



IM4US
INTEGRATIVE MEDICINE FOR THE UNDERSERVED

ANNUAL REPORT

2024



*"I slept and dreamt that life was joy.
I awoke and found that life was service.
I acted and behold, service was joy."
Rabindranath Tagore*

2024 has been a year of internal growth for IM4US, which are sowing the seeds of greater external growth and reach for the organization in the years to come. While we face unsettling uncertainty about the landscape over the next few years, we are energized to navigate these challenges with creativity and flexibility.

Here are some of the developments we have made in 2024:

Board and Organization:

- Revisiting our Board recruitment methods, and adding 2 new Board Members. This year we welcomed 2 new Board Members; Renee Schneider and Dr. Rosemarin Karen Ekuweme King. Both of them have already made significant contributions to the board, strengthening our relationships and commitments
- Saying a grateful goodbye to Dr. Steven Chen, MD and Dr. Ariana Thompson-Lastad, PhD, who both served the board faithfully and energetically for 4 years
- Developing new organizational goals for 2025 and beyond
- Working to strengthen communications and partnerships between the Board and our working groups
- Strengthening relationships with our Circle Of Advisors, who serve as touchstones and steadfast ambassadors of IM4US

Outreach and Advocacy:

- Launching the IM4US **Professional Development Fund** in order to support bringing presenters to the IM4US conference who may not receive institutional support for professional travel
- Being selected for the **EMPOWERED program by Meg Ryan**, allowing us to spread the message of the power of Integrative Modalities to offer true healing to people and communities

2025 is our **FIFTEENTH YEAR!!!** This is a milestone and every single one of us should be proud of the support we have shown. We would not be here without every member, supporter, advocate and champion. We cannot and will not stop now. This is the next beginning.

With deep gratitude to all of you, and the spirit of community you put into the world every day.

Jude Bornstein-Chau, MD
Advisory Board Chair



Our Vision: Integrative Health, Regardless of Wealth

Our Mission: The mission of IM4US is to make equitable, affordable integrative care the standard of care for all.

Our Purpose: Honoring both ancient and modern knowledge, our purpose is to foster structural, institutional, and individual transformation. Through education, collaboration, research, advocacy and outreach, we provide community and support networks to advance healing.

Our Philosophies:

- Healthcare is a right.
- Equity and justice are the seeds of health and wellness, and dismantling oppressive systems is foundational to our work as healers.
- Integrative modalities are uniquely poised to heal people, communities, and the environment.
- Respect, appreciation, and humility are essential in the integration of healing systems from around the world.
- The physical, emotional, mental and spiritual well-being of those providing care must be recognized as a cardinal element of the care we provide.

Board of Advisors



Jude Bornstein-Chau, MD
Board Chair,
Conference Committee Co-Chair



Shalini Singh-Karnik, MD
Partnerships Chair



Cheryl Martin, MD
Membership Chair



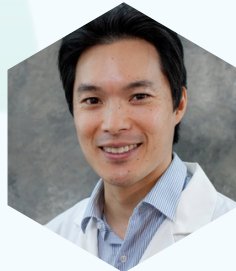
Rosemarin Karen Ekwueme, MD
Administrations Chair



Renee Schneider, MBA
Conference Committee Co-Chair,
Treasurer, Secretary



Ariana Thompson-Lastad, PhD
Development Chair (~ Aug 2024)



Steven Chen, MD
Finance Chair (~ Aug 2024)



Deborah Gracia, DO
Board Chair, Policy and Advocacy Chair (~May 2024)

Staff



Angela Lee, DACM
Project Director

Circle of Advisors

Karen Burt-Imira, MD (Retired)
IM4US Founding Member

Tara Demarco, MA, PhD

Ben Brown, MD
IM4US Founding Member

Fasih Hameed, MD, ABIHM
IM4US Founding Member

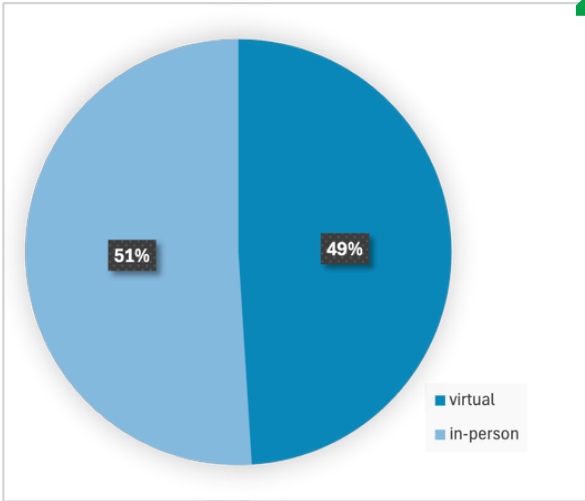
Jeff Geller, MD
IM4US Founding Member

Molly K. Burke, CMT, MFA

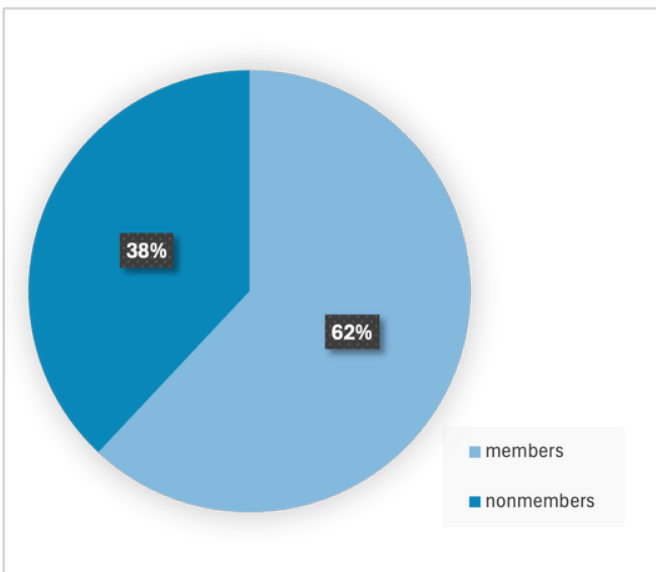
Ariana Thompson-Lastad, PhD

Heather Carrie, MAS

2024 Conference Recap

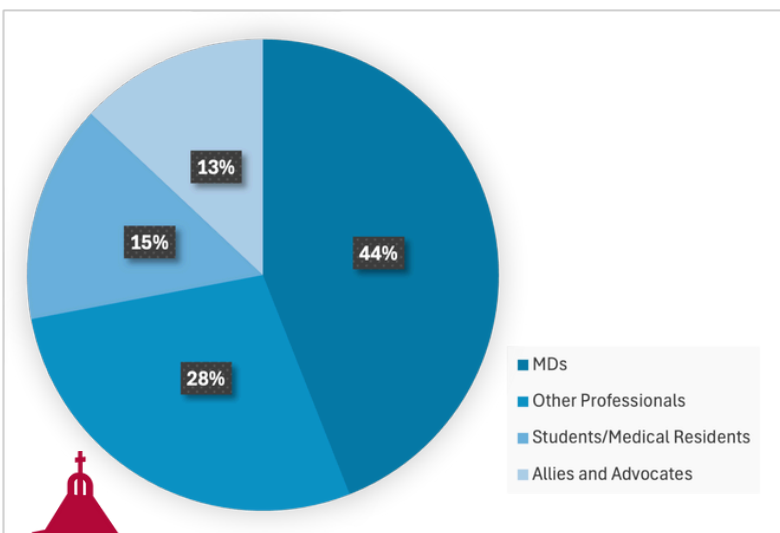


**2024 Conference
Keynote Speaker**
Tieraona Low Dog, MD, ABOIM



**Karen Burt-Imira presented with the
Karen Burt-Imira Lifetime Achievement Award**

**The Spirit of IM4US awarded to:
Marybeth Missenda**



- Other Professions (NP's ND's Chiro Acupuncture RN PA homeopath herbalist ayurvedic practitioner PT MSW/LSW Pharmacy Educators researchers administrators dietitians Midwives Doulas)
- Advocate (CHW's Patients patient advocates those who could not claim CE's)
- Allied Professionals (Yoga Dance Energy workers Health Coaches Indigenous Healers and Curanderas)



**18% increase in
membership since
conference**

The IM4US **Professional Development Scholarship Fund** launched in 2024 to support members who face financial barriers in accessing professional development opportunities such as conferences, training programs, and essential resources provided by IM4US.

This fund aims to promote greater educational and professional opportunities within our organization by providing financial assistance with membership dues, and conference related expenses such as travel and board.

The IM4US **Professional Development Scholarship Fund** ensures that all members can enhance their skills, share knowledge, and contribute to our collective mission, fostering a more diverse and empowered workforce.

THANK YOU TO OUR SPONSORS



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TO ADVANCE EQUITABLE
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THANK YOU TO OUR FUNDERS

Tides' Stronger Together Grant

George Family Foundation

Healing Works Foundation

THANK YOU TO OUR DONORS

Anise Johnson-Rasheed

Anna Bornstein

Anonymous

Jennifer Lawson

Joan Gabriella Heinsheimer

Jude Bornstein-Chau

Margaret Erickson

Michelle Wong

Robert Santo

Shelley Santo

Tara Demarco



IM4US Educational Partnerships

IM4US has new or revitalized partnerships with multiple institutions, with new benefits for many of our members, and we continue to forge partnerships which will both support our members' own learning, as well as help academic institutions engaged in Integrative degree programs offer health-equity oriented training to students who are interested.

IM4US has scholarship opportunities with the following institutions:

UCI/Samueli Integrative Health Institute:

- 50% scholarship and waived the application fee for two IM4US members (MD/DO, NP, or PA). This reduces the cost of the 2-year, 1000-hour Fellowship to \$12,500, with payment options available annually, quarterly, or monthly (which is often the most feasible for participants). These scholarships are competitive and will be awarded on a first-come, first-served basis.
- 30% discount code for any online courses at MedicineLodgeRanch.com, including Dr. Low Dog's herbal course.
- Two Full Scholarships to the Train the Trainer UCI Fellowship for Primary Care and Psychiatry
- Robert McCarron, DO, agreed to provide two full scholarships for his 1-year fellowship. More details about the fellowship can be found in the Continuing Medical Education > Train New Trainers (TNT) Fellowships section on UCI's School of Medicine website. Continuing Medical Education > Train New Trainers (TNT) Fellowships | UCI School of Medicine

University of Arizona IH Fellowship Partnership

- Two 50% scholarships to the 2-year, 1,000-hour Integrative Health fellowship for MD's, DO's and Advanced Practitioners.
- 25% discount on all online courses
- \$75 off courses in the Wellness and Lifestyle series for all IM4US Members

Institute of Functional Medicine

- \$50,000 in scholarships towards IFM's Applying Functional Medicine in Clinical Practice (AFMCP)

Southern California University of Health Sciences

- IM4US is working with SCUHS faculty to develop opportunities for their students to do clinical rotations with IM4US practitioners, as well as working with SCUHS to help them develop their Capstone program, which will launch in 2026

Other Partnerships

IM4US is currently working on partnerships with ACLM (American College of Lifestyle Medicine) and the NY Zen Center. Stay tuned for more information throughout the year

New Membership Levels

In 2025, IM4US will be launching our new Website and LMS (Learning Management System). With the launching of the new tools, the Board and Membership Chairs simplified what had been a complicated membership structure, winnowing over 15 possible membership categories down to 4, now called “Grassroots, Activist, Advocate and Champion”. In addition to simplifying the structure, the new website allows for greater flexibility in payments, allowing members to choose monthly or annual payments, with auto-renew capabilities we did not previously have. IM4US has also revamped organizational memberships.

Membership Level	Activist*	Advocate	Champion
Cost	\$10/mo; \$120/yr	\$20/mo; \$240/year	\$30/Mo; \$360/yr
Auto-Renew Available?*	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Toolkit Access	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Member Directory	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Working Group Participation Opportunities	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
IM Fellowship Scholarship Opportunities**	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Access to Job Postings	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Discounts on Andrew Weil Learnings***	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Discount to Dr. Low Dog's Medicine Lodge Ranch			30%
Annual Conference Discount	Scholarships available	10%	15%
IM4US Online Education Discounts	5%	10%	15%
IM4US Networking Event Discounts	5%	10%	15%
Annual Report Acknowledgement	Optional	Optional	Optional
* Auto-renew is available for annual payments, Monthly payments will be charged automatically for 24 months, then will need to be manually renewed	** Fellowship Scholarship opportunities available to qualified candidates, generally restricted to MD/DO and NP. Please see website pages for more information. (Will include hyperlinks)	*** Andrew Weil Center offers a 25% discount to all online learning events and a flat fee of \$75 for Wellness and Lifestyle Series (WLS) Courses	

NCCIH Coalition/Integrative Health Equity in Fellowship

Integrative Education and research move toward Equity: In 2024, IM4US has been an important participant in two developments that promise to move Integrative Health toward greater Health Equity considerations. The first is inclusion in the NCCIH (National Center for Complimentary and Integrative Health) Coalition for Whole Person Health, launched in 2024. The purpose of the coalition is to “raise awareness about NCCIH and the NIH and how research can inform Integrative, interprofessional, patient-centered, whole person care”. This first meeting of the coalition was largely a recount of what NIH and NCCIH are already doing in the fields of whole health, as well as a brainstorming session of these 70+ groups to develop plans for how NCCIH can continue to foster knowledge about Integrative medicine and whole person health, both within the medical community and to the public. To learn more about this coalition, use the link above. If you are interested in Research and workforce development, you can visit the REACH program or the NCCIH strategic plan.

IM4US has had a deep impact in Integrative Education through the inclusion of the Cultural Misappropriation Subcommittee white paper into the revised core competencies of the Integrative Medicine Fellowships by the Academic Consortium for Integrative Medicine and Health. Although these core competencies are still being reviewed and have not yet been finalized, IM4US has been asked by the Academic Consortium to review and comment, and the new competencies do appear to reflect many of the principles included in the white paper, and which were discussed at our 2024 conference in a presentation by the Core Competencies Working Group. This reflects a new commitment to the principles of Health Equity that had not been embraced to this degree in the previous core competencies, which were written in 2014. The inclusion of some of the viewpoints and processes developed in the white paper by the IM4US subcommittee is an important contribution of IM4US to the wider Integrative Medicine community.



Contact IM4US:

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www.im4us.org