

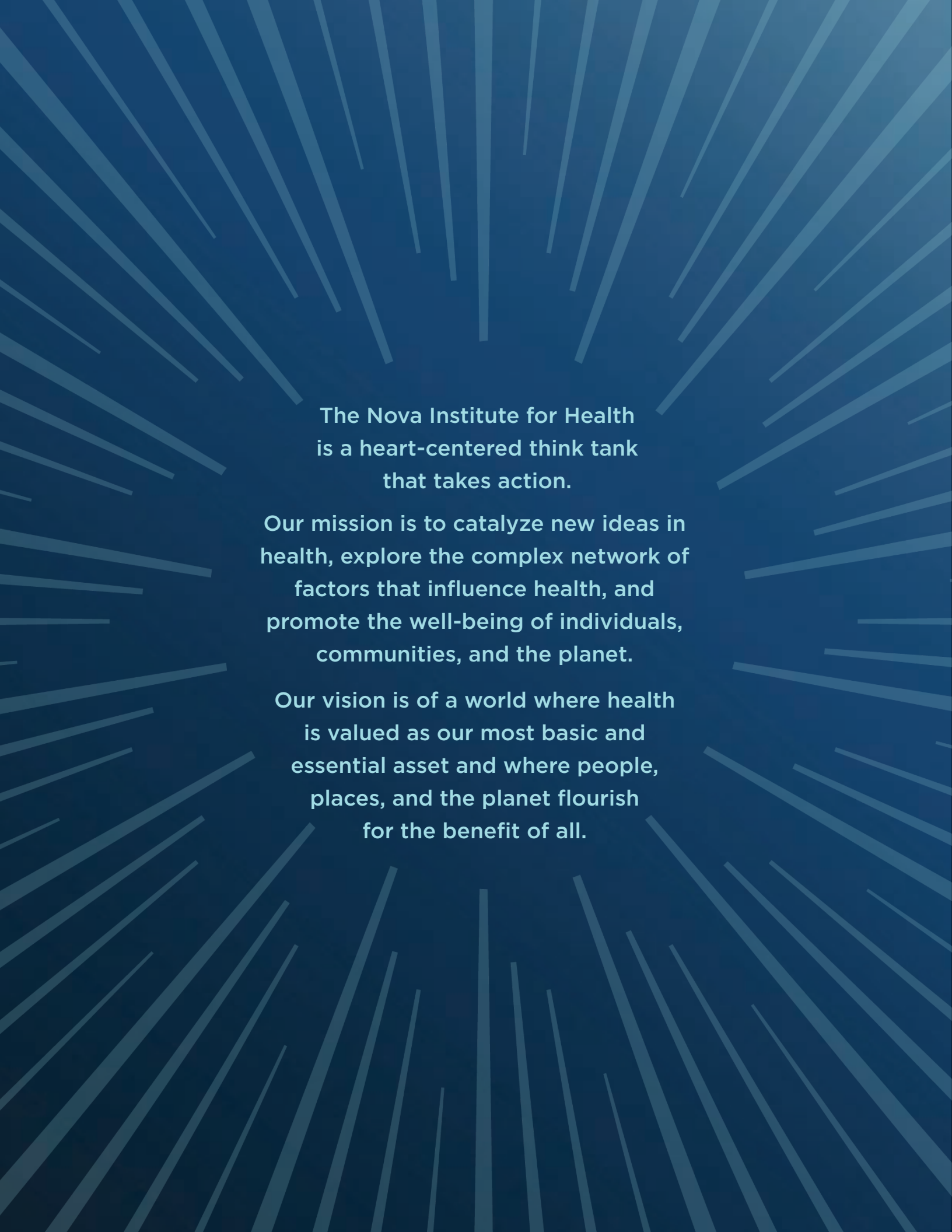


NOVA
INSTITUTE

15 YEARS OF
**TRANSFORMING
HEALTH**



2022 REPORT

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**The Nova Institute for Health
is a heart-centered think tank
that takes action.**

**Our mission is to catalyze new ideas in
health, explore the complex network of
factors that influence health, and
promote the well-being of individuals,
communities, and the planet.**

**Our vision is of a world where health
is valued as our most basic and
essential asset and where people,
places, and the planet flourish
for the benefit of all.**

Letter from President & Founder, Brian Berman, MD



With their dense clouds of gas and dust, **starburst galaxies** may look no different than others at first. But they produce new stars at extraordinary rates—hundreds of times faster than our own Milky Way—often fed by an influx of new material, collisions with neighboring galaxies, or the shock waves created by emerging stars. As we renamed the Nova Institute for Health last year, I couldn't help but think about our own creation of a star foundry over the last 15 years.

Our model is built on fire and heart—addressing urgent questions about people, places, and the planet by examining the full spectrum of health, healing, and flourishing. This purposefully collaborative approach relies on an influx of interdisciplinary insight and serendipitous collisions of ideas. The bright lights emerging through this unusual alchemy help shift paradigms across disciplines in support of our collective well-being.

Looking back, the path to the Nova Institute may seem like a natural trajectory, but, in fact, we had no blueprint to follow. We forged this unique space through an evolving set of questions and a persistent sense that things could be different. Early in my career, I was deeply dissatisfied with the medical approach to helping people with chronic disease. As I explored other healing traditions that seemed to focus more on stimulating well-being and self-healing, such as acupuncture and mindfulness, new paths opened for me on how to improve my conventional training and practice.

In 1991, I founded the first U.S. academic health center program for integrative medicine with the goal of putting science behind this new approach and catalyzing a profound change in medical practice. An approach that focuses on the whole person and an expanded view of healing and treating patients. Sixteen years later, I launched the Institute for Integrative Health. Since then, we have brought together extraordinary people with shining hearts and minds—Scholars and Fellows, community partners, forum participants—to break down barriers and examine the full context of people's lives and how we can truly thrive as individuals, as communities, and as a planet.

The Nova Institute for Health, as it is now known, reaches its 15-year anniversary at a critical moment, as we face cataclysmic challenges—the ongoing COVID-19 pandemic that laid bare acute health inequities, increasing social unrest, and accelerating impacts from climate change. And there is a growing acknowledgment of the inadequacies of a disease-centered approach to medicine. The Nova Institute is ready to rise to the challenge, be a creative catalyst for change, and advance new approaches to promote well-being.

In this milestone year, we feel immense gratitude for the legion of partners and supporters who have joined us in this journey, helping to shape our vision and bring it to life. And while we take a look back on what we've accomplished, we continue to dream and plan for a better future. Together, we are forging the conditions necessary for new ideas to burst forth at extraordinary rates, illuminating our understanding of people, places, and the planet. Thank you for being part of this brilliant starburst.

Here's to the next 15 years!

A handwritten signature in blue ink that reads "Brian Berman". The signature is written in a cursive, flowing style.



Tracing Our Origins through Dr. Berman's Career



While this report offers a 15-year retrospective of the Nova Institute, it's important to look further back in our collective history. After all, to follow the trajectory of Dr. Brian Berman's career over the past three decades is to follow the emergence and acceptance of integrative health and its growing influence on academic medicine.

In 1991, Dr. Berman launched the first integrative medicine program at a U.S. academic medical institution. The Center for Integrative Medicine at the University of Maryland School of Medicine was a trailblazing effort that emphasized a focus on whole person care and evidence-based research. Dr. Berman's work and that of his colleagues at the Center resulted in more than 1,000 scientific articles contributing to the field, and he gave hundreds of invited presentations around the world as well as media interviews that helped advance awareness of a broader view of medicine and patient care. In 2000, Dr. Berman became the first tenured professor of integrative medicine in an academic setting.

In 1992, the National Institutes of Health (NIH) established the Office of Alternative Medicine (OAM). Elected to the OAM Advisory Council, Dr. Berman co-chaired a report, "Expanding Medical Horizons," and testified before Congress about complementary medicine. He served on the Council for 10 years as it solidified its status, first as the National Center for Complementary and Alternative Medicine and later as the National Center for Complementary and Integrative Health. As NIH Director Francis S. Collins, MD, Ph.D, explained years later, "Without this work, the American public would lack vital information on the safety and effectiveness of many practices and products that are widely used and readily available."

Within three years of OAM's launch, the NIH awarded Dr. Berman the first of five, multi-year Center of Excellence grants to evaluate the potential impact of integrative medicine for chronic pain disorders.



“I really get it! The Institute is like Switzerland — a neutral meeting ground, a place where all are welcomed, and all views are considered.”

— **Former** U.S. Senator Barbara Mikulski

The reach of these efforts extended beyond the United States. In 1996, Dr. Berman co-founded the Complementary Medicine Field of Cochrane, a global organization dedicated to evaluating the evidence for all healthcare practices. The field, supported by NIH funding since its inception, promotes and disseminates systematic reviews of complementary, alternative, and integrative therapies, linking the shared interests of researchers, practitioners, consumers, and healthcare policymakers. At the time of its founding, only 500 clinical trials and no systematic reviews existed; today, Cochrane Complementary Medicine’s database contains more than 80,000 clinical trials and more than 1,000 systematic reviews. Its members and supporters come from more than 190 countries, united by their passion to improve health outcomes globally.

In 2002, Dr. Berman joined colleagues across North America to found and serve as inaugural chair of the Academic Consortium for Integrative Medicine and Health, a group that has grown from eight to more than 75 academic medical institutions, representing thousands of researchers, educators, clinicians, and health professionals. Two years later, in a groundbreaking milestone for patients debilitated by chronic pain and for therapies that had been on the fringe and lacking in scientific evidence, the *Annals of Internal Medicine* published, as a lead article, Dr. Berman’s study on acupuncture for osteoarthritis. The largest clinical trial in acupuncture conducted to date, the study set the stage for a surge of well-designed research in integrative medicine. A year later, he received the Bravewell Leadership Award for Integrative Medicine in recognition of his achievements.

Dr. Berman used the Bravewell Award as an opportunity to step back and assess where healthcare needed to go next. He and his wife and life partner, Sue, were inspired by organizations that led to quantum leaps forward in other fields and professions and by broad thinkers such as American virologist and researcher Dr. Jonas Salk. In 2007, they embraced the concept of an “institute without walls” that could link together great minds and hearts from diverse disciplines to re-envision how we think about health and well-being. Together they founded The Institute for Integrative Health.

KEY MOMENTS

in our story

2007

Dr. Brian Berman, President, and Sue Berman, Executive Director, found The Institute for Integrative Health



2013

Create Mission Thrive project to help people in underserved communities learn about and experience healthy eating, lifestyle choices, and well-being



2016

Convene stakeholders at the Building Bridges, Defining Metrics forum to share challenges and solutions in creating and evaluating community and school-based programs for underserved youth



2015

Partner with European Biomedical Research Institute and colleagues at Harvard University to explore cutting-edge research on pain, inflammation, and the “gut-brain axis”

2009

Co-host groundbreaking symposium with Center for Medical Technology Policy to develop methodologies to evaluate integrative medicine in real-world settings

2014

Support a new integrative model of patient care at the University of Maryland Shock Trauma Center designed to speed recovery, improve patient well-being, and reduce costs

2010

Co-host summit to improve standards and credentialing in health coaching

Unveil the Green Road at Walter Reed National Military Medical Center, opening the nation's largest wild healing garden



2016

2010

Establish new headquarters at the historic Broom Corn Building in Baltimore; renovate using sustainable building and Feng Shui principles



2016

Launch Vet Arts Connect project to provide veterans with vital experiences to heal through nature and the creative arts



The Green Road receives a SHIFT Award in recognition of how the site preserves and restores the natural environment while facilitating psychosocial-spiritual healing for wounded warriors and caregivers

2019



2019

Host Consequential Public Health symposium with keynote by Sandro Galea, Boston University's School of Public Health dean; community activists and national organization leaders address gun violence, poverty, lack of opportunity, and community healing

2017

Scholars Sara Warber, Paul Dieppe, David Jones, Kurt Stange, and collaborators publish "Healing Journey," a study to understand the path from wounding to healing from the patient's perspective, in *BMJ Open*

2017

With collaborators, develop and publish a new definition of integrative health in the *American Journal of Preventive Medicine*



2018

Together with the University of Maryland School of Medicine, create the experiential culinary medicine training program, which becomes a core requirement for first- and second-year medical students

2018

Dr. Berman receives the Bravewell Distinguished Service Award for a lifetime of commitment to advancing integrative medicine and health



2021

Rename the Nova Institute for Health with renewed focus on cross-disciplinary research and action to promote health and flourishing for people, places, and the planet, and co-host inVIVO Planetary Health's 10th annual conference with a global audience

Defining Integrative Health

Nova joined collaborators in 2017 to develop and publish a new definition of integrative health in the *American Journal of Preventive Medicine*: "A state of well-being in body, mind, and spirit that reflects aspects of the individual, community, and population. It is affected by 1) individual biological factors and behaviors, social values, and public policy; 2) the physical, social, and economic environment; and 3) an integrative health care system that involves the active participation of the individual on the health care team applying a broad spectrum of preventive and therapeutic approaches. Integrative health encourages individuals, social groups, and communities to develop ways of living that promote meaning, resilience, and well-being across the life course."

2022

Nova marks 15th anniversary with a growing network of 25 Scholars and Fellows and a vision to expand strategic programming and project replicability

A New Name and an Expanded Vision



Over 15 years, **The Institute for Integrative Health** demonstrated our proof of concept by creating a successful Scholars and Fellows program; convening strategic forums; developing replicable demonstration projects with real-life impact; and expanding outreach to a host of audiences interested in effective approaches, policies, and practices.

Again and again across that time, our work and mission encouraged us to think more broadly, considering all of the factors that affect a person's health and how to connect the dots between them. This led us to expand our focus to include individuals, communities, and a planet under stress—and to a renaming in 2021.

The fundamental mission of the **Nova Institute for Health** has not changed, but a renewed focus on people, places, and planet allows us to address health and well-being at all scales and to examine the many ways in which they are linked.

Through all of our work, we advocate moving beyond a singular focus on disease to a more comprehensive framework that addresses the total lived experience and the components that lead to flourishing—which we define as “the vitality and fullest potential of individuals, communities, and life on the planet as a whole.”

The breadth of our mission allows us to affect a wide range of activities and approaches. In this retrospective report, we celebrate just a few of those endeavors as illustrations of our work.

We define our purpose as a health-focused nonprofit and think tank through four key organizational roles:



INNOVATOR

We generate bold ideas, nurture creativity, and support research and novel projects that disrupt the status quo.



INFLUENCER

We disseminate research and evidence-based recommendations to improve health policy and practices.



CONVENER

We bring together people and partners from multiple disciplines and sectors to exchange ideas, research, and clinical findings.



BACKBONE ORGANIZATION

We support networks, individuals, and organizations to create a safe, respectful, and joyous environment to spark creative thinking.



BRIGHT MINDS TO TRANSFORM HEALTH

“I can summarize it this way: light, love, and laughter. When we get together sometimes the topics are very serious and very focused and very concerning. But there’s a lightness to the group, which is quite rare, and there’s a humility and a caring that’s expressed and deep.”

— Nova Scholar Dr. George “Bud” Brainard, Director, Light Research Program, Professor of Neurology, Jefferson Medical College at Thomas Jefferson University

When we founded the Nova Institute, we had a vision to bring together bright minds from different disciplines to pursue bold ideas. What if we provided these passionate individuals with the support and resources they need to break free from traditional, academic constraints? What might they accomplish if they focused on what truly made their hearts sing? Today, 25 Scholars and Fellows provide the heartbeat of our organization and power our mission.

This unique, transdisciplinary community of thought leaders investigates critical questions, sparks fresh thinking, and discovers cutting-edge solutions. By design, our Scholars and Fellows are from diverse fields—such as medicine, nursing, photobiology, atmospheric chemistry, epidemiology, anthropology, and psychology—that rarely, if ever, have opportunities for collaboration.

Our Scholars and Fellows advance new understanding about how to promote health and flourishing for individuals, communities, and the planet, developing innovative methodologies, tools, and approaches. They inform each other’s work, providing encouragement and inspiration that can’t be found anywhere else.

Nova’s award-winning Scholars and Fellows have published nearly 1,000 scientific, peer-reviewed papers, covering their own research as well as Nova-funded projects, and have had their work cited more than 250,000 times.

Redefining WELL-BEING



**Carley Riley,
MD, MPH, MPP**

“It was a key investment at a transition point in our careers. As we were young faculty, to have a national institute say this work is important sent a strong signal that this is something we should be pursuing and it should be valued by the academic community.”

*— Nova Fellow Dr. Carley Riley, Faculty Co-Lead,
Population and Community Health, Cincinnati Children’s Hospital*



**Brita Roy,
MD, MPH, MHS**

When they first connected with the Nova Institute, Carley Riley and Brita Roy were early in their careers and had recently completed the Robert Wood Johnson Clinical Scholars program at Yale University. As they started attending meetings at Nova, they found what Riley called “a special community” of healthcare change agents.

The collaborators were impressed by Nova’s transdisciplinary, transformational thinking and its support for their broader vision of well-being—before “well-being” was a common term in academic circles.

Nova agreed to fund a set of epidemiological studies using the Gallup National Health and Well-Being Index to look at various aspects of population-level equity and trends in overall life satisfaction to assess hope. “It certainly would have been challenging to go find funding,” Roy said. “Because our focus is well-being, it doesn’t fit neatly into a ‘disease’ box. But this became preliminary data for future proposals.”

Today, their work includes a sweeping set of related projects, from childhood health to gun violence to mental health, aimed at furthering an understanding of population well-being and supporting it within local communities. The Scholars and Fellows community provided mentors, forums to engage and refine their ideas, and general support for their trajectories.

Assessing and Reimagining PRIMARY CARE

Shortly after COVID-19 reached pandemic status in 2020, Nova Scholar and cultural anthropologist Rebecca Etz, PhD, sent out the first of what would become a weekly survey of primary care clinicians aimed at better understanding their shifting responsibilities and capacities. “It quickly became clear that primary care was in crisis,” said Etz, co-director of the Larry A. Green Center, which managed the surveys in partnership with the Primary Care Collaborative.

She used her findings to convene leaders of physician societies and boards across the key disciplines of primary care later that summer, relying on the urgency of her data to bring the disparate groups together, and helped them craft an unusually unified statement about the financing of primary care. More than two years later, the 50,000 comments in the ongoing survey comprise a unique dataset that Etz and her team continue to analyze. “Were it not for the support of Nova, it never would have existed,” Etz said.

Etz’s journey to that place was largely serendipitous. She had started attending Nova Institute meetings with a close collaborator and Nova Scholar, Kurt Stange, MD, PhD, and came back regularly because she found the environment “magical.” In 2019, she told the community about a convergence moment when key public and academic discussions about primary care were slated to overlap. She wanted to help affect change in this vital policy moment, and the Nova Institute provided critical funding to give her the space to do so. That decision made all the difference when the global pandemic struck less than a year later.

“That openness of time fed an unbelievable amount of work. It protects you from other pressures and provides you a little space. Chance favors the prepared mind, and it allowed me to identify opportunities and take advantage of them in a way I never could have otherwise.”

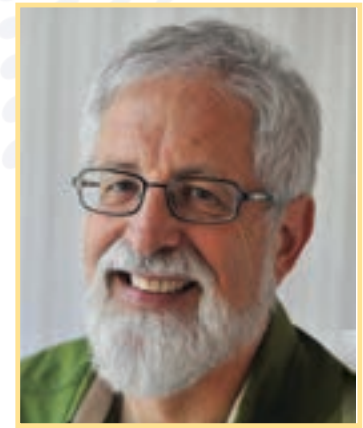
— Nova Scholar Dr. Rebecca Etz, Co-Director, The Larry A. Green Center



Rebecca Etz, PhD

Scholars and Fellows

“The Scholars program is the most diverse of any network I’ve been involved with in terms of interests and fields, spanning the tiny to the cosmic. That’s what’s totally delightful about the enterprise; there are no boundaries. The program exists outside the confines of the discipline people train in so they can think about things outside those boundaries.”



— Dr. George Kaplan, Nova Senior Advisor for Scholars and Fellows, and Founder, University of Michigan Center for Social Epidemiology & Population Health

SCHOLARS

George “Bud” Brainard, PhD
Jefferson Medical College at
Thomas Jefferson University

Paul Dieppe, BSc, MD, BS(Lond), FRCP, FFPH
University of Exeter Medical School

Rebecca S. Etz, PhD
Virginia Commonwealth University

Frederick O. Foote, MD, CAPT, MC, USN (Ret.)
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Richard Hammerschlag, PhD
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David Scott Jones, MD
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Judy Rollins, PhD, RN
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Claudia Witt, MD, MBA
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Virginia Commonwealth University

FELLOWS

Andrew C. Ahn, MD, MPH
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Massachusetts General Hospital

Kirstin Aschbacher, PhD
University of California, San Francisco

Chris D’Adamo, PhD
University of Maryland School of Medicine

Jeff Greeson, PhD
Rowan University

Heidi Gullett, MD, MPH
Case Western Reserve University

Alan C. Logan, ND

Valentina A. Morani, Dipl.O.M., L.Ac.

Carley Riley, MD, MPH, MPP
University of Cincinnati College of Medicine

Brita Roy, MD, MPH, MHS
Yale University School of Medicine

NATURE SACRED FELLOWS

Denise Shante Brown, MA

Francesca Richardson, PhD

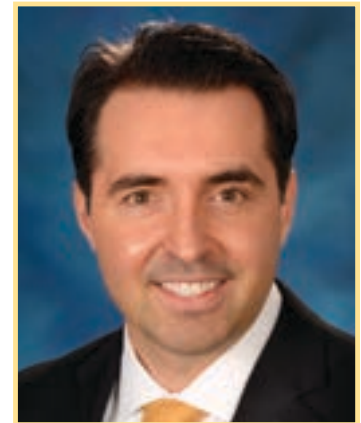
IN MEMORIAM

***Ellen Hughes, MD, PhD**
University of California, San Francisco



STORIES OF OUR IMPACT

“Nova enables research questions to be funded and supported and nurtured that would not be funded through traditional means. These are projects on the leading edge that we may not see NIH fund. You get people from different disciplines with different perspectives, who get the opportunity to contribute and collaborate. It helps take larger leaps forward than you may get with more traditional funding bodies taking incremental approaches.”



— Nova Fellow Dr. Chris D'Adamo, Director, Center for Integrative Medicine at the University of Maryland School of Medicine

The Nova Institute goes beyond the research and ideas of our Scholars and Fellows to develop and test new models and approaches for health and healing. These include scalable, replicable demonstration projects founded on rigorous research and explorations of new models that influence our understanding of flourishing. Our successful projects don't just live in a classroom or in the pages of a journal; they offer real-life impact.

We also work with artists, researchers, and community leaders to share information and bring people together to foster new ways of thinking and promote a healthier world. Over time, this has included hosting national and global forums of scientists, practitioners, community leaders, funders, advocates, and policymakers to engage in rich dialogue and facilitate the exchange of ideas and potential solutions to pressing challenges—the “sticky issues” that are ripe for discussion.

Following are a few highlights of the impact the Nova Institute's demonstration projects, forums, and outreach have had over the past 15 years.

Expanding Nutritional Education

In the Community and Academia



For years, the Nova Institute has focused in myriad ways on the role of food as medicine—from teaching high school students about growing food and how to make healthy and tasty meals to training future physicians about the importance of diet and nutrition.

Working in the community, we developed Five Times a Feast, a free, multi-week cooking program designed to address the common challenges associated with maintaining a healthy lifestyle, such as food costs, time constraints, comfort in the kitchen, and an understanding of nutrition. Employing a “train the trainers” approach, the initiative also empowered participants to carry on the educational efforts as leaders in their communities.



The organization also collaborated with the Center for Integrative Medicine at the University of Maryland School of Medicine to launch a culinary medicine training curriculum. This became a core requirement for first- and second-year medical students—the first

of its kind in the nation. The program has given hundreds of medical students an experiential nutrition education through practical instruction and healthy cooking. Research we published in 2021 showed it is possible and practical to teach medical students a more complete perspective on food and health that will immediately benefit them and their patients. Other medical schools across the country have approached our team about replicating the program, and it is now expanding to students in schools of pharmacy, nursing, law, social work, and dentistry.

Spice MyPlate

Spice MyPlate recognizes that improving eating habits is easier when healthful food tastes great. The program, piloted at Patterson High School in Baltimore, engages students by showing them how to make wholesome—and flavorful—versions of their favorite dishes. Participants in the pilot learned the profiles of 12 core spices and herbs, including their origins, health-promoting properties, scientific and historical facts, and common applications in cooking. Then they applied that knowledge—while honing their teamwork and kitchen skills—in making dishes like cozy spiced beef and zesty jerk three-bean chili. Research found that Spice MyPlate improved diet quality and healthy eating attitudes among students who participated compared with a control group of students who did not. The success of Spice MyPlate led to another pilot project to increase vegetable intake through flavor enhancement by working with the U.S. Department of Agriculture’s National School Lunch Program at a local high school, and it is now being tested to improve nutrition for service members at Walter Reed National Military Medical Center.



A Reflection on Community Healing

A Beautiful Ghetto

After the 2015 police killing of Freddie Gray, a young Black man, many in Baltimore felt new waves of pain and frustration over long-standing problems with policing as well as deep-seated social inequities. As part of the effort to reflect on the unrest and promote community healing, the Nova Institute partnered with the Gordon Parks Foundation on an exhibition and program series, *A Beautiful Ghetto*, showcasing Baltimore social justice photographer Devin Allen's documentation of the city and its people. The exhibit and programs sparked conversation and action promoting healing among individuals and the city community.



"We always spend so much time on the pain. We measure how strong we are by how much pain we can take. Can we, for once, focus on how we can address our issues, get educated, and start the healing process? I want this show to be a platform to address our pain freely and heal together."

— Photographer Devin Allen



Being Heard

Is there a role for artists in creating a more compassionate and empathetic environment that helps patients feel understood and cared for?



A multidisciplinary research team consisting of nurse/researcher and Nova Scholar Judy Rollins, an art therapist/social worker, and two professional artists attempted to answer this question. The team asked a group of children with chronic medical conditions to write a poem about themselves and conducted one-on-one interviews, then returned to their studios to create a painting and accompanying narrative based on what they heard.

Upon completion, the nurse/researcher and art therapist revealed the painting to the child, asking for thoughts and feelings about the personal painting and narrative, while creating a watercolor print and a blanket of the art for the child. The Being Heard exhibition shared the resulting paintings, poems, and children's responses.

Truu, a 17-year-old African-American boy who has undergone multiple organ transplants, said this about "his" painting:

"It feels true.

I am not what my chart says.

It feels like me."

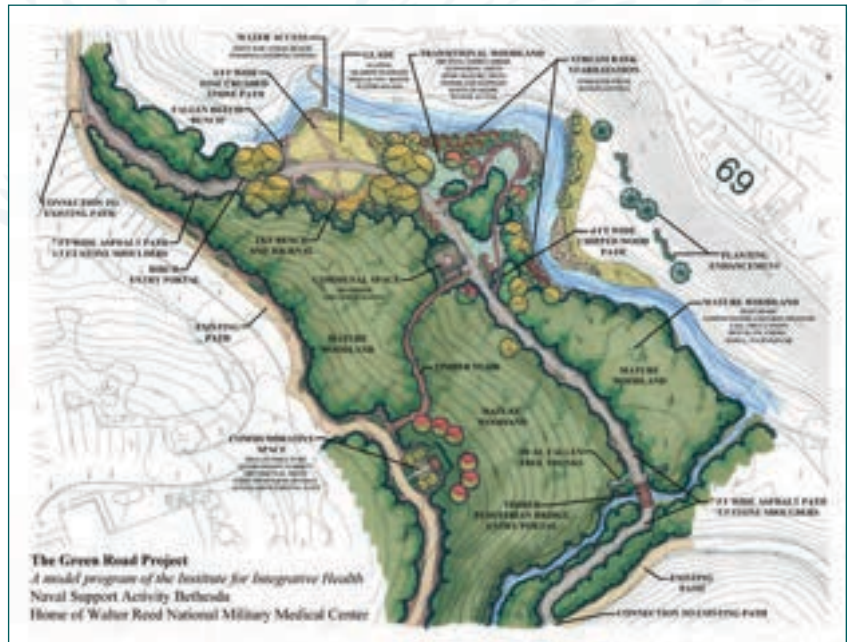


Building a Green Road to Healing

Wounded service members receiving medical care at Naval Support Activity Bethesda—home of Walter Reed National Military Medical Center—are fighting to overcome debilitating injuries, like PTSD and traumatic brain injury. To ease their journey, Nova Institute leaders and Scholar Fred Foote, along with partners including Nature Sacred, created the Green Road, a woodland garden where service members and their families find respite amid forest and wildlife.

This award-winning project preserves and restores the natural environment while facilitating

psychosocial-spiritual healing for wounded warriors and their caregivers. Research has documented the healing effects of spending time on the Green Road. Since its opening, more than 12,000 service members and families and medical staff have found respite and sustenance there.



Building Bridges, Defining Metrics



Social and economic factors can define health outcomes, especially for urban and disadvantaged youth. In 2016, we convened the Building Bridges, Defining Metrics forum to envision a new, integrative framework for creating and evaluating community-based programs that improve the health of this population. During two days of interactive sessions, more than 40 professionals from across the country, including researchers, funders, educators, government leaders, and community program experts, exchanged ideas and views. They also developed recommendations for creating robust community-based programs that integrate diverse stakeholder priorities and use appropriate metrics for evaluating outcomes in real-world settings. We later published a report of ideas and strategies from the forum to inform new partnerships and programming.



A BRIGHT FUTURE

“We’re in a crucial point of time now, both with what the Nova Institute is doing and what is happening regarding health around the world. Nova has a unique place in that, to act as a catalyst to have a national and global conversation about what we mean by health and the factors that promote or block health. I’m excited about the work ahead.”

— Dr. Brian Berman

After 15 years of remarkable progress, we continue to learn and evolve.

As we expand and diversify our Scholars and Fellows program, we will ensure this transdisciplinary community of thought leaders has fresh resources and perspectives to explore critical questions and generate new ideas about how we promote health. To increase science-based media coverage that reflects a fuller vision of health, we are also adding Media Fellows to the program.

We are also growing a global network to transform personal and planetary health by sharing evidence, advocacy, inspiration, and a deeper understanding of how all systems are interdependent. To provide a home for this network and others, we’re building the Nova Integration Hub to empower an online community of inquisitive thinkers and changemakers. Through this new web-based platform, people from many different disciplines and backgrounds will be able to discuss passion projects, find connection, and share the latest ideas about health and flourishing as well as solutions to the serious threats we face today.

We will continue to engage policymakers and national organizations like the NIH to embrace a broader view of health—not just disease detection and treatment. For example, Nova Institute leadership has weighed in on early stages of the new federal proposal to create a new Advanced Research Projects Agency for Health (ARPA-H) that would accelerate new approaches to reimagine healthcare and medicine.

And, we are working to ensure our on-the-ground demonstration projects do just that—demonstrate what can (and cannot) be achieved as we experiment with new models and approaches to improve well-being. With these replicable projects, communities and service organizations across the country can benefit from our models, research, and results. One recent area of early success is a new program developed during the COVID-19 pandemic to reduce stress in primary care providers and their patients, which we plan to replicate in other health care environments, including in critical care settings.

And in this new world, where we have learned so much about the importance and power of connection through many different means, we will continue to provide transformative experiences, including forums, retreats, and convenings, to generate new starbursts of inspiration and connection.

WITH GRATITUDE

The Nova Institute's success over the past 15 years was made possible by a host of wonderful supporters, partners, and collaborators. Generous funders, including our Leadership Council, have made our organization a reality and provided us with the opportunity to explore new ways of promoting health.

We've also partnered with numerous large and small national and international associations, corporations, nonprofits, community groups, artists, and other creatives through dozens of demonstration projects, forums, and exhibits. Our partners have helped us connect and create inspiring and sustaining relationships and community, while our collaborators have helped us implement programmatic approaches and share information broadly.

We extend a special thanks to two wonderful people, a husband and wife, who wished to remain anonymous. They understood and extended our vision and gave so generously. With their active, ongoing support, the Nova Institute became a reality. We will always hold them close in our hearts.

In addition to the following major funders and collaborators, we thank the hundreds of individuals who generously donated to the organization throughout our history but are not listed here. We also thank our Scholars and Fellows for their time, effort, and support of our overall vision. We offer our deepest thanks to all and look forward to continued collaborative success.

Major Funders & Collaborators

Academic Consortium for Integrative Medicine and Health	Cristo Rey Jesuit School Baltimore
Advancement of Holistic Health	Cynthia Kunci
Afsaneh Integrative Healing Art	David Riley
Amazing Grace Lutheran Church Center for Grace-Full Living	David Schweiger
American Visionary Arts Museum	Devin Allen
Amy Gross	Don Phillips
Anthony Boehk	Dr. Schar USA, Inc.
Baltimore Community Foundation	Elizabeth Winn
BH Works	Emile Bendit Philanthropic Fund
Blue Moon Health Fund	European Biomedical Research Institute of Salerno
Brian and Susan Berman	Family and friends of Shockey Gillet
Capital Funding Group Inc.	Frederick and Anne Whitridge
CareFirst	Frederick Foote
Center for Medical Technology Policy	Globe Foundation
Charité University, Germany	Gordon Parks Foundation
Chinese University of Hong Kong	Greg and Mary Pinkard
Civic Works, Inc.	Harvard Medical School's Institute of Health Coaching
Cochrane	Health Corps
Creative Forces	Injured Marine Semper Fi Fund

Major Funders & Collaborators, Cont.

Integrated Healthcare Policy Consortium
inVIVO Planetary Health
Iva Gillet
Jack and Nancy Dwyer
Jacob and Hilda Blaustein Foundation
James McDonald
James Winn
Jennifer and Jay Snouffer
Jewish Communal Fund
Joan Hoblitzell
John W. Kluge Foundation
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Charitable Funds
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Linda Stone
Lloyd Symington Foundation
Lynn Getz
Maria Kluge
Martha Donovan
Mary Sue McCarthy
Maryland State Arts Council
Massachusetts General Hospital for Children
McCormick & Co.
Mental Insight Foundation
Michele and David Mittelman Family Foundation
Michele Mittelman
National Initiative for Arts & Health in the Military
National Institutes of Health
Nature Sacred, formerly TKF
NIH National Center for Complementary
and Integrative Health
NIH Office of Behavioral and Social Sciences
Research
Pam King
Patterson Park High School Baltimore
Peoples Water Service Company
Peter and Lisa Hoffberger
Peter Bruun, the New Day Campaign
Peter Succoso
Prince Charitable Trusts
PsychArmor Institute
Rachel Bendit
Real Food Farm
Richard and Sheila Riggs
Richard G. Williams Fund
Richard Williams
Robert Bosch Foundation
Robert O'Toole
Ruppert Landscape
Samuel and Helen S. Bookatz Foundation
Sandy Spring Bank
Scott Plank
Sequoia Restaurant
Summer Funding Collaborative
(Baltimore's Promise)
The Harry and Jeanette Weinberg
Foundation, Inc
The Home Institutions of our Scholars
and Fellows
The International Academy for Homotoxicology
The Simms Mann Family Foundation
The Under Armour Foundation
Thomas and Kitty Stoner
University of Maryland R. Adam Cowley
Shock Trauma Center
University of Maryland School of Medicine,
Center for Integrative Medicine
University of Maryland, Baltimore
University of Maryland, Baltimore
Foundation, Inc.
University of Minnesota Center for
Spirituality and Healing
University of Zurich, Switzerland
Veteran Artist Program
Veteran Resource Program
Victoria and Ron Simms
Walter Reed National Military Medical Center
Wells Fargo Advisors
William Hopkinson
Zanvyl and Isabelle Krieger Fund

A Long-Term Commitment: Mary and Greg Pinkard


Mary and Greg Pinkard are passionate supporters, each bringing a different perspective. Mary has, for years, immersed herself in ancient healing traditions, teaching teaching Qigong and Feng Shui and fully embracing the need for a holistic approach to health. Greg, a Baltimore real estate executive, takes a pragmatic view of things and likes to see evidence. For example, he saw firsthand how new workplace wellness strategies at his own business helped employees lead healthier lives. While they have different ways of thinking, both came to value the Nova Institute's approach, which taps into both the heart and head.

"We're yin and yang when it comes to our thinking," Mary said. "We appreciate the need for order while creating a vision at the same time, and we're excited that Nova does that."

The Pinkards supported the Nova Institute from its earliest days, helping founders Brian and Sue Berman make connections to potential supporters and foundations and offering valuable guidance on building a financially sustainable organization.

That sustainability begins with a vision for a new approach to health, backed by rigorous research. The Nova Institute message, Greg said, has been: "Please be open to hearing about a lot of things going on in health that you may not be familiar with. At the same time, these approaches are steeped in science. If we want to change healthcare, we need to be open to the variety of things going on all around us, and actually change how we think about health and well-being. It's inspiring."





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