



**IM4US**  
INTEGRATIVE MEDICINE FOR THE UNDERSERVED

# ANNUAL REPORT

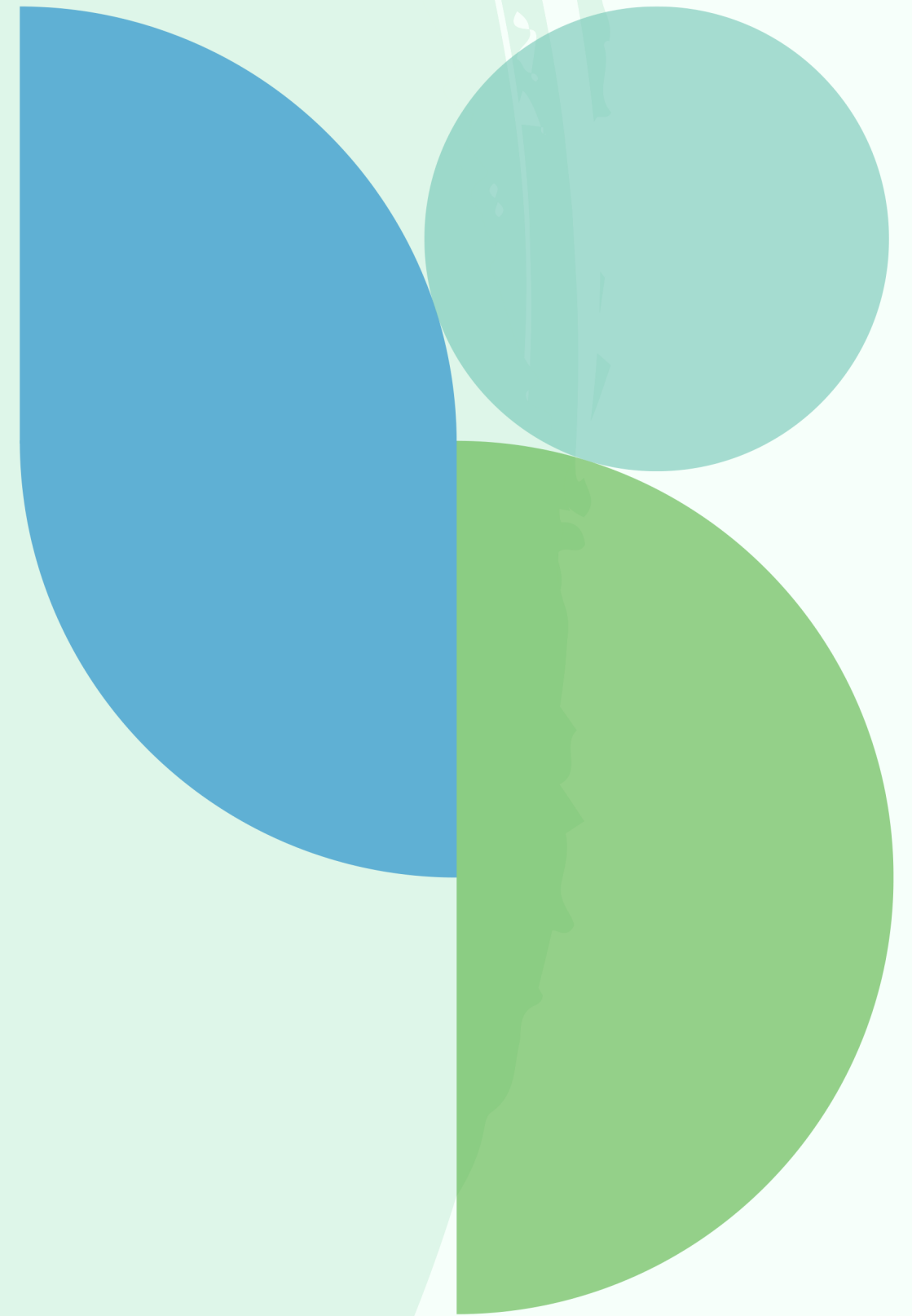
## 2023

## **About us:**

Integrative Medicine for the Underserved (IM4US), a project of the Tides Center, is dedicated to Equity, Diversity, and Inclusion in health care. Through outreach, education, research, and advocacy, IM4US provides support to a community of diverse health practitioners working with underserved populations.

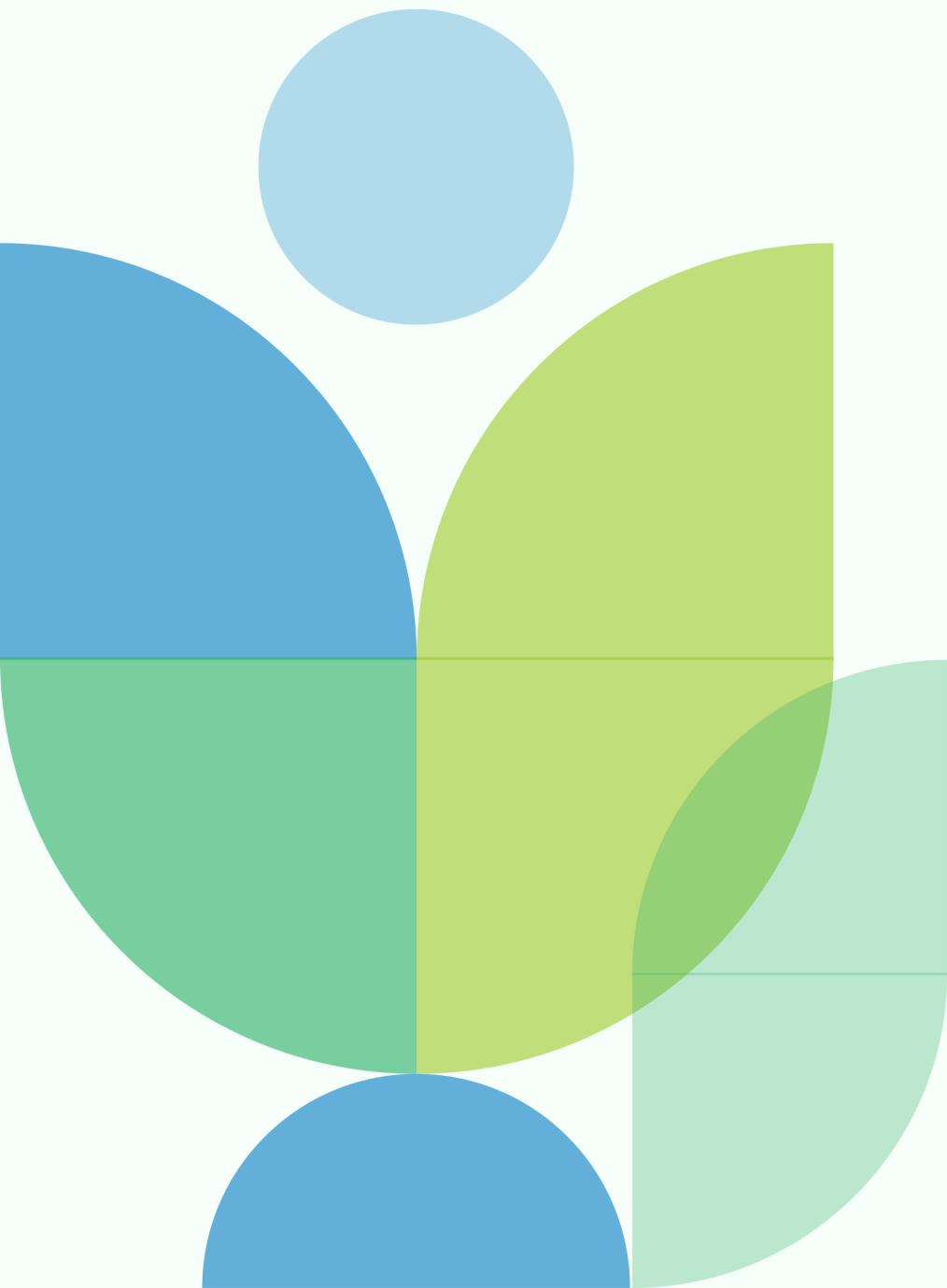
## **Mission Statement:**

Integrative Medicine for the Underserved is a collaborative, multidisciplinary group of people committed to affordable, accessible integrative health care for all. Through outreach, education, research, and advocacy, we support those dedicated to promoting health in underserved populations. Together we work to shift the current paradigm towards equity, wellness, prevention, patient empowerment, and self-care.



## Philosophy:

- We believe health care is a right.
- We believe Equity is fundamental to health and wellness, and therefore Equity, and efforts to dismantle racism/oppression are foundational to our work as healers/practitioners.
- We believe optimal health care focuses on wellness as much as treating disease.
- We believe optimal health care addresses mind, body, and spirit.
- We believe that the social determinants of health must be addressed.
- We believe in the power of integrating diverse health care modalities and disciplines.
- We believe underserved patients and those providing their care need unique kinds of support.
- We believe collaboration and sharing improves patient outcomes and inspires providers to remain whole-heartedly engaged in this work.







### Advisory Board:

- Deborah Gracia, DO – Interim Board Chair, Policy and Advocacy Chair
- Jude Bornstein-Chau, MD – Conference Committee Co-Chair
- Ariana Thompson-Lastad, PhD – Development Chair
- Steven Chen, MD – Finance Chair
- Shalini Singh-Karnik, MD – Partnerships Chair
- Cheryl Martin, MD – Membership Chair

### Staff and Consultants:

- Jetonda Green, LMSW – Interim Project Director (Jan-Sept 2023)
- Angela Lee, DACM – Interim Project Director
- Nathan Naik Shara – IM4US Consultant
- Cassandra Houston – Graphics Consultant

### Previous Advisory Board:

- Corinne Basch, MD – IM4US Founder
- Benjamin Brown, MD – IM4US Founder
- Fasih Hameed, MD – IM4US Founder
- Rick McKinney, MD – IM4US Founder
- Jeffery Geller, MD – Board President Emeritus
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- Molly Burke, MF





## Letter from the Board President

In 2023, we witnessed a significant exodus of healthcare workers from the field due to challenging working conditions, burnout, and moral injury. Now more than ever, our collective pursuit of integrative healthcare is crucial in addressing these systemic issues. We remain steadfast in providing an organizational home for integrative healthcare practitioners working in oppressed communities and those that support the work through research, education and advocacy to support the notion that health care is a right not a privilege.

This fall, we marked a milestone with our first inaugural hybrid conference held in Austin, TX, and virtually. This gathering was a testament to the strength of our community, bringing together individuals committed to driving change at individual, institutional, and structural levels in healthcare. The conference addressed practical aspects of providing integrative care in safety-net clinics, embracing a holistic approach that also addressed the effects of climate change on environmental, social, physical, and mental well-being.

Our discussions expanded beyond clinical practices, exploring the critical intersections between human health and the climate crisis, and the active role healthcare practitioners can play in these realms, fostering a deeper understanding of our responsibility to both our patients and the planet.

As we approach the end of 2023 and enter 2024 we look back on our journey with gratitude, seeking to increase collaboration and feedback from our diverse membership. We aspire to bring in a new era where equity becomes a tangible reality for all and Integrative Care truly becomes standard Primary Care.

In closing, we express our deep appreciation for your unwavering support and dedication to the cause of integrative healthcare for all. Your commitment fuels our collective mission, and we embark on the coming year with gratitude for the community that makes our shared vision a reality.

Sincerely

Deborah Gracia D.O.  
On behalf of the Board of Advisors  
Integrative Medicine for the Underserved





# 2023 AT-A-GLANCE

2 new board members

*1st Hybrid Conference*

**321 active members**

*Over 150+ hybrid conference attendees*

10% of attendees awarded full scholarships to attend conference

Equity, Diversification and Inclusion Committee of IM4US released the Cultural Misappropriation in Integrative Health statement

Submitted a poster to the first WHO Traditional Medicine Global Submit in India



# Thank you to our Sponsors





# IM4US

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