



# 「2022-2023 Annual Report」

Earl E. Bakken Center for  
**SPIRITUALITY & HEALING**

UNIVERSITY OF MINNESOTA

**Driven to Discover®**

# A Message from the Director

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At the Earl E. Bakken Center for Spirituality & Healing, our commitment to wellbeing and human flourishing has never been more evident. In all aspects of our work - from research to community programs to academic courses, we continue to prioritize accessibility, diversity, equity, inclusion, and belonging. I often hear from students and others engaged with the Center how deeply impactful our work is - noting the significant positive effect on their mental health and wellbeing.

Reflecting on the past year, I am so proud of the many ways that Center faculty and staff have contributed to our community. This report is a comprehensive review of the Center's efforts during the 2022 - 2023 fiscal year - and it was quite busy! Understanding that some of you appreciate quick highlights while others prefer more detail, we've added some new features to our Annual Report this year. If you only have time to skim, look for the "Fast Facts" box near the beginning of each section. For those of you who have read all the year's accomplishments and want to know more, you will enjoy following the "Deeper Dive" links.

## OUR COMMITMENT TO EQUITY, DIVERSITY, INCLUSION, AND BELONGING

The University of Minnesota's Earl E. Bakken Center for Spirituality & Healing affirms that the values and lived experiences of our students, faculty, staff, and community members are critical to health and wellbeing.

We explicitly reject bias, discrimination, and exclusion on the basis of race, color, creed, religion, national origin, gender, age, marital status, disability, public assistance status, veteran status, sexual orientation, gender identity, or gender expression.



Quick highlights for 2022 – 2023 include:

- **Health Coaching degree programs redesigned to maximize affordability, accessibility, and relevance**
- **Integrative Health & Wellbeing Research Program has secured nearly \$26 million in NIH funding here and at other institutions**
- **Dr. Tenzin Namdul was appointed to the new Tibetan Healing Initiative Endowed Professorship**
- **Increased focus on the Arts and Healing Initiatives with new Bakken | Immergent collaboration**
- **83 out of 87 Minnesota counties reached through our community engagement programs**
- **Deep engagement to improve student mental health and wellbeing**

In addition to these highlights, I want to honor Dr. Miriam Cameron who retired from the Center's faculty this year. Dr. Cameron started the Tibetan Healing Initiative at the Center more than twenty years ago. Since then, she has supported a growing community of students whose lives have been changed through her courses, including learning abroad opportunities in Dharamsala, India. For many years, Dr. Cameron served as a mentor for Tenzin Namdul, PhD, who now leads the initiative and holds the newly endowed professorship. Though she has retired from teaching, I am pleased that Dr. Cameron, "Mim," will continue to be engaged with the Center as a Senior Fellow.

In closing, I want to express my sincerest gratitude to the Center's staff and faculty. As you review this report, I know that you will be as impressed as I am with the Center team's excellence, creativity, and dedication to our shared mission, vision, and values. I look forward to deepening our impact on human flourishing and wellbeing in the coming year. I also want to recognize and thank University of Minnesota leadership, our colleagues, and the broader community for your partnership and support.



Mary Jo Kreitzer, PhD, RN, FAAN  
 Founder and Director  
 Earl E. Bakken Center  
 for Spirituality & Healing

## WE:

Embrace the definition of diversity offered by the University's Office for Equity and Diversity.

Recognize that it is our responsibility to ensure that diverse opinions and unique ways of knowing inform our curriculum, operations, research, and community relations.

Are committed to engaging students, staff, and faculty from diverse backgrounds.

Know that racism, oppression, and societal disregard for the experiences of marginalized people are significant barriers to wellbeing.

Believe that having access to wellbeing resources is critical for human flourishing.

The Center acknowledges that there is a great deal of work to be done to create a welcoming climate that is equitable and inclusive. We commit to collaborating with University and community partners to expand our programming, resources, and websites to feature more information about diversity, equity, inclusion, and belonging, and why all are critical components of wellbeing.

# Bakken Center

## Overview

At the Earl E. Bakken Center for Spirituality & Healing, we discover, teach, connect, and heal. Established in 1995, the Center has been advancing the health and wellbeing of faculty, students, and staff at the University, in the community, and beyond for nearly 30 years. Internationally recognized as a leader in the field of integrative health and wellbeing, the Center continues to forge new paths for interprofessional education, research, and outreach in Minnesota and around the world.

Administratively aligned with the Dean of the School of Nursing, the Center has a University-wide and interprofessional scope. In June 2020, the Board of Regents approved MPACT 2025, the University's current strategic plan. Inspired by the State of Minnesota, MPACT 2025 reflects the University's commitment to world-class research, teaching, and service, undertaken in the spirit of the University's land-grant mission to equitably create access and innovation at home and with global impact. MPACT 2025 includes the following commitments:

**Student Success**  
**Discovery, Innovation, and**  
**Impact**  
**MNtersections**  
**Community & Belonging**  
**Fiscal Stewardship**

The Center is committed to the University's mission and goals and the 2021 - 2026 strategic plan and its priorities are closely aligned with MPACT 2025. The new ecosystem framework illustrates the Center's impact and includes our updated mission, vision, and values.



# Bakken Center Ecosystem

## WHERE WE FOCUS

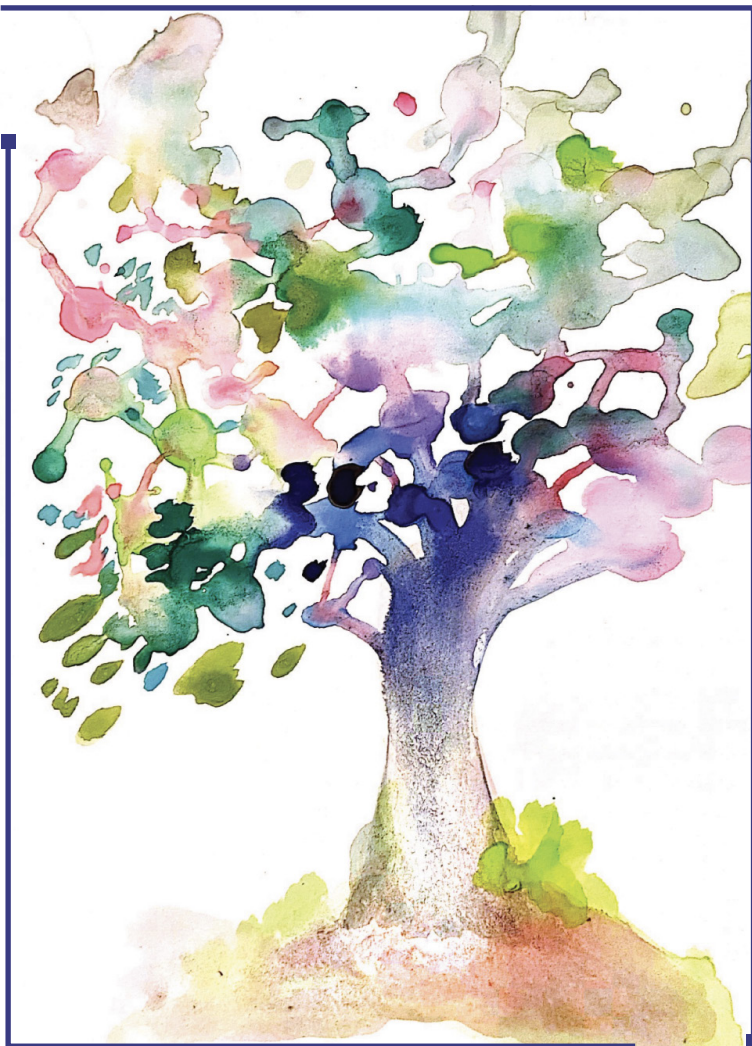
Arts & Healing, Culturally-Based Healing, Food & Health, Health Coaching, Integrative Health, Medicine, & Nursing, Leadership, Mental Health, Mindfulness, Nature-Based Therapies, Pain Management, Self-Care & Empowerment, Spirituality, Stress Management, Wellbeing & Resilience, Whole Person Health, Workplace Wellbeing

## WHO WE SERVE

Alumni, Communities, Donors, Faculty, Healthcare Providers, Health Systems, Media, Organizations, Patients and the Public, Policymakers, Staff, Students

## WHAT WE DO

Community Engagement & Support, Consultation, Education, Research, Service



Whole System • Whole Planet • Whole Person

## Mission

Advance whole health and wellbeing by providing interprofessional education, conducting research, advancing integrative models of care, and delivering innovative community engagement programs.

## Vision

Advance the health and wellbeing of people and the planet.

## Values

Compassion, love, and service motivate and drive our work.

Diversity, equity, inclusion, and belonging are integral components of our culture and operations.

Evidence-informed approaches integrating the best available data and lived experiences shape our actions and decision-making.

Innovation emerging from learning and discovery holds the potential for transforming people, systems, and the planet.

# Bakken Center

## Goals & Priorities

As an integral and unique asset of the University and consistent with MPact 2025, the Bakken Center will:

**Advance rigorous clinical and community-based research to improve population health and wellbeing within and beyond Minnesota**

- Aligns with MPact Goal: Discovery, Innovation, and Impact

**Promote academic excellence and rigor through courses that promote accessibility and student success**

- Aligns with MPact Goal: Student Success

**Serve the state and impact the world's health and wellbeing through outreach and business development efforts**

- Aligns with MPact Goal: MNtersections and Fiscal Stewardship

**Optimize internal and external communications, marketing, and advertising to facilitate achievement of center goals**

- Aligns with MPact Goal: Community & Belonging and Fiscal Stewardship

**Create an organizational culture that promotes equity, inclusivity, diversity, and excellence in the operations of the Earl E. Bakken Center for Spirituality & Healing and enhances the wellbeing of staff and faculty**

- Aligns with MPact Goal: Community & Belonging

**Implement a bold development program that fuels innovation in research, education, and clinical and community programs and services**

- Aligns with MPact Goal: Fiscal Stewardship



The Center's specific annual priorities for 2022-2023 were:

- Improving student, faculty, staff, and community mental health and wellbeing
- Addressing justice, equity, diversity, inclusion, and belonging in all areas of the Center's work
- Advancing wellbeing partnerships internally and externally.
- Addressing accessibility for the Integrative Health & Wellbeing Coaching program
- Expanding the Arts and Healing, Nature-Based Interventions, and Tibetan Healing Initiative





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# Academic Programs

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The Center strives to provide students, professionals, and the community with transformational academic learning opportunities. Our faculty are renowned in their fields and are passionate about broadening their students' worldviews while helping them succeed in interprofessional, team-based work environments. This year, student engagement and wellbeing have been our highest priority. The student experience has been the first consideration when examining our course offerings and services.

In addition to their academic careers, many of our students are also juggling full-time jobs and families. Student mental health is deeply important to the Center and our faculty and staff are always looking for opportunities to provide positive resources. The [Student Wellbeing Guide](#) was distributed widely again this year using distribution channels that included the Academic Advising Network, the Office of Equity and Diversity, the C2 campus-wide communicators network that includes the Office of First Year Programs, the Residence Halls, RecWell, Boynton Health Service, and Student Unions and Activities, and the Diversity Community of Practice, among others.

The Center's Academic Programs and Student Services team supported students and faculty virtually, with in person meetings scheduled as needed. 94% of students surveyed indicated that they preferred connecting with Student Services staff by email, phone, or Zoom. None preferred in person meetings. 100% of students who reached out to the Center's Student Services team reported that they were assisted in a timely manner and received the information they needed.





# Fast Facts

- 74 classes
- 63 faculty
- Shorter, more accessible Integrative Health & Wellbeing Coaching program relaunched as a two year master's or two semester certificate
- 1,867 total registrations during 2022-2023
- Travel courses to both India and Hawaii returned
- 27 graduates
- Course consultations: 16
- New courses launched: 2



# GRADUATE PROGRAMS

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The **POST-BACCALAUREATE CERTIFICATE IN INTEGRATIVE THERAPIES AND HEALING PRACTICES** is an innovative, interdisciplinary program designed to expose students with a prerequisite healthcare background to a global range of integrative, complementary, cross-cultural, and spiritual healing practices. The program enables practitioners to acquire advanced knowledge and skills to enhance their professional careers, their own lives, and the lives of their patients. Qualified students may choose to pursue a Health Coaching track within the Certificate. In 2022-2023, 8 students entered the program, while 10 other students graduated, including 2 who completed the Health Coaching track.

The **MINOR IN INTEGRATIVE THERAPIES AND HEALING PRACTICES** is available to students pursuing master's and doctoral-level degrees at the University of Minnesota. The minor augments the preparation of students in health sciences and other disciplines, by developing knowledge and skills in the emerging field of integrative healthcare. Students complete a core introductory course and choose additional courses in clinical applications, spirituality, or cross-cultural health and healing, based upon their academic goals. During 2022-2023, 17 students were pursuing the minor; 7 of those graduated.

The **INTEGRATIVE HEALTH & WELLBEING COACHING** program includes students enrolled in the Master of Arts in Integrative Health & Wellbeing Coaching program, as well as those in the Health Coaching track of the Post-Baccalaureate Certificate. Admissions were paused this year while the curriculum was revised. 10 students graduated with their MA and 2 students completed the certificate during 2022-2023.

The Master of Arts in Integrative Health & Wellbeing Coaching was the first master's level health coaching degree offered through an accredited university in the United States. Health coaching is an emerging field that partners coaches with clients to help them achieve their overall goals. Integrative health coaches practice from a holistic perspective that views the client as intrinsically healthy, whole, wise, and the ultimate expert in their own healing journey. Although health coaches do not diagnose or treat illness, they assist those with health conditions to enhance their healing and change their lifestyle patterns. The ability to perform this role requires that health coaches have a comfortable working knowledge in both conventional and integrative healthcare.

The University of Minnesota has been a national leader in defining the scope of practice, developing educational competencies and standards of practice, and helping to lead the creation of a national certification exam in Health and Wellness coaching. The Center's Integrative Health and Wellbeing Coaching programs are accredited by the National Board for Health and Wellness Coaching (NBHWC) (<https://nbhwc.org/>).





## Center courses are also required for other University programs, including:

The **Doctor of Nursing Practice program**,  
School of Nursing.

The **Bachelor in Health and Wellbeing Sciences**, College of Continuing and Professional Studies

The **Human Health and Wellness area** of the Bachelor of Individualized Studies program,  
College of Liberal Arts.

The **Health Care Design and Innovation Post-Baccalaureate Certificate**, School of Nursing.

The **Holistic Health & Healing and Whole Systems Healing concentrations** in the Inter-College Program, College of Continuing and Professional Studies.

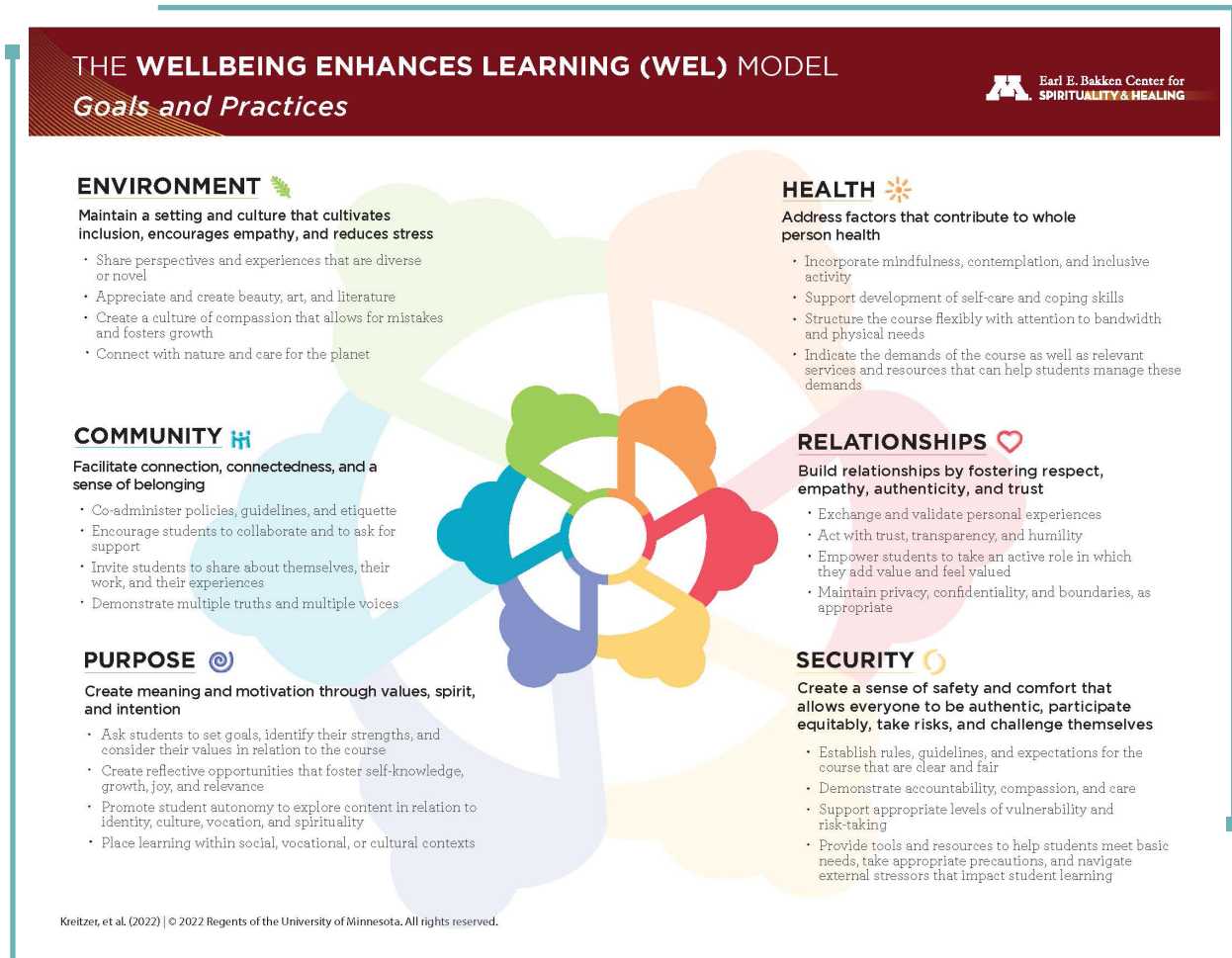
## COURSE UPDATES

The Center's travel courses in Hawaii returned in 22-23 after a long hiatus due to the pandemic. The popular series of integrative healing courses taught on the island of Hawaii was held in January 2023. One nursing student who participated in the courses stated: "One lesson I value from this experience was the reinforcement and a new lens of what it means to provide patient-centered healthcare within a system that can make it difficult to do this. Another thing vitally important was the benefit of this experience to my own wellbeing and the opportunity to set intentions for the upcoming semester and for my future career."

In addition, the Center's learning abroad courses in India are also returning this year:

- **CSPH 5318 Tibetan Medicine, Ayurveda & Yoga in India (May term 2023)**
- **CSPH 5319 Yoga and Ayurveda in India (January 2024)**

# WELLBEING ENHANCES LEARNING MODEL



The Wellbeing Enhances Learning (WEL) Model is the Bakken Center’s teaching and learning framework. With a goal of improving both student and faculty wellbeing, the WEL Model identifies key practices that enhance student wellbeing to improve engagement and learning across six dimensions of wellbeing: health, relationships, security, purpose, community, and environment. The Center’s Learning Resources Group (LRG) has integrated the WEL Model into Center academic courses and shared it widely throughout the University.

Over the past year, the LRG has expanded the reach of the WEL Model across the University of Minnesota system and to other academic institutions through presentations and collaborations with various groups, including:

- **University of Minnesota President’s Initiative for Student Mental Health**
- **University of Minnesota MPACT 2025 Wellness Workgroup**
- **University of Akureyri Centre for Teaching and Learning**
- **Central New Mexico Community College Conference on Teaching and Learning**

# COURSE & FACULTY DEVELOPMENT

## Course Consultation Process

The Learning Resources Group (LRG) is closing out its initial three-year Course Consultation Process pilot cycle. Consultations provide each instructor with a dedicated opportunity for in-depth support to improve their course, try new strategies or technologies, and address any challenges that they have experienced over the years. The process is guided by standardized review categories and reflection questions to ensure all courses are considering specific elements that represent best practices in teaching and learning at the Center. After all courses in the pilot cycle have completed the Course Consultation Process, the Center's Learning Resources Group will summarize key themes and trends from the consultation data to share with faculty and use this information to make adjustments to the process before launching a new cycle.

By offering ongoing consultations, the LRG can provide individualized coaching for instructors, help courses keep pace with the ever-evolving needs of the educational landscape, and elevate the quality and rigor of Center courses. Moving forward, the goal will be for each course to receive a consultation at least once every four years.

When asked what was most valuable about the consultation process, instructors reported that:

**“This process in and of itself is validating what I am doing and what I want to do” and the process helps “guide and support me to do my very best for the student learning process.”**





## Professional Development Workshops

In addition to individual consultations, the LRG offered professional development workshops that were designed in-house, coordinated with University partners, and tailored to the needs or concerns of instructors. This year's workshops focused on strategies for facilitating connection in the learning environment and exploring resources for navigating student mental health concerns. We partnered with the Center for Educational Innovation and Student Counseling Services to deliver two of the workshops.

## LRG Support of Business Development & Community Relations

As the Business Development and Community Relations team has continued to increase its programming and educational offerings, the LRG has been an integral partner in developing high-impact content and resources and designing delivery models that reduce barriers and streamline access for a multitude of unique audiences.

Workshops offered in 2022-2023 instructor workshops include:

- “Community and the Wellbeing Enhances Learning Model” (11/16/22)
- “Facilitating Challenging Conversations” with Ilene Alexander & Clare Forstie, Center for Educational Innovation (11/28/22)
- “Supporting Graduate Student Mental Health” with Meredith Martyr, Student Counseling Services (4/21/23)



# INTERPROFESSIONAL ACTIVITIES

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## 1HEALTH: UMN INTERPROFESSIONAL EDUCATION PROGRAM

Five courses are now approved in the IPE catalog:

CSPH 5101 Introduction to Integrative Healing Practices  
CSPH 5111 Ways of Thinking About Health  
CSPH 5713 Health Coaching for Health Professionals  
CSPH 5806 Wellbeing and Resiliency for Health Professionals  
CSPH 5905 Food Matters: Cook Like Your Life Depends on It

192 learners participated in these courses during 2022-2023.

### BeWELL academic activities

BeWELL is a wellbeing resource committed to providing space, activities, and programming to support the cultivation of community and wellbeing in interprofessional health sciences students at the University of Minnesota. The Bakken Center partners with BeWELL in offering both community relations programming and student-led activities, such as:

- A current student from the Master of Arts in Integrative Health and Wellbeing Coaching program provided free health coaching sessions to health professional students for her internship in CSPH 5705 Professional Health Coaching internship class in Spring 2023.
- Three students participating in the Bakken Center's Hatha Yoga Teacher Training program each offered weekly free yoga sessions for five weeks as part of their internship in the CSPH 4313 Hatha Yoga Teaching Principles & Methodology class in Spring 2023.

### Student Advisory & Leadership Council

During the 22-23 year, the Bakken Center Student Advisory & Leadership Council (SALC) evolved into a student-led council that will elect student leaders who will plan meetings, activities, and recruitment efforts. Three inaugural student leaders were instrumental in planning and implementing this leadership transition:

- **Jennifer Reece, Master of Arts in Integrative Health and Wellbeing Coaching**
  - **Bridget Sturch, PhD Kinesiology/Minor in Integrative Therapies and Healing Practices**
  - **Alexa Tremble, Doctor of Nursing Practice-Integrative Health and Healing**
-

# NEW HEALTH COACHING CURRICULUM

A major focus over the past year has been a review and revision to the Center's Integrative Health & Wellbeing Coaching Program. The revisions resulted in:

- **MA program restructured to 30 credits (formerly 38)**
- **Certificate-HC track restructured to 14 credits (formerly 20)**

The Master of Arts program is now a 2-year program and the certificate program can be completed in only two semesters.

We had 9 students graduate from our MA in Integrative Health & Wellbeing Coaching program. The MA program was re-imagined as a two-year program from a 2.5-3 year program. We hired two new instructors - Stephanie Wagner and Solange Monono.

The new curriculum builds upon existing program strengths of personal transformation, group coaching skills, a strong internship program, the integrative health focus. In Fall 2023, new courses will launch that will increase emphasis on diversity, equity, inclusion, and belonging (DEIB), trauma-informed coaching, and leadership within the health coaching discipline. In addition, this curriculum prepares graduates to transition into healthcare settings including interdisciplinary healthcare teams in preparation for health coaching reimbursement codes.

- The new courses added to include additional DEIB competencies, leadership and management competencies, and trauma-informed care are: **CSPH 5704 Diversity, Equity, & Inclusion in Health and Wellbeing; CSPH 5715 Leadership and Evidence-based Decision Making; CSPH 5708 Mind-Body Science and Trauma-Informed Mental Health**

The revised curriculum is unique because it supports those seeking to become an NBC-HWC as well as those that already are an NBC-HWC and are looking to take their organization and coaching practice to the next level through timely skill development in leadership, management, health equity, and trauma-informed approaches to care.

Due to the program revisions underway, the Center did not admit health coaching masters or certificate students last year. In 2022-2023, there were 18 active students in the master's program, 19 students in the post-baccalaureate certificate program, and 17 students pursuing the graduate minor with graduate programs from across campus.



# NEW HEALTH COACHING FACULTY

Solange Monono

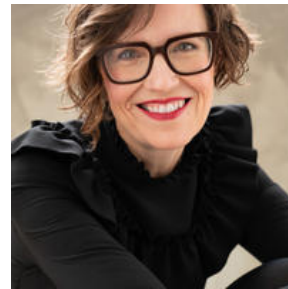


As a National Board-Certified Health and Wellness Coach, Solange works with a diverse group of individuals, helping them become active participants in their wellbeing. She is passionate about increasing health equity, and reducing health disparities, through health coaching in communities of color.

She currently works as a health educator, shared medical appointment coordinator for hypertension management, and chronic disease management health and wellness coach at NorthPoint Health & Wellness Center. Her work focuses on combining health education and health coaching to help people living with chronic illnesses improve their individual health outcomes. Other areas of interest include culturally competent healthcare, and integrating nutrition, exercise, stress management, and mindfulness-based practices within clinical care.



Stephanie Wagner



Stephanie Wagner is a board-certified health and wellness coach, meditation teacher, curriculum designer, group fitness instructor, and teaching specialist at the University of Minnesota with a masters degree in Integrative Health and Wellbeing Coaching from the Center for Spirituality and Healing. Stephanie has a 20+ year career working at an executive level in the world of Corporate Training and Development, where she created and taught large scale training programs in subject areas like coaching, service, and wellbeing.

Stephanie's passion for holistic wellbeing started with an interest in meditation that led her to study with some of the world's most renowned teachers like Yongey Mingyur Rinpoche, Tsoknyi Rinpoche, Sharon Salzberg, and Jetsun Khandro Rinpoche.

As a coach and owner of her own coaching business (Inner Fire Health and Wellbeing Coaching), Stephanie employs mindfulness-based coaching techniques to help people live their best lives--with abundance, ease, and connection--by helping them understand how to leverage self-awareness, self compassion, and their strengths to make positive, sustainable behavior changes. She helps clients and students to cultivate awareness of the triggers and habits that drive them, to help them define strategies to make lasting behavior change.

Stephanie is inspired to bring wellbeing practices to as many people as possible and does so through her work as lead trainer, meditation coach, and meditation teacher with Healthy Minds Innovations, a non-profit affiliated with The Center for Healthy Minds at the University of Wisconsin-Madison--and her work as a meditation teacher within the Tergar Meditation Community. Stephanie has been teaching meditation and co-leading meditation retreats for the past 15 years.

# Student Profile



Earl E. Bakken Center for  
**SPIRITUALITY & HEALING**  
UNIVERSITY OF MINNESOTA

**2022-2023** Bakken Center for Spirituality & Healing

95%

of students responded that they agree or strongly agree with the statement, "Wellbeing significantly improves my academic performance."

## Total Registrations

Summer 2022

198

167 graduate  
31 undergraduate

Fall 2022

867

337 graduate  
530 undergraduate

Spring 2023

802

312 graduate  
490 undergraduate

## Students are enrolled in

51%

Undergraduate program

22%

Master's program

11%

Non-degree seeking

11%

Professional doctoral program

5%

Certificate program

3%

PhD program

70%

of students feel connected to the Center

2

Average number of Center courses previously taken by currently enrolled students

## Four year graduation rate:

95%

of students who take a Bakken Center course report that they will graduate on time



## Students report that taking a CSPH course helped them address:

Stress  
Anxiety  
Depression  
Insomnia  
Self-care  
Chronic pain  
Body image  
Empathy

## How are CSPH courses different from other courses at the University of Minnesota?

- "Bakken Center courses are unlike any courses I have ever taken. I have learned things that I would have never imagined learning in college. They are unique and helpful to my mental health."
- "I felt like I was really cared about as a student. I received meaningful feedback from my professor, and was invited into dialogue with other students about how we personally experienced different treatment modalities and how we'll use them in person."
- "Center courses often start with meditation or taking deep breaths. What a powerful, and at the same time, relaxing way to be open to the course material being presented. Class discussions are lively and encompassing. Whether in-person or online, they are in a format that leads to building friendships and ongoing relationships with colleagues rather than an hour in class and then everyone scrambles out the door."

\*Anonymous quotes were provided by current Center students

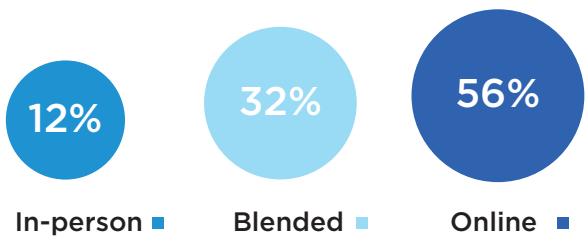


## How will you apply what you've learned in your CSPH course(s)?

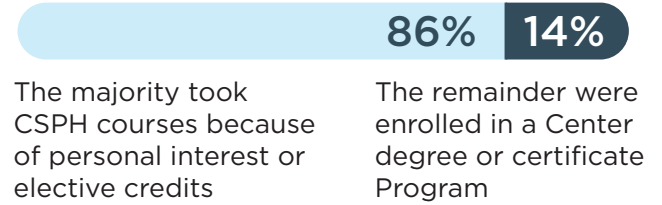
- "I will be able to provide patients with a wider range of care options. Furthermore, I will apply integrative approaches that I have learned about in my daily life to promote health and wellbeing."
- "I will apply what I've learned in my CSPH course to be a better and more culturally-aware healthcare leader."
- "There is so much that I've applied learning from my CSPH courses, from personal self-care practices to identifying and empowering my own self-resilience."

\*Anonymous quotes were provided by current Center students

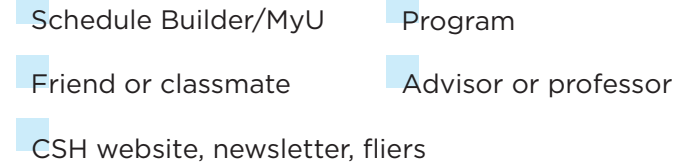
## Course delivery preference



## Why students took Center courses



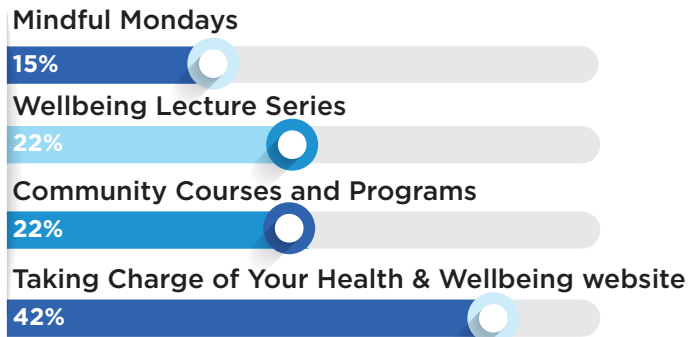
## How students learned about CSPH courses



# 99%

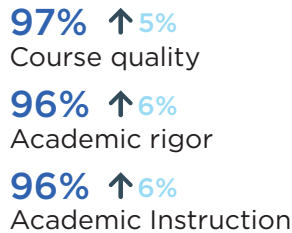
of CSPH students would recommend a Center course to friends, colleagues, or family.

## What other Center resources do students utilize?



## Academic Quality

Students reported that they were satisfied by:



↑ = From last year

## Students enrolled in Center courses report that they have been positively impacted in the following areas of wellbeing:



# 25%

Health, including nutrition, activity, sleep, and how you manage emotion and stress.

# 15%

Relationships, including personal connections that provide support and buffer the negative effects of loneliness.

# 8%

Security, including managing personal safety, dealing with threats and anxiety, and having a healthy relationship with money.

# 22%

Purpose, including application of values, passions, and abilities toward a specific cause or the greater good.

# 16%

Community, including social connections, networks, and resources that create a sense of belonging.

# 18%

Environment, including your relationships with your home, nature, and planetary health.

Note: Students were allowed to choose more than one response

# Program Graduates

## 2022 FALL GRADUATES

### *Master of Arts in Integrative Health and Wellbeing Coaching*

#### **Jessica Flannigan**

Capstone: Group Health Coaching Intervention at the Retirement Transition: A Case Report

#### **Krista Jacobson**

Capstone: Shifting Mindsets in Individuals Impacted by Cancer: A Group Health Coaching Case Report

#### **Lydia Lahmann-Sharbonda**

Capstone: Using Stages of Change to Meet a Client Where They Are: A Health Coaching Case Report

#### **Jana Lundell**

Capstone: Increasing Social Wellbeing in a Pandemic: A Group Health Coaching Case Study

#### **Angela Renee Dobies Polley**

Capstone: Mind-Body Skills to Reduce Burnout: A Health Coaching Case Report

#### **Annika Rolstad**

Capstone: Group Health Coaching to Address Healthcare Worker Burnout During the COVID-19 Pandemic: A Case Report

#### **Britt Stewart**

Capstone: Group Health Coaching for Self-Care in a Demanding World: A Case Report

#### **Krystle Thomas**

Capstone: Managing Stress Through Mindfulness: A Group Health Coaching Case Report

#### **Mai Joua Yang**

Capstone: Improving Self-Care in a Working Mom: A Health Coaching Case Report

#### **Cassandra Zell**

Capstone: Acceptance as a Form of Caregiver Self-Care: A Group Health Coaching Case Report

## 2022 FALL GRADUATES

### *Minor*

### *Integrative Therapies and Healing Practices*

#### **Matthew Laden**

Public Health Nutrition, MPH



## 2023 SPRING GRADUATES

*Post-Baccalaureate Certificate  
Integrative Therapies and Healing Practices-Health Coaching Track*

Larey Swanson  
Mary Troullier

## 2023 SPRING GRADUATES

*Post-Baccalaureate Certificate  
Integrative Therapies and Healing Practices*

Alicia Grund  
Kimberley Hatler  
Amanda Nielsen  
Kelsey O'Neil  
Emma St. Germain  
Angela Todd  
Marcia Wahl  
Amira Young

## 2023 SPRING GRADUATES

*Minor  
Integrative Therapies and Healing Practices*

Mary Lee  
Nursing, DNP

Lindsey Retzer  
Social Work, MSW

Becca Schugel  
Nursing, DNP

Lyndsay Thompson  
Nursing, DNP

Becka Watry  
Nursing, PhD

Shannon Walsten  
Nursing, DNP2

# Supporting Students and Faculty from a Whole Person Perspective



The CSH Academic Team has a unique operations model, working closely together on intersecting facets of student and faculty support that brings a comprehensive perspective, innovative strategies, and personalized approach to our work.

We bring our collective knowledge and experience in University policies and processes, advising, teaching, and technology, along with our emphasis on whole person wellbeing to create an empowering environment in which students and faculty can thrive.

Over the past year, we facilitated deep reflection on various elements of the teaching and learning experience in the Bakken Center courses and programs and helped bring new innovations into the following arenas:



- **Advising:** An enhanced model of student advising has been developed to create more support and pathways for students to succeed. By adding a staff advisor to each student's advising team, students now have a broader network of support to call upon for varying situations.
- **Curriculum:** As part of the new Health Coaching Curriculum development, the CSH Academic Team conducted a market analysis of 13 other MA/MS in Health Coaching programs and facilitated listening sessions with CSH program alumni and stakeholders in the health coaching community. The market analysis and listening sessions validated that the Bakken Center program excels within many critical aspects of health coaching education, and also identified opportunities to carry forward into the updated curriculum that will prepare our students for the needs and trends in the current health coaching workforce, as well as for the future of the profession.
- **Recruitment:** This year we continued with recruiting efforts which included:
  - Internal marketing to other U of M programs (Kinesiology, Community Health, Nutrition, Health & Wellbeing Sciences, and the Bachelor of Individualized Studies
  - Internal marketing to other U of M departments including (College of Continuing and Professional Studies, the School of Nursing, the Pre-Health Student Resource Center, the College of Biological Sciences, the College of Liberal Arts, Trio Upward Bound, BeWELL, the Center for Interprofessional Programs (CHIP), and the Academic Advisors Network.
  - External marketing efforts included marketing to those enrolled in the Earl E. Bakken's Coursera courses and specializations, community partners, those that attended Bakken Center community programming events, and the University of Minnesota Alumni Angle
  - External marketing within other organizations and communities included the Academic Consortium, the National Board for Health and Wellness Coaches, the Sahan Journal, Carbon Sound, Social Media (Facebook, Instagram, LinkedIn), and the University of Minnesota Rochester campus
  - Current Health Coaching students & alumni and more than 900 prospective Health Coaching students who previously expressed interest.
  - In-person tabling events such as the Health Professional School Expo and the Humphrey School Student Organization and Involvement Fair
  - Monthly information sessions were held virtually to increase engagement.

- **Admissions:** In an effort to increase accessibility to our program, we made a number of changes to our admissions process this year:
  - Waived our application fees for all who applied for fall 2023 admission.
  - Removed the \$250 seat deposit.
  - Increased scholarships available to students (see Financial Support)
  - Revised the number of pages required for the written personal statement from 3-5 pages down to 2-4 pages, and added a diversity component to the personal statement.
  - Conducted blind first reviews of all applications.
- **Financial Support:** In addition to the existing A. Marilyn Sime Scholarship, Health Coaching students are now eligible for two additional scholarships introduced this past year, the Smaby Arts & Healing Scholarship and the Maxine G. Strege Scholarship.
- **Engagement:** The student advisory council was updated and elevated to become the Student Advisory and Leadership Council (SALC). We've transformed the group to be student-led and encourage students to drive the agenda, focusing on issues that matter most to our students. Three students were chosen to lead the SALC. To compensate them for their time and expertise, each student leader now receives an annual stipend applied to their student account. [see also SALC section above.]
- **Policies & Procedures:**
  - Dr. Megan Voss, Director of Education worked with a group of current health coaching students to update policies that impact students. The group worked to revise content for the student handbook and to take a trauma-informed approach to student mental health needs during their time in the program. The content also covers how students can tap into and experience community-based health coaching services while in the program.
  - The Student Services team (Erin Fider/Christina Owen) provides guidance to students in interpreting and navigating University policies and processes, taking the stress of these details off students' plates. We provide individual support for students to meet them where they are, identifying their specific needs and providing tailored support.



# Academics Team

**Megan Voss**, Director of Education

**Mary Jo Kreitzer**, Director of Graduate Studies

**Erin Fider**, Academic Programs and Student Services Coordinator

**Christina Owen**, Student Services Specialist

**Cherie Kroh**, Integrative Health & Wellbeing Coaching Program Director

**Kely MacPhail**, Learning Resource Group Director

For a full faculty list, see page 71.

## DEEPER DIVE

**Dr. Cherie Kroh Joins Bakken Center as New Director of Health & Wellbeing Coaching Program**

- <https://csh.umn.edu/news/dr-cherie-kroh-joins-bakken-center-new-director-integrative-health-wellbeing-coaching-program> 🔍

**The Wellbeing Enhances Learning Model -**

<https://csh.umn.edu/wel-model> 🔍

**Supporting Student Successes Through Wellbeing Enhances Learning Model -**

<https://csh.umn.edu/news/supporting-student-success-through-wellbeing-enhances-learning-model> 🔍

**Student Wellbeing Guide -**

[https://csh.umn.edu/sites/csh.umn.edu/files/2023-08/student\\_guide\\_wellbeing\\_101.pdf](https://csh.umn.edu/sites/csh.umn.edu/files/2023-08/student_guide_wellbeing_101.pdf) 🔍

**To explore our academic courses, visit:**

<https://csh.umn.edu/academics/for-credit-courses/overview> 🔍



# Research

Committed to the University's mission as a land grant institution, conducting rigorous complementary and integrative health (CIH) research that can inform health policy, programs, and practices is at the foundation of the Center's work. The Center's current strategic plan includes these goals related to research:

- Empower people to live active and meaningful lives
- Diminish the burden of common and impactful chronic health conditions, with a special emphasis on pain and reducing opioid use
- Address health disparities and promote health and wellbeing for all
- Ensure our research meets the needs of those we serve
- Foster change and innovation in addressing whole person health and wellbeing

## Integrative Health & Wellbeing Research Program

The Center's Integrative Health & Wellbeing Research Program's (IHWRP) success in securing National Institutes of Health (NIH) grant funding has elevated the School of Nursing's national ranking to 14th in the nation, 9th among public universities. With more than \$3 million in the past year alone, the program has directly secured almost \$20 million in direct grant funding and has supported another \$6 million in funding for mentees and colleagues at other institutions over the past 10 years. Currently, there is more than \$5 million in pending grant funding.

In addition to their funding success, team members, including Drs. Roni Evans, Gert Bronfort and Brent Leininger are highly visible and involved with the NIH. Dr. Evans completed four years on the on the National Advisory Council for Complementary and Integrative Health. They also regularly participate in grant review panels and interdisciplinary workshops focused on developing new strategic priorities across multiple NIH centers.

While much of the Program's research is focused on interdisciplinary and non-drug strategies for pain, activity and wellbeing, IHWRP team members have also invested significant efforts to advancing health equity in complementary and integrative health research. The Partners4Pain study is an example of the team's success in creating effective community partnerships to facilitate change. To date the study has surpassed its original enrollment numbers and met important milestones of ensuring 75% of participants are from NIH defined racial and ethnic minority groups. Several IHWRP team members office at the Robert J. Jones Urban Research and Outreach-Engagement Center and routinely host events focused on co-learning and collaboration with diverse communities.

## Fast Facts

- \$17.4M in current Federal research funding, more than \$1M pending
- Mentorship of 3 faculty fellows and 3 post-doc fellows
- High profile Partners 4 Pain Project funded by the NIH HEAL Initiative
- Received additional 2 years of funding from the NCMIC Foundation to fund our fellowship program, for 7 years of continuous funding

**The research environment at the Center is a model of team science and collaboration. Current partnerships include:**

## UNIVERSITY OF MINNESOTA

- School of Nursing
- College of Pharmacy
- Department of Anesthesiology
- Division of Biostatistics
- Department of Medicine
- Medical School
- Robert J. Jones Urban Research and Outreach-Engagement Center
- Department of Biomedical Engineering
- Clinical and Translational Science Institute
- School of Public Health
- Department of Computer Science and Engineering

## OTHER COLLABORATING ORGANIZATIONS INCLUDE:

- University of Pittsburgh
- University of Washington
- Oregon Health and Sciences University
- Duke University
- University of North Texas
- Boston University
- US Department of Veterans' Affairs
- Northwestern Health and Sciences University



# Integrative Health & Wellbeing Research Program Team

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**Oliver Ang**, DSc, PT, MCISc, Clinical Research Fellow, Physical Therapist

**Shraddha Bika**, DC, Physical Therapist

**Gert Bronfort**, DC, PhD, Research Professor

**Roni Evans**, DC, MS, PhD, Associate Research Professor and Director, IHWRP

**Mitch Haas**, DC, MA, Adjunct Professor

**Linda Hanson**, DC, MS, CCRP, Assistant Professor, Assistant Director, IHWRP

**Alex Haley**, JD, MBA, Assistant Professor, Faculty Research Fellow

**John Jodzio**, BA, Grants Manager

**Douglas Kennedy**, PhD, Assistant Professor, Faculty Research Fellow

**Erika Kennedy**, BA, Community Coordinator

**Jake Kremer**, DC, Physical Therapist

**Brent Leininger**, DC, MS, Assistant Professor

**Amy McGarress**, BA, Project Coordinator

**Craig Schulz**, DC, MS, Assistant Professor, Faculty Research Fellow

**Don Thorpe**, DC, Chiropractic Clinician, Postdoctoral Research Associate

**Blong Vang**, DC, Chiropractic Clinician, Postdoctoral Research Associate

**Jenny Walter**, APRN, CP, Nurse Practitioner

**Emma Ward**, BS, Community Facilitator

**Lynn Winkel**, DC, Chiropractic Clinician, Postdoctoral Research Associate

# Partners4Pain (P4P) Project

People with pain who face social challenges are often underrepresented in research. This includes people who identify as a member of racial and ethnic minority groups, and those with less financial resources. They also are the same people who experience more severe pain and have less access to helpful treatments. P4P is an exciting project that is aiming to make pain management more equitable.

Funded by the National Center for Complementary and Integrative Health through the Helping to End Addiction in the Long Term Initiative, the project brings together patients, community members, organizations, and researchers to address the pain and opioid crisis. Through the cultivation of authentic community partnerships, we are co-creating pain resources to address peoples' needs. Partner organizations include the YMCA of the North, YWCA St. Paul, HueMan Partnership and the University of Minnesota's Robert J.Jones Urban Research and Outreach-Engagement Center.

The P4P project is also guided by a Community Advisory Team of local leaders.

- Merrie Benasutti, Office of Public Engagement, University of Minnesota
- Ronda Chakolis, Minnesota Board of Pharmacy
- Nawal Hirsi, M Health Fairview
- Clarence Jones, HueMan Partnership
- Carmen Robles, Conversaciones de Salud
- Bruce Yang, YMCA of the North
- Makeda Zulu, Robert J.Jones Urban Research and Outreach-Engagement Center, University of Minnesota

## Meet the team:

<https://www.partners4pain.org/about/team> 

## Have Pain? Tell Your Story

<https://www.partners4pain.org/people-with-pain/share-your-story> 



## DEEPER DIVE

**It Takes a Community: Integrative Health and Wellbeing Research Program is working with community leaders to expand access to drug free back pain treatments -**

<https://csh.umn.edu/news/it-takes-community> 🔍



## Other Center Research Activities

In addition to the Integrative Health and Wellbeing Research Program, the Center supports other faculty research activities based in the Center or in their tenure/tenure-track homes. These include providing funds to colleagues developing a pathway to a research career in integrative health and wellbeing. Through the A. Marilyn Sime Research Fellowship, the Center is currently supporting 50% of Dr. Erica Timko Olson's faculty position so that she can focus on developing research on the topic of nature-based mindfulness approaches to support health and wellbeing of young adults living with or surviving cancer.

Kevin Jiang was recently notified that he was one of only 26% of applicants to receive an Interdisciplinary Doctoral Fellowship from the Graduate School for the 2023-24 academic year. The title of Kevin's project is "Applying Codesign to Integrate Health Coaching with Bimodal Neuromodulation to Provide a More Accessible and Effective Treatment for Hearing Disorders." He will work closely with the Center and our health coaching program on his project. Kevin's fellowship is the result of an emerging partnership with Hubert Lim, a professor in Biomedical Engineering and Otolaryngology.



# IHWRP GRANTS

## SPINAL MANIPULATION AND PATIENT SELF-MANAGEMENT TO PREVENT BACK PAIN CHRONICITY (**BRONFORT**)

**Major Goals:** The US is in the midst of an unprecedented pain management crisis, with chronic pain affecting over one third of adults. Low back pain (LBP) is the most common chronic pain condition exacting a huge toll on society in terms of suffering, disability, and costs, including those related to opioid misuse, addiction, and overdose. Consequently, improving front-line LBP management with non-drug treatments that can prevent LBP from turning chronic has become a critical public health priority.

**Project Number:** 5UH3AT008769-01

**Source of Support:** National Institutes of Health -- National Center for Complementary & Integrative Health

**Project/Proposal Start and End Date:** 07/01/19-06/30/2024

**Total Award Amount:** \$10,789,737

## TESTING TWO SCALABLE, VETERAN-CENTRIC MINDFULNESS-BASED INTERVENTIONS FOR CHRONIC MUSCULOSKELETAL PAIN: A PRAGMATIC, MULTISITE TRIAL (BURGESS)

**Major Goals:** The goal of this project is to test the effectiveness of two nonpharmacological evidence-based interventions on reducing chronic musculoskeletal pain among male and female Veterans.

**Project Number:** NH170001

**Site PI:** Roni Evans

**Source of Support:** US Department of Defense (DoD)

**Primary Place of Performance:** Minneapolis VA Medical Center, Minneapolis, MN

**Project Start and End Date:** 05/15/2018-05/14/2024

**Total Subaward Amount:** \$497,074

**Total Award Amount:** \$5,196,876

## PARTNERS FOR PAIN & WELLBEING EQUITY: A RANDOMIZED TRIAL OF COMMUNITY SUPPORTED COMPLEMENTARY AND INTEGRATIVE HEALTH SELF-MANAGEMENT FOR BACK PAIN (**EVANS/LEININGER**)

**Major Goals:** Back pain is one of the most common and disabling chronic pain conditions in the United States. Most cases remain poorly managed and many sufferers face barriers to equitable care which has led to unacceptable disparities in back pain management, with Black and Hispanic Americans, as well as individuals with less education and income, experiencing poorer outcomes. This project aims to address barriers that currently exist within the healthcare system by co-developing with community stakeholders, accessible evidence-based complementary and integrative health approaches that can be offered in community settings.

**Project Number:** R61AT012309

**Source of Support:** National Institutes of Health

**Primary Place of Performance:** University of Minnesota

**Project/Proposal Start and End Date:** 07/01/2022-06/30/2027

**Total Award Amount:** \$6,109,388

# IHWRP PENDING GRANTS

## REACHING RURAL VETERANS: APPLYING MIND-BODY SKILLS FOR PAIN USING A WHOLE HEALTH TELEHEALTH INTERVENTION (RAMP-WH) (BURGESS)

**Major Goals:** The goal of this project is to conduct a hybrid type 2 effectiveness-implementation multi-site randomized pragmatic trial to rigorously evaluate the next generation of multi-component complementary and integrative telehealth intervention with the goals of improving chronic pain and subsequent long-term adoption in the VA healthcare system.

**Site PI: Roni Evans**

**Source of Support:** VA (National Institutes of Health prime)

**Project/Proposal Start and End Date:** 7/1/2023-6/30/2028

**Total Estimated Award Amount:** \$5 million total funding including subcontracts

## SPINAL MANIPULATION AND PATIENT SELF-MANAGEMENT TO PREVENT BACK PAIN CHRONICITY EFFECTIVENESS-IMPLEMENTATION MULTI-SITE TRIAL (**BRONFORT**) - ADMINISTRATIVE SUPPLEMENT

**Major Goals:** The US is in the midst of an unprecedented pain management crisis, with chronic pain affecting over one third of adults. Low back pain (LBP) is the most common chronic pain condition exacting a huge toll on society in terms of suffering, disability, and costs, including those related to opioid misuse, addiction, and overdose. Consequently, improving front-line LBP management with non-drug treatments that can prevent LBP from turning chronic has become a critical public health priority.

**Source of Support:** National Institutes of Health

**Project/Proposal Start and End Date:** 7/31/23-7/30/24

**Total Estimated Award Amount:** \$469,049

Note: As of October 1, 2023, both of these grant applications have received notice of funding.





# OTHER FACULTY GRANTS:

## EXAMINING WHOLE-PERSON HEALTH AND RESILIENCE OF AGING WOMEN IN THE UNITED STATES AND TURKEY (**AUSTIN**)

**Project #:** N/A

**Source of Support:** Global Health and Social Responsibility Global Health Seed Grant - University of Minnesota

**Primary Place of Performance:** University of Minnesota

**Project Start and End Date:** 07/01/2023-06/30/2028

**Total Award Amount:** \$24,864

## DESIGNING USABLE TECHNOLOGIES FOR OLDER ADULTS VIA DATA-DRIVEN WHOLE-PERSON USER PERSONAS (PILOT GRANT/P30) (**AUSTIN**)

**Project #:** P30AG073105

**Source of Support:** University of Pennsylvania, The Penn Artificial Intelligence and Technology (PennAITech) Collaboratory

**Primary Place of Performance:** University of Minnesota

**Project Start and End Date:** 07/01/2022-02/01/2024

**Total Award Amount:** \$146,675

## RESEARCH EVALUATING VAGAL EXCITATION AND ANATOMICAL LINKS (REVEAL) (OSBORN)

**Project #:** 1U54AT012307

**Site PI:** Prabhjot Nijjar

**Source of Support:** National Institutes of Health

**Primary Place of Performance:** University of Minnesota

**Project Start and End Date:** 10/2022 - Ongoing

**Total Award Amount:** \$21 million

## PACES (POST ACUTE CARDIAC EVENT SMOKING) STUDY (BUSCH)

**Project #:** R01 HL136327-01

**Co-Investigator:** Prabhjot Nijjar

**Source of Support:** National Institutes of Health NHLBI

**Primary Place of Performance:** University of Minnesota

**Project Start and End Date:** 07/2018 - Ongoing

**Total Award Amount:** \$497,508 (subcontract)

## ALIVE (SAFETY AND EFFECTIVENESS OF THE REVIVENT TC TRANSCATHETER VENTRICULAR ENHANCEMENT SYSTEM)

**Site Co-Investigator:** Prabhjot Nijjar

**Source of Support:** BioVentrix, Inc.

**Project Start and End Date:** 2016 - Ongoing

## IMPACT OF MINDFULNESS-BASED STRESS REDUCTION ON STRESS AND ENDOTHELIAL FUNCTION IN POST-MENOPAUSAL BREAST CANCER SURVIVORS USING AROMATASE INHIBITORS (BLAES/EVERSON-ROSE)

**Project #:** CPRC # 2019NTLS139

**Co-Investigator:** Prabhjot Nijjar

**Source of Support:** Masonic Cancer Center

**Project Start and End Date:** 02/2020 - Ongoing

## RAPID COMPREHENSIVE CARDIAC MRI EXAM FOR DIAGNOSIS OF CORONARY ARTERY DISEASE (AKCAKAYA)

**Project #:** R01 HL153146-01

**Co-Investigator:** Prabhjot Nijjar

**Source of Support:** National Institutes of Health NHLBI

**Project Start and End Date:** 5/26/20 - 4/30/25

## NORTH AMERICAN COVID-19 TIBETAN MEDICINE OBSERVATIONAL STUDY (NACTMOS) (**NAMDUL**/TIDWELL)

**Sources of Support:** Foundation for Psychocultural Research, International Association for the Study of Traditional Asian Medicines, Arizona Friends of Tibet

**Performance Sites:** University of Minnesota and UW-Madison

**Project Start and End Date:** 2020 - Ongoing

**Total Award Amount:** \$20,000

## COGNITIVE AND PHYSICAL RESILIENCE AND ALZHEIMER'S DISEASE IN TIBETAN MONASTIC COMMUNITIES (**NAMDUL**/MACLEHOSE/BUCHWALD)

**Sources of Support:** School of Public Health, University of Minnesota.

**Project Start and End Date:** 2020 - Ongoing



# Outreach & Business Development

Critical to the University's tripartite mission, outreach—including public engagement and business development—has always been a Center priority. The University and broader community look to us for resources to mitigate stress and anxiety, and improve wellbeing and human flourishing.

While maintaining a virtual format for most programs for greater accessibility, the Center began offering limited in-person programming as an option with some of its programming for the community and organizations this year. The "Sliding Scale" pricing model has been extended to all fee-based Center programs to remove barriers to participation. During the past year, 45% of our program participants paid \$0, 12% paid a scholarship fee, 39% paid the suggested registration fee, and 4% paid the supporter fee. Electronic communication platforms spread the word about our programs and resources including our monthly Mindfulness Newsletter (6,000 recipients), Wellbeing Program newsletter (19,500 recipients), Free Wellbeing Webinar participant newsletter (9,161 recipients), Current (25,000 recipients), and other direct marketing emails to leads generated from our programs. With 83 out of 87 Minnesota counties engaged with the Center, these strategies have been successful in engaging Minnesotans.

## Fast Facts

- Center programming reached 83 out of 87 Minnesota counties, supporting the University's commitment to service that extends across the entire state.
- 61,500 registrations, with more than 15K unique registrants, for our weekly Mindful Mondays and monthly free webinar series.
- 57% of attendees participated for free or at a reduced rate due to the sliding scale fee structure implemented to increase accessibility and support wellbeing and flourishing in our community.
- *Taking Charge of Your Health & Wellbeing* has a 91% trust index and more than 3 million unique visitors per year
- On average, more than 93% of past participants in with Mindfulness at Work and Wellbeing & Resilience for Health Professionals programs were very satisfied or satisfied and more than 75% reported a reduction in stress.
- The Center's business development team reached more than 3,000 people this year through 60 speaking engagements and custom programs. These efforts included partnerships with 25 University departments and student groups in addition to external organizations.



# Our long-term outreach initiatives include:

## Taking Charge of Your Health & Wellbeing

This informative, interactive site with evidence-based, reliable information on topics in integrative health and wellbeing attracts more than 3 million unique visitors per year from all over the world. The anxiety and depression sections are among the most highly visited pages.

<https://www.takingcharge.csh.umn.edu/> 🔍

## Mindfulness Programs

Our community mindfulness classes have served thousands of people from beginners to advanced practitioners.

They include:

- » Mindful Mondays (20,600 participants registered more than 50,200 times)
- » Introduction to Mindfulness
- » Mindfulness-Based Stress Reduction
- » Half-Day Mindfulness Retreats
- » Mindfulness Newsletter (Nearly 6,000 subscribers)
- » Mindfulness at Work – offered completely online to the community and either online or onsite for organizations

<https://csh.umn.edu/for-community/mindfulness-programs/overview> 🔍

## Wellbeing Leadership Retreat Series


The Wellbeing Leadership Retreat Series is a creative blend of programming that includes experiential learning, independent study, and small group cohorts. The series offers a whole person, whole systems approach for health professionals that improves the wellbeing of individuals, teams, and organizations, and focuses on personal growth and wellbeing, whole systems leadership, and organizational transformation. The program emphasizes practices that are simple, concrete, powerful, and inspiring. Cohorts of this program have been offered online since the pandemic.

<https://csh.umn.edu/for-organizations/for-health-organizations/wellbeing-leadership-series-for-health-professionals> 🔍

### Taking Charge of Your Survivorship


This site provides safe, reliable, and evidence-informed information about how to navigate life from diagnosis of a life altering disease, through treatment, and beyond survivorship.

The site helps build community for individuals who have been diagnosed with cancer, hematologic, metabolic, or genetic disorders. It serves as a tool to help individuals and caregivers explore their sense of self and to connect with a community that understands what they have gone through. Finally, it is a resource for individuals looking to adapt integrative health practices into their lives. There is plenty of well-intended, yet misguided information about how to use various integrative therapies; but, not all practices are safe or appropriate for every person.

<https://www.takingcharge.csh.umn.edu/survivorship/> 

### The Wellbeing Lecture Series

Through this series, the Center brings wellbeing thought-leaders to the University to inspire our work and educate the community, organizations, life-long learners, and the University community through this series. Past speakers like Nicole Cardoza, Brene Brown, Atul Gawande, Michael Pollan, Dan Siegel, Kristen Neff, Charles Duhigg, Otto Sharmer, Jon Kabat- Zinn, Rhonda Magee, Celeste Headlee, and Katharine Wilkinson have explored a range of topics including planetary health, anti-racism, the importance of social wellbeing, racial reconciliation and healing justice, purpose, vulnerability, food and wellbeing, gratitude, technology, implementing change, and mindfulness, among others. This year, the series featured Dr. Sara King, Drs. Lindsay and Lexie Kite, and Andrew Schulman.

<https://csh.umn.edu/for-community/wellbeing-series/overview> 

### Coursera

#### Integrative Nursing Specialization

Launched in July 2020, nearly 28K unique visitors have viewed the Integrative Nursing site and almost 4,200 people enrolled this year. Courses included in the current specialization are:

- » Introduction to Nursing
- » Aromatherapy: Clinical Use of Essential Oils
- » Guided Imagery
- » Mindfulness in Integrative Healthcare
- » Acupressure NEW

#### Integrative Health and Medicine Specialization

Launched in April 2019, more than 235K unique visitors have viewed the site and almost 23K people have already enrolled.

Courses included in this specialization are:

- » Introduction to Integrative Therapies and Healing Practices
- » Mindfulness in Integrative Healthcare
- » Aromatherapy: Clinical Use of Essential Oils
- » Guided Imagery
- » Herbal Medicine

<https://csh.umn.edu/academics/online-learning/coursera-specializations> 

“I love these Monday sessions and hope they are repeated in the fall and winter. Also, I plan to donate, because I truly like the ZOOM sessions. I am 89 years old and traveling sometimes is difficult. Thanks a million for sponsoring these wonderful exercises.”

## Other programs that were offered in the past year included:

- **The Center hosted nurses and nurse assistants from M Health Fairview who were invited to a day of wellbeing across three retreat dates.** The retreat included presentations on self-acupressure, mindfulness, nutrition, and music and healing. There were massages available and other practices to promote relaxation and rejuvenation. The funding for this program was provided by a grateful patient family as a thank you for the nurses' care of their family member and their ongoing hard work.
- **The Center partnered on Minding Your Bladder (MYB): An interdisciplinary project led by Dr. Rahel Nardos, associate professor and director of Global Women's Health at the University of Minnesota's Medical School.** The project includes experts in physical therapy, psychology, and mindfulness (Center expert, Mariann Johnson). The project will result in a digital platform that will provide practical, evidence-informed education and resources to support and strengthen bladder health. Other Center team members on this project include Kely MacPhail, Director of the Learning Resources Group, who serves as the project manager, and Dr. Mary Jo Kreitzer, who serves as a MYB project advisor, and Sue Nankivell, Director of Business Development and Community Relations. The College of Education and Human Development and Academic Technology Support Services also contributing to this project.
- **The Center relaunched the Food Matters for Health Professionals Continuing Education** (<https://csh.umn.edu/for-community/programs-for-health-professionals/food-matters-for-health-professionals-continuing>) course in an online format, increasing access to the program. This course uses hands-on cooking, experiential learning activities, patient education resources, and case-based discussions to address the role of food in specific health conditions and its function in health promotion and disease prevention. This program, led by Center faculty Jenny Breen and Kate Shafto, enhances both provider and patient wellbeing.
- The Center continued our partnership with the Medical School's Integrative Psychiatry & Wellness team to host Nutritional Approaches to Support Mental and Cognitive Health, which was led by Dr. Crystalin Montgomery and reached nearly 1,200 people.
- Mental Health and Nutrition Workshops engaged 1,173 attendees
- More than 80 health professionals participated in the online Wellbeing & Resilience for Physicians & Health Professionals program



- The Center hosted the ongoing Integrative Nursing Webinar Series as a way to cultivate the integrative nursing community between International Integrative Nursing Symposia while continuing to position the Center as a leader in this field
  - Monthly Wellbeing Webinars engaged more than 11,000 people and topics included:
    - **From Ageism to Age-Friendly**
    - **Trauma and Trauma Symptoms**
    - **The Healing Power of Gardens**
    - **An Introduction to Mental Wellbeing: Lessons from The Years in Asia**
    - **Radical Transformational Leadership**
    - **Life-Affirming Creativity in Times of Distress**
    - **Exploring the Role of Spirituality in Enhancing Resilience and Wellbeing**
    - **The Science of Social Justice: An Interdisciplinary Approach Towards Healing Intergenerational Trauma**
    - **Building Your Body Image Resilience**
    - **Whole Person Approaches to Managing Pain**
    - **The Role of an End-of-Life Doula**
  - The ongoing, 4-year partnership with the Minnesota Orchestra to provide music and healing program opportunities to the community continued this year with a Music, Mindfulness and Healing theme and included sliding scale pricing to increase access. This successful collaboration led to the Center being invited to participate in a Music and Healing concert with conductor Sarah Hicks and the full orchestra. The Center also provided consultation on an ongoing initiative to position the Minnesota Orchestra as a leader in the music and healing space, including a concert and digital series.
  - The Center is excited about a new collaboration with Immergent, Molly Jane Sturges Productions, and Dr. Hubert Lim to launch an innovative, creative, and impactful project called “Waking the Oracle” in Minnesota. This work, along with projects with the Minnesota Orchestra and the Minneapolis Institute of the Arts, is inspiring a renewed focus on the Center’s work in the Arts in Healing.
  - The Center provided a resource table at several large-scale community events to increase visibility of programs and resources, reaching thousands of event attendees. This included the Sustainability Action! Fair at the University of Minnesota’s Welcome Week, the Minnesota State Fair, FirstGen Week, the University of Minnesota’s Juneteenth Celebration, and many more health and wellbeing events.
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In addition to our community programs and events, the Center worked in a business development capacity with organizations on more than 60 speaking engagements and programs. Within this scope, we partnered with 25 University departments and student groups, and reached approximately 3,000 people in total. These efforts included the development and delivery of multi-session programming on mindfulness and wellbeing tailored to meet the unique needs of Minnesota's business and nonprofit sectors. Ongoing partnerships in this area include Room and Board, MN Legal Services Staff Support, the Minneapolis Institute of Art, and the MN Landscape Arboretum. Wellbeing & Resilience for Health Professionals programming was launched in healthcare organizations outside of Minnesota, advancing provider wellbeing nationwide.

The Center's Outreach and Business Development area includes the Director of Business Development and Community Relations, the Programs and Events Manager, a Business Development and Community Relations Associate, a Mindfulness and Wellbeing Instructor, and several Mindfulness facilitators. In addition, the Community Engagement Committee (see Center Governance) cultivates partnerships, formal and informal, within and beyond the University of Minnesota that leverage expertise, give voice to diverse perspectives, and expand and diversify audiences.





## Outreach and Business Development Team

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**Sue Nankivell**, Director of Business Development and Community Relations

**Molly Buss**, Community Relations Program and Events Manager

**Amy Jensen**, Business Development & Community Relations Associate

**Mariann Johnson**, Mindfulness Instructor

See page 71 for a list of the Mindfulness facilitators.





## Advancing diversity, equity, inclusion, and belonging

The Center's commitment to equity, diversity, inclusion, and belonging includes recognizing that it is our responsibility to ensure that diverse opinions and unique ways of knowing inform our curriculum, operations, research, and community relations. Efforts in the outreach and business development area this year included:

- Eric López Maya, PhD, Director of the Mexican Institute for Mindfulness, and a Teacher-Trainer in Mindfulness-Based Stress Reduction program for Brown University's Mindfulness Center, led a highly interactive and experiential daylong in-service training, Mindfulness is for Everyone: An Inquiry into Diversity within MBSR and Mindfulness, to reflect on issues of diversity and inclusion when teaching mindfulness. The importance of teaching from a trauma-informed perspective was also explored, along with potential changes and modifications to the current MBSR curriculum. Center MBSR and mindfulness facilitators as well as community mindfulness facilitators who work outside the University system were invited to participate to support ongoing professional development for Minnesota's secular mindfulness instructors.
- The Center worked diligently this past year to expand and develop a group of mindfulness facilitators to teach its highly-regarded weekly Mindful Mondays program. Facilitators were chosen for their teaching experience, dedication to personally practicing mindfulness, and commitment to the inclusion of BIPOC communities in wellbeing and mindfulness programming. The three new instructors, Alvina Brueggemann, Chance York, and Tenzin Namdul, have been extremely well-received participants.
- Active development and recruitment of instructors from diverse communities interested in training to become qualified or certified MBSR instructors. Working with colleagues at Brown University's Mindfulness Center, Center staff have facilitated a process for interested mindfulness practitioners to apply for Brown's first multi-year MBSR teacher-training program specifically designed for marginalized mindfulness practitioners and communities. Eventually, the hope is these instructors will go on to teach MBSR at the Center and serve as community leaders in teaching more inclusive and culturally-appropriate MBSR and mindfulness programming.
- The Center is a member of the Rural Collective to help increase awareness of wellbeing resources available throughout Minnesota; participated as a member of the Age-Friendly University Council to provide wellbeing resources to retirees, older Minnesotans and life-long learners.
- The Center is a member of the Whole Person Health Initiative at the Morrison Family College of Health at the University of St. Thomas, in pursuit of integrative health equity; and the Twin Cities Coalition for Whole Person Care housed at Northwestern Health Sciences University, also in pursuit of integrative health equity.
- The Center participated in the University of Minnesota's Juneteenth Celebration. This year's event was centered around Black joy, Black resistance, and Black rest. Information about the Center's wellbeing program opportunities and resources was shared and registration to each of our mindfulness programs was donated to the event's raffle. Finally, Mindful Mondays facilitator Chance York led a workshop titled Emancipate your Mental State.
- The Center hosted a resource table highlighting our wellbeing program opportunities and resources for the University of Minnesota's FirstGen Week for students who are first-generation college students.
- A two-hour wellbeing workshop was offered to the President's Emerging Scholars Summer STEM program, which included 90 students, many of which were from diverse and underrepresented populations.
- The Center is represented on the Age-Friendly University Council. The Council believes: We all benefit from intergenerational approaches and exchanges; Lifelong learners bring experience and perspective that enrich education; Diversity, equity, and inclusion are central pillars to all the work we do; Ageism is a pervasive form of bigotry that must be challenged and eliminated.



## DEEPER DIVE

**Mindfulness is for Everyone** -  
<https://csh.umn.edu/news/mindfulness-for-everyone> 🔍



# Operations

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The 2021 - 2026 Bakken Center for Spirituality & Healing Strategic Plan includes this critical goal:

Creating an organizational culture that promotes diversity, equity, inclusion, belonging, and excellence in the operations of the Center and enhances the wellbeing of staff and faculty.

Center leadership regularly evaluates how we work, communicate, and collaborate. We know that a healthy and engaged work environment is critical to faculty and staff wellbeing and impacts retention and engagement. With campus and offices open as the pandemic fades, a hybrid work model has emerged as the most beneficial to the work and to employee wellbeing. Center staff and faculty have flexible work arrangements and value time in the office when it is important to meet colleagues, clients, and/or students.

Whether we are working remotely or on-site, respectful, consistent, and transparent communication is key to a healthy work environment. Our biweekly, all staff “Huddles” are one strategy to keep us connected and up to date on each other’s needs and priorities.

Other ongoing strategies that foster connection and engagement are:

- **Bi-weekly Huddles - each opens with meditation/reflection led by team members**
- **1:1 Meeting with Supervisors**
- **1:1 Meetings with Colleagues**
- **Area Meetings**
- **Biweekly Leadership Council Meetings**
- **Annual Leadership Council Retreat**
- **Beacon - biweekly staff and faculty newsletter**
- **Kudoboard for birthdays**
- **Wellbeing Days for staff and faculty - biannual, in-person**

The Center’s operations area covers supports these efforts and provides strategic planning and direction, fiscal management, communications, philanthropy, and facilities management. In addition, the operations team maintains critical relationships with senior leadership, University Relations, the Office of the General Counsel, Sponsored Projects Administration, Sponsored Financial Reporting, the University of Minnesota Foundation, and the School of Nursing to support Center initiatives.

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## Operations Team

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**Mary Jo Kreitzer**, Center Founder and Director

**Pamela Cherry**, Administrative Director

**Kit Breshears**, Communications Director

**Virginia Kaczmarek**, Development Officer

**Anz Johansen**, Office Manager and Assistant to the Director

**Jacques LeRouge**, Digital Communications Specialist

**Jaidev Gallakota**, Graduate Research Assistant

**Cole Garcia**, Student Designer

**Alex Ruiz Shimada**, Student Designer

**Maeve Li Mikal**, Student Communications Associate

**Sam Fedderly**, Designer

# FISCAL MANAGEMENT

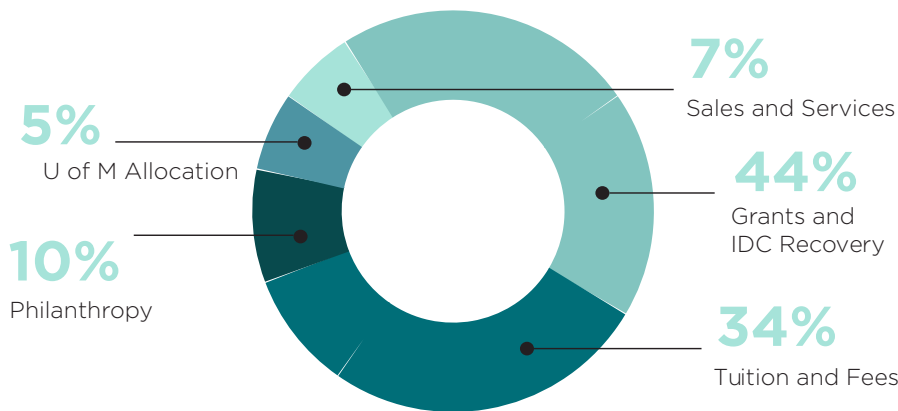
The Center maintains a diverse portfolio of revenue sources including tuition, philanthropy, grant funding, and services contracts and sales, along with a small amount of O&M (University) allocations. With only minimal funding from the University, the Center has an entrepreneurial spirit since its inception nearly 30 years ago. Careful stewardship has always been a priority for the Center.

The breakdown of revenue and expense categories for this reporting period appears in the charts that follow. Expenditures neared \$7 million. Research funding cycles and varying enrollment trends create some budget variability and while the Center has averaged 3-5% growth annually, it is anticipated that the next fiscal year’s operating budget will remain at current levels.

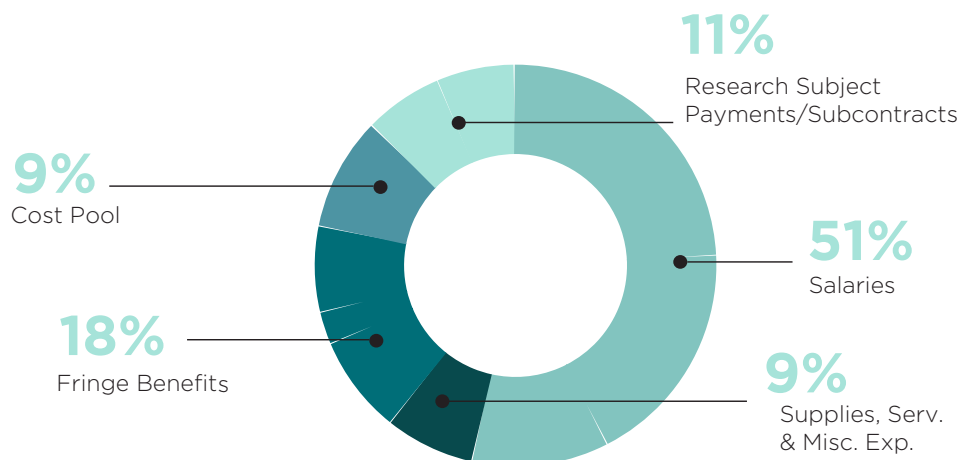
## Fast Facts

- \$5.7 M annual budget
- 60 Faculty and 29 staff

## F23 REVENUE SOURCES



## F23 EXPENSE CATEGORIES



## PHILANTHROPY


It has been a successful year for the Center's development program. With less than a year in the position, Center Development Officer, Virginia Kaczmarek has forged important relationships at the University of Minnesota Foundation and within the School of Nursing development team.

The Center was able to secure a gift and additional pledges to establish an endowed lead for the Tibetan Healing Initiative (THI). This legacy gift ensures that THI will continue to thrive. Fundraising efforts are still ongoing with the donors heavily engaged in support of these efforts. The THI lead will be a chair or professorship, depending upon the final amount raised. The Center is hoping to replicate this model of passionate donor support in other areas to build and diversify our faculty.

Philanthropic funds continue to average 10% of the Center's annual revenue base. These funds are used for endowed positions, to support programs, and fund strategic initiatives. The Center's fundraising priorities include:

- **Investing in student success**
- **Expanding and strengthening academic programming**
- **Empowering people and communities through education and engagement**
- **Expanding whole-person care**
- **Fueling research and discovery**
- **Supporting growth and sustainability**





# Fast Facts

- \$1.8M raised in 2022-2023
- 40% of gifts to the Center are from University of Minnesota Alumni

## DEEPER DIVE

Read more about how partnership with philanthropists and faculty support successful initiatives -

<https://csh.umn.edu/news/new-vision-for-tibetan-healing> 🔍

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# Donor List

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## Heritage Society: Planned Giving

- Richard & Eleanore M. Kosydar

## Benefactor Circle: \$1M+

- Miriam E. Cameron & Michael Ormond

## Partner Circle: \$250K to \$500K

- NCMIC Foundation Inc

## Innovators Circle: \$50K to \$100K

- Lucy & Peter Ascoli

## Builders Circle: \$5K to \$50K

- Mary T. Benson
- Earl and Doris Bakken Foundation
- George Family Foundation
- Judith Mayzel
- Medtronic and Medtronic Foundation

## Caring Circle: \$1K to \$5K

- Pamela Cherry & Shane Stubblefield
- David E. Drinkwater
- Bradley A. Fuller & Elizabeth S. Lincoln
- Michael J. & Susan F. Johnson
- Joseph & Mary Jo Kreitzer
- Catherine A. Mayer
- Mightycause Charitable Foundation
- Michael P. Perry
- Steven L. Savitt & Gloria L. Kumagai
- Toni G. Wolfman



## Friends of the Bakken Center: \$0 to \$999

- Larry S. Ahl
- Jason D. Allyn-Schwerin
- Gordon & Dorothea Anderson
- Julie D. Andrus
- Jean Archambeau
- Constance Archbald
- Sharon A. & Douglas G. Bakker
- Drake B. Bauer
- Pat D. Becerra
- Mary V. Benedict
- Lyndsay Benedict
- Helene Benitez
- Blackbaud Giving Fund
- Rochelle J. Brandl
- Christopher "Kit" Breshears & Duane E. Orlovski
- Gert Bronfort
- Katherine N. Bruhn
- Georgine L. Busch
- Sarah L. Butler
- Ruth E. Bygness
- Nancy L. Christiansen
- Rachel M. Clevenger
- Judith E. Connor
- Bernadette Corley Troge & Gary Troge
- Mary K. Cowles & Brendan P. Holly
- Stephanie Creger
- Marilyn E. Curtis
- Sara L. Danzinger
- Deborah J. Davis
- Dianne M. Del Giorno
- Kathleen Dennison
- Vivian Deutsch
- Margaret A. Dietrich
- Pam Dryer
- Mary A. Dunn
- Carol J. Emery
- Judith A. Ericksen
- Marianne H. & Darryl A. Erlien
- Roni L. Evans
- Trudy M. Farrell
- Jess Fauchier
- Marsha J. Finkelstein
- Matthew & Marcia Floding
- Denise M. Fogel
- Dr. Bernice M. Folz
- Mark Fowler
- Bruce L. & Paula B. Freidson
- Elizabeth A. French
- Sonja M. Froyen
- Eileen F. Furlong
- Johanna Gaskins
- Jane K. Gibson
- Brian L. & Alexa E. Giddings
- Margo A. Gisselman
- Joseph M. Grayden & Jean M. Wilhelm
- Karen E. Greer
- Ann C. Grindland
- Sharon Guiser
- Brenda L. Gunderson
- Kylene Guse
- Theodore J. Haaf
- Susan Haddow
- Loriene S. Hammond
- Kirsten L. Hansen
- Kay Harris
- Paula K. Hentges
- Andrew Hesbacher
- Gail Hesselbrock
- Beverly Hlavac
- Bernard E. & Kathy Horwath
- Steven T. & Shelly Howe
- David A. & Constance L. Howe-Vielmetti
- Jean H. & Jim L. Jansen
- Michael Jaszewski & Amber Carroll
- Alejandro & Mindi A. Jimenez
- Lynda A. John
- Mariann Johnson
- Kelli A. Johnson
- Bill Jones & Denise M. Flaherty
- Kathleen A. Jones
- Catherina J. Kipper
- James A. & Annearle M. Klein
- Klein Family
- Stephen P. Krekelberg
- Lorrie Kummeth
- Patricia Kurtz
- Michelle M. Lamere & Scott Jones
- Kristy & Paul J. Lappinga
- Krissy L. Leehane
- Margaret M. & John E. Lintula
- Donna Long
- Jeffrey H. & Barbara J. Mandel
- Lu Anne B. Martell
- Barbara A. & Charles R. Matthees
- Ellen M. McDonald
- Christina E. McGovern
- Colleen M. Meyers
- Charles B. & Lesa W. Monroe
- Karen S. Moon
- Rick Moore
- Regina Moran & Tom Greve
- Mary A. Murray
- Sue B. Nankivell

- Erik & Jennifer Nelson
- Edith M. Nelson
- David A. & Laura Nemetz
- Network for Good
- Huong Nguyen
- Hoang Uyen X. Nguyen
- Viann Nguyen-Feng
- Lori J. Nicol
- Irene Njoroge
- Dian Norcutt
- James Norman
- Theresa A. Nutt
- Jean R. O'Brien
- Kathleen A. O'Brien & Jeffrey H. Loesch
- O'Brien Family Trust
- Laurel A. O'Gorman
- Steven W. & Cheri A. Olerud
- Karen P. Olson
- Patricia A. Olson
- Beth M. Olson
- Mary K. Olson
- Corey & Chris A. Ophus
- Clark E. & Jeanette E. Parker
- Jacqueline L. Parsons
- Patricia Olson
- Sonnia Peters
- Doug Pham
- Luann Phillitich
- Carl F. Polnaszek
- Patricia K. & Robert E. Porter
- Rebecca Quaid
- Colin L. & Julie A. Reichhoff
- Lori L. Reynolds
- Steven & Kim Rixen
- Mary K. & Charles A. Romportl
- William H. Rosevear
- Mary A. Rossi
- Suzanne Ruegg
- Louise Sanderdon
- Jennifer A. Schember-Lang
- Leslie R. & Daniel B. Schmidt
- James V. & Denise L. Schoster
- Jim & Sandra K. Schuh
- Dale R. & Holly J. Schuveiller
- Beth Sexton
- Jennet C. & Greg M. Silverman
- Serena I. Sjolund
- Ian & Heather M. Skinner
- Mariah Snyder
- Kate Solis Silva
- Annemarie J. Solon
- Beth I. Somerville & William H. Metrey
- Wyman L. Spano & Marcia L. Avner
- John C. & Mary Kay Sprangers
- Mark J. Stanfield & Rosemary Stanfield-Johnson
- Jane F. Stein
- Ipek U. Stephenson
- Trudy Stone
- Kimberly Strickland
- Martha Sullivan
- Kristin G. Sweeney
- William A. Talley
- Trisha Taylor
- Philip & Harriet Terry
- Pamela J. Terry
- Ellen R. Thayer & Kevin D. Schroeder
- Susan K. & Mark R. Thompson
- Shelley E. Thron
- Robin M. Tomsyck
- Sue M. Towey
- Melanie Tucker & George M. Brown
- Mark S. & Alexa E. Umbreit
- US Bank Foundation
- Ann L. Van de Winckel
- Chanda Vaniman
- Jeanne M. Voigt
- Terri Wallace
- Janet L. Walters
- Jeanne A. Walz
- Thomas W. & Pamela Warnke
- Steven R. & Marci K. Weiland
- Dorothea M. Weisman
- Keri Wiese
- Emily R. & Andrew R. Winter
- Linda L. Woock
- Edwin L. Worrell
- Tanya M. & Charles B. Wright
- Silvia T. Yueh
- Ying Zhang
- Yelena Zolotarsky
- Gretchen M. Zunkel
- Jon M. & Cathy S. Buggy
- James D. Alt & Deborah K. McKnight
- Kenneth M. & Julie Riff
- Daniel F. Vogel
- Virginia Kaczmarek
- Elizabeth A. Martin
- Dennis & Sylvia Pedersen
- Sally J. Humphries Leider & Richard J. Leider
- Judith A. Libertus
- Alan C. & Kirsten J. Langohr
- Denise M. Pedersen Engen & Scott A. Engen
- Jean E. & Mark T. Schroepfer
- Patricia M. Stewart & Bernard S. Fritz
- Erik F. Storlie & Tamara L. Kaiser
- RSP Architects Ltd
- Seek Wellbeing Wellness & Medical Housecalls
- And more anonymous supporters

# Communications

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The Bakken Center's award-winning Communications team supports each area of the Center's work, including philanthropy, business development, community relations, academic and student services, and research. Additionally, this team of diverse communicators and designers manages the **Taking Charge of Your Health & Wellbeing, Taking Charge of Your Survivorship**, and the Center's primary websites.

In close coordination with the aforementioned work groups, Kit Breshears, the Center's communications director, develops an annual strategic communications plan that addresses unique goals in each group; an overarching set of communications objectives is then developed from those specific goals.

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# Fast Facts

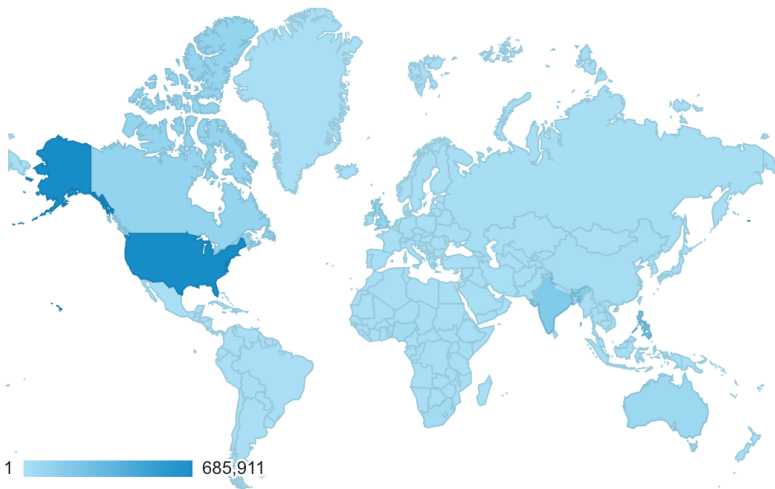
- Developed novel and innovative new methods - including social media, print, and digital advertising - to recruit for the Integrative Health & Wellbeing Research Program's PACBACK study, which successfully met recruitment goals early. 1,000 participants were enrolled. More than 10,000 were screened.
- CSH.UMN.EDU relaunched to meet current design and content presentation trends.
- Following an identified need for increased employee/internal communications, Beacon, the Center's employee newsletter - launched in 2022. To better communicate with student populations, we also launched a student newsletter in 2022. Both receive a higher than average open rate of more than 60%.
- With a November 2023 re-launch of the Taking Charge website, a new staffing need arose, which was a graduate assistant who could write articles and update/synthesize research on this widely-used website. Jaidev Gollakota, a master's student in public health student, has filled this critical role.



# Taking Charge of Your Health & Wellbeing

## 2022 – 2023 Facts and Statistics

\*Data range July 15, 2022 – July 15, 2023



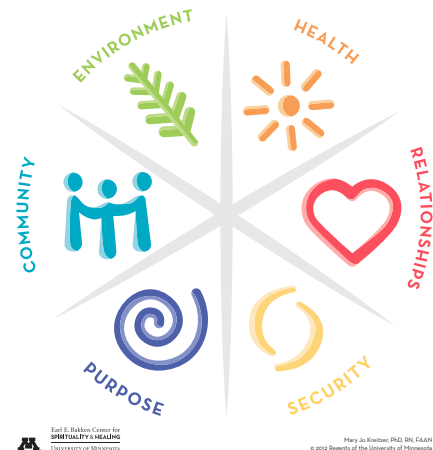
## TOP 10 COUNTRIES

1. USA 685,911 (39.77%)
2. PHILIPPINES 225,435 (13.07%)
3. INDIA 172,258 (9.99%)
4. UNITED KINGDOM 90,227 (5.23%)
5. CANADA 79,593 (4.61%)
6. AUSTRALIA 59,335 (3.44%)
7. NIGERIA 29,233 (1.69%)
8. SOUTH AFRICA 28,959 (1.68)
9. CHINA 24,240 (1.41%)
10. MALAYSIA 18,196 (1.05%)

# 167,000,000

Times Taking Charge has shown up in search results in from January 2022 – July 2023

## WELLBEING



**1.7** million **2.5** million  
**Users** **Pageviews**

## TOP PAGES

What is Spirituality?

What is Life Purpose?

How Does Nature Impact Our Wellbeing?

What is Physical Activity and Fitness?

What Impact Does the Environment Have On Us?

Homepage

Can Money Buy Happiness?

How Does Food Impact Health?

How to Deal with Fear and Anxiety

What is the Mind-Body Connection?

Mobile



55.3%

Desktop



43%

Tablet



1.7%

What device are people using?

91/100

DOMAIN AUTHORITY

\* measure of how successful a site is when it comes to search engine results

### TOP DAYS OF THE WEEK

WEDNESDAY #1

TUESDAY #2

MONDAY #3

THURSDAY #4

SUNDAY #5

FRIDAY #6

SATURDAY #7

ACQUISITION

ACQUISITION

ACQUISITION

81% ORGANIC SEARCH

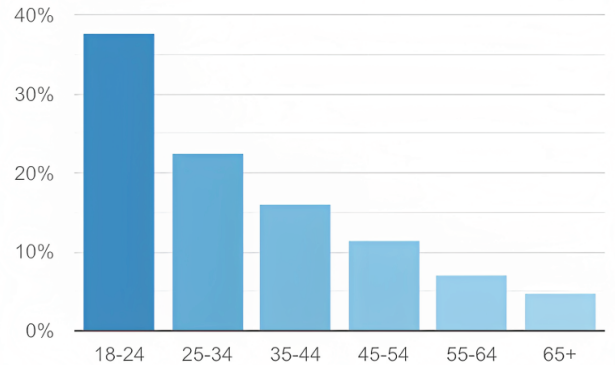
13% DIRECT

4% REFERRED

2% OTHER

Age

31.39% of total users



### TOP SOCIAL MEDIA REFERRALS

- 1. FACEBOOK
- 2. YOUTUBE
- 3. INSTAGRAM
- 4. TWITTER
- 5. PINTEREST
- 6. LINKEDIN
- 7. REDDIT

### TOP SEARCH TERMS

SPIRITUALITY, WHAT IS SPIRITUALITY, REFLEXOLOGY, PURPOSE OF LIFE, PHYSICAL ACTIVITY, SPIRITUALITY MEANING, MIND BODY CONNECTION

## MEDIA RELATIONS

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Our wellbeing content expertise has actively supported the community with media appearances by Mary Jo Kreitzer, Megan Voss, Mariann Johnson, Jeannie Larson, Roni Evans, Gert Belfort, Cherie Kroh, Carolyn Porta, Teddie Potter, Tenzin Namdul, and more. Media placements include:

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Talking with UMN

MN Daily

Everyday Health

MPR News

Chiropractic  
Economics

Star Tribune

Minnesota Physician



## MEDIA PARTNERS

The Center's Communications team deeply understands that to reach new and diverse audiences, we must cultivate and nourish relationships with diverse media partners. Our advertising and media partners include:



# Goals for FY24 & Alignment with University of Minnesota Priorities

As noted earlier in this report, the Center's 2021-2025 strategic plan is consistent with the commitments established in MPact 2025, the University of Minnesota's systemwide strategic plan. While high-level goals continue from year to year, priorities, tactics, and measurable actions are updated annually.

## **The Center's strategic priorities for FY24 are:**

- **Improving student, faculty, staff, and community mental health and wellbeing**
- **Addressing equity, diversity, inclusion, and belonging in all areas of the Center's work**
- **Support the mentorship/development of new researchers in integrative health and wellbeing**
- **Expanding Arts and Healing initiatives**
- **Increase enrollment and retention in the Center's academic programs**
- **Further alignment between the Integrative Health & Wellbeing Coaching program and the health coaching workforce**

# AWARDS & ACHIEVEMENTS

## AWARDS & RECOGNITION

**Roni Evans**

2023 Jerome McAndrews Pioneer Award-NCMIC, Research Agenda Conference

**Gert Bronfort**

2023 Jerome McAndrews Pioneer Award-NCMIC, Research Agenda Conference

**Tenzin Namdul**

2023 Emerging Alumni Award. College of Liberal Awards. University of Minnesota





## COMMITTEES & BOARDS

### **Andrew Barnes**

Society for Research in Child Development, 2014 - Present

International Society of Hypnosis, 2009 - Present  
Minnesota Society of Clinical Hypnosis, 2008 - Present  
American Society of Clinical Hypnosis, 2006 - Present  
Society for Developmental and Behavioral Pediatrics, 2006 - Present

American Academy of Pediatrics, Fellow, 2003 - Present

### **Jenny Breen**

Eat for Equity, Advisory Board Member 2018 - present  
Homegrown Minneapolis Food Policy Council, 2022 - present

### **Kit Breshears**

Chair-Elect of the University of Minnesota Professional & Administrative (P&A) Senate, University Senate, All-University Honors Committee, Diversity Community of Practice Communications Leadership Committee, University of Minnesota Diversity Community of Practice, UMN MarCom Crisis Response Team

### **Gert Bronfort**

BMC Journal Chiropractic and Manual Therapies Editorial Board, Member, 2002 - present  
Cochrane Cervical Overview Group, McMaster University, Member, 2000 - present  
Cochrane Back and Neck, Editorial Board Member, 2004-Present  
Institute for Engineering in Medicine, University of Minnesota, Member, 2015 -present  
National Institutes of Health, Grant reviewer, 2002 - Present

### **Molly Buss**

University of Minnesota's Events Circle, University of Minnesota's Wellbeing Champions, University of Minnesota's Public Engagement Network, University of Minnesota's Diversity Community of Practice

### **Pamela Cherry**

Diversity Community of Practice, University of Minnesota, Member (ongoing)

### **Roni Evans**

Chiropractic and Manual Therapies, Editorial Board Member, 2018 - present

### **Jean Fagerstrom**

Twin Cities Vipassana Collective, Retreats Coordinator, 2022-2024

### **Erin Fider**

CourseDog Implementation Working Group, 2022 - present

DegreeCat Catalog and Curriculum Planning and Graduate Education Advisory Groups, 2021 - 2022  
Graduate Program Coordinators Network Leadership Team, 2020 - present

### **Amy Jensen**

University of Minnesota's Events Circle, University of Minnesota's Wellbeing Champions

### **Mariann Johnson**

Appointed Advisory Board Member, State of MN, Office for Collaboration and Dispute Resolution; Council Member, Ethics and Reconciliation Council, Common Ground Meditation Center, Minneapolis, MN; Board Member, Dharma Ground, Stinson Beach, CA.

### **Doug Kennedy**

President's Initiative for Student Mental Health, University of Minnesota, Allyship and Early Detection Group Subject Matter Expert, 2021-2024

### **Mary Jo Kreitzer**

Bakken Museum Board, 2017-present  
Gilda's Club Medical Advisory, 2017-present  
IHEAR Advisory Board, T35 Fellowship, University of California - San Francisco, 2021-present  
International WELL Building Institute Advisory, Co-chair, 2021-present  
Journal of Integrative and Complementary Medicine Editorial Board, 2021-present  
MPACT Work Group, University of Minnesota, 2021-current  
University of California - Irvine Chancellor's Integrative Health Advisory Board, 2018-present  
University of Cincinnati Center for Integrative Health

## COMMITTEES & BOARDS CONTINUED

and Wellness Advisory Council, 2020-present  
 University of Minnesota Consortium on Law & Values  
 Executive Committee, 2021-current  
 University of Minnesota School of Public Health  
 Consortium on Aging, 2021-current  
 Whole Health in the States (WHITS) Steering  
 Committee, Academic Consortium for Integrative  
 Medicine and Health, 2022-present

### **Cherie Kroh**

University of Minnesota Medical School Wellbeing  
 Committee Health Dimension, Advisor, 2023 - 2024

### **Jean Larson**

Regional Sustainable Development Partnership, Board  
 Member, 2022 - 2025

### **Brent Leininger**

Journal of Manipulative and Physiological Therapeutics  
 Editorial Board  
 National Institutes of Health's NCCIH Training and  
 Education Review Panel  
 National Institutes of Health's National Institute of Child  
 Health and Human Development Review Panel

### **Kely MacPhail**

President's Initiative for Student Mental Health,  
 University of Minnesota, Allyship and Early Detection  
 Group Subject Matter Expert, 2021-2024

### **Tenzin Namdul**

Interprofessional Death, Dying, and Disposition  
 (DDD) Task Force. Center for Interprofessional Health,  
 University of Minnesota, 2023-present

### **Sue Nankivell**

University of Minnesota Diversity Community of  
 Practice; Age-Friendly University Council Member;  
 Rural Collective member; Whole Person Health  
 Initiative committee member; Twin Cities Coalition for  
 Whole Person Care committee member.

### **Prabhjot Nijjar**

Circulation: Cardiovascular Imaging Editorial Board,  
 Member, 2022-present

### **Barbara Nordstrom-Loeb**

Dance/Movement Therapy Certification Board, Chair,  
 2022-2025  
 Alternate Route Educators Subcommittee, Core team  
 member, 2019-2023

### **Jenzi Silverman**

The Medical Musician Initiative, Board of Directors  
 member and Secretary, 2019-2023

### **Megan Voss**

INTEGRATIVE MEDICINE & HEALTH SYMPOSIUM  
 Program Committee Co-Chair, Chicago, Illinois, 2022 -  
 2023

### **Merra Young**

Tergar Minneapolis/St. Paul Meditation Center Practice  
 Leadership & Program and Community Dharma Leader  
 Retreat Planning Committee

# SELECTED PRESENTATIONS

**Ang, O.** Psychometric measurement properties of patient- and observer-reported outcome measures on spinal mobilizations and manipulations for children with diverse medical conditions: a systematic review. Canadian Orthopedic Symposium 2023. Calgary, Alberta, Canada. April 2023.

**Ang, O.** Psychometric measurement properties of clinician-reported and performance-based outcome measures on spinal mobilizations and manipulations for children with diverse medical conditions: a systematic review. Canadian Orthopedic Symposium 2023. Calgary, Alberta, Canada. April 2023.

**Austin, R.R.,** Rajamani, S., Jantraporn, R., Marquard, J. An App Aided Approach to Collecting and Examining Patient-Generated Social Determinants of Health Data. ANIA Annual Conference. Louisville, KY. May 10-12, 2023

**Austin, R.R.,** Rajamani, S. Toward Clinical Adoption of Standardized mHealth Solutions. Health in the Digital Era Conference. Saudi Arabia Virtual. March 14, 2023

**Austin, R.R.,** Jantraporn, R., Marquard, J., Michalowski, M. Designing Usable Technologies for Older Adults via Data-Driven Whole-person User Personas. AI+Tech and Aging (A2) National Symposium Artificial Intelligence and Technology Collaboratories (AITC). Baltimore, MD. March 8, 2023

Friedman J, Taylor B, Campbell E, Allen K, Bangerter A, Branson M, **Bronfort G,** Calvert C, Cross L, **Evans R,** Ferguson J, **Haley A,** Meis L, Burgess D. Gender differences in post-traumatic stress disorder severity, pain catastrophizing, interference, and intensity in Veterans: baseline findings from the Learning to Apply Mindfulness to Pain study. USASP Conference 2023. Durham, NC. April 2023.

**Cameron, M.E.** History of the Tibetan Healing Initiative (THI). Bakken Center Celebration of the Tibetan Healing Initiative," University of Minnesota, Nov. 23, 2022

**Cameron, M.E.** The Tibetan Healing Initiative. Senior Fellows Gathering, Bakken Center, University of Minnesota, April 20, 2023.

**Erickson, E.** Mind-Body Medicine for Balance & Resilience, Allina Health, Minneapolis, MN, November 4, 2022 and December 2, 2022

**Erickson, E.** Fight, Flight or Freeze: Understanding the Power of the Stress Response, Allina Health, Minneapolis, MN, November 3, 2022 and December 1, 2022

**Evans, R., Leininger, B.** Partners for Pain & Wellbeing Equity: A Randomized Trial for Community Supported Complementary & Integrative Health Self-Management for Back Pain NIH HEAL Investigators



Conference. Washington DC. Feb 2023.

**Evans, R.** Community Engagement. NIH HEAL Investigators Conference: Health Equity in Pain Management Satellite Meeting. Washington DC. Feb 2023.

**Evans R.** Whole Person Approaches to Managing Pain. Earl E. Bakken CSH Webinar Series. Minneapolis, MN. March 2023.

Calvert C, Taylor B, Bangerter A, Branson M, Cross L, **Evans R**, Allen K, **Haley A**, Ferguson J, Friedman J, Campbell E, Meis L, Burgess D. How mindfulness predicts pain and comorbidities: a cross-sectional study of veterans with chronic pain. USASP Conference 2023. Durham, NC. April 2023.

Burgess D, Calvert C, Bangerter A, Branson M, Cross L, **Evans R**, Ferguson J, Friedman J, Campbell E, **Haley A**, Hennessy S, Kraft C, Mahaffey M, Matthias M, Meis L, Serpa G, Taylor S, Taylor B. Do mindfulness interventions cause harm?: Findings from the Learning to Apply Mindfulness to Pain study. USASP Conference 2023. Durham, NC. April 2023.

**Flannigan, S.** Everyday Mindfulness Practices for Rebalancing and Resilience. Three Rivers Park District. St. Anthony, MN. March 15, 2023.

**Johnson, M.** Cultivating Wellbeing and Resilience, Mindfully. Eastview Elementary. Lakeville, MN. August 24, 2022.

**Johnson, M.** Enhancing Resilience and Wellbeing through Mindful Self-Leadership Thrivent. Minneapolis, MN. August 30, 2022.

**Johnson, M.** Panelist discussion. UMN The Toaster Innovation Hub. Minneapolis, MN. September 30, 2022.

**Johnson, M.** Enhancing Wellbeing through Resilience. MN Social Service Assc. (MSSA). Live via Zoom. October 5, 2022.

**Johnson, M.** Session 1: Embodying Wellbeing and Resilience. Minnesota Institute of Art (MIA). Minneapolis, MN. November 1, 2022.

**Johnson, M.** Enhancing Wellbeing through Mindfulness. MN English Language Program (MELP). Minneapolis, MN. August 30, 2022.

**Johnson, M.** Mindfulness in K-12 Education Settings. 11/8/2022. Eastview Elementary. Lakeville, MN. November 8, 2022.

**Johnson, M.** Mindfulness for Wellbeing. 11/8/2022. University of Minnesota Research on Eating and Activity for Community Health (REACH). Minneapolis, MN. November 8, 2022.

**Johnson, M.** Befriending and Managing Stress. Minnesota Institute of Art (MIA). Minneapolis, MN. November 10, 2022.

**Johnson, M.** Enhancing Resilience and Wellbeing, Mindfully. MN Legal Services State Support. Live via Zoom. November 30, 2022.

**Johnson, M.** Mindfulness: A Self-Care Tool for Enhancing Wellbeing. University of Minnesota Physical Therapy Program. Minneapolis, MN. December 5, 2022.

**Johnson, M.** Enhancing Relationships at Work and at Home. Minnesota Institute of Art (MIA). Minneapolis, MN. December 9, 2022.

**Johnson, M.** Music Meets Mindfulness OR Enhancing Wellbeing through Music and Mindfulness. 12/13/2022. The New Century Club. St. Paul, MN. December 13, 2022.

**Johnson, M.** Gift of Mindfulness. MAPS Patient Safety Conference. Live via Zoom. January 12, 2023.

**Johnson, M.** Cultivating Emotional Resilience and Wellbeing through Mindful Self-Leadership. League of Minnesota. Stillwater, MN. January 13, 2023.

**Johnson, M.** Mindfulness in Schools. 1/18/2023. Longfellow Alternative High School. Minneapolis, MN. January 18, 2023.

**Johnson, M.** Virtual Orientation to Programs for Lifelong Learners & Older MNs. University of Minnesota Center for Healthy Aging and Innovation. Live via Zoom. March 15, 2023.

**Johnson, M.** Enhancing Resilience through Everyday Self-Care Practices. University of Minnesota School of Public Health Division of Epidemiology and Community Health. Via Zoom and in Minneapolis, MN. March 30, 2023.

**Johnson, M.** Enhancing Resilience and Wellbeing, Mindfully. University of Minnesota College of Pharmacy. Via Zoom and in Minneapolis, MN. April 11, 2023.

**Johnson, M.** Psychiatry Compassion Rounds. University of Minnesota Department of Psychiatry. Live via Zoom. April 12, 2023.

**Johnson, M.** Wellbeing Leadership and Resilience in Times of Change and Transition. University of Minnesota Libraries. Minneapolis, MN. May 3, 2023.

**Johnson, M.** Everyday Mindfulness: Practical Approaches and Tips for Our Community's Elders and Caregivers. Normandale Center for Healing and Wholeness. Edina, MN. May 13, 2023.

**Johnson, M.** Design Justice - University of Minnesota The Art of Freedom: A Juneteenth Celebration. Robert J. Jones Urban Research and Outreach-Engagement Center (UROC). Minneapolis, MN. June 17, 2023.

**Johnson, M.** University of Minnesota Age-Friendly University Day Presentation. Center for Healthy Aging and Innovation. Minneapolis, MN. June 26, 2023.

**Johnson, M.** Otolaryngology Resident Wellbeing Sessions. M Health Fairview 7C. Minneapolis, MN. January - February 2023.

**Johnson, M.** Music & Mindfulness Series with the MN Orchestra. Minneapolis, MN. March - May 2023.

**Johnson, M.** Enhancing Personal Wellbeing in Times of Change and Uncertainty, Cultivating Mindfulness and Emotional Resilience in Everyday Life. University of Minnesota Landscape Arboretum. Live via Zoom. April 2023.

**Johnson, M., Breen, J., Christensen, K., Silverman, J.** Nurse & Nurse Assistant Retreats. Fairview Unit 7C Nurses and Nursing Assistants. Minneapolis, MN. February and April 2023.

**Kreitzer, MJ.** Looking to the Future: Embracing a Wellbeing Perspective. Keynote speaker. Sjonaukinn Conference. Akureyri, Iceland. May 16, 2023.

**Kreitzer, MJ.** Reducing Stress & Cultivating Wellbeing in Our Lives, keynote speaker. Cutting Edge in Transplant Conference, “Donors, Recipients and You”. University of Minnesota. Minneapolis, Minnesota. May 9, 2023.

**Kreitzer, MJ** Project REACH Session. University of Minnesota Project REACH. Minneapolis, MN. May 1, 2023

**Kreitzer, MJ.** Living the Good Life panelist. University of Minnesota Alumni Annual Celebration 2023 with AMBA (Association Member Benefits Advisors). April 28, 2023.

**Kreitzer, MJ.** Next Chapter keynote. Wayzata Community Church. Wayzata, MN. April 20, 2023.

**Kreitzer, MJ.** A Journey Towards Wellbeing keynote. AAUW luncheon. St. Paul, MN. March 7, 2023.

**Kreitzer, MJ.** Until It's Fixed podcast with Optum Health. December 21, 2022.

**Kreitzer, MJ.** Integrative Health Grand Rounds, University of California, San Francisco Osher Center. September 21, 2022.

**Leininger B,** Kuntz K, Enns E, **Bronfort G.** Cost-effectiveness of Complementary and Integrative Approaches for Chronic Neck or Back Pain (Platform Presentation). United States Association for the Study of Pain's Annual Meeting. Durham, NC. April 2023

**MacPhail, KM.** Teaching Skill-Based Competencies with Coursera. University of Akureyri Centre for Teaching and Learning. September 13, 2022.

**MacPhail, KM.** Community and the Wellbeing Enhances Learning (WEL) Model. CSH Professional Development Workshop. November 16, 2022.

**MacPhail, KM.** Supporting Student Success Through the Wellbeing Enhances Learning (WEL) Model. Central New Mexico Community College. January 6, 2023.

**MacPhail, KM.** CSH Course Consultation Process. UMN Academic Technology Informal Community of Practice. March 9, 2023.

**MacPhail, KM.** CSH Course Consultation Process. U of M Online Steering Committee. May 30, 2023.

**Namdul, T.** A Local-to-Global Look at Aging. Mini Medical School – Aging and Health. Office of Academic Clinical Affairs. University of Minnesota, Minneapolis, MN. April 5, 2023.

**Namdul, T.** Effect of Tibetan Herbal Formulas on Symptom Length and Reduction among Ambulatory Patients with SARS-COV-2 Infection: A Retrospective Cohort Study. Integrative Medicine & Health Symposium. Hosted by the Academic Consortium. Chicago, Illinois. February 28 – March 2, 2023.

**Namdul, T.** Tibetan Medicine Treatment of At-Home COVID-19 Patients: North America COVID-19 Tibetan Medicine Observational Study (NACTMOS). 16th Seminar for the International Association of Tibetan Studies. Prague. Czech Republic. July 3-9, 2022.

**Nijjar, P.** Debate: CT Angio Recommended for Everybody with Chest Pain. Midwest Cardiovascular Forum, Hosted by Minnesota American College of Cardiology, Minneapolis. October 2022.

Aggarwal R., Kelly R.F., Siems C., Potel K., Wang Q., **Nijjar P.S.**, Huddleston S.J., John R., Voeller R. New-Onset Post-Operative Atrial Fibrillation After Mitral Valve Surgery: Determinants and the Effect on Survival. American Association of Thoracic Surgeons Annual Meeting, Los Angeles. May 2023.

Aggarwal R., Jackson S., Lemke N., Kelly R.F., Soule M., Gutierrez I., Shumway S.J., Patil J., Hertz M.I., **Nijjar P.S.**, Huddleston S.J.. Diastolic dysfunction resolves after lung transplant in recipients with pre-



transplant pulmonary hypertension. American Association of Thoracic Surgeons Annual Meeting, Los Angeles. May 2023

Aiad N., Zhang M.J., Chaikijurajai T., **Nijjar P.S.**, Martin C.M., Alexy T., Meyer M. Cilostazol Improves Heart Failure Symptoms and Lowers Diastolic Pulmonary Arterial Pressure in HFpEF: Preliminary Results from the CLIP-HFpEF N-of-1 study. American College of Cardiology Scientific Sessions, New Orleans. Mar 2023

Aiad N., Alexy T., Zhang M.J., **Nijjar P.S.**, Chaikijurajai T., Martin C.M., Meyer M. Cilostazol Improves Symptom Scores and Lowers NT-proBNP in HFpEF: Preliminary Results from the CLIP-HFpEF N-of-1 study. American Heart Association Scientific Sessions, Chicago. Nov 2022

Sandhu G., Ash J., Clavel M.A., Pibarot P., Duval S., **Nijjar P.S.** Performance of CT-based Aortic Valve Area for Assessment of Aortic Stenosis. Society of Cardiovascular Computed Tomography Annual Scientific Sessions, Las Vegas. July 2022

**Schuver, K.** Mental Wellbeing: Move to Improve. Fairview Wellbeing Champions. Live via Microsoft Teams. November 10, 2022.

**Silverman, J., Broad, C.A., Breen, J.** Taking Good Care: Bakken Center for Spirituality & Healing. President's Emerging Scholars (PES) Summer STEM program, University of Minnesota. Minneapolis, MN. July 28, 2022.

**Silverman, J.** Music and Wellbeing. M Health Fairview UMMC Oncology Nursing Staff. Minneapolis, MN. February-April 2023.

**Silverman, J.** On the Road to Rishikesh: The Beatles and India. University of Minnesota Osher Lifelong Learning Institute (OLLI) Program via Zoom. June 7 and 14, 2023.

**Sturges, M.** SONICWEAVE: The Futures We Are. Minnesota Institute of Art. MIA. Minneapolis, MN. June 13, 2023.

**Voss, M.** A Framework for Teaching and Applying Integrative Mental Health Care. 2023 Integrative Medicine and Health Symposium. Chicago, IL. February 28 - March 2, 2023.

**Young, M.** Dharma talk: In the Fluidity: Lessons from Retreat on Impermanence & No Self. Common Ground Meditation Center. Minneapolis, MN. June 4, 2023.



# PUBLICATIONS

**Austin, R.R.**, Lu, S.C., Jantraporn, R., Park, S., Geiger-Simpson, E., **Kreitzer, M.J.**, Koithan, M., Delaney, C.W. (2023). An empirical analysis of complementary and integrative health therapy documentation. Vol 8 (No.1). Online Journal Nursing Informatics, [OJNI].

Zhou, H., **Austin, R.**, Lu, S. C., Silverman, G., Zhou, Y., Kilicoglu, H., ... & Zhang, R. (2023). Complementary and Integrative Health Lexicon (CIHLex) and Entity Recognition in the Literature. arXiv preprint arXiv:2305.17353.

**Austin, R.R.**, Mathiason, M., Monsen, K.A. (2022). Using Data Visualization to Detect Patterns in Whole-Person Health Data. Research in Nursing and in Health. <https://doi.org/10.1002/nur.22248>

Wood L, Foster N, **Bronfort G**, Groessl E, Hewitt C, Miyamoto G, Reme S, Bishop A. (2022) Matching the outcomes to treatment targets of exercise for low back pain: does it make a difference? Results of secondary analyses from individual patient data of randomised controlled trials and pooling of results across trials in comparative meta-analyses - Archives of Physical Medicine and Rehabilitation. Archives of Physical Medicine and Rehabilitation. 8/4/22.

**Bronfort G**, Maiers M, **Schulz C**, **Leininger B**, Westrom K, Angstman G, Evans R. (2022) Multidisciplinary integrative care versus chiropractic care for low back pain: a randomized clinical trial. Chiropractic and Manual Therapies. 12/1/2022.

Rott W, **Bronfort G**, Chu H, Huling J, **Leininger B**, Murad M, Wang Z, Hodges J. (2023) Causally-interpretable meta-analysis: clearly-defined causal effects and two case studies. Arxiv.org. 2/15/2023.

**Bronfort G**, Delitto A, Schneider M, Heagerty P, Chou R, Connett J, **Evans R**, George S, Glick R, Greco C, **Hanson L**, Keefe F, **Leininger B**, Licciardone J, McFarland C, Meier E, **Schulz C**, Turk D. (2023) Effectiveness of Spinal Manipulation and Biopsychosocial Self-Management compared to Medical Care for Low Back Pain: A Randomized Trial Study Protocol. BMC Musculoskeletal Disorders. 5/24/2023.

D Hohenschurz-Schmidt, L Vase, W Scott, M Annoni, J Barth, K Bennell, C Berna Renella, J Bialosky, F Braithwaite, NB Finnerup, **Evans R**, et al. (2022) Recommendations for the Development, Implementation, and Reporting of (SHAM) Control Interventions in the Efficacy Trials of Physical, Psychological and Self-Management Therapies: The CoPPS Statement. Orthopaedic Proceedings. 10/1/2022.

Van De Winckel A, Zhang L, Hendrickson T, Lim K, Mueller B, **Evans R**, **Bronfort G**, et al. (2023) Identifying body awareness-related brain network changes after Spring Forest Qigong™ practice or P. Volve low-intensity exercise in adults with chronic low back pain: a feasibility Phase I Randomized Clinical Trial. medRxiv. 2/15/2023.

Calvert C, Taylor B, Bangerter A, Branson M, Cross L, **Evans R**, Allen K, **Haley A**, Ferguson J, Friedman J, Campbell E, Meis L, Burgess D. (2023) How Mindfulness Predicts Pain And Comorbidities: A Cross-Sectional Study Of Veterans With Chronic Pain. The Journal of Pain. 4/1/2023.

# PUBLICATIONS CONTINUED

Burgess D, Calvert C, Bangerter A, Branson M, Cross L, **Evans R**, Ferguson J, Friedman J, Campbell E, **Haley A**, Hennessy S, Kraft C, Mahaffey M, Matthias M, Meis L, Serpa G, Taylor S, Taylor, B. (2023) Do Mindfulness Interventions Cause Harm?: Findings From The Learning To Apply Mindfulness To Pain Study. *The Journal of Pain*. 4/1/2023.

Hohenschurz-Schmidt D, Vase L, Scott W, Annoni M, Ajayi O, Barth J, Bennell K, **Evans R**, et al. (2023) Recommendations for the development, implementation, and reporting of control interventions in efficacy and mechanistic trials of physical, psychological, and self-management therapies: the CoPPS Statement. *British Medical Journal*. 5/25/2023

**Haley, A. C., Thorpe, D.**, Pelletier, A., Yarosh, S., & Keefe, D. F. (2023) Inward VR: Toward a Qualitative Method for Investigating Interoceptive Awareness in VR. *IEEE Transactions on Visualization and Computer Graphics*. 2/1/2023.

**Kreitzer, M.** (2023). Inspiring, recruiting, and retaining the health-care workforce: What will it take? *Creative Nursing* 29(1), Article 3. 1  
<https://doi.org/10.1177/107845352202900107>

**Kreitzer M**, Koithan M, Sullivan SD, Nunez M, **Voss M**. Integrative Nursing and the ANA Scope and Standards of Practice: Expanding the Reach of Nursing for Families and Society. *Creative Nursing*. 2022;28(4):228-233. doi:10.1891/CN-2022-0041

**Leininger B**, Kuntz K, Enns E, **Bronfort G**. (2023) Cost-Effectiveness Of Complementary And Integrative Approaches For Chronic Back Or Neck Pain. *The Journal of Pain*. 4/1/2023.

Adkins-Hempel M, Japuntich SJ, Chrastek M, Dunsiger S, Breault CE, Ayenew W, Everson-Rose SA, **Nijjar PS**, Bock BC, Wu W-C, Miedema MD, Carlson BM, Busch AM. (2023) Integrated smoking cessation and mood management following acute coronary syndrome: Protocol for the post-acute cardiac event smoking (PACES) trial. *Addict Sci Clin Pract*. 2023;18(1):29.

doi:10.1186/s13722-023-00388-9

Zhou XD, Chen QF, Katsouras CS, **Nijjar PS**, Zheng KI, Zhu H, Gong M, Lin Q, Jin Y, Huang W, Shan P. (2023) Clinical Outcome after Left Ventricular Thrombus Resolution: who needs long-term or lifetime use of anticoagulants? *J Am Heart Assoc*. 2023 Apr 18;12(8):e029070. doi: 10.1161/JAHA.122.029070. Epub 2023 Apr 17.

Velangi PS, Agdamag A, **Nijjar PS**, Pogatchnik B, **Nijjar PS**. (2022) Update on CT Imaging of Left Ventricular Assist Devices and Associated Complications. *Curr Cardiovasc Imaging Rep* 15, 43-53 (2022). <https://doi.org/10.1007/s12410-022-09570-0>

Hooks M, Sandhu G, Maganti T, Chen KHA, Wang M, Cullen R, Velangi PS, Gu C, Wiederin J, Connett J, Brown R, Blaes A, Shenoy C, **Nijjar PS**. (2022) Incidental Coronary Calcium in Cancer Patients Treated with Anthracycline and/or Trastuzumab. *Eur J Prev Cardiol*. 2022 Aug 26:zwac185. doi: 10.1093/eurjpc/zwac185. Epub ahead of print.

Toama W, Wiederin J, Shanley R, Jewett P, Gu C, Shenoy C, **Nijjar PS**, Blaes A. (2022) Impact of Pectoralis Muscle Loss on Cardiac Outcome and Survival in Cancer Patients Who Received Anthracycline Based Chemotherapy: Retrospective Study. *BMC Cancer*. 2022 Jul 13;22(1):763. <https://ascjournal.biomedcentral.com/articles/10.1186/s13722-023-00388-9>

**Voss, M.E., Sandquist, L.**, Otremba, K., & **Kreitzer, M.J.** (2023). Integrative nursing: A framework for whole-person mental health care. *Creative Nursing* 29(1), Article 4. <https://doi.org/10.1177/107845352202900112>

# Center Team

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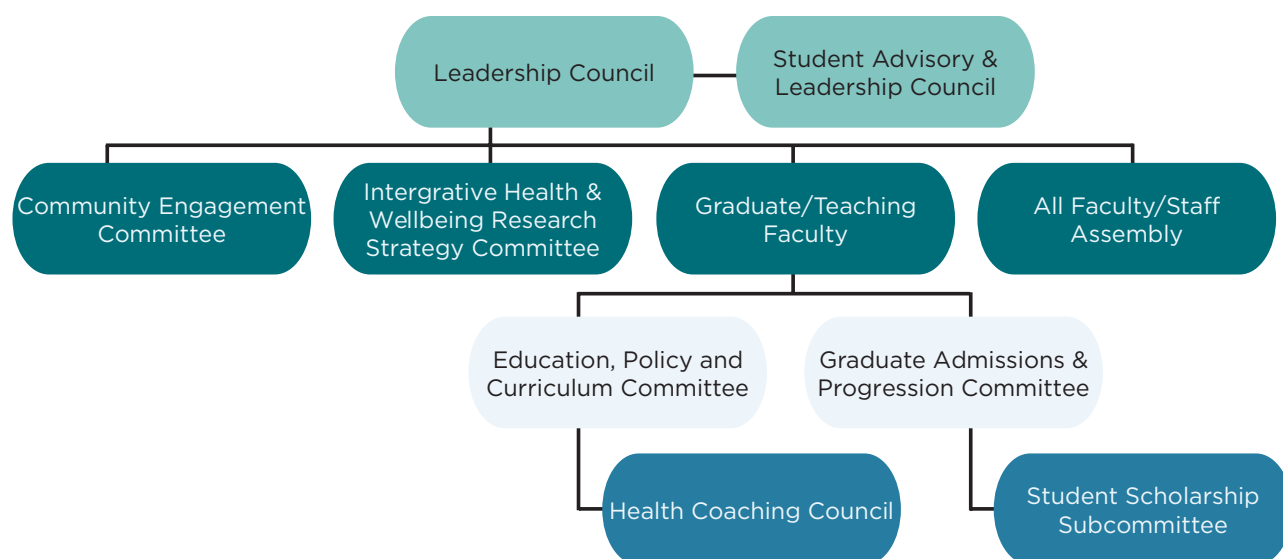
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