

Osher Affiliates Meeting

September 24, 2025



University
of Vermont

Osher Center
for Integrative Health

Agenda

Breakfast & Mingle, 8 – 8:15 am

Mindfulness – Connection - Welcome New Affiliates: 8:15 – 8:30 am

Osher Overview: 8:30 – 8:50 am

Breakout Groups: 8:50 – 9:10 am

Events, News & Reminders: 9:10 – 9:30 am

Mindfulness – Connection - Welcome New Affiliates

Mindfulness

Welcome New Affiliates

Introductions

Mission/Vision

Our Mission

To advance whole, integrative health through education, clinical care, research, and policy.

Our Vision

The Osher Center for Integrative Health at the University of Vermont models a transformative, equitable, and whole health approach to optimize the health of individuals, communities, and our planet.

Osher Team

Leadership Team

Report to Provost

- **Cara Feldman-Hunt**
Director
- **Josh Plavin**
Clinical Director
- **Karen Westervelt**
Education Director
- **JOINING IN JANUARY 2026!**
Helene M. Langevin
Research Director

Community Advisory Council

Program Leads

- **Inclusive Excellence**
Cara Hancy/Kate Greisdorf
- **End-Of-Life-Doula/PACE**
Jessica Akey
- **Employee Wellness**
Cara Hancy
- **Culinary Medicine**
Leah Prior
- **Integrative Oncology**
Kristie Grover
- **Planetary Health**
Christine Vatovec
- **Health Coaching**
Susan Whitman

Osher Center Staff

- **Jessica Coleman**
Oncology Health Coach
- **Kate Greisdorf**
Program Support Generalist
- **Kristie Grover**
Research Analyst
- **Cara Hancy**
Employee Wellness Manager
- **Melisa Oliva**
Employee Wellness Health Coach
- **Geeda Searfoorce**
Communications Manager

Helene M. Langevin Joins UVM's Osher Center for Integrative Health

[Learn More about Dr. Langevin!](#)

A recording of Dr. Langevin's Director's Report at the NCCIH Advisory Council meeting about the emerging research landscape and future plans from the September 19 NCCIH Advisory Council Meeting will be posted soon!



Osher Center Pillars



Programs

Education:

- PhD in Interprofessional Health Sciences
- Integrative Health and Wellness Coaching Micro-Certificate of Graduate Study (mCGS)
- Minors & Certificates in Integrative Health and Integrative Health and Wellness Coaching
- End-of-Life Doula, Pediatric End-of-Life Doula, Companion Animal End-of-Life Doula, Grief and Bereavement Specialist Professional Certificates
- Laura Mann Integrative Healthcare Lecture Series
- Whole Health Connect

Clinical:

- Comprehensive Pain Program (UVMMMC)
- Integrative Oncology at UVM Cancer Center
- Music Therapy at UVM Children's Hospital
- Employee Health Coaching

Cross Pillar

- UVM Employee Wellness
- Culinary Medicine
- Planetary Health

Osher Affiliates

Who We Are

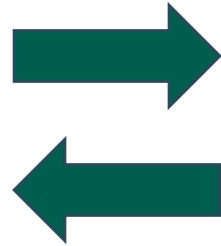
Providers, educators, researchers, and leaders working across disciplines at UVM and UVM Health Network who meaningfully contribute to realizing an equitable, whole-person approach to healthcare for individuals, communities, and our planet.



Osher Affiliates: Benefits

Apply for:

- Osher Faculty Fellowship
- Osher Collaborative Exchange and other grants
- Osher UVM Scholarships and other grants



Participate in:

- Multi-site research studies
- Osher Collaborative commentary in the *Journal of Integrative and Complementary Medicine*
- UVM Osher Working Groups
- Osher Collaborative Working Groups
- Present to UVM Osher, Osher Collaborative & Academic Consortium
- Integrative Practitioner Network
- UVM Osher Newsletter
- Osher Collaborative Newsletter
- Osher Collaborative Network Map

Osher Affiliates: Requirements

- Attend three Osher Affiliate meetings per academic year.
- Participate regularly in any UVM Osher Committee meetings
- (For Practitioners) Post profile on the [Integrative Practitioner Network](#).
- Identify as a UVM Osher Affiliate when publishing and on your website, profile, email signature, social media, and other outreach.
- Share your work with the Osher Communications manager for UVM Osher Center, Osher Collaborative, and Academic Consortium for Integrative Medicine and Health outreach.

Affiliate Hub

Affiliate Hub

Resources, tools, and support for our community advancing integrative health, for people and planet.

uvm.edu/osher/affiliate-hub



Osher UVM Working & Interest Groups

- **Education:** Karen Westervelt
- **Research:** Helene Langevin (starting in Jan)
- **Clinical Care:** Josh Plavin
- **Planetary Health:** Christine Vatovec
- **Intercultural Excellence:** Cara Hancy and Kate Greisdorf
- **Culinary Medicine:** Leah Prior
- **Integrative Oncology:** Kristie Grover
- **Planetary Health:** Christine Vatovec
- **Health Coaching:** Susan Whitman
- **Employee Wellness:** Cara Hancy

Osher Affiliate Working and Interest Groups





- University of California, San Francisco (1998)
- Harvard University (2001)
- Karolinska Institutet (2005)
- Northwestern University (2014)
- Vanderbilt University (2014)
- University of Miami (2017)
- University of Washington (2018)
- University of Cincinnati (2021)
- University of Wisconsin-Madison (2021)
- University of Utah (2022)
- University of Vermont (2022)

<https://www.oshercollaborative.org/members>



Working Groups:

- Education
- Research
- Clinical Care
- Administration
- Planetary Health
- Elective

Osher Collaborative SIGs:

- Acupuncture
- Pediatrics
- Nutrition
- Yoga
- Communications

Email <mailto:Lisa.Howard@ucsf.edu> to sign up

Working Group Breakouts

Choose a group:

- Clinical, Josh, small conference room
- Education, Karen, Kitchen
- Research, Kristie, by the back door
- Policy, Cara, by the WOH

Prompts:

- What brings you here?
- How can the Osher Center support you and your work?
- What do you hope to contribute?
- Open Discussion

Advancing Whole Health Through Innovative Research

Proposals Due: October 1, 2025

Timeline: Projects completed during Nov. 1, 2025 - June 30, 2026

Funding Amount: Up to \$25,000 per project (no minimum amount)

Eligibility: Open to Osher Affiliates across all disciplines, Colleges, and Units at UVM and across the UVM Health Network.



New Event Series: Whole Health Connect

Any affiliate or guest of an affiliate can present

Free, Open to the public

Held & staffed at the Osher Center

Food provided

Scheduled Events:

10/17 at 2 pm: [Art Pharmacy](#)

11/19 at 3:30 pm: [Integrating Meaning in
Psilocybin Assisted Therapy with Cynthia Peterson](#)



See Change Debrief

We built bridges across sectors

We sparked a movement for change

We changed minds and hearts

TRACK 01

WHOLE HEALTH

A New Hope For Health Care:
Prioritizing Prevention, Living Healthier,
& Spending Wisely



Strategic Plan Timeline

Draft summer 2025

Feedback collected Fall 2025

Revisions complete December 2025

Publish January 2026



Updates – National

<https://www.whitehouse.gov/wp-content/uploads/2025/09/The-MAHA-Strategy-WH.pdf>

NIH Chronic Disease Initiative

The National Institutes of Health (NIH) will launch an Initiative on Chronic Disease to leverage and align existing NIH research projects, improve NIH coordination on chronic disease research, and generate actionable results for diseases arising in childhood and adulthood.

The NIH will launch a new **Whole-Person-Health** approach to chronic disease prevention research and leverage collective expertise across the agency to catalyze transformative discovery science and intervention strategies that promote wellness, resilience, and optimal health, including metabolic health, at all stages of life.

Affiliate News



**Helene M. Langevin Joins UVM's
Osher Center for Integrative Health**



**Generous Gift Establishes the
Susan Lewis Levy Whole Health
Cancer Program**



A Recipe for Health and Healing



**Designing Better Healthcare?
Mind the Gaps.**



Bridging the Pain Divide

Events

9/27/25: [Rally's Rally, Osher Tabling](#)

10/13/25: [Indigenous Peoples' Day at UVM:](#)
Learn about Food Sovereignty with Chef Brian Yazzie

10/16/25: [Federal Cuts to Global and Public Health Programs: Effects and Responses](#)

10/17/25: [Whole Health Connect: Art Pharmacy](#)

10/23/25: [2025 Health Equity Summit](#)

10:24: [Reimaging Your Healthcare Journey \(Osher Collaborative virtual symposium\)](#)

11/19/25: [Whole Health Connect: Integrating Meaning in Psilocybin Assisted Therapy](#)

1/23/26: Affiliate Meeting

3/30/26: Laura Mann Lecture Series: Sarah Ray, Behavior Change and Planetary Health

4/16/26: Affiliate Meeting

5/4/26: Laura Mann Lecture Series: Alison Applebaum, Caregiver Support