



2023 Annual Report

A Year of Community



Osher Center for Integrative Health
at Northwestern University

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LETTER FROM THE DIRECTOR

Dear Friends and Colleagues,

As we reflect on the past year, we cannot ignore the challenging landscape of healthcare both in Chicago and around the world. We continue to grapple with health disparities that disproportionately affect marginalized communities, making the quest for health equity more vital than ever. The Osher Center for Integrative Health at Northwestern University is at the forefront of addressing these challenges through our innovative research and practice. Our mission to provide accessible, compassionate, and comprehensive care has been the cornerstone of our efforts, and we are proud to have made significant strides in improving the wellbeing of our patients and community.

The recent report from the Surgeon General on the epidemic of loneliness highlights the importance of fostering a sense of community in our work. The Osher Center recognizes that integrative health is not just about treating the physical symptoms of illness but also addressing the emotional and social aspects of wellbeing. Our multidisciplinary team of experts works tirelessly to provide holistic care that empowers our patients and fosters a culture of connection and support. By addressing the root causes of loneliness and providing tools for resiliency, we are helping to build a healthier, more vibrant community.

As we look to the future, we are filled with hope and gratitude for our dedicated team and the unwavering support of our donors and partners. Together, we are creating lasting change in healthcare and positively impacting countless lives. I am inspired by the passion and commitment of everyone involved in our mission, and I invite you to join us as we continue to break down barriers and revolutionize healthcare. Your support and involvement will help us ensure that integrative health remains an integral part of the solution for achieving health equity, and ultimately, a healthier world for all.

With deepest gratitude and warmest wishes,



Melinda Ring, MD, FACP, ABOIM
Executive Director

Osher Center for Integrative Health at
Northwestern University

RESEARCH

2023

EVIDENCE-BASED INTEGRATIVE HEALTH

2022 was an exciting year in the research program! Our biannual research symposium, held in November 2022, was centered on the theme of Integrative Health Equity. The symposium seeks to be a catalyst for cutting-edge integrative medicine research that transcends biomedical and social/life science disciplines through synergy and collaboration with university-based clinical departments, centers and institutes; community-based organizations and initiatives. This year's symposium brought together 40 attendees and started with a keynote from Landrew Sevel, PhD, of the Vanderbilt Osher Center for Integrative Health, "From the Ground Up: Creative Pathways to Engaging Equity in Integrative Medicine".



Judy Moskowitz, PhD, MPH
Osher Director of Research

The day also featured two talks on community partnerships, one by the Academy for Global Citizenship and another by READI-Chicago, (a community violence intervention program). Veronica Womack, PhD, Associate Director of Inclusive Learning Communities at the Northwestern Searle Center for Advancing Learning and Teaching, presented the closing talk on "Addressing Racial Inequality in Mind-Body Interventions: Notes from Culturally Responsive Facilitators."

Two new Osher Pilot Grant awardees were selected from a very competitive pool of cutting-edge research and successful findings. In addition, Osher's trial pilot ACU-Heart, integrating acupuncture in the cardiac ICU, was published in *The Journal of Thoracic and Cardiovascular Surgery*.

Research News:

2022 Research Symposium Program

Keynote: From the Ground Up: Creative Pathways to Engaging Equity in Integrative Medicine ~Landrew Sevel, PhD, Vanderbilt University Osher Center for Integrative Health

Reducing fear and avoidance of memory loss in older adults: A pilot randomized controlled trial ~Jamie Griffith, PhD & Francesca Farina, PhD, Department of Medical Social Sciences, Northwestern University; 2021 Osher Pilot Grant Awardee

The use of mind and body practices in pediatric surgery hospitals: a mixed-methods study ~Willemijn Schaefer, PhD, Department of Surgery, Northwestern University; 2021 Osher Pilot Grant Awardee

Academic-Community Partnerships in Action: Improving Student Health Equity Through an Integrative School-Based Approach to Food, Nutrition, and Wellness ~Sarah Elizabeth Ippel,

Founder, Academy for Global Citizenship, Adam Becker, PhD, MPH Department of Pediatrics, Northwestern University Feinberg School of Medicine & Jacquelyn Stephens, PhD, NU Osher Center

FOREST: positive emotion regulation skills for frontline gun violence prevention workers~

Elizabeth Addington, PhD, NU Osher Center

Closing Keynote: Addressing Racial Inequality in Mind-Body Interventions: Notes from Culturally Responsive Facilitators ~Veronica Womack, PhD Associate Director, Inclusive Learning

Communities, Northwestern Searle Center for Advancing Learning and Teaching)

Final comments and closeout ~Judy Moskowitz, PhD, MPH ,NU Osher Director of Research

Poster Session and Reception



Osher Pilot Awards

In January a competitive application process was held for the IM AWARE pilot awards, and two \$25,000 grants were awarded. Dr. Elizabeth Addington, Assistant Professor of Medical Social Sciences and Dr. Brandon Hamm, Assistant Professor of Psychiatry and Behavioral Sciences and director of the new Northwestern ketamine clinic, both were recipients of one of the grants. Their project, titled “**Optimizing Affect During Ketamine Infusions for Depression (OAK)**” aims to tailor and pilot test positive emotion regulation skills for implementation as an adjunctive treatment to ketamine infusions for adults with treatment refractory depression. This pilot project therefore represents the first important step in improving the lives of individuals for whom standard clinical care for depression has been ineffective.

Clara Takarabe, violist and co-director the Northwestern Music and Medicine Program (NMMP) and Dr. Borna Bonakdarpour, Associate Professor of Neurology at Northwestern Medicine (NM), the Feinberg School of Medicine (FSM) and the Mesulam Center for Cognitive Neurology and Alzheimer’s Disease, were the recipients of the second grant. Their project “**Improvise Music for Alzheimer’s Disease Care Partner Burden**” seeks to improve the wellbeing of caregivers through novel clinical music research and has the potential for wide applicability for those suffering with symptoms that accompany care partner stress and role burden.

ACU-Heart: Acupuncture After Heart Surgery Trial

Results from the pilot trial of acupuncture in the cardiac ICU have been published. Acupuncture After Heart Surgery (ACU-Heart) was a randomized, controlled trial of daily acupuncture compared to standard care following heart valve surgery. The goal of the trial was to examine feasibility, acceptability, and preliminary efficacy of inpatient acupuncture following valve surgery on mood, pain, quality of life, and medical outcomes, including post-operative atrial fibrillation. The results demonstrated that acupuncture was associated with a reduction in pain, nausea, stress and anxiety after each daily session, and patients in the acupuncture group had reduced post-op stress and anxiety across admission compared to the control group. In addition, acupuncture was associated with reduced incidence of post-operative atrial fibrillation and less time in the ICU. The full results are published in *The Journal of Thoracic and Cardiovascular Surgery*. This study was a true team effort with many members of the Osher Center, including acupuncturists Ania Grimone, Fang Lin, and Tatyana Shafiro, making significant contributions. We also thank the Malkin Foundation for their generous funding and support.

Summer Research Interns

Dr. Elizabeth Addington directs the undergraduate summer internship program, which provides motivated students with an opportunity to explore the field of integrative health, through networking opportunities with professionals working in a variety of integrative health settings and through personalized mentorship with a Northwestern faculty member conducting integrative health research. Students gain hands-on experience in integrative health research, receive mentorship from clinical and research faculty, and participate in other scholarly activities.

Our 2022 internship cohort included:



Outstanding Faculty Achievements

Dr. Judy Moskowitz, Osher Director of Research, was awarded the Feinberg School of Medicine 2023 Mentor of the Year.

We would like to share this excerpt from her nomination package, which noted Judy's exceptional qualities as a mentor. "Judy possesses a unique combination of characteristics that make her a special and exemplary mentor. She is caring and generous, while holding high standards, giving us the confidence and resources needed to challenge ourselves in the most constructive ways. She inspires passion for our work and opens doors for success. She respects us as professionals and as human beings. She sets an exceptional example of being able to work rigorously and live richly, and she encourages us to do the same. Judy is accessible and trustworthy, building relationships and collaborations that we turn to time and again. She unfailingly supports each person's strengths and our potential for growth. She is an extraordinary person, able to embody the full breadth and depth of qualities we hope for in a mentor."

Dr. Elizabeth Addington was awarded the 2023 Daniel I. Linzer Award for Diversity, Inclusivity, and Equity. The Daniel I. Linzer Award for Faculty Excellence in Diversity and Equity celebrates exemplar individuals or groups who work collaboratively to build a more diverse, inclusive and equitable climate at Northwestern University.

Looking Forward

Our research program continues to grow, particularly in the area of mind-body approaches to health. There are several new research projects that have a high likelihood of being awarded by the National Institute of Health to our Osher Center investigators. We also continue to strengthen relationships across the Osher Collaborative. This year, our research director, Dr. Judy Moskowitz, is chairing the Osher Collaborative Research Group meetings. The goal for these meetings is to foster a sense of community among and across the 11 Osher research programs with a particular focus on helping the newer centers establish their research identities and grow their portfolios. The group will continue to meet monthly to share lessons-learned, discuss the similarities and differences across centers, and present in small group round-table format on topics such as implementation science and development of new measures of mindfulness. We look forward to strengthening our relationship with researchers across the Osher Centers, establishing new collaborations, and continuing to make the world a better place through research on integrative health approaches.

CLINICAL CARE

2023

PROVIDING WHOLE-PERSON HEALTHCARE

The future of individual care and, ultimately, our healthcare system revolves around introducing new integrative care models into the mainstream. As part of The Osher Collaborative, our providers are working together to create innovative clinical models of care, advance medical education, and collaborate on research initiatives. This year, we were focused on expanding our team to improve access to integrative care including acupuncture, massage therapy, chiropractic care and integrative consults. I am proud to announce that in September, 2023 I will be offering integrative consults for patients. Kalinda Marshall was promoted to our clinic manager in January 2023. Dominique Cook-Bey joined as our operations coordinator. We also hired a new primary care physician, Dr. Mary Ella Wood, who will start seeing patients in September.

As we continue to focus on growth and providing quality integrative care to our patients, I am thankful for our incredible Osher team and look forward to a year full of community and collaboration.



Anna Jonas, DO, MHSA

**Medical Director,
Osher Center for
Integrative Health Clinic**

Clinic Leadership



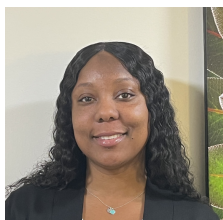
Julia Samolczyk, BS, CT(ASCP)CM
Director Of Operations

Julia joined the Osher Clinic in April 2023. Julia has held multiple roles during her 12 years with NM and brings a wealth of diverse experience. Most recently, Julia was the Program Manager in the NM Academy with a focus on diversity, equity, and inclusion. She currently has operational oversight of Chicago Avenue, Executive Health, Lavin 2150, Osher Center for Integrative Health, and South Loop.



Kalinda Marshall, RN
Clinic Practice Manager

Kalinda joined the Osher Clinic in 2020 and was promoted to the Clinic Practice Manager in January of 2023. Kalinda is a chemotherapy/biotherapy certified registered nurse with most recent experience as the Lead Nurse for the Gynecological Oncology Division at Prentice Women's Hospital. She has previous experience with hematology oncology, bone marrow transplant, HIV/AIDS and public health.



Dominique Cook-Bey, RMA
Operations Coordinator

Dominique joined Osher in April 2023. She has over a decade of experience as a Lead Medical Assistant with Northwestern Medicine in Oncology. In 2015 Dominique was the recipient of the Northwestern Medicine RHLCCC Medical Professional Award in recognition of exceptional patient care by a clinical professional.

New Clinic Team Members

Welcome to our new Osher clinic team members:

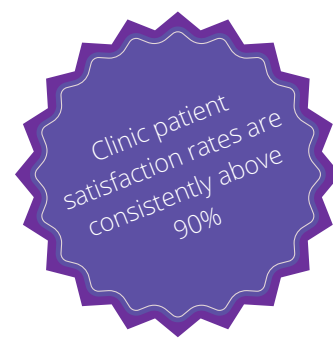
- Jeana Athens, RN, Triage Nurse
- Lanette Silas, Patient Service Representative
- Jenna Tobin, Patient Service Representative

"I have received wonderful, healing care by Dr. Fang Lin. She is an exceptional person and professional who has done wonders to limit the pain I experience. The front desk team is always very helpful and kind. Thank you." -Clinic patient, 2023

Awards, Recognition and Statistics

Awards and Recognitions

- Dr. Anna Shannahan was awarded the 2023 New Faculty Scholar by the Society of Teachers of Family Medicine
- Dr. Anna Shannahan was awarded the ACLAIM (AWCIM Leadership Cultivating Leaders in Academic Integrative Medicine) by the Andrew Weil Center for Integrative Medicine



Looking Forward

We are excited to announce that this upcoming year, the Osher Center for Integrative Health at Northwestern will be in partnership with the **ROOTS & WINGS Charitable Foundation**.

ROOTS & WINGS was created with one goal in mind: to provide complimentary appointments with integrative oncology programs that increase emotional, physical & spiritual well-being during the continuous oncology treatment for Metastatic Breast Cancer (MBC). The Osher clinic will be providing complimentary acupuncture appointments beginning in September 2023, for MBC community members enrolled in the ROOTS & WINGS program. Together we look forward to raising awareness & improving the quality of life for MBC patients.

EDUCATION

2023

EDUCATING OUR FUTURE HEALTHCARE LEADERS



Anna B. Shannahan, MD, ABOIM, FAWM
Associate Director, Education

The desire for providers to be educated in integrative healthcare is more and more widespread, as patient demand continues to increase since the Covid-19 pandemic. At Northwestern, we're seeing medical students, residents, and attendings rise to the occasion and pursue Integrative training.

The Covid-19 pandemic saw the Osher Center for Integrative Health at Northwestern shift much of our educational programming to virtual or semi-virtual formats, which has proven to provide even greater access to medical trainees. Using virtual platforms, we are able to increase awareness on the widespread use of Integrative modalities and provide education on their safety and effectiveness when integrated into conventional medical settings. As we have witnessed over the past few years, it is imperative to train the next generation of physicians to be aware of the evidence of integrative medicine therapies and how to counsel patients concerning their use. In addition, integrative medicine education provides important resources that physicians and physicians-in-training can use to fight burnout as well as enhance their own well-being.

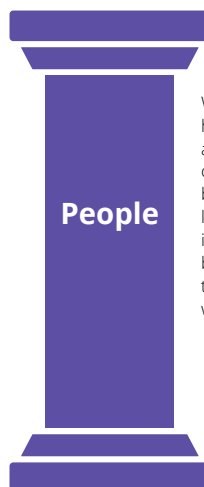
The Osher Center for Integrative Health at Northwestern University places significant importance on providing opportunities for both current and future physicians to pursue training in integrative medicine. It was my own experience as a fourth-year Northwestern medical student, going through our Osher Center's integrative medicine elective, that helped solidify my interest in pursuing integrative medicine as a career. It is now my privilege to provide the same exposure and opportunities at the medical center where I trained.

The Three Pillars

Education is a major goal of the Osher Center for Integrative Health at Northwestern University, and our work is driven by three pillars:



We believe that all health professionals should be versed in providing care that acknowledges all aspects of a patient's life, establishes a connection between provider and patient to support healing, and honors a patient's preferences for the inclusion of safe, evidence-informed approaches that may be outside of mainstream biomedicine.



We serve students and healthcare professionals across the learning continuum. We consider both the needs of our learners, as well as the impact of the education we bestow upon the thousands of patients they will treat.



We are dedicated to delivering the highest quality education through continual self-assessment, self-improvement, and investment.

Clinical Fellowship



Ginamarie, Papia, DO

The Osher Center for Integrative Health created the Clinical Fellowship in Integrative Medicine with a mission of training future integrative clinicians who can be leaders in the field. Dr. Ginamarie Papia completed a year-long fellowship and was an integral part of the Osher Center team, providing patient care and participating in the integrative medicine education of medical students, residents and other trainees.

Faculty Fellowship

From July 2022 through June 2023, Northwestern welcomed faculty from across the health system into our Faculty Fellowship program, developed in collaboration with our sister Osher program at the University of California San Francisco (UCSF). Four Northwestern faculty and five additional faculty from across the Collaborative met weekly with experienced providers to learn the knowledge and skills needed to bring integrative health to their own patients and learners. Esteemed faculty from Northwestern, UCSF, Harvard University, Vanderbilt University, University of Washington, and University of Miami helped with curriculum development and participated in live teaching sessions to share their expertise. This program has received formal recognition from the Academic Consortium for Integrative Medicine and Health, which allows these physicians to sit for the American Board of Integrative Medicine certifying exam upon successful completion of the training.

The 2022-2023 Faculty Fellows:



Danny Bega, MD, MSCI

Dr. Bega is a movement disorders neurologist and Associate Professor of Neurology at the Northwestern University Feinberg School of Medicine. He completed medical school at Rush University and clinical training in neurology at Harvard. He has master's level training in clinical investigations through Northwestern. Danny has expertise in the care and management of patients with a variety of movement disorders including Parkinson's disease. He is also the Program Director for the neurology residency at Northwestern.



Amy Berke Solomon, MD

Dr. Solomon graduated from the St Louis University School of Medicine in 1993. She works as family doctor, an addiction specialist and a faculty instructor in the Montana Family Medicine Residency.



Sushma Kola, MD

Dr. Kola is a 2nd year Movement Disorders Fellow in Neurology at Northwestern University. She completed her residency at Mayo Clinic Rochester where she was Co-chair of the Wellness Committee and active in medical education. Sushma plans to use her training in Integrative Health to create a multidisciplinary rehabilitation program to promote the health, wellness, and quality of life of patients with neurodegenerative conditions.

**Jay Luthar, MD**

Dr. Luthar works at the Massachusetts General Hospital in primary care and as a mind-body consult physician at the Benson Henry Institute. He is board certified in internal medicine and lifestyle medicine. He is passionate about integrative health, yoga, meditation, music, and nature!

**Mala Mathur, MD**

Dr. Mathur is a general academic pediatrician at the University of Wisconsin Madison. She is passionate about promoting the well-being of children and adolescents using an integrative health approach, and in particular, mind-body practices.

**Jennifer Ron, MD**

Dr. Ron is an emergency medicine physician at Northwestern Medicine Lake Forest Hospital and Advocate Condell Medical Center. She received her medical degree from Rush Medical College of Rush University Medical Center and has been in practice for more than 20 years. She's learned over the past 26 years as an emergency physician at Northwestern, and from her own personal medical journey, how western medicine alone fails to heal so many patients and how integrative health provides whole-body healing.

**Mala Sanchez, MD**

Dr. Sanchez obtained her medical degree at UCSF and then completed her residency and chief residency in Internal Medicine at Stanford University. She currently practices as a hospitalist at the VA Puget Sound Healthcare System in Seattle. She is a proud mother to two amazing daughters. Her interests in integrative health include management of chronic pain, the mind-gut connection, and the practice of Ayurveda.

**Shakira Sanchez-Collins, MD, MDiv**

Dr. Sanchez-Collins is a primary care physician at the Osher Center for Integrative Health at Northwestern Medicine and also is the associate pastor of St. James African Methodist Episcopal Church in Chicago, Illinois. She has demonstrated her commitment to helping individuals, families, and communities live well spiritually, physically, and mentally through her work in medicine and in the community. She completed her Bachelor of Arts and Master of Divinity degrees at Yale University, her Doctor of Medicine degree from Duke University, and her residency in Internal Medicine at Johns Hopkins Hospital in Baltimore, Maryland.

**Gwen Wurm, MD, MPH**

Dr. Wurm is board certified in Pediatrics and Developmental/Behavioral Pediatrics. She is on faculty at the University of Miami Miller School of Medicine. She also has a master's in Public Health. Gwen teaches residents and medical students about whole food nutrition and integrative approaches for managing behavioral/developmental problems in children. She has a strong interest in working with children in foster care who are medically complex.

Medical Student Integrative Elective

The integrative medicine elective for medical students, residents, and fellows was once again highly subscribed: providing further evidence of increasing interest in our future healthcare workforce in whole-person strategies to health.

Participants from all years of medical training enjoyed their rotation experiences. In January 2023, the integrative medicine elective provided two weeks of patient-centered care as well as experiential learning opportunities at the Osher clinic. It also emphasized the incorporation of all appropriate conventional and complementary approaches in an evidence-based way to optimize health, promote whole-person wellness and prevent chronic disease. In addition, our integrative medicine education provided important anti-burnout resources that physicians and physicians-in-training can use for their own well-being.

In both in-person and virtual formats, participants learned about evidence behind dietary supplements, herbs and integrative modalities, and how to use mindfulness, yoga, nutrition, and exercise for both patients and themselves. This year we were able to return to provide experiential opportunities at the Osher clinic for acupuncture, massage & chiropractic treatments.

"The things I learned today (and will continue to learn about) are the first steps in developing a more open-minded, holistic approach to my patients. As a future OBGYN, I need to know how to learn about what impacts patients on a day to day basis, and how to support patients in making changes that will lead to an overall healthy lives for them and their families."-M4, IM Elective Student

Educating Our Community

Integrative Medicine Grand Rounds are sponsored by the Osher Center for Integrative Health in association with The Institute for Public Health and Medicine (IPHAM). The goal of our grand rounds series is to advance awareness of evidence-based integrative medicine in clinical care, education and research across Northwestern.

During the recent academic year, our grand rounds series highlighted a collaboration of esteemed experts within Northwestern University and Northwestern Medicine. Each session was presented virtually and garnered record attendance. Upcoming grand rounds lectures will continue to feature integrative medicine experts on topics of relevance and importance.

Grand Rounds 2022-23



October 20, 2022

"Leveraging Lifestyle Medicine for Mental Health Equity"

Alyssa Vela, PhD

Assistant Professor of Surgery (Cardiac Surgery) and Psychiatry and Behavioral Sciences, Northwestern University



December 1, 2022

"Health Coaching Essentials"

Sandra Scheinbaum, PhD

Founder and CEO of the Functional Medicine Coaching Academy



January 26, 2023

"Integrative Stroke Care"

Dhruvil Pandya, MD

Health System Clinician of Neurology - Ken and Ruth Davee Department, Northwestern University



March 16, 2023

"Addressing Racial Inequality in Mind-Body Interventions: Notes from Culturally Responsive Facilitator"

Veronica Womack, PhD

Associate Director of Inclusive Learning Communities, Northwestern Searle Center



May 1, 2023

"Investigations into Music Intervention Approaches in Neurology"

Borna Bonakdarpour, MD, Co-Presenter

Director, Osher Center for Integrative Health at University of Washington

Co-Director of the Music and Medicine Program



Clara Takarabe, MA, Co-Presenter

Co-Director of the Music and Medicine Program

Violist with the Chicago Symphony Orchestra

Educating our Colleagues: Academic Consortium Integrative Medicine & Health Symposium

In February 2023, the Academic Consortium hosted their annual Integrative Medicine & Health Symposium in our sweet home, Chicago. The Symposium featured three days of plenary presentations, breakout and experiential sessions, and wellness activities. The program also introduced new ideas and identified emerging trends through evidence-based education, networking events, and world-renowned keynote speakers. There were over 400 attendees from across the country and many Northwestern Osher members and affiliate practitioners presented. **Dr. Melinda Ring was this year's oversight committee co-chair.**

Over the past two years, the healthcare community has faced unprecedented challenges and experienced rapid changes in healthcare delivery. "Perhaps the most important lesson we have learned throughout, is the need for meaningful, strategic collaboration to amplify our collective integrative medicine voice as communities re-evaluate what healthcare looks like," says Melinda Ring, MD.

Educating our Community: Academy for Global Citizenship & Cultivate Collective

This past year has opened the door to further funding through grants from the Alliance for Research in Chicagoland Communities Seed Grant Program and the Northwestern Racial Equity and Community Partnership.

As an academic partner with [Cultivate Collective](#), we at the Osher Center also provide support in ways that extend beyond monetary contributions. Our role primarily involves lending our expertise and resources to strengthen their community initiatives.

We provide guidance on program assessment, navigation on grants, and advice on implementing programs focused on culinary medicine and well-being. Our experienced faculty share insights to help Cultivate Collective evaluate both existing and upcoming programs. The goal is to help them identify what's working, what needs improvement, and how best to implement these changes.

Our partnership with Cultivate Collective has greatly aligned with and furthered the Osher Center's goals and those of the Racial Equity and Community Partnership initiative. Our work with Cultivate Collective enhances the breadth and depth of our commitment to integrative health and wellness. It furthers our understanding of community needs, supports our drive towards racial equity in health outcomes, and solidifies our mission to prevent chronic disease and promote optimal health.

Expanding our Community Education, Virtually: TEDx Talk with Dr. Ring



TEDx is a grassroots initiative, created in the spirit of TED's overall mission to research and discover "ideas worth spreading." TEDx brings the spirit of TED to local communities around the globe through TEDx events. These events are organized by passionate individuals who seek to uncover new ideas and to share the latest research in their local areas that spark conversations in their communities.

In October 2022, Dr. Ring was honored with presenting her talk titled "What if you could be your own, best, first doctor?" Combining the art of cooking with the science of medicine, she shared how culinary medicine is transforming the next generation of physicians to be *Nutritionology* stewards and revealed three easy ways that all of us as individuals can use culinary medicine to be our own best, first, doctor. Her talk has been viewed over 190K times.

In addition, Osher Collaborative faculty have been featured over 200 times this year alone as experts in articles, podcasts, journal reviews, abstracts and tv interviews.

As we continue to forge the path of nutritional education and integrative health for all, we are looking ahead to where the Osher Collaborative strives to be and where we feel the field should go. We aim to be inclusive of diversity, focused on health and wellness in an increasingly dangerous global landscape, and aligned with the values of health equity.

Click [here](#) to view Dr. Ring's TEDx talk.

Culinary Health Classes: Cooking Up Health and Common Threads



The Osher Center for Integrative Health at Northwestern (OCIH) ascribes to the concept of “food as medicine,” and believes nutrition is critical to disease prevention and treatment.

Throughout this past year, we continued exploring strategies to solve the current lack of adequate training in nutrition in medical school curriculum, with its downstream effect of a physician workforce lacking skills necessary to effectively counsel patients in how to change food-related behaviors. Our faculty been working in close partnership with the Teaching Kitchen Collaborative in association with the Accreditation Council of Graduate Medical Education (ACGME) and the Food Law and Policy Clinic at Harvard Law School to establish nutrition education competencies for future physicians.

New CUH Programming with Common Threads

Together with our community partner, Common Threads (CT) , we aspire to build communities that embrace healthy cooking, healthy eating and celebration of culture and physicians who prescribe it.

Kitchen Clinic: Cooking Up Health, developed at Osher-NU, has been adapted by Common Threads (CT) to include 9-12th grade students by developing a high school (HS) program, focused on healthy cooking and exploration of nutrition-centric careers in healthcare. During Fall 2022, the program was piloted in New York City, NY in a traditional high school setting at Fredrick Douglas.

CUH Miami: This adapted CUH-Northwestern Resident program teaches pediatric and family health medical students and professionals about nutrition and healthy cooking through the lens of culinary medicine and community health. The first phase of the project, months one through six, consisted of planning and adapting the Cooking Up Health Program in Miami. The second phase of the project, months six through twelve, focused on piloting the project with 12 medical and physical therapy students, making it CT’s first interdisciplinary program

DIVERSITY,
EQUITY
&
COMMUNITY
ENGAGEMENT

2022

PROMOTING HEALTH EQUITY

Our Focus on Integrative Medicine Access For All



At the Osher Center for Integrative Health at Northwestern University, we believe that optimal health extends beyond traditional boundaries, and we are committed to Integrative Medicine Access for All. This guiding principle shapes our approach to patient care, education, and research, as we strive to merge the best of conventional, integrative and lifestyle therapies.

Recognizing the diverse needs of our community, our team partners with our patients to develop inclusive and personalized care plans, ensuring that integrative medicine is not a privilege for a few, but a right for everyone. For example, a patient facing multiple chronic conditions and financial barriers receives advice combining conventional treatment with movement therapy, mindfulness practices, and nutritional guidance to support both physical health and emotional well-being.

In our education initiatives, we instill future healthcare professionals with a holistic understanding of wellness, while emphasizing cultural humility, self-reflection, and respect for diversity. We are currently undertaking a thorough review of our curriculum through an equity lens, a testament to our commitment to Diversity, Equity, Inclusion and Belonging (DEIB) principles.

Through our research endeavors, we continually explore innovative methods to expand access to integrative medicine through community partnerships, evaluating its efficacy and supporting people in their own setting. Together, these initiatives reflect our unwavering commitment to a healthcare philosophy that is accessible, compassionate, and forward-thinking, resonating with our vision of a healthier society where integrative medicine is accessible to all.

Diversity and Equity

The Osher Collaborative Anti-Racism Coalition was founded in July 2020. The goal of this coalition is to lead the framing of our path forward to better use anti-racism as a lens for all Collaborative initiatives and ensure it is woven into our central values. As a Collaborative, we think it is vital to look forward and shift our perspectives and conversations with a readiness to learn and take action.

The Osher Collaborative is restructuring its equity working group to more broadly advance integrative health equity and to increase its impact by partnering more closely with Collaborative leadership. The updated Osher Collaborative Health Equity Advisory Group will continue to be centralized by the Collaborative Coordinating Center, with several Northwestern members participating: Melinda Ring, MD, Kalinda Marshall, RN, and Elizabeth Addington, PhD. In addition, Dr. Addington continues to serve as faculty chair of the Inclusion, Diversity, Equity and Action (IDEA) Committee in the Department of Medical Social Sciences. In March, she was presented with the 2023 Daniel I. Linzer Award for Faculty Excellence in Diversity and Equity.



ADVISORY COUNCIL

2023

IM AWARE ADVISORY COUNCIL



IM AWARE is our advisory council, whose vision is to help integrative medicine become *everyone's everyday medicine*. The Council works to raise awareness, provide guidance, and contribute funds in support of our center. Our program is enhanced through our member's expertise and networks, which enable us to engage with the local Chicago community.

We are very grateful for the ongoing dedication of our council members and the leadership of our current executive committee, Lori Lyman, Molly O'Neil and Barb Anderson. We are always looking for new council members with a passion for integrative medicine. To learn more, please contact Molly O'Neil at integrate@northwestern.edu.

Thank You To Our Current Council Members:

Barb Anderson	Louise Kelley	Molly O'Neil
Leah Bostrom	Diane Lappin	Nina Schroeder
Fabrice Braunrot	Lori Lyman	Sue Shattock
Christine D'hondt	Karen Malkin	Tina Trott
Marilyn Garcia	Diane Meagher	
Stephanie Horksteter	Izabel Olson	

Gratitude To Our Past Council Members:

Carey Cooper	Jim Karas	Kanwar Singh
Tara DeMarco	Pam Miller	Aaron Underwood
Emily Grace	Brennan Murray	Molly Vaile
Laura Flynn	Elizabeth Pruett	Marigale Walsh
Melinda Graham	Brett Rentmeester	Tracy Ward
Sheila Gutman	Melissa Ritter	Mark Weglarz
Paul Heiselmann	Viki Ryan	Vanya Weglarz
Elisabeth Ihlenfeld	Mary Jeanne Scott	Meredith Wood-Prince
Elinor Jannotta	Avanti Singh	

MARKETING & SOCIAL MEDIA

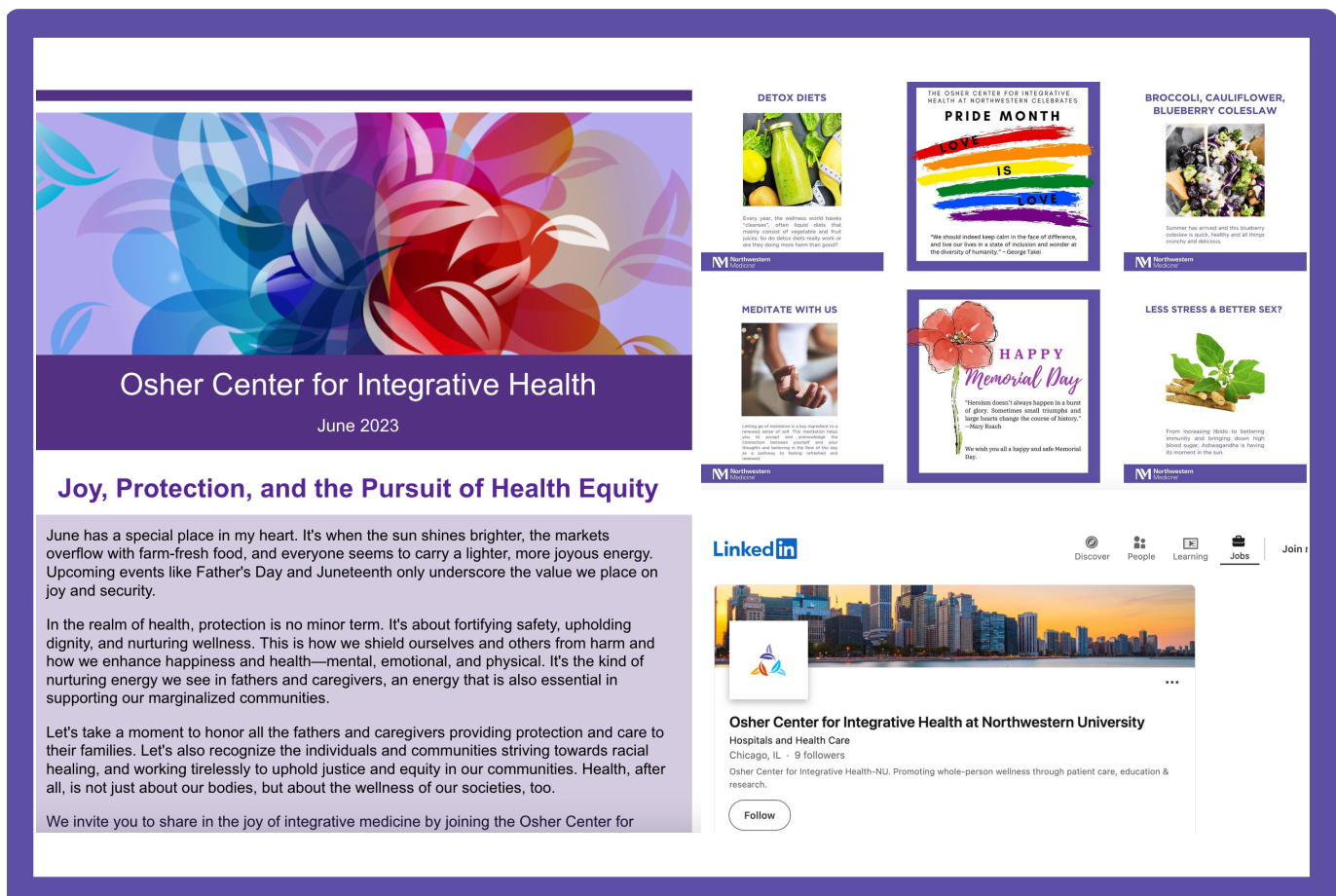
2022

A VIRTUAL PRESENCE: SOCIAL MEDIA- SMALL STEPS; LARGE IMPACT

With the continued success of our newsletter, and its impressive statistical open rate (a consistently very high rate of 40%), we felt it was time to expand our reach even further and launch two new social media accounts: Instagram and LinkedIn.

Because communication is vital to the success of our center, we are evolving in the ways we engage and connect with our community and supporters. This small steps, large impact approach allows us to distribute information on a daily basis while putting Osher at the forefront of integrative health as the trusted resource for evidence-based information.

Below is an example of our newsletter and screenshots of our [Instagram](#) and [LinkedIn](#) pages. Please consider subscribing on our [website](#) and following us on our socials.



LOOKING AHEAD

2023

Shaping the Future Of Healthcare

The Osher Center for Integrative Health at Northwestern University is committed to providing leadership in integrative medicine that fosters whole-person healthcare through innovative and impactful education, research, and advocacy. As we evolve to the changing needs of today's healthcare landscape, we aspire to transform healthcare in our efforts to:



EDUCATE current and future healthcare professionals, policymakers, and community members about safe, evidence-informed approaches to integrative care.

ENGAGE key stakeholders in our mission to disseminate knowledge and scientific research

INFLUENCE healthcare delivery on a local, community, and national level

SUSTAIN our center to develop faculty, grow programs, and ensure their long-term impact

Community: Education Programs & Professional Networks

As we look forward to the coming year, the Osher Center for Integrative Health at Northwestern University is excited to announce several new initiatives that will further our mission and expand our impact.

We are thrilled to be hosting a **virtual conference on longevity and healthy aging**, bringing together experts and thought leaders from the 10 US-based Centers within the Osher Collaborative. This event will take place on November 3, 2023 and provide an invaluable opportunity to share research findings, best practices, and innovative ideas, fostering a spirit of collaboration and collective wisdom that will benefit the entire field of integrative health.

In addition to our community education conference, we will be launching new medical and community education initiatives designed to empower healthcare professionals and the wider community with the knowledge and tools needed to embrace integrative health practices. Through these initiatives, we aim to leverage the experience and expertise of the Osher Collaborative to promote health and well-being in diverse populations, demonstrating our unwavering commitment to accessible, compassionate, and comprehensive care. We are also proud to be nurturing burgeoning relationships with community organizations, recognizing that sustainable change occurs at the root level. By working closely with these partners, we strive to help people live healthier lives where they live and work, ultimately fostering a more resilient and vibrant community.

Joining the IPHAM Community and the Future Reach of Integrative Health at NU

The Osher Center for Integrative Health at Northwestern University is committed to providing leadership in integrative medicine that fosters whole-person healthcare through innovative and impactful education, research, and advocacy. As we evolve to the changing needs of today's healthcare landscape, we aspire to provide the best possible programming for all people. For these reasons, we are pleased to announce that we will be joining the Institute for Public Health and Medicine (IPHAM) at Northwestern University Feinberg School of Medicine.

IPHAM is the nexus for all public health activities at the Feinberg School of Medicine. The institute aims to accelerate innovation at the interface of medicine and public health with measurable improvements for patients and populations. IPHAM, like Osher, envisions a future where all people are able to realize their highest possible health and well-being, by advancing collaborative research and education that improves health and well-being for all individuals and their communities. With the discovery of our aligning missions, we felt it was a perfect marriage of advancement and support.

Community: Endowment Planning and Giving

Center-level Endowment: Osher Center for Integrative Health at Northwestern University is ranked among the top academic programs in the country for the innovative work being done in research, teaching, patient care, and advocacy. **The Bernard Osher Foundation** has awarded a generous expansion of the center endowment, which will allow us to provide support for junior faculty- the future leaders in the field.

Endowed Professorship Campaign: Our center has launched a fund-raising initiative to establish an Endowed Professorship in Integrative Medicine at Feinberg School of Medicine. Being appointed to hold an endowed chair is the highest honor a faculty member can achieve. More importantly, an endowed professorship generates spendable funds to support the holder's vision—to advance scholarly work, hire new faculty, and expand programming.

Our deepest thanks to those who have already shared their support through major gift commitments: **Charlie Mills/Mills Family Foundation; Andrew and Diane Lappin; Susan Shattock/Shattock Family Foundation; and Michael and Lori Lyman.**

For additional information on our endowment-initiative, please contact Terri Dillon, Associate Dean for Development, Northwestern University Feinberg School of Medicine, at 312-503-4837 or terri-dillon@northwestern.edu.

Our Sincerest Gratitude

On behalf of our faculty, staff, patients, and the integrative health community, we would like to thank the many donors who have given time, money, and resources that allow the Osher Center to continue to thrive. As a non-profit organization, we depend on the generosity of our supporters, and we are grateful for their partnership as we grow the field of integrative medicine to improve the health and well-being of people across the globe. Our philanthropic advisory council, IM AWARE (Integrative Medicine: Advising with Awareness, Resources, and Education), has been instrumental in our success. For more information about IM AWARE, please visit our Osher Center website.

We also express deep appreciation for the generous, outright and multi-year financial support we have received from the Bernard Osher Foundation. As we embark on this exciting next chapter, we remain deeply grateful for the dedication and support of our team, donors, and partners. Together, we will continue to redefine the future of healthcare and create a world in which integrative health is a cornerstone of wellness for all. Thank you for your ongoing support, and we look forward to an inspiring and transformative year ahead.

To make a donation to the Osher Center for Integrative Health at Northwestern University, please contact:

Terri Dillon
Associate Dean
Northwestern University Feinberg School of Medicine
312-503-4837/ terri-dillon@northwestern.edu
feinberg.northwestern.edu/giving

"With each donation we receive, we move closer to our shared goal of transforming medical care into true healthcare. Thank you to each and every supporter for making a difference through your partnership and generosity."

~Melinda Ring, MD, Osher Director

APPENDICES

2023

Faculty & Staff

Osher Leadership Team

Executive Director

Melinda Ring, MD, FACP, ABOIM

Director, Research

Judith Moskowitz, PhD, MPH

Associate Director, Education

Anna Shannahan, MD

Director, Internship

Elizabeth Addington, PhD

Director, Program Development

Isra Z. Hassan

Program Coordinator

Vanessa Hughes

Clinic Leadership Team

Director, Clinic

Anna Jonas, DO

Director, Clinic Operations

Julia Samolczyk, BS, CT(ASCP)CM

Manager, Clinic Practice

Kalinda Marshall, RN

Coordinator, Clinic Operations

Dominique Cook-Bey

Development

Executive Director

Foundation Relations & Corporate Engagement

Sarah Fodor

Associate Dean

Northwestern University Feinberg School of
Medicine

Terri Dillon

Director of Philanthropy

Northwestern Memorial Foundation

Karen Kliebhan



Faculty & Staff

Clinic Practitioners

Mindy Cramer, DC
 Ania Grimone, LAc
 Amna Haq, RD
 Anna Jonas, DO
 Fang Lin, LAc
 Mary-Anne Meyer, CNP
 Morgan Milin, LCSW
 Helene Moore, PsyD
 Shibani Munshi, MD
 Melinda Ring, MD
 Scott Robinson, LMT
 Shakira Sanchez-Collins, MD
 Anna Shannahan, MD
 Tatyana Shafiro, LAc
 Carly Trueger, RD
 Chris Wilson, LMT

Group Program Instructors

Regina Cadenhead
 Tonna Reinhold

Clinical Support Staff

Jeana Athens, RN
 Jaret Carrasquedo
 Shawanna Clark
 Kalinda Marshall, RN
 Gentle Lawrence
 Ana Razo
 Yessica Roman-Mendoza
 Lanette Silas
 Jenna Tobin
 Kamesha Turnage
 Vanessa Welch

Core Research Team

Elizabeth Addington, PhD
 Danny Bega, MD
 Inger Burnett-Zeigler, PhD
 Bonnie Essner, PhD
 Kim Feingold, PhD
 Jamie Griffith, PhD
 Veronika Grote
 Suena Massey, MD
 David Victorson, PhD
 Betina Yanez, PhD

Core Teaching Faculty

Anna Jonas, DO
 Melinda Ring, MD
 Anna Shannahan, MD
 Lori Walsh, MD

Affiliated Teaching Faculty

Shelley Adler, PhD (UCSF)
 Judy Cuneo, MD (UCSF)
 Anand Dhruva, MD (UCSF)
 Katy Hansen, ANP (Vanderbilt)
 Priya Jain, MD (UCSF)
 Karen Koffler, MD (U Miami)
 Matt Kowalski, DC (Harvard)
 Iman Majd, MD (U Washington)
 Lindsey McKernan, PhD (Vanderbilt)
 Darshan Mehta, MD (Harvard)
 Heather Tick, MD (U Washington)
 Peter Wayne, PhD (Harvard)

Publication and Presentation Highlights



Elizabeth Addington

1. Addington, E.L., Cummings, P., Jackson, K., Yang, D., & Moskowitz, J. T. (in press). Exploring retention, usage, and efficacy of web-based delivery of positive emotion regulation skills during the COVID-19 pandemic. *Affective Science*. <https://doi.org/10.1007/s42761-022-00135-4>
2. Addington, E. L., Schlundt, D., Bonnet, K., Birdee, G., Avis, N. E., Wagner, L. I., Rothman, R. L., Ridner, S., Tooze, J. A., Wheeler, A., Schnur, J. B., Sohl, S. J. (2023). Qualitative similarities and distinctions between participants' experiences with a yoga intervention and an attention control. *Supportive Care in Cancer*. <https://doi.org/10.1007/s00520-023-07639-0>
3. Carlson, L. E., Ismaila, N., Addington, E. L., ... (in press). Integrative Oncology Care of Anxiety and Depressive Symptoms in Adult Patients with Cancer: SIO-ASCO Guideline. *Journal of Clinical Oncology*
4. Moskowitz, J.T., Jackson, K., Freedman, M., Grote, V., Kwok, I., Schuette, S. Cheung, E.O., & Addington, E.L.(in press). Positive Psychological Intervention Effects on Depression: Positive emotion does not mediate intervention impact in a sample with elevated depressive symptoms. *Affective Science*. <https://doi.org/10.1007/s42761-022-00140-7>
5. Ong, A.D., Moskowitz, J.T., Wethington, E., Addington, E.L., Sanni, M., Goktas, S., Sluys, E., Swong, S., Kim, P., & Reid, M.C. (in press) Lessons in Affect Regulation to Keep Stress and Pain Under control (LARKSPUR): Design of a Randomized Controlled Trial to Increase Positive Affect in Middle-Aged and Older Adults with Fibromyalgia . *Contemporary Clinical Trials*.
6. Victorson D, Morgan T, Kutikov A, Novakovic K, Kundu S, Horowitz B, Jackson K, Addington E, Murphy K, Sauer C, Brendler C. (2022). Mindfulness-based stress reduction for men on active surveillance for prostate cancer and their spouses: Design and methodology of a randomized controlled trial. *Contemporary clinical trials*. 2022 Dec 21. doi: 10.1016/j.cct.2022.107059. PMID: 36563902.
7. Presentation: Emotional well-being as a mechanism of integrative health: The role of positive emotions in chronic illness [Invited symposium]. 2022 American Congress on Rehabilitation Medicine, Chicago, IL, United States.



Inger Burnett-Zeigler

1. Burnett-Zeigler, I., & McLeod, D. (2022). Diversifying Mindfulness: Reflections from Our Journeys Applying Mindfulness-Based Interventions in the Black Community. *Journal of Integrative and Complementary Medicine*, 28(2), 110-113.
2. Burnett-Zeigler I, Zhou E, Martinez JH, Zumpf K, Lartey L, Moskowitz JT, Wisner KL, McDade T, Brown CH, Gollan J, Ciolino JD, Schauer JM, Petito LC. (2023) Comparative effectiveness of a mindfulness-based intervention (M-Body) on depressive symptoms: study protocol of a randomized controlled trial in a Federally Qualified Health Center (FQHC). *Trials*.
3. Fu, E., Carroll, A. J., Rosenthal, L. J., Rado, J., Burnett-Zeigler, I., Jordan, N., ... & Smith, J. D. (2023). Implementation Barriers and Experiences of Eligible Patients Who Failed to Enroll in Collaborative Care for Depression and Anxiety. *Journal of general internal medicine*, 38(2), 366-374.
4. Lassiter, J. M., O'Garro-Moore, J. K., Anwar, K., Smallwood, S. W., Burnett-Zeigler, I. E., Stepleman, L., ... & Rendina, H. J. (2023). Spirituality, self-compassion, and anxiety among sexual minority men: a longitudinal mediation analysis. *Anxiety, Stress, & Coping*, 36(2), 229-240.
5. Martinez, J. H., Suyemoto, K. L., Abdullah, T., Burnett-Zeigler, I., & Roemer, L. (2022). Mindfulness and Valued Living in the Face of Racism-Related Stress. *Mindfulness*, 1-14.
6. Pederson, A. B., Earnshaw, V., Clark, C. T., Zumpf, K., & Burnett-Zeigler, I. (2021). Mental Health Stigma Among Black Immigrant Women in An Urban Setting. *Journal of Mental Health & Clinical Psychology*, 5(2), 1.
7. Waldron, E. M., Burnett-Zeigler, I., & Miller, E. S. (2022). Posttraumatic stress and prenatal care adequacy among Black/African American women. *American Journal of Obstetrics & Gynecology*, 226(1), S302-S303.
8. Waldron, E.M., Miller, E.S., Wee, V., Statton, A., Moskowitz, J.T. & Burnett-Zeigler, I.(in press) Stress, Coping, and the Acceptability of Mindfulness Skills Among Pregnant and Parenting Women Living with HIV in the United States: A Focus Group Study. *Health and Social Care in the Community*.
9. Waldron, E. M., & Burnett-Zeigler, I. (2022). The impact of participation in a mindfulness-based intervention on posttraumatic stress symptomatology among Black women: A pilot study. *Psychological Trauma: Theory, Research, Practice, and Policy*, 14(1), 29.
10. Presentation: Strength and Vulnerability: The Status of Mental Health Among Black Women and Girls, Invited Talk, Renee Crown Wellness Institute, Department of Psychology and Neuroscience, University of Colorado Boulder, March 15, 2023.
11. Presentation: Mental Health and Treatment Among Black Women Living with HIV, Invited Talk, Women's Research Initiative on HIV/AIDS, Tucson, Arizona, April 20-23, 2023.
12. Presentation: Our Emotional Lives: Exploring the Complex Relationship Between Stress, Trauma, and The Body, Invited Talk, Mind and Life Institute, April 27, 2023.
13. Presentation: The Role of Community Engagement in Innovative Efforts to Address Maternal Health Disparities, National Institutes of Health/National Heart, Lung, and Blood Institute Workshop on Innovative Approaches to Maternal Health, Panel Presentation, Bethesda, Maryland, May 8-10, 2023.



Jamie Griffith

1. Farina, F., Regan, J., Marquez, M., An, H., O'Loughlin, P., Pavithra, P., ... Griffith, J. W. (2023, May 19). Reducing fear and avoidance of memory loss improves mood and social engagement in community-based older adults: An intervention study. DOI 10.17605/OSF.IO/YPFQM. Retrieved from osf.io/ypfqm (pre-print, paper in submission at BMC Geriatrics)
2. O'Loughlin P, Pavithra P, Regan J, Bennett M, Knight R, Lenaert B, Marquez M, Taddeo M, Griffith J, Shapiro R & Farina FR. A Randomized Controlled Trial Investigating the Feasibility of a Low-Intensity Psychological Intervention for Fear of Memory Loss and Quality of Life in Older Adults. JMIR Research Protocols, 10, 1-9. doi: 10.2196/30514



Judy Moskowitz

1. Antoniou, R., Toli, D.G., Lerner, H., Callahan, P., Coble, R., Ortiz, B., Sideman, A.B., Shdo, S.M., Levenson, R.W., Ferreira, N., Moskowitz, J.T., & Rankin, K. (in press) A mindfulness-based intervention adapted to dementia caregivers: a study protocol for a randomized clinical control trial. *Frontiers in Psychology*.
2. Bannon, J., Evans, C.T., Freedman, M., Lee, C., Vu, T.H., Wallia, A., Wilkins, J.T., Moskowitz, J.T., & Hirschhorn, L., (in press) Psychological well-being and the association with burnout in a cohort of healthcare workers during the COVID-19 pandemic. *Frontiers in Health Services*.
3. Burnett-Zeigler I, Zhou E, Martinez JH, Zumpf K, Lartey L, Moskowitz JT, Wisner KL, McDade T, Brown CH, Gollan J, Ciolino JD, Schauer JM, Petito LC. (2023) Comparative effectiveness of a mindfulness-based intervention (M-Body) on depressive symptoms: study protocol of a randomized controlled trial in a Federally Qualified Health Center (FQHC). *Trials*
4. Cheung, EO, Hu, YY, Jones, A, Ma, M, Schlick, CJ, Moskowitz, JT, Agarwal, G, Bilimoria, KY. (in press) Assessing Resident Well-Being After the ABSITE: A Bad Time to Ask? *Annals of Surgery Open*.
5. Cummings, P., Petittclerc, A., Moskowitz, J.T., Tandon, D., Zhang, Y., MacNeill, L.A., Alshurafa, N., Krogh-Jespersen, S., Hamil, J., Nili, A., Berken, J., Grobman, W., Rangarajan, A., & Wakschlag, L., (in press). Feasibility of Passive ECG Bio-sensing and EMA Emotion Reporting Technologies and Acceptability of Just-in-Time Content in a Well-being Intervention, Considerations for Scalability and Improved Uptake. *Affective Science*
6. Feingold KL, Moskowitz JT, Elenbaas C, Andrei A, Victorson D, Kruse J, Grote V, Patil KD, Shafiro T, Grimone A, Lin F, Davidson CJ, Ring M, McCarthy PM. (in press). Acupuncture after valve surgery is feasible and shows promise in reducing post-operative atrial fibrillation: The ACU-HEART pilot trial. *The Journal of Thoracic and Cardiovascular Surgery*
7. Ghanouni, D., Carrico, A.W., Williams, R., Glynn, T.R., Moskowitz, J.T., Pahwa, S., Pallikkuth, S., Roach, M.E., Dilworth, S., Aouizerat, B.E., & Flentje, A. (2022) Sexual minority stress and cellular aging in methamphetamine-using sexual minority men with treated HIV. *Psychosomatic Medicine*, 84 (8) 949-956..
8. Kim, E.S., Moskowitz, J.T., & Kubzansky, L.D. (in press). Introduction to Special Issue: Interventions to Modify Psychological Well-Being and Population Health. *Affective Science*.
9. Kubzansky, L.D., Kim, E.S., Boehm, J.K., Davidson, R.J., Huffman, J.C., Loucks, E.B., Lyubomirsky, S.L., Picard, R.W., Schueller, S.M., Trudel-Fitzgerald, C., VanderWeele, T.J., Warran, K., Yeager, D.S., Yeh, C.S., & Moskowitz, J.T. (in press). Interventions to Modify Psychological Well-Being: What Works, What Doesn't Work, and an Agenda for Future Research. *Affective Science*.
10. MacNeill, L.A., Krogh-Jespersen, S. Zhang, Y, Giase, G, Edwards, R., Petittclerc, A., Mithal, L.B., Mestan, K., Grobman, W.A., Norton, E.S., Alshurafa, N., Moskowitz, J.T., Tandon, D.S. & Wakschlag, L.S. (in press). Liability of Prenatal Stress during the COVID-19 Pandemic Links to Negative Affect in Infancy. *Infancy*
11. Moskowitz, J.T., Jackson, K., Freedman, M., Grote, V., Kwok, I., Schuette, S. Cheung, E.O., & Addington, E.L.(in press). Positive Psychological Intervention Effects on Depression: Positive emotion does not mediate intervention impact in a sample with elevated depressive symptoms. *Affective Science*. <https://doi.org/10.1007/s42761-022-00140-7>
12. Ong, A.D., Moskowitz, J.T., Wethington, E., Addington, E.L., Sanni, M., Goktas, S., Sluys, E., Swong, S., Kim, P., & Reid, M.C. (in press) Lessons in Affect Regulation to Keep Stress and Pain Under control (LARKSPUR): Design of a Randomized Controlled Trial to Increase Positive Affect in Middle-Aged and Older Adults with Fibromyalgia . *Contemporary Clinical Trials*.
13. Pederson, A.B., Tsai, A.C., Hawkins, D., Moskowitz, J.T., Dixon, L. (2022) Understanding the Association Between Mental Health Knowledge and Mental Health Service Utilization Among Black Adults. *Community Mental Health Journal* <https://doi.org/10.1007/s10597-022-00988-w>
14. Sizemore, K.M., Gray, S., Wolfier, C., Forbes, N., Talan, A.J., Millar, B.M., Park, H.H., Saslow, L., Moskowitz, J.T., & Rendina, H.J. (in press) A proof of concept pilot examining feasibility and acceptability of the Positively Healthy just-in-time adaptive, ecological momentary, intervention among a sample of sexual minority men living with HIV. *Journal of Happiness Studies*, <https://doi.org/10.1007/s10902-022-00587-2>.
15. Salsman JM, McLouth LE, Tooze JA, Little-Greene D, Cohn M, Kehoe MS, Moskowitz JT. (in press) An eHealth, positive emotion skills intervention for enhancing psychological well-being in young adult cancer survivors: Results from a multi-site, pilot feasibility trial. *Int J Behav Med*.
16. Waldron, E.M., Miller, E.S., Wee, V., Statton, A., Moskowitz, J.T. & Burnett-Zeigler, I.(in press) Stress, Coping, and the Acceptability of Mindfulness Skills Among Pregnant and Parenting Women Living with HIV in the United States: A Focus Group Study. *Health and Social Care in the Community*.



Judy Moskowitz Cont.

1. Presentation: A positive emotion regulation intervention for people coping with significant life stress: From observational to implementation studies. European Congress on Positive Psychology, Reykjavik, Iceland, July, 2022
2. FOREST: Fostering Optimal Regulation of Emotion to prevent Secondary Trauma
3. DePaul Law Community Conversation on Gun Violence, Public Health and Mental Health, Chicago, IL, October, 2022
4. FOREST: Preventing Burnout on the Frontlines. Innovations in Health Psychology
5. Conference, Clyde, New Zealand, March, 2023
6. A randomized waitlist-controlled trial of a web-based self-guided positive emotion regulation intervention for healthcare workers during COVID. Association for Psychological Science,
7. Washington, DC, May, 2023



Francesca Farina

1. Farina, F., Regan, J., Marquez, M., An, H., O'Loughlin, P., Pavithra, P., ... Griffith, J. W. (2023, May 19). Reducing fear and avoidance of memory loss improves mood and social engagement in community-based older adults: An intervention study. DOI 10.17605/OSF.IO/YPFQM. Retrieved from osf.io/ypfqm (pre-print, paper in submission at BMC Geriatrics)
2. Presentation: Reducing fear and avoidance of memory loss: A randomized control trial to reduce fear and improve quality of life in community-based older adults. 29th Annual Alzheimer Day, Northwestern Memorial Hospital, Feinberg Pavilion Conference, May 11, 2023



Kim Feingold

1. Feingold KL, Moskowitz JT, Elenbaas C, Andrei A, Victorson D, Kruse J, Grote V, Patil KD, Shafiro T, Grimone A, Lin F, Davidson CJ, Ring M, McCarthy PM. (in press). Acupuncture after valve surgery is feasible and shows promise in reducing post-operative atrial fibrillation: The ACU-HEART pilot trial. The Journal of Thoracic and Cardiovascular Surgery
2. Acupuncture Shows Promise in Reducing Postoperative Atrial Fibrillation after Valve Surgery: Results of the ACU-Heart Pilot Trial; poster presentation at the 103rd annual meeting of the American Association of Thoracic Surgeons. Los Angeles, CA. May, 2023



Betina Yanez

1. Walsh, E. A., Boland, C. L., Popok, P. J., Pedreira, P. B., Fox, R. S., Moreno, P. I., Yanez, B. & Penedo, F. J. (2023). Marital status and perceived stress in men with advanced prostate cancer: A randomized-controlled trial of cognitive behavioral stress management. Journal of psychosomatic research, 167, 111198.
2. Yanez, B., Czech, K. A., Buitrago, D., Smith, J. D., Schueller, S. M., Taub, C. J., ... & Penedo, F. J. (2023). Effectiveness and implementation of an electronic health record-integrated digital health intervention for managing depressive symptoms in ambulatory oncology: The my well-being guide study rationale and protocol. Contemporary clinical trials, 127, 107121.
3. Yanez B, Oswald LB, Van Denburg AN, Baik SH, Czech KA, Buitrago D, Maletich C, Wortman K, Penedo FJ, Victorson DE. (2022). Rationale and usability findings of an e-health intervention to improve oral anticancer adherence among breast cancer survivors: The My Journey mindfulness study. Contemp Clin Trials Commun, 26:100898. DOI: 10.1016/j.conctc.2022.100898. PMID: 35252622.



Melinda Ring

1. KL Feingold, JT Moskowitz, M Ring, et al. Acupuncture after valve surgery is feasible and shows promise in reducing post-operative atrial fibrillation: The ACU-HEART pilot trial. JTCVS Open, 2023, ISSN 2666-2736, <https://doi.org/10.1016/j.xjon.2023.05.010>.
2. Ring M, Jhaveri R. Conversations with the editors: Learning and teaching the concepts of food as medicine and culinary medicine. Clinical Therapeutics. January 2022. doi:10.1016/j.clinthera.2022.01.002
3. Ring M. (2022). Culinary Medicine: Teaching Patients and Healthcare Students How to Impact Health Through Improved Nutrition and Cooking Skills. Integrative and Complementary Therapies. 28. 62-64. 10.1089/ict.2022.29013.mri.
4. Shannahan A, Ring M, Stephens JE, Wright KW, Clements D, Grote VE. Cooking Up Health: Academic-Community Collaboration to Teach Nutrition Education. Journal of Graduate Medical Education. 2023;15(3):391-392. doi:10.4300/jgme-d-22-00774.1
5. Ring, M, Ghouse A. Polycystic Ovarian Syndrome. In Rakel D (Ed) Integrative Medicine. 5th Edition. W.B. Saunders Company. 2023.
6. Bruce J, Ring M, Hamann C, Eisenberg D. (2023) Nutrition and Culinary Education for Health Professionals: A response to H. Res. 1118; Oral Abstract 05: Education and Training at the Academic Consortium Of Integrative Medicine and Health 2023 Integrative Medicine & Health Symposium. Chicago, IL.



Anna Shannahan

1. Ring M., Folkens S., Mahadevan R., Shannahan A., Ghouse A., Grote V., Hinrichsen K., Fritz L.. Opportunities For Academic Community Teaching Kitchen Collaboration In Health Professional Education. *Journal of Integrative and Complementary Medicine*, Volume: 29 Issue 2: February 8, 2023.
2. Shannahan A., Ring M., Clements D., Grote V., Martinez J., Hinrichsen K., Fritz L., Folkens S.. Culinary Medicine Curriculum Pilot For Family Medicine Residents. *Journal of Integrative and Complementary Medicine*, Volume: 29 Issue 2: February 8, 2023.
3. Shannahan A., Ring M., Stephens J., Wright K., Clements D.. Cooking Up Health: Academic-Community Collaboration to Teach Nutrition Education. *Journal of Graduate Medical Education*, June 2023.
4. Presentations: "Cooking Up Health Learning and Service Curriculum for Residents" presented at the Society of Teachers of Family Medicine Annual Conference - April 2023.
5. STFM – Panel – “Electives in Integrative Medicine: Lessons Learned from Integrative Medicine in Residency Programs” – 5/2/23. Society of Teachers of Family Medicine (STFM) National Conference.
6. Speaker AAFP National Conference
7. AWCIM IMR Lecturer



David Victorson

1. Feingold KL, Moskowitz JT, Elenbaas C, Andrei A, Victorson D, Kruse J, Grote V, Patil KD, Shafiro T, Grimone A, Lin F, Davidson CJ, Ring M, McCarthy PM. (in press). Acupuncture after valve surgery is feasible and shows promise in reducing post-operative atrial fibrillation: The ACU-HEART pilot trial. *The Journal of Thoracic and Cardiovascular Surgery*.
2. Oswald, LB, Fox, RS, Murphy, KM, Salsman, JM, Sanford, SD, McDade, TW, Victorson, DE (2022). Preliminary Effects of Mindfulness Training on Inflammatory Markers and Blood Pressure in Young Adult Survivors of Cancer: Secondary Analysis of a Pilot Randomized Controlled Trial. *Int J Behav Med*. 2022 Jan 20. DOI: 10.1007/s12529-021-10050-w. Epub ahead of print. PMID: 35048316.
3. Presentations: Quantifying the Health Impact of Group-Based Mindfulness Experiences in Nature. Invited virtual oral presentation at the Elephants and Tea Community Conversation Forum, October, 2022.
4. Reflecting in Nature's Mirror: Seeing and Freeing Ourselves During Moments of Difficult Emotion. Invited oral presentation at the Harvard Osher Integrative Medicine Network Forum on the Lived Experience of Depression, November, 2022.
5. Practices for Whole Body Healing: Exploring the Health and Healing Benefits of Being Connected to Mother Earth. Invited oral presentation at the Barrington Health and Wellness Summit, February, 2023
6. Improving the Self-reported Measurement of Mindfulness and Related Concepts Using NIH PROMIS-based Methods. Virtual oral presentation to Department of Medical Social Sciences, Northwestern University Feinberg School of Medicine, Chicago, IL February, 2023
7. Recovering Awe in our Lives with Mindful Openness, Curiosity, and Wonder. Invited oral presentation at the Glencoe Union Church Series on Awe, Glencoe, IL, May, 2023

Media Highlights



Judy Moskowitz

1. [How a Bit of Awe Can Improve Your Health](#)
2. [Why Happiness Isn't a Project of Pollyanna-ism](#)



Melinda Ring

1. [Are saunas good for you?](#)
2. [Is sea moss gel good for you?](#)
3. [How to stop a cold in its tracks](#)
4. [Are Tomatoes Actually Bad For Arthritis?](#)
5. [5 Potential Health Benefits of Infrared Sauna Therapy](#)
6. [Benefits of White Mulberry Leaf](#)
7. [Benefits of incorporating culinary medicine into clinical settings](#)
8. [The Science Behind Culinary Medicine with Melinda Ring, MD](#)



Anna Shannahan

1. [7 Ways to Wake Up Without Coffee](#)
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