new Executive Director – Alyssa Wostrel, MBA; we participated in a very successful workshop on health and well-being at the National Academy of Science, Engineering and Medicine's Global Forum for Innovations in Health Professional Education; had an excellent in-person Board meeting in Baltimore; and our project with the Consortium in developing a national course for all integrative health professionals is moving forward. At our May 2018 Board meeting, we set our goals and activities for the next few years which will soon be posted on the web site www.integrativehealth.org.

We just elected our officers for 2019, **JoAnn Yanez, ND, MPH, CAE** steps into the Chair position, **Dale Healey, DC, PhD** will be Vice-Chair, **Courtney Everson, PhD**, Secretary and **Beth Pimentel, ND** will serve as Treasurer. **Stacy Gomes, EdD, MA Ed** and **John Scaringe, DC, EdD** will serve as executive committee at-large members. I will stay on the Executive Committee as the Immediate Past-Chair. We also have a new board member, **Safiya McCarter, ND, MSAOM** (pictured, right) who will represent the Midwifery Education and Accreditation Council.



I want to take this opportunity to thank several people who have contributed so much to ACIH. **Jan Schwartz, LMT**, founding board member of ACIH, has recently retired from the ACIH Board. Jan worked tirelessly for ACIH. She was involved in creating the “Competencies for Optimal Practices in Integrated Environments,” was Co-Chair of the Governance Committee, was a Co-Chair of the Education Working Group and was involved with the Academy of Integrative Health and Medicine's course development for the fellowship program. In addition, she was involved in ACIH's recent transitions – both the location decision and the hiring of the new Executive Director. She has been a tremendous board member and we could always count on her for her sense of

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I also want to take this opportunity to thank **Liza Goldblatt, PhD, MPA/HA**, a founding member of ACIH. She was the first Vice-Chair of the Board, then the Chair of the Board and then the Acting Executive



Director while we restructured the Collaborative. She's very engaged in our work with the Global Forum and in the course development with the Consortium. Liza has worked tirelessly on many projects and activities for ACIH since our inception in 2004 and we are delighted that she will stay a founding member of the board, on the Finance Committee and in these two important projects that focus on educating the public about the disciplines that we represent, advocating for our disciplines and continuously creating avenues so that the public can have more access to the tremendous benefits that our health professionals offer. Thank you Liza.

And now, I wish to welcome **Alyssa Wostrel, MBA** (pictured right), our relatively new Executive Director. Alyssa comes to ACIH with extensive experience working with and knowledge of our disciplines and the necessary skills for our organization's future plans. Welcome



Alyssa. I also want to express our sincere thanks to our Director of Operations **Renee Motheral Clugston** (left). She is the person that keeps our organization functioning smoothly, our website current, coordinates our annual meetings, keeps our members well-informed and takes care of all the multitudes of details that enable the ACIH staff to do so very much. Thank you, Renee.

Thank you to **Beth Rosenthal, PhD**, who oversees our three working groups that focus on education, clinic, and research. Beth's expertise, passion about our disciplines and dedication to ACIH are most appreciated. The ACIH working groups provide interprofessional collaboration among our disciplines, which is also a most important role for ACIH.



Lastly, but as importantly, I wish to thank our dedicated Executive Committee, JoAnn Yanez (Vice-Chair), Dale Healey (Secretary), John Scaringe (Treasurer) and Stacy Gomes (at-large member) and our Board:

- **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**

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- **Beth Pimentel, ND**
- **Marcia Prenguber, ND**
- **Pamela Snider, ND**

We have a superb board and executive committee all of whom are dedicated both to the disciplines that they represent as well as to interprofessional cooperation and collaboration. There is no question that as an organization, we are so much stronger working together. As you read through this newsletter, the evidence is there. We want to thank the entire ACIH community, our Council of Advisors, our Traditional World Medicine/Emerging Profession members, our associate members – both individual and organization, our national colleagues and our funders, all of whom make our goals come to fruition. Please see our list of [Accomplishments](#) that is on the website – it's important to review it periodically as it shows what we have accomplished since our inception 14 years ago. I look forward to the years to come and all that we can do together.

Dr. Helene Langevin Named Director of the National Center for Complementary and Integrative Health

The National Institutes of Health [announced the selection of Helene M. Langevin, MD, CM, as Director of the National Center for Complementary and Integrative Health \(NCCIH\)](#). Dr. Langevin served as director of the Osher Center for Integrative Medicine, professor-in-residence of medicine at Harvard Medical School and professor at University of Vermont College of Medicine's Department of Neurological Sciences. NIH director Francis Collins, MD says of Dr. Langevin, "Helene's distinguished career and leadership in the integrative health community, along with her research on the role of nonpharmacologic treatment for pain, makes her ideally suited to lead NCCIH. We are so pleased to have her join the NIH leadership team."



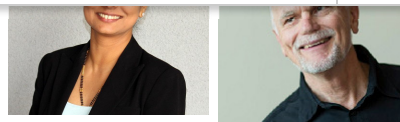
The NIH announcement goes on to note that Dr. Langevin is the principal investigator of several NIH-funded studies, Dr. Langevin's research interests have centered around the role of connective tissue in low back pain and the mechanisms of acupuncture, manual and movement-based therapies. Her more recent work has focused on the effects of stretching on inflammation resolution mechanisms within connective tissue.

News From the SCU Community

SCU Awarded NIH Grants for Studies Advancing Understanding of Spine Pain Treatment

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of Health (NIH) grants for work to be undertaken in collaboration with Dartmouth College. The first grant, awarded to ACIH Research Working Group co-chair James Whedon, DC and RWG member Anu Kizhakkeveetil, PhD, BAMS (Ayurveda), MAOM, LAc, CMT of SCU, pursues research into the effectiveness of spinal manipulation services as compared to prescription drug therapy for the long term treatment of chronic low back pain (LBP) in Medicare patients.



The second grant, where Dr. Whedon will serve as co-investigator, will assess the risk of cervical artery tears in patients receiving cervical spine manipulation (CSM). To learn more about these grants and the studies that will be funded by them, [follow this link to read the SCU announcement](#).

RAND Panel Features Leading Integrative Health Leaders

"*Integrative Health: Moving from Marginal to Mainstream*" was the title of a recent RAND event in which integrative health leaders discussed the path forward for incorporating evidence-based complementary and alternative treatments into standard patient care, medical training, and policy making. Featured at the event were ACIH Executive Committee member and president of member school Southern California University of Health Sciences **John Scaringe, DC, EdD** (pictured right), ACIH Council of Advisors member **Wayne Jonas, MD**, **Shaista Malik, MD**, and **Ian Coulter, PhD**. **Patricia Herman, ND** moderated the discussion. [A recording of the event is available here](#).



Register Now for Dec 4-5, 2018 Workshop: The Role of Nonpharmacological Approaches to Pain Management

The Forum on Neuroscience and Nervous System Disorders and the Global Forum on Innovation in Health Professional Education will bring together key stakeholders to discuss treatments and integrative health models for pain management for the NASEM Health & Medicine's workshop, "***The Role of Nonpharmacological Approaches to Pain Management***". ACIH former acting executive director and current board member **Liza Goldblatt, PhD, MPA/HA** will moderate the



second session of the workshop which will focus on education and training of health professionals in pain management. This free workshop will take place:

December 4–5, 2018:

National Academy of Sciences Building

2101 Constitution Avenue, NW Washington, DC

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For those who cannot attend in person, there is a free webcast option.

Workshop Objectives:

- Review the current state of evidence on the effectiveness of nonpharmacological treatments and integrative health models for pain management, as well as available evidence on use patterns and patient interest. Examples may include acupuncture; manual therapies; physical therapy, occupational therapy, and exercise; cognitive behavioral therapy; tai chi; yoga; meditation; and neurostimulation.
- Explore the state of evidence on the effectiveness of emerging models of pain management.
- Consider multimodal approaches and potential synergies between and among pharmacological and nonpharmacological approaches to pain management.
- Consider multimodal approaches and potential synergies between and among devices and nonpharmacological approaches to pain management.
- Discuss research gaps and key questions for further research.
- Examine health professions' current approaches for educating students, trainees, and practicing clinicians on nonpharmacological pain management, and discuss potential next steps to improve training and education within and across health professions.
- Explore policies, such as those related to reimbursement that would enable broader dissemination and implementation of evidence-based nonpharmacological treatments when appropriate.

News From the Nexus Summit - Dale Healey, DC, PhD

The third annual Nexus Summit, hosted by the [National Center for Interprofessional Education](#) (NCIPE) and cosponsored by the American Interprofessional Health Collaborative, was held July 29-31 in Minneapolis Minnesota. The theme of this year's Summit was "*Creating Results: Interprofessional Vision to Action*".

The Summit featured 38 workshops by leaders from 33 states focused on the importance of interprofessional education and delivery of care with the patient at the center. One of the highlights of the conference for me was a panel presentation by patient leaders who challenged attendees with the topic question: "Isn't it Time We Really Engage Patients, Families and Communities in Interprofessional Practice and Education?" The patients helped me understand the real meaning of putting the patient at the center of their care.

The patient is the most important member of the health care team not because it is the right thing to do, but rather because they bring their experience of "living with the disease," and engaging them in their treatment. The panel presentation helped me understand that no amount of collaboration among healthcare practitioners can make up for failing to engage the patient in their care.

Breakout sessions provided focused education on topics such as how to create innovative

incorporating active learning strategies into the sessions, keeping attendees engaged.

Barbara Brandt, PhD, FNAP (at right, with Dr. Healey) is the Director of the NCIPE and has a clear vision for a future state of our healthcare system that is efficient and effective. Her energy for the mission of the NCIPE is inspiring. While the Summit focused on mainstream medical settings and professions, there is clearly a welcoming big umbrella at the NCIPE for all types of practitioners.



The NCIPE was founded in early 2012 with support from a HRSA award and is supported by the Josiah Macy Jr. Foundation, the Robert Wood Johnson Foundation, the Gordon and Betty Moore Foundation, the John A. Hartford Foundation and the University of Minnesota.

University of Washington receives Osher Foundation Endowment for Integrative Medicine Center

The Osher Foundation has been a valuable partner and sponsor in promoting integrative medicine through academic centers. The University of Washington recently received an endowment from the Osher Foundation to become the seventh center in the Osher Collaborative. UW joins prestigious institutions, University of California San Francisco, Harvard University, the Karolinska Institute (Sweden), Vanderbilt, Northwestern, and the University of Miami, to deliver integrative medicine services to the public and develop education and research programs to advance the use of integrative and complementary therapies to promote health and wellness.

The Osher Center for IM at UW (OCIM-UW) has been established within the Department of Family Medicine. **Iman Majd MD, LAc** (right), one of the ACIH board members, has been appointed as the Clinic Director for OCIM clinic. Dr. Majd will be working to form a full spectrum IM clinic at UW through the Osher Center. Additional leaders of this initiative at UW include **Dr. Paul James**, Chair of the Department of Family Medicine, **Dr. Lucille Marchand**, Executive Director of OCIM-UW, and **Donna Lewin**, Director of Administrations OCIM-UW.



For any further questions, please feel free to contact imanmajd@uw.edu

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Integrative Clinics Webinar

Please join us on **November 14th at 10 am PT/ 1 pm ET** for our 7th Integrative Clinic Webinar featuring **Justin Goehl, DC, MS**, of Dartmouth Hitchcock Medical Center. Integrative Clinic webinars focus on developing a better understanding of the factors that contribute to maintaining successful integrative clinics. These presentations and discussions occur during the ACIH Working Group meetings.



This webinar requires advance registration. To register please click on the link below:

<https://attendee.gotowebinar.com/register/4253837156715635457>

NCCIH Updates Chronic Pain Overview

The National Center for Complementary and Integrative Health (NCCIH) recently updated its article on complementary approaches to chronic pain treatment. The article states, "The scientific evidence suggests that some complementary health approaches may help people manage chronic pain" and goes on to cover some of the conditions, such as low-back pain, osteoarthritis, rheumatoid arthritis, and headache, where integrative/complementary treatments may be effective and some of the research that supports these findings. To read the article, go to: <https://nccih.nih.gov/health/pain/chronic.htm>

ACIH and COMTA to Host Joint Webinar

Interested in learning more about the work and benefits of membership in ACIH and the Commission on Massage Therapy Accreditation (COMTA)? A joint webinar will take place Thursday, November 15, 2018 at 12 pm PT/3 pm ET.

[REGISTER HERE](#)

Some takeaways you can expect:

COMTA

- Explore the importance of specialized accreditation for massage/bodywork schools and programs
- COMTA-Endorsed Curriculum and Joint Accreditation Process
- COMTA as a comprehensive resource for the massage/bodywork profession

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- Opportunities for engagement in clinical, research and education working groups

Speakers include:

- Cliff Korn - COMTA Commission Chair
- Dale Healey - COMTA Commission Vice Chair - ACIH Board of Directors - Secretary
- Dawn Hogue - COMTA Acting Executive Director
- Alyssa Wostrel - ACIH Executive Director



Rosenthal Presents at IM4US Conference

In June, **Beth Rosenthal, MPH, MBA, PhD**, ACIH Director of Working Groups: Research, Education, Clinical, participated in the Integrative Medicine for the Underserved (IM4US) conference in Washington, DC. Beth was on the IM4US Planning Committee in 2017, and **Alyssa Wostrel, MBA**, ACIH Executive Director, is on the IM4US Planning Committee for the 2019 conference, which will be in the San Francisco Bay Area.



In addition to the inspiring program content, there was ample opportunity for networking, deepening relationships, and community building. Beth presented in a 3-1/2 hour pre-conference workshop "Interprofessional Leadership in Integrative Health and Medicine: Fostering justice and equity in team-based care". This workshop was created with **John S. Finnell, ND, MPH, LAc** (ACIH RWG member), **Isabel Roth, MS, DrPH**, and **Heather Carrie, MAS** (ACIH Policy Committee member). During the workshop we engaged in role playing using the CDC meeting in a box. Beth also presented in a Research Session, talking about findings and recommendations from work she is involved in with colleagues **Anthony Lisi, DC** (former ACIH CWG member), University of Bridgeport College of Chiropractic, Director, Chiropractic Program, Veterans Health Administration and **Hannah Gravrand, DC, MS**, VA Sierra Nevada Health Care System, Chiropractor, Geriatrics & Extended Care Service.

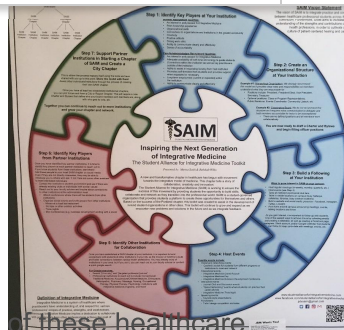
SAIM Fosters Collaboration Among Students

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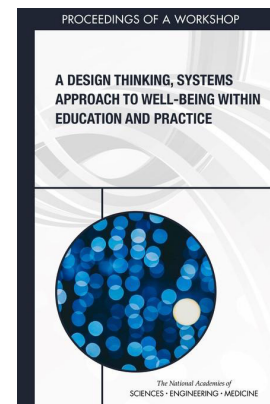
Baltimore this past May (See picture of SAIM Poster). SAIM provides students with the opportunity to build skills, collaborate and network as they transition into the professional world. SAIM is a student-governed organization that provides students a platform to create these opportunities for themselves and others. It is their mission to foster collaboration among students of all licensed healthcare professions in order to deepen awareness of the contributions of these healthcare professions for the purpose of promoting health and optimizing patient care. They are working to inspire students across the country in joining the movement to promote respect and collaboration among healthcare professionals and have created a tool kit to help students achieve this goal. ACIH is talking with leaders in this organization to create bridges between ACIH and SAIM. If you are interested in this joint effort contact brosenthal@integrativehealth.org For more information about SAIM visit www.studentallianceforintegrativemedicine.com or email pdxsaim@gmail.com.



More News From the Global Forum

Publication Released on April Workshop on Stress and Improving Health, Well-Being and Resilience

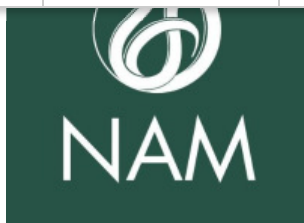
The National Academy of Medicine recently published the proceedings of the Global Forums April Workshop entitled, “*A Systems Approach to Alleviating Work-induced Stress and Improving Health, Well-being, and Resilience of Health Professionals Within and Beyond Education.*” ACIH leaders took a major role at the workshop. In addition to being on the planning committee, **John Weeks**, former ACIH ED and **Liza Goldblatt, PhD, MPA/HA**, ACIH Board member were successful in having **Mary Jo Kreitzer, PhD, RN** (Consortium leader) co-chair the planning committee, joined by **Adi Haramati, PhD** and **Maryanna Klatt, PhD** (both long-time Consortium leaders).



To learn more about the publication and how to order, [CLICK HERE](#).

Global Forum Announces January Meeting

The National Academy of Medicine's Global Forum on Innovation in Health Professional Education recently announced they will host a meeting January 11, 2019 in Irvine, CA. Anyone who is interested is invited to attend. Panelists are yet to be announced, but the meeting will focus on a discussion about the Global Forum's recent work on burnout, stress and well-being of health professionals across the education continuum as well as a look ahead to their work in 2019 on the role of health professionals addressing the social determinants of mental health and mental health disparities. Dr. Goldblatt, who is our

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no webcast. For those interested in attending, the meeting information follows:

[REGISTER HERE TO ATTEND](#)

When: Friday, January 11, 2019

Time: 8 am - 12 pm PST

Where: Beckman Center, 100 Academy, Irvine CA 92617

ACIH Working Group News from Beth Rosenthal, Director of Working Groups

ACIH has three Working Groups (WGs) - Research, Education, and Clinical Care. The WGs meet approximately 5 times a year, and frequently host presentations/discussions which are recorded and posted on the ACIH website under the tab 'Resources'. In a joint Research/Education/Clinical Care WG meeting on September 12, members discussed opportunities they see for collaboration between integrative healthcare practices, ideas about current strategies within ACIH that can be translated for successful collaboration between practices, and the major care questions that could benefit from these collaborations. On October 18 the EWG is having a presentation/discussion about Competency-Based, Time-Variable Education in the Health Professions and on November 14, as part of our Integrative Clinic Webinar series, **Justin Goehl, DC, MS** will be speaking with the CWG/EWG about Integrative Care at Dartmouth Hitchcock Medical Center.

We have openings for members on all of our WGs. If you would like more information about ACIH WGs and/or are interested in exploring membership, please see our website www.integrativehealth.org or contact brosenthal@integrativehealth.org.

Consortium Seeks New Executive Director



The Academic Consortium for Integrative Medicine and Health (the 'Consortium') is seeking qualified candidates for their Executive Director position. Deadline to submit application materials is November 5. A full [description of the position is here](#). Applications or questions about the application process should be directed to:

Cheryl Ronk, CAE FASAE

cherylronk@me.com

517-930-9149

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MBA

Since our last Collaborator issue, I have had the pleasure of working more closely with the AIHM board, staff and Executive Committee on our mission-related project work. It has been a delight! Our presence on campus at SCU is growing, and I've had the opportunity to present about ACIH and our focus on inter-professional education to both faculty and students. A number of our board members and I were onsite recently at the Academy of Integrative Health and Medicine's annual conference in San Diego - an amazing conference, as always!

Next stop for me will be back in San Diego for PCOM and then CCAOM's Fall meeting, followed by the 2nd Annual Integrative Pain Congress in Boston.

Please join us for the ACIH Annual Meeting (a "State of the Union" style webinar for the integrative community) on December 12th, 2018, 1pm PST/4pm EST. To attend, register at this link: <https://attendee.gotowebinar.com/register/5519062781685221123>

Until then, be well!



Meetings and Conferences of Interest

- Nov 14, 2018 10 am PST/1 pm EST **ACIH Integrative Clinic Webinar**, featuring Justin Goehl, DC, MS, of Dartmouth Hitchcock Medical Center. [Register here](#).
- Nov 15, 2018 12 pm PST/3 pm EST **ACIH - COMTA Webinar** Learn more about the Commission on Massage Therapy Accreditation and ACIH in this joint webinar, open to all interested. [Register Here](#)
- Dec 4-5, 2018 **The Role of Nonpharmacological Approaches to Pain Management: A Workshop**, Washington DC. [Register Here](#)
- January 11, 2019, 8 am - 12 pm PST/3 pm PST, **Global Forum on Innovation in Health Professional Education - Discussion about the Global Forum's work on burnout, stress and well-being. This is an in-person meeting, there will be no webcast.** [Register Here](#). Beckman Center, 100 Academy, Irvine CA 92617



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