

THE UNIVERSITY OF VERMONT



OSHER CENTER for
INTEGRATIVE HEALTH
AT THE UNIVERSITY OF VERMONT

ANNUAL REPORT

Osher Center for Integrative Health at UVM



OUR MISSION

Our mission is to advance whole-person integrative health through education, clinical care, research, and policy.

OUR VISION

The Osher Center for Integrative Health at the University of Vermont models a transformative, equitable, and whole-person approach to healthcare to optimize the health of individuals, communities, and our planet.

OUR VALUES

We empower individuals to thrive through whole-person care, honoring their physical, psychological, and spiritual experience.

We believe health care can be effective only when rooted in social justice, inclusion, and access to high-quality care for all.

We build and support expert academic resources to expand and strengthen evidence-based integrative health.

We nurture connection and wellbeing among our educators, researchers, clinicians, and regional and global community members.

TO OUR COMMUNITY:

This has been a year of transformative growth!

As we celebrate our first anniversary of becoming an Osher Center, we marvel at what we have started to build on the foundation of UVM's history of integrative healthcare work.

We are bringing together exceptional practitioners, researchers, and educators from the **College of Nursing and Health Sciences (CNHS)**, **The Larner College of Medicine (LCOM)**, **The UVM Health Network (UVMHN)**, and our skilled community of integrative therapists to provide patient care, conduct research, and educate our community about best practices in the field.

At the same time, we are enhancing our national leadership role in integrative, whole-person care. Through our membership in the Osher Collaborative and continuing engagement with the **Academic Consortium for Integrative Medicine and Health**, we are connecting our work with integrative health practitioners and thought leaders across the United States and the globe to positively impact health and well-being for all.

This past year has deepened our awareness of the connection between individual health, population health, and the health of our planet as we reflect on the global challenges of our environmental, social and economic contexts. It has strengthened our commitment to working for change in our health care system, shifting the paradigm to one that is steeped in a whole person, integrative approach to care.



In the following pages, we share important highlights from our first year as an Osher Center and offer a glimpse into how we are already changing paradigms as we live the values that are foundational to our mission and vision.

We are grateful that you are joining us on this journey!



Jon Porter, MD, Director



Cara Feldman-Hunt, MA, NBCHWC, Associate Director



WE EMPOWER

individuals to thrive through whole-person care, honoring their physical, psychological, and spiritual experience.

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The program is making me feel more alive, like I am not as stuck mentally, like I can do anything, just differently.

Kesta Osborne, CPP participant in COMPASS

Our UVMHC Comprehensive Pain Program (CPP) was celebrated with the 2023 Blue Cross Blue Shield of Vermont Provider Innovation Award for its PATH (Partners Aligned in Transformative Healing) Program. This program serves as a national model for the use of an integrative, whole person approach for addressing the challenge of chronic pain. Through their engagement with CPP, participants are transforming their health to align with what matters to them. We are in negotiations with Medicaid to cover our bundled payment that serves BCBSVT patients only. If successful, we will be the first in the U.S. to offer this type of comprehensive and integrative pain care to Medicaid subscribers.



“Our goal is to provide an unconditionally supportive care environment that addresses the entire experience of chronic pain.”

Jon Porter, M.D.

The Comprehensive Pain Clinic served nearly 7,500 patients this past year. Watch this video to see how CPP is helping patients like **John Killacky** solve decades of debilitating chronic pain, bringing together modern medicine and evidence-based integrative practices.



“This program is a case study for health care reform. It takes an innovative approach to patient care and well-being, while lowering a reliance on emergency departments and reducing health care costs.”

Tom Weigel, M.D., Chief Medical Officer at Blue Cross Blue Shield of Vermont

Group Visit Guidance

Jon Porter, MD, Osher Center Director and CPP Medical Director, and Josh Plavin, MD, MPH, MBA, and Laurel Audy, RN delivered the keynote, titled **Aha’s and Uh-Oh’s: Group Medical Visits for Chronic Pain – Framing the Experience and Building Community in a Closed-Cohort Model** at the Integrated Center for Group Medical Visits Annual Conference.



Integrative Therapies at UVM Cancer Center

Our therapies continue to help relieve suffering, improve care and quality of life, support healthy lifestyles, and empower cancer patients and families. Participants create a customized, realistic, and sustainable plan that includes Health Coaching, Steps to Wellness Oncology Rehabilitation, and Transition to Wellness Shared Medical Visits. Integrative therapies currently offered include acupuncture, yoga, massage, and mindfulness.

Integrative Therapies at UVM Children’s Hospital

Our integrative therapies at UVM’s Children’s Hospital currently include massage and music therapy for pediatric patients and their caregivers. UVM Medical Center’s commitment to growing clinical care, research, and education in the field of music therapy has been met by generous donors, who are expanding our music therapy fund. With this gift, we will be able to increase our capacity of working with patients and families from approximately 150 to nearly 800 sessions annually.



WE BELIEVE

health care can be effective only when it is rooted in social justice, inclusion, and access to high quality care for all.

The Osher Center for Integrative Health at UVM recognizes that integrative health draws directly from diverse cultures and traditions. We strive to honor this diversity by intentionally and thoughtfully allocating financial and programmatic resources. We are welcoming and inclusive, and we actively honor diverse perspectives and experiences as we evolve our clinical, research, education, and policy efforts.

Osher Research Associate **Kristie Grover**, PhD, NBC-HW, received a grant from Dartmouth Hitchcock Medical Center's Center for Advancing Rural Health Equity (CAHRE) to improve access to healthy food and increase consumption of vegetables and fruit among rural, food insecure cancer patients living in Vermont. The project, **Farm Shares for Health: Improving Access to Healthy Food and Education for Rural Cancer Patients**, will provide free Community Supported Agriculture memberships and education/health coaching, assess the feasibility and acceptability of the program, and measure a variety of food access, eating habits, and general health outcomes. We enrolled 26 rural Vermont cancer patients (with a wait list) for this year's pilot. The farm shares run mid-June through mid-October.

Vermont's agricultural roots and local, sustainable food culture will be leveraged as prime assets to integrative health and wellbeing for its residents, as we explore the connections between farming and healthcare. This work will engage partners from UVMCC Culinary Medicine, UVM Extension, Vermont Farms, and the Vermont





“As more people learn about integrative health and we start looking at health of the whole person, we will be able to transform our health care system away from a disease treatment approach to one that focuses on promoting health.”

Karen Westervelt, PT, ATC, NBC-HWC, Ph.D., Education Program Director

The Osher Center for Integrative Health at UVM is a sponsor of the **2023 Health Equity Summit Closing the Margin: Avenues to Health Equity**, a joint effort presented by the University of Vermont, the Larner College of Medicine, the College of Nursing and Health Sciences and the University of Vermont Health Network. Designed to demonstrate the type of effort needed to dismantle institutional inequities that can lead to poor health outcomes,

improve patient experience, inspire our communities and advance health equity, this annual summit is open to those who are committed to equity in the health

and biomedical sciences and quality healthcare for underserved and under-represented populations.

2023 HEALTH EQUITY SUMMIT
Closing the Margin: Avenues to Health Equity

The University of Vermont
University of Vermont
HEALTH NETWORK

Learn more and join us!
uvm.edu/diversity/2023-health-equity-summit

Sunday, October 29 & Monday, October 30
Dudley H. Davis Center at UVM - Virtual option available.

WE BUILD

and support expert academic resources to expand and strengthen evidence-based integrative health.

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...an excellent conference about comprehensive integrative pain management - and policy changes to support its growth!

Amy Goldstein, Director at Alliance to Advance Comprehensive Integrative Pain Management

Over 300 healthcare professionals from across the country and around the world attended our third biannual **Integrative Pain Management Conference (IPMC)**, which offers continuing education credits for all professions. This year's conference, held on May 5, featured panel discussions, a resource fair, compelling presentations as listed below, and a special focus on health equity, including:



Carmen R. Green, MD, Dean, CUNY School of Medicine, *The Genesis of the Unequal Burden of Pain: A Selective Review Examining Social Inequities and Unheard Voices*



Yoni K. Ashar, PHD, Clinical Psychologist, Neuroscientist, *Pain Reprocessing Therapy*



Scarlet Soriano, MD, Executive Director, DUKE Health and Well-Being, *The Intersection of Science and Spirituality*



Christine Goertz, DC, PHD, and Marion Couch, MD, PHD, MBA, *Building the Case for a Value-Based Approach to Low Back Pain*



Artist, author, and activist **John Killacky** (left) participated in a panel discussion, alongside his team of practitioners, at the 2023 Integrated Pain Management Conference. This patient-led discussion offered profound insight into how the Comprehensive Pain Program engages participants.

See page 3 for more about Mr. Killacky's experience.

“This was a great conference--exceptional, dedicated, interdisciplinary professionals, contributing to the community of care for pain management. I am grateful to have attended on scholarship, hoping to learn what might be of help to the participants in our nonprofit.”

Mona Flynn, Founder of The Yoga Connection, an organization that builds community and supports the wellbeing and empowerment of immigrant and refugee women in Guilford County, North Carolina

Our **Education programs**, including the **Integrative Health Minor and Certificate** and the **Integrative Health and Wellness Coaching Minor and Certificate**—plus an accelerated track for continuing education students, which we developed this year—are thriving because of our partnerships with CNHS, UVM's Professional and Continuing Education (PACE), and other entities. Our students have a 100% pass rate on the National Board of Health and Wellness Coaching exam and are getting jobs providing coaching for employee wellness programs, community health teams, youth and families, veterans, people with disabilities, and others.



(Above) One of our Health and Wellness Coaching minors is the Program Coordinator for the Recreation and Nutrition Summer Program at Burlington Parks and Recreation. This program provides free meals and summer enrichment/field trips to children under 18 who normally rely on free school lunch throughout the year.



Osher Affiliate **Gail Rose, PhD**, and UVM faculty member **Connie van Eeghen, DrPH**, developed a substance-use prevention model, "**Clinical Screening and Peer Interventions to Prevent Substance Use in At-Risk Adolescents**," which won the Substance Use Prevention Services in Primary Care Challenge from the National Institute on Drug Abuse (NIDA). The team will work with NIDA to disseminate and test its effectiveness.



We are developing, thanks to the passionate support of a CNHS alumnus, a multi-pronged approach to promoting **a culture of compassionate care for nurses**. As integrative health principles are woven into curricula, we bolster tools, resources, and offerings for faculty, students, and alumni to care for their own wellness as they care for their patients.



We are collaborating with our partners in PACE to cultivate our flourishing **End of Life Doula** and **Companion Animal End-of-Life Doula Programs** to define offerings and direction, in order to build on the program's already strong foundation.



“If we wish to promote human flourishing for all people, we must truly see our interconnectedness and interdependence with the health of the planet—and the whole health approach of integrative health offers the tools that will get us there.”

Christine Vatovec, Lecturer in the Rubenstein School for the Environment and Natural Resources (RSENr), UVM Research Affiliate, and the Osher Affiliate leading our Planetary Health arm

We established a **Planetary Health arm** as an important mission priority. Infused in our work is a deepening understanding of the myriad ways our health, healthcare system, and planet’s health are intricately linked. We are aligning with the **Planetary Health Alliance (PHA)**’s emergent tools, which support integration of policies at institutional, state, and federal levels that promote human well-being and planetary

health. **Christine Vatovec**, Lecturer in the Rubenstein School for the Environment and Natural Resources (RSENr), UVM Research Affiliate, and the Osher Affiliate leading our Planetary Health arm, has been awarded a UVM James Jeffords Grant to support **Aligning Health Care with Planetary Health: Examining CSA Prescriptions as a Whole Health Intervention** and has been presenting across UVM and the region.

WE NURTURE

connection and wellbeing among our educators, researchers, clinicians, and regional and global community members.

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It is my hope that the Osher Center at UVM will provide an awareness among the entire medical community of the benefits of integrative health care and address ways in which we educate health care providers through a renewed educational framework, influencing the future of health care delivery and lifestyle changes.

Janet Bain, Reiki Master Teacher, RN, BSN, MSN

For over a decade, the endowed **Laura Mann Integrative Health Care Lecture Series** has brought national leaders in integrative health and medicine to UVM to share best practices and current research and innovations in the field. We partner with various UVM departments to offer grand rounds to ensure our speakers reach appropriate providers and

leaders, bridging the gap between academic and community medicine.

This past year we were honored to present talks on integrative health equity, psychedelic-assisted therapy, integrative oncology, and polycystic ovarian syndrome to over 500 attendees.



HEATHER GREENLEE, ND, PHD

Building Integrative Oncology for the Future with Heather Greenlee, ND, PhD, MPH



ANTHONY P. BOSSIS, PHD

Therapeutic Utility of Psychedelics for Palliative Care and the Treatment of End-of-Life Existential Distress with Anthony P. Bossis, Ph.D.



DR. SARAD KOHLI



KEEGAN WARREN-CLEM, J.D.

Integrative Health Equity: From Patients to Policy with Dr. Sarad Kohli and Keegan Warren-Clem, J.D., LL.M.



JULIA THOMPSON, DO



VALERIE GOLDBERG, RD

Updates in Polycystic Ovarian Syndrome: Improving Patient Experiences and Outcomes with Integrative and Collaborative Care with Julie Thompson, DO, FACOG, IFMCP and Valerie Goldberg, RD

Healthy food and nutrition play a critical role in wellbeing. Our **Culinary Medicine** program combines the joy of cooking with the science of nutrition to help patients, employees, and the community achieve optimal health. Renovations to our 184 South Prospect Street building include a new demonstration kitchen that will enhance student and faculty experience and enable us to develop our culinary programming—and connect it to integrative health initiatives and research throughout the region.



This year, **more jobs** were created to bring Health and Wellness Coaches in to serve communities in the Patrick Leahy Honors College, UVM's Center for Health and Wellbeing, CPP and the UVM Cancer Center, adding to established coaching practices in areas like Campus Recreation, Employee Wellness, UVMCC, and other community organizations.



We have welcomed **UVM Employee Wellness**, in order to provide leadership, education, and resources to promote healthy lifestyles and lower health risks for our community. The **UVM Health & Wellness Coaching Employee Connection** helps participants build a reliable process to re-source their own vitality and values, while providing invaluable experience for our Health & Wellness Coaching students. Twice a year, cohorts of up to 30 employees work with our faculty and students to create measurable changes.





We are creating a center of excellence in integrative health where all are welcome.

Thanks to a very generous donation from Sam and Janet Bain, the Bain Family Integrative Health Fund supports research, educational, and clinical activities. Funds from their most recent gift also have created the **Janet Gordon Bain & Samuel E. Bain Integrative Health Classroom** at our campus home at 184 South Prospect Street.

Renovations to the building are almost complete and will include a demonstration kitchen for our culinary medicine team to

engage with students and a community/treatment room to offer integrative therapies to our employees.

This on-campus building, along with the Comprehensive Pain Program Clinic, the UVM Cancer Center, and the UVM Children's Hospital, comprises **The Osher Center for Integrative Health at UVM's** physical hub, where everyone is welcomed and supported. Our hub connects with all the spaces inhabited by our growing network of affiliates and colleagues across the globe.



“Now that we are a University-wide Center, the areas for collaboration are infinite. We are more nimble and able to engage across the disciplines.”

Cara Feldman-Hunt, M.A., FMCHC, NBC-HWC



We continue to build and strengthen our **Integrative Practitioner Network**, to connect the community directly with experts to address individual needs. Our network includes close to 350 professionals working in 14 areas, including Group Visits, Provider Resiliency, Culinary Medicine, and Food/Nutrition.

Our Team

Executive Team	Title	Contact
Patricia A. Prelock, Ph.D., CCC-SLP, BCS-CL, FNAP-SLP	UVM Provost and Senior Vice President	Patricia.Prelock@uvm.edu
Jon Porter, MD	Director, Medical Director of Comprehensive Pain Program, Assistant Professor of Family Medicine	jon.porter@uvmhealth.org
Cara Feldman-Hunt, M.A., FMCHC, NBC-HWC	Associate Director, Lecturer, Core Integrative Health Faculty	cara.feldman-hunt@med.uvm.edu

Leadership Team	Title	Contact
Kim Dittus, M.D., Ph.D.	Assistant Professor, Supportive Services Medical Director, UVM Cancer Center	kim.dittus@uvmhealth.org
Karen Westervelt, PT, ATC, NBC-HWC, Ph.D.	Clinical Associate Professor, Education Program Director	Karen.Westervelt@med.uvm.edu
Deborah Dever	Senior Director of Major Gifts	Deborah.Dever@med.uvm.edu
Maureen Leahy, M.Ed,	Osher Center Liaison, Clinical Operations	Maureen.Leahy@uvmhealth.org



“We have an important leadership role in the delivery of care in our region and the conversation about making quality care more accessible to the community. The Osher Center showcases UVM at its best—building a healthier society.”

Patricia Prelock, Provost and Senior Vice President of UVM

Affiliates

Our skilled and compassionate cadre of Affiliates is engaging in research and clinical care in the following integrative health areas:

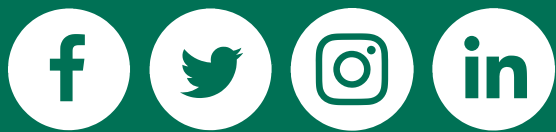


Thank you for joining us with your resources, expertise, time, and energy!

Learn more
at uvm.edu/osher.

Spread the word
about integrative health!

Like follow, and share @osheruvm



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Reach out!

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