

Annual Impact Report 2023

**Celebrating
25 years of
integrative health
care, education,
and research**

To our community:

We are celebrating 25 years of outstanding integrative health care, education, and research at the UCSF Osher Center. Since our founding in 1998, we have set the standard for providing extraordinary clinical care, conducting truly impactful research, and training the next generation of exceptional integrative health professionals. Every year we work together toward our shared vision: to nurture health and inspire well-being in all people. I am immensely proud of what has been accomplished by our faculty, staff, and learners over the past quarter century.

We have built an outstanding interprofessional team of clinicians, educators, and researchers, and the Center's goals are promoted by phenomenal staff members. The Osher Center is flourishing, and the need for and interest in integrative health is growing exponentially.

We are marking our silver jubilee both by celebrating our successes and also taking the opportunity to envision what we can contribute to integrative health over the next 25 years. We recently launched a Center-wide Integrative Health Equity Initiative. Our goal is to consolidate and strengthen our efforts to address longstanding inequities in health and healthcare from the unique position of integrative medicine. We have already begun to enhance and extend meaningful engagement across our clinical, education, and research programs in six equity-focused areas: Serve, Train, Partner, Apply, Study, and Advocate. Our longstanding, demonstrated commitment to integrative health equity continues to be a model for other institutions.

The work we do would not be possible without the support of our donors. Thank you for enabling us to nurture health and inspire well-being in all people.

Finally, this anniversary reflection would be incomplete without noting our tremendous gratitude for the wisdom, vision, and generosity of Bernard and Barbro Osher. They have been key figures in the development of the field of integrative health; the beneficial impact of their involvement is felt far beyond the walls of our Osher Center.

On behalf of all of us at the UCSF Osher Center, thank you for your friendship and support. We are looking forward to our next 25 years!

Sincerely,



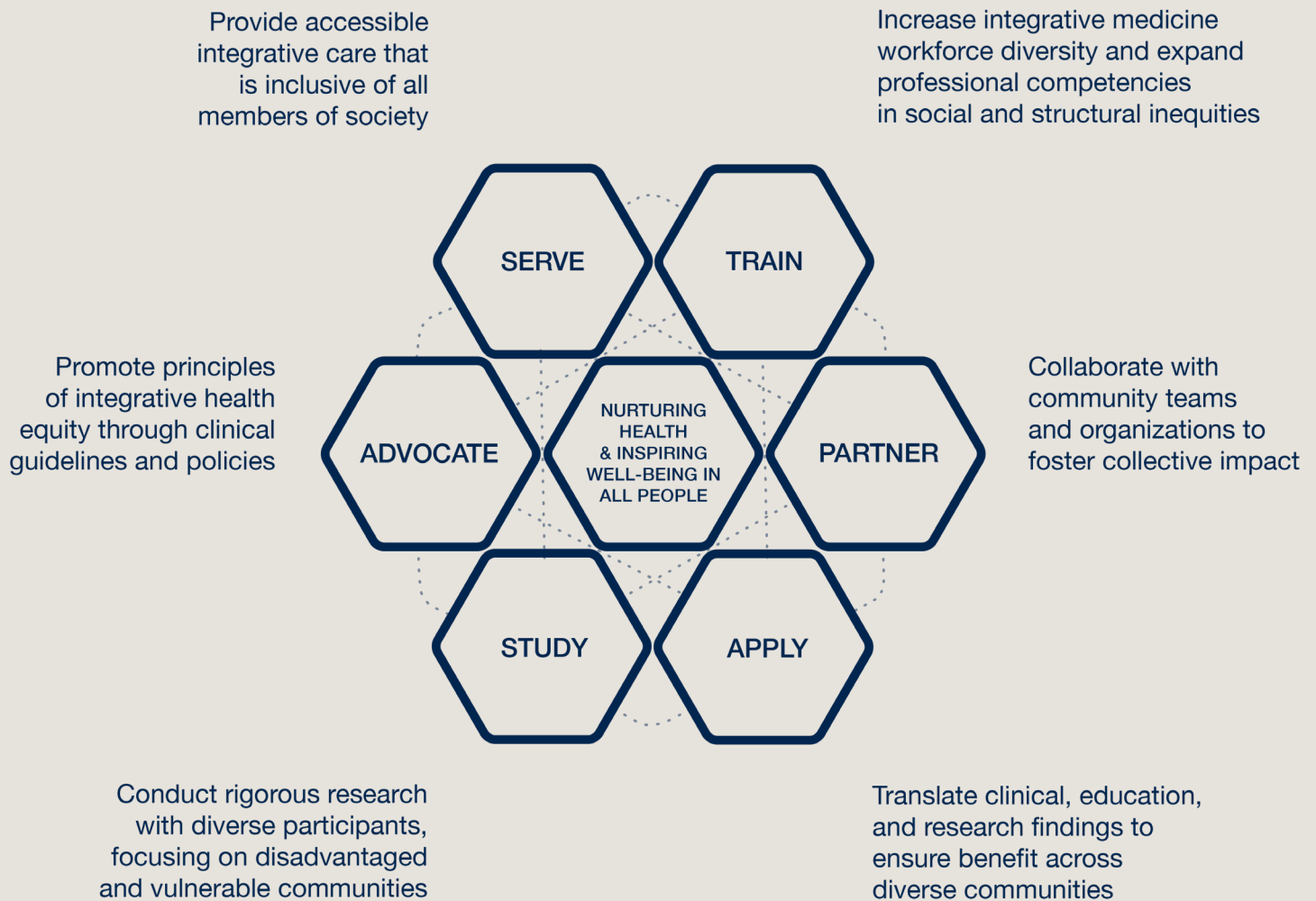
Shelley R. Adler, PhD

Director, UCSF Osher Center for
Integrative Health

Osher Foundation Distinguished Professor of
Integrative Health



Integrative Health Equity Model



Clinical Program

The Osher Center for Integrative Health is committed to providing the highest-quality health care by blending proven conventional and complementary medicine approaches from around the world. Our approach to clinical care continues to be a model for integrative health centers across the country.



Expanding Our Services

When our clinic first opened, our integrative healthcare offering was limited to acupuncture. Now, we provide care through 13 unique clinical specialties, including acupuncture, ayurveda, integrative cancer care, integrative pediatrics, and massage therapy. This year, we expanded our practice to include integrative physical therapy. Our trained integrative physical therapists take a whole-person approach and work with patients on a personalized treatment plan to address issues such as chronic pain, injury recovery, diabetes, chronic inflammation, and deconditioning. Integrative physical therapists target root causes and work with patients on regulating the body's stress response.



“There is a natural synergy between integrative health and physical therapy. Addressing a mobility issue or injury is not an isolated experience, it requires a whole-person approach to care.”
– Samantha Jett, DPT



Group Medical Visits

We have expanded the range of group medical visits we offer to increase access to integrative health care and address the needs of our patients and providers. Group medical visits allow our clinicians to meet with multiple patients at once, either virtually or in-person, to discuss healing strategies. During a typical group medical visit, six to twelve participants are seen together to receive high-quality, specialized medical care.

This year we welcomed Stephanie Cheng, MD, a palliative medicine physician at UCSF, to our Osher Center team to offer a number of new group medical visits that offer healing strategies for patients with cancer at varying stages. Dr. Cheng also launched a popular group medical visit for nature therapy, based on the Japanese practice of shinrin-yoku, or forest bathing, to nourish mind, body, and spirit. Nature therapy has been shown to decrease stress, improve mood, and improve sense of well-being.



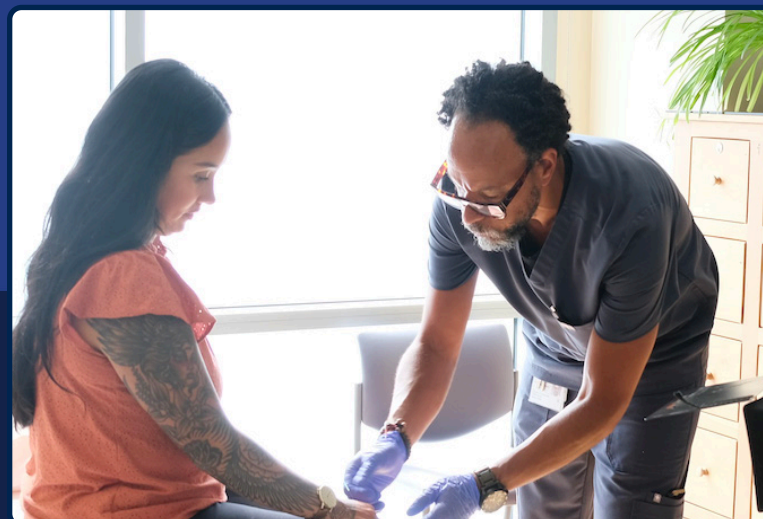
Stephanie Cheng, MD

New Clinic Leadership

In March, we welcomed Kavita K. Mishra, MD, MPH, as the new Director of Clinical Programs to continue our legacy of excellence in providing high-quality patient care. Dr. Mishra is an internationally renowned cancer care expert, trained in radiation oncology and integrative health. In addition to her role at the Osher Center, she provides clinical care through the Department of Radiation Oncology.



Kavita K. Mishra, MD, MPH



Education & Training

When the Osher Center was founded in 1998, integrative medicine was a nascent subject in medical education. Through our education and training programs for medical and other health professions students, as well as fellows and faculty, we have transformed how integrative health is taught, practiced, and studied.



Medical Student Curriculum

Our integrative health curricular content is required for first- and second-year UCSF medical students. Health professions students from all UCSF schools, as well as other universities, enroll in our integrative health electives.

Over 2700 UCSF health professions students have participated in the required Interprofessional Standardized Patient Exercise (ISPE) case that we developed. Students from the Schools of Medicine, Dentistry, Nursing, and Pharmacy, and the Department of Physical Therapy work together to treat a patient with complex symptoms that requires a whole-person, interprofessional, and team-based approach to care. Through a simulated patient encounter, we teach all UCSF health professions students key aspects of integrative health care and an equitable approach to well-being.

Community Care Fund

We believe everyone should have the opportunity to benefit from integrative health care. This is why we created the Community Care Fund (CCF), a limited-assistance program for economically disadvantaged people to have access to integrative health treatments. Since CCF's inception in 2002, we have been able to sponsor over 13,500 patient visits through the generosity of foundation gifts and individual donations.

“CCF funding has been a lifesaver. As someone who survives on \$1,001 monthly, being able to have consistent access to supplements and integrative treatments is like winning the lottery. My overall health and blood tests have improved drastically from treatments I wouldn't have otherwise been able to afford.”
– CCF recipient

Donate to the Community Care Fund:



“Learning how to acknowledge that there is more going on in a patient's life and really thinking outside of a purely biomedical context has been pivotal and is absolutely something I will incorporate into my future career.”
– Medical Student, Integrative Health Clinical Elective (AY 22-23)

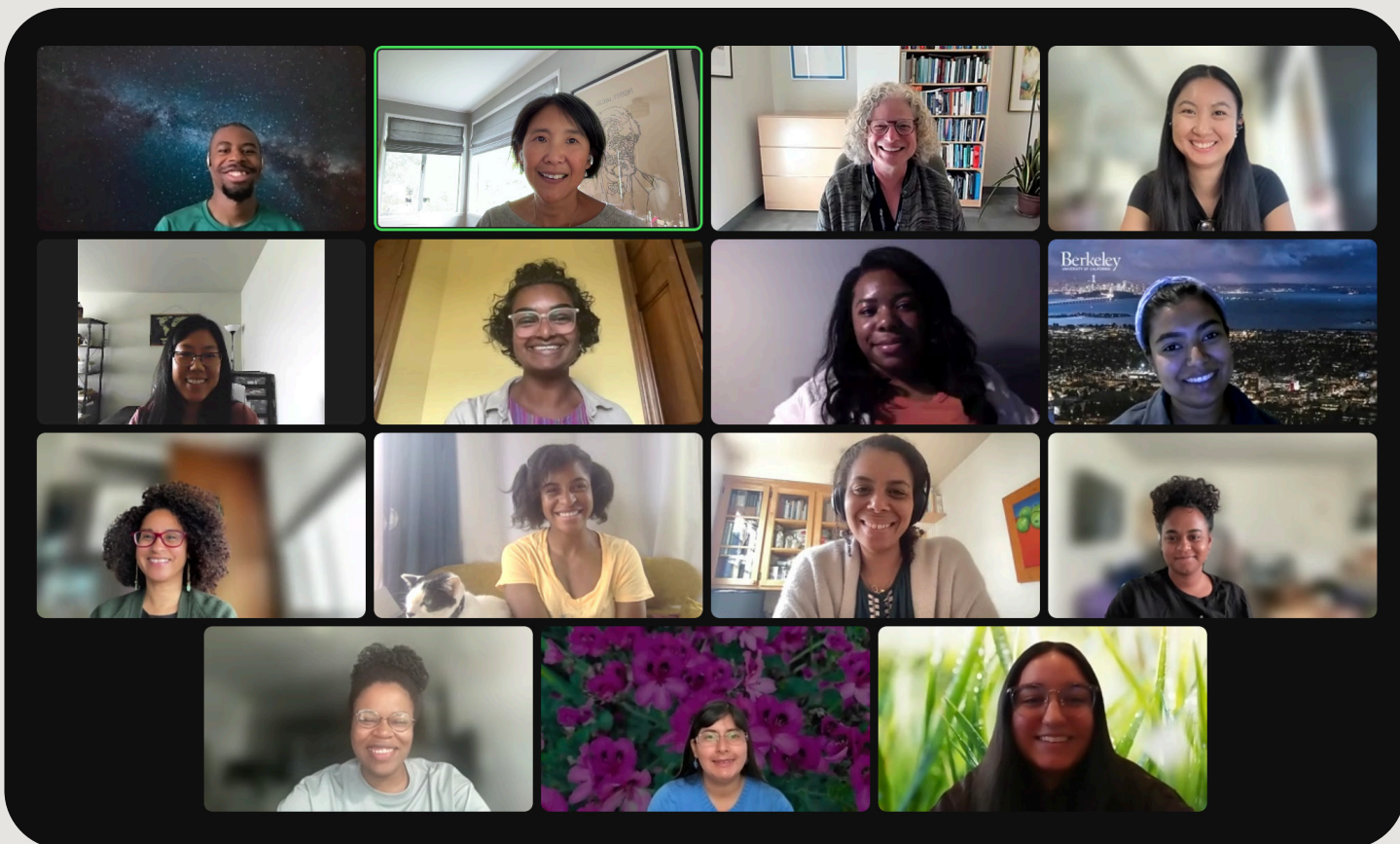


Training in Research and Integrative Medicine (TRIM) Program fellows

Integrative Health Equity and Applied Research Fellowship

In just three years, we have trained 25 predoctoral fellows through our program in Integrative Health Equity and Applied Research (IHEAR). The goals of the fellowship are to train students to conduct impactful research that advances health equity and to diversify the future integrative health research workforce with highly skilled and experienced researchers.

Our program has attracted highly qualified and diverse fellows: 24 out of 25 participants identify as Black, Indigenous, People of Color (BIPOC) and 84% identify as being from a group that is underrepresented in medicine. These trainees are going on to transform the field of integrative health through their expertise in health equity research.



2023 IHEAR fellows and alumni guests

The Fellowship Pipeline

Jhia Jackson, MS, is a sociology graduate student at UCSF who previously participated in the IHEAR fellowship and has now been accepted as a predoctoral fellow into our Training in Research in Integrative Medicine (TRIM) Program. Jhia is working with Dr. Maria Chao on the Integrative Pain Management Program study in collaboration with the San Francisco Department of Public Health and is completing a dissertation on healthcare decision-making and end-of-life care coordination for adolescents and young adults living with serious illness.

“I was so encouraged to find a program focused on integrative health equity research that I wanted to continue working with the Osher Center after I completed the program. Now as a TRIM fellow, I’m working on projects that I’m passionate about and seeing what a career in integrative health research can look like.”

– Jhia Jackson, MS



From Pre- to Postdoctoral Fellow

Chanda Williams, PhD, participated in the 2021 cohort of our summer training fellowship in Integrative Health Equity and Applied Research, and was subsequently accepted into our Training in Research in Integrative Medicine Program as a predoctoral research fellow. She conducted a qualitative research study to better understand barriers to integrative oncology intervention uptake among Black patients with cancer. In May 2023, she successfully defended her dissertation – a qualitative study of the perceived effects of yoga among incarcerated men – and has now been accepted into our latest cohort of postdoctoral research fellows. Dr. Williams is an exemplary researcher, as demonstrated by her advancement through our research training pipeline and successive accomplishments.

“These fellowship opportunities have deeply influenced my professional journey, inspiring me to consistently advocate for equity and inclusion in all aspects of research and healthcare. It’s not just about providing treatments, it’s about creating a healthcare system that is accessible, empathetic, and effective for all.”

– Chanda Williams, PhD, C-IAYT

Research

Our research program was formed in 2002 with just four members. Now, our team consists of 28 faculty, staff, and trainees. The UCSF Osher Center is the most successful integrative health research program in the country, measured by our ability to train researchers and develop them as successful candidates for National Institutes of Health (NIH) Career Development (K) Awards. Twelve UCSF Osher Center faculty members have received K awards from the NIH National Center for Complementary and Integrative Health, more than any other institution.

14

14 NIH Career Development Awards for Osher Center faculty and trainees

150+

Over 150 research grants awarded

160+

Over 160 papers published in peer-reviewed journals

Training in Research in Integrative Medicine Fellowship

Established with NIH funding in 2007, renewed three times to date

42

predoctoral and postdoctoral fellows trained

36%

of postdoctoral trainees received K Awards

60%

of postdoctoral trainees secured faculty-level academic positions

Thank you, Dr. Rick Hecht

After serving as Research Director for over 20 years, Rick Hecht, MD, has stepped down to enjoy retirement while remaining active in our research program. As professor emeritus, he will continue to conduct studies and mentor trainees. Dr. Hecht made great contributions to the field of integrative health research through the study of mindfulness, diet and nutrition, and mind-body interventions. He was integral to the development and growth of the research program at the UCSF Osher Center and the field as whole.



Above: Rick Hecht, MD, accepts the 2022 Bravewell Distinguished Service Award, the highest honor bestowed by the Academic Consortium for Integrative Medicine and Health

Osher WISE (Well-being and Integrative Science for Everyone)

Our educational programming formerly known as Osher Mini Medical School for the Public, has been reimaged as Osher WISE (Well-being and Integrative Science for Everyone). This new public education program hosted by the Osher Center offers courses on integrative health topics that are current and compelling, providing an opportunity for community members to become active, educated participants in their own journey to health and well-being. Visit our website to learn more about Osher WISE and register for upcoming courses.



Growth of the Osher Collaborative for Integrative Health

In 1998, Barbro and Bernard Osher founded the UCSF Osher Center for Integrative Health. The Oshers continued to fund integrative health programs at academic health institutions across the United States and in Sweden, and now our eleven integrative health programs comprise the network known as the Osher Collaborative for Integrative Health. UCSF was not only the first of the Osher Centers to be founded, but also hosts the Coordinating Center that provides infrastructure and administrative support for initiatives and activities of the Osher Collaborative.

In 2023, we hosted representatives from all eleven Osher Centers as part of the Osher Collaborative Annual Meeting. We invited our colleagues to San Francisco to join in our celebration of 25 years of providing integrative health care, education, and research as an Osher Center, inspiring our colleagues to work as a collective to make an impact globally.

Osher Collaborative Faculty Fellowship

This advanced training program for practicing physicians offers a combination of rigorous instruction, immersive experiential activities, and intensive clinical mentorship. Faculty fellows benefit from expert teaching, research opportunities, and close mentorship within the eleven Osher Centers. The fellowship provides comprehensive, in-depth training in clinical integrative health, taught by a group of outstanding professionals from multiple Osher Center sites.

This year, the Osher Collaborative welcomed a record number of 12 faculty fellows, including the first nurse practitioner, to the program. We have trained 50 clinicians in integrative health, and 90% of these trainees have gone on to incorporate integrative health into their clinical practice. There is extraordinary interest in the fellowship, and we are excited to continue growing this program that impacts how practicing physicians care for their patients using integrative health principles.





Integrative Health Topics Studied



Acupuncture and acupressure

Ayurveda

Massage

Meditation

Mind-body interventions

Mindfulness

Mindfulness-based cognitive therapy

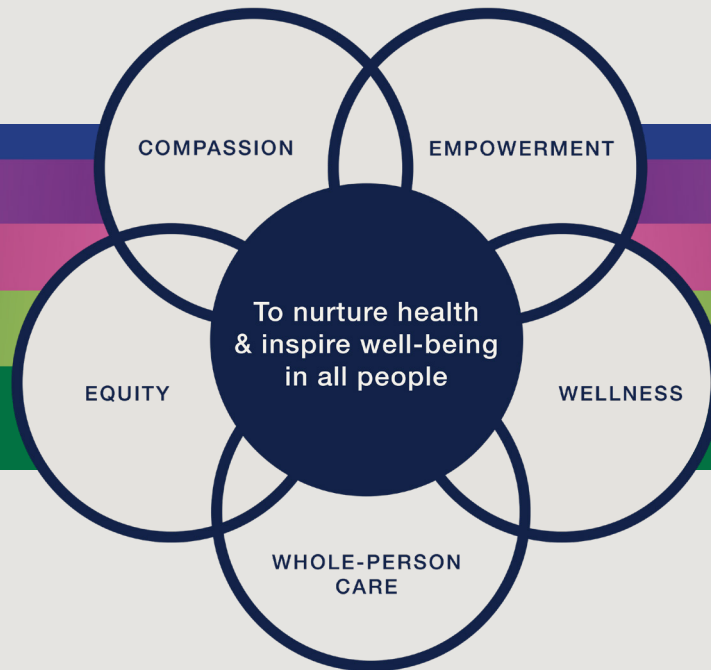
Physical activity and exercise

East Asian Medicine

Nutrition

Yoga

UCSF Osher Center Values



Watch our 25th anniversary video



Thank you for your support of the
UCSF Osher Center for Integrative Health.
For more information about the UCSF Osher Center
and how you can contribute to its mission, please contact:
Sarah Krumholz, Senior Director of University Development,
at (415) 509-3509 or sarah.krumholz@ucsf.edu.