### SKILL BUILDING WORKSHOPS - THURSDAY, JUNE 21, 2018 - ROSS HALL SCHOOL OF MEDICINE

Registration & Breakfast - 7:45 AM - 8:45 AM - Ross Hall Foyer

**Full Day Workshop - 9:00 AM - 5:00 PM**

<table>
<thead>
<tr>
<th>Time</th>
<th>Workshop A - Policy and Advocacy</th>
<th>Speakers</th>
<th>Organization</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM</td>
<td>Policy and Advocacy 101: Understanding the Basics</td>
<td>Linda Goler Blount</td>
<td>Black Women’s Health Imperative</td>
</tr>
<tr>
<td>10:10 AM</td>
<td>Everyday Advocacy: Maximizing Relationships with Policymakers</td>
<td>Angie Trousdale</td>
<td>Centering Healthcare Institute</td>
</tr>
<tr>
<td>11:20 AM</td>
<td>Community Grassroots Action for Real Change</td>
<td>Ashley Milton</td>
<td>University of DC, Building Bridges Across the River</td>
</tr>
</tbody>
</table>

**Choose in advance from the following PM off-site activities:**

- 12:45 PM - 3:30 PM
  - #1: Congressional Briefing for the Congressional Tri-Caucus on “Nonpharmacologic Approaches to Pain in Underserved Populations” (schedule under development) TBD

**Half Day Workshops - Morning 9:00 AM - 12:30 PM**

<table>
<thead>
<tr>
<th>Time</th>
<th>Workshop B Part 1 - Chronic Pain/Opioids</th>
<th>Speakers</th>
<th>Organization</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM</td>
<td>Functional Approaches to Chronic Pain Management and Opioid Addiction</td>
<td>Connie Basch</td>
<td>Full Circle Center for Integrative Medicine</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Workshop C - Group Visits</th>
<th>Speakers</th>
<th>Organization</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM</td>
<td>Making Digs Work for Everyone - Building Facilitation Skills for Challenging Situations</td>
<td>P Rede Garner, Karen Burt Hirs, Nico Turner, Laura Wix, Jeff Galler</td>
<td>Boston Medical Center, Contra Costa Regional Medical Center, CareMessage, Greater Lawrence Family Health Center</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Workshop D - Health Equity/Racial Justice</th>
<th>Speakers</th>
<th>Organization</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM</td>
<td>Addressing Race &amp; Racism: Dialogue-to-Action as a Prerequisite to Advancing Health Equity</td>
<td>David Gibbs</td>
<td>Community Initiatives</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Workshop E - Herbalism</th>
<th>Speakers</th>
<th>Organization</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 hr</td>
<td>Only Three Herbs: Approaching Chronic Disease with Affordable Medicines</td>
<td>Bevin Clare</td>
<td>Maryland University of Integrative Health</td>
</tr>
<tr>
<td>1 hr</td>
<td>Medical Cannabis - Relieve or a gateway approach to pain management</td>
<td>Elizabeth Ayers and Misha Kogan</td>
<td>University of Maryland School of Medicine, AIM Health Institute</td>
</tr>
<tr>
<td>1 hr</td>
<td>Herbal Medicine for the Underserved</td>
<td>Sanaz Demenh'y</td>
<td>Integrative Medicine Consultant</td>
</tr>
</tbody>
</table>

**Lunch 12:30 PM - 1:30 PM Ross Hall Foyer**

**Half Day Workshops - Afternoon 1:30 PM - 5:00 PM**

<table>
<thead>
<tr>
<th>Time</th>
<th>Workshop B Part 2 - Chronic Pain/Opioids</th>
<th>Speakers</th>
<th>Organization</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 hr</td>
<td>Medical Cannabis for Pain</td>
<td>Misha Kogan, Elizabeth Ayers-Hayes</td>
<td>University of Maryland School of Medicine, AIM Health Institute</td>
</tr>
<tr>
<td>1 hr</td>
<td>Homeopathy for Opioid Relapse Prevention</td>
<td>Lorraine Budworth</td>
<td>Brighton Homeopathic Collaborative</td>
</tr>
<tr>
<td>1 hr</td>
<td>Interprofessional Approach to Integrating Yoga into a FQHC Network: Case Study of a Group Yoga Therapy Visit Model to Treat Substance Use</td>
<td>Eve Bocker, Apple Simmons, Richard Shannon</td>
<td>UCSF Community Medicine, Engage, Essence, Yoga Therapy for Health and Well Being</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Workshop G - Yoga and Movement for Activism and Self-Care</th>
<th>Speakers</th>
<th>Organization</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:40 hrs</td>
<td>Yoga in Action: Yoga Philosophy as Foundation for Conscious and Sustainable Activism</td>
<td>Elle Porter, Amber Howlett</td>
<td>Yoga Buzz</td>
</tr>
<tr>
<td>1:40 hrs</td>
<td>Movement to Medicine: Using Movement and Yoga to Heal Historical Traumas in the Community and Clinical Setting</td>
<td>David Perri</td>
<td>Psychonauts Wellness Management</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Workshop H - Homeopathy</th>
<th>Speakers</th>
<th>Organization</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:30 PM</td>
<td>Homoeopathy as an affordable healthcare option</td>
<td>Florence McPherson</td>
<td>University of Bridgeport College of Naturopathic Medicine</td>
</tr>
<tr>
<td>1:40 hrs</td>
<td>Homoeopathy is medicine for underserved patients through HCAHC</td>
<td>Sarah Bloomer, Michelle Prazak</td>
<td>Naturopathic Medicine Society of North America, HCAHC, Integrative Medicine for Underserved Populations Rev 7/10</td>
</tr>
<tr>
<td>1:40 hrs</td>
<td>A homoeopathic treatment model for the consequences of opioid use disorder</td>
<td>Andrea Long</td>
<td>Nationally Integrated Medicine for Underserved Populations Group, Integrative Medicine for Underserved Populations Rev 7/10</td>
</tr>
<tr>
<td>1:40 hrs</td>
<td>Integrative Medicine-Homeopathy Model at a Community Health Center</td>
<td>Sabena Gupta</td>
<td>Integrative Medicine for Underserved Populations Rev 7/10</td>
</tr>
<tr>
<td>Time</td>
<td>Session Type</td>
<td>Session Title</td>
<td>Presenter(s)</td>
</tr>
<tr>
<td>-------------------</td>
<td>--------------</td>
<td>-------------------------------------------------------------------------------</td>
<td>--------------------------------------------------</td>
</tr>
<tr>
<td>7:00 am - 8:00 am</td>
<td>Exercise/Movement</td>
<td>Morning Yoga</td>
<td>TBD</td>
</tr>
<tr>
<td>7:15 am - 8:15 am</td>
<td>Registration &amp; Breakfast</td>
<td></td>
<td>TBD</td>
</tr>
<tr>
<td>8:15 am - 8:30 am</td>
<td>Transition to Ross Hall (15 min)</td>
<td></td>
<td>n/a</td>
</tr>
<tr>
<td>8:30 am - 9:00 am</td>
<td>MMUS Welcome/Opening Ceremony/Introduce Plenary 1</td>
<td></td>
<td>Priscilla Abecrombie</td>
</tr>
<tr>
<td>9:00 am - 10:30 am</td>
<td>Plenary #1</td>
<td>Integrative Health for Pain and Opioid Misuse in the Underserved: Policy to Practice</td>
<td>Facilitator: Wayne Jonas, Featuring Léa-Ann Wiens, Ben Stöger, Rhonda Smith</td>
</tr>
<tr>
<td>10:30 am - 10:40 am</td>
<td>Quick stretch break (10 min)</td>
<td></td>
<td>n/a</td>
</tr>
<tr>
<td>10:40 am - 11:45 am</td>
<td>Plenary #2</td>
<td>Integrative Health for Pain and Opioid Misuse in the Underserved: A Case Study</td>
<td>Facilitator: Jim Lehman, Panelists TBA</td>
</tr>
<tr>
<td>11:45 am - 12:00 pm</td>
<td>Transition to Milken (15 min)</td>
<td></td>
<td>n/a</td>
</tr>
<tr>
<td>11:45 am - 12:15 pm</td>
<td>Lunch (1 hour)</td>
<td></td>
<td>n/a</td>
</tr>
<tr>
<td>11:45 am - 12:45 pm</td>
<td>Movement/Exercise</td>
<td>TBA</td>
<td>TBA</td>
</tr>
<tr>
<td>12:20 pm - 1:20 pm</td>
<td>Break/Transition to next session</td>
<td></td>
<td>TBD</td>
</tr>
<tr>
<td>1:30 pm - 1:30 pm</td>
<td>Break/Transition to next session</td>
<td></td>
<td>n/a</td>
</tr>
<tr>
<td>1:30 pm - 2:30 pm</td>
<td>Breakout Sessions 1</td>
<td>Atlas of Integrative Health</td>
<td>James Whedon, Anupama Kishakkeveett, Heather Carrie, Coleen Donovan-Batson, Michelle Simon, C. Leslie Smith</td>
</tr>
<tr>
<td>2:30 pm - 2:40 pm</td>
<td>Break/Transition to next session</td>
<td></td>
<td>n/a</td>
</tr>
<tr>
<td>2:40 pm - 3:40 pm</td>
<td>Breakout Sessions 2</td>
<td>Ovar RESEARCH SESSION #1 (20 min) Holistic Programming for Formerly Incarcerated Women in Transitional Housing: Preliminary Findings from an Ongoing Study</td>
<td>Isabel Roth</td>
</tr>
<tr>
<td>3:40 pm - 4:00 pm</td>
<td>Break/Transition to next session</td>
<td></td>
<td>n/a</td>
</tr>
<tr>
<td>4:00 pm - 5:00 pm</td>
<td>Breakout Sessions 3</td>
<td>Prescription Kitchen</td>
<td>Matt Hogge</td>
</tr>
<tr>
<td>5:00 pm - 5:10 pm</td>
<td>Transition to Ross Hall (15 min)</td>
<td></td>
<td>n/a</td>
</tr>
<tr>
<td>5:10 pm - 6:15 pm</td>
<td>Plenary #3</td>
<td>Convergence in Access: Next Steps in the 50 Year Evolution of Integrative Health</td>
<td>John Weeks</td>
</tr>
<tr>
<td>6:15 pm - 6:20 pm</td>
<td>Transition to Milken (15 min)</td>
<td></td>
<td>n/a</td>
</tr>
<tr>
<td>6:30 pm - 8:00 pm</td>
<td>Networking Reception</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Time</td>
<td>Session Type</td>
<td>Session Title</td>
<td>Presenter(s)</td>
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</tr>
<tr>
<td>7:00 am - 8:00 am</td>
<td>Exercise/Movement</td>
<td>TBA</td>
<td>TBA</td>
</tr>
<tr>
<td>7:30 am - 8:30 am</td>
<td>Registration &amp; Breakfast</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>8:30 am - 8:45 am</td>
<td>Transition to Ross Hall</td>
<td>(10 min)</td>
<td>n/a</td>
</tr>
<tr>
<td>8:45 am - 9:15 am</td>
<td>MASUS Announcements, research and other awards, and plenary intro</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>9:15 am - 10:15 am</td>
<td>Plenary #4</td>
<td>Midwives Tackling Race, Justice and Access to Care</td>
<td>Tanya Tauro and Mary Lawlor</td>
</tr>
<tr>
<td>10:15 am - 10:25 am</td>
<td></td>
<td>Stretch Break (10 min)</td>
<td>n/a</td>
</tr>
<tr>
<td>10:25 am - 11:30 am</td>
<td>Plenary #5</td>
<td>Trauma and Transformation</td>
<td>Jim Gordon</td>
</tr>
<tr>
<td>11:30 am - 11:45 am</td>
<td></td>
<td>Transition to Milken (10 min)</td>
<td>n/a</td>
</tr>
<tr>
<td>11:45 am - 12:30 am</td>
<td>Lunch</td>
<td>(45 min)</td>
<td>n/a</td>
</tr>
<tr>
<td>12:30 pm - 12:40 pm</td>
<td>Break/Transition to next session (10 min)</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>12:40 pm - 1:40 pm</td>
<td>Breakout Sessions 4</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>1:40 pm - 1:50 pm</td>
<td>Break/Transition to next session (10 min)</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>1:50 pm - 2:50 pm</td>
<td>Breakout Sessions 5</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>2:50 pm - 3:00 pm</td>
<td>Break/Transition to next session (10 min)</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>3:00 pm - 4:00 pm</td>
<td>Breakout Sessions 6</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>4:00 pm - 4:10 pm</td>
<td></td>
<td>Transition to Plenary Session (10 min)</td>
<td>n/a</td>
</tr>
<tr>
<td>4:10 pm - 5:15 pm</td>
<td>Plenary #6</td>
<td>Health Equity Panel</td>
<td>Facilitator: Gigi El-Bayoumi, other panelists TBA</td>
</tr>
<tr>
<td>5:15pm - 5:30 pm</td>
<td>Closing Ceremony</td>
<td>TBA</td>
<td>Priscilla Abercrombie</td>
</tr>
</tbody>
</table>