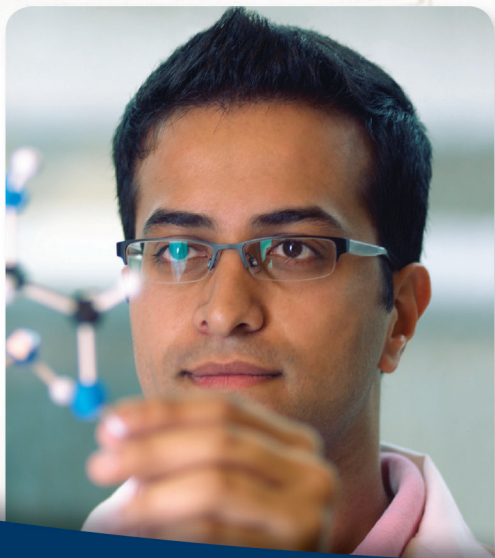




ANNUAL REPORT **2011**



SAMUELI INSTITUTE
EXPLORING THE SCIENCE OF HEALING

OUR MISSION

is to create a flourishing society through the scientific exploration of wellness and whole-person healing.

OUR VISION

is a world in which healing processes are the formative concept for improving performance, preventing illness, achieving and maintaining wellness, and ameliorating chronic disease.



Samueli Institute

BOARD OF DIRECTORS

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*President and CEO
Samueli Institute*

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Flinn Foundation*



OUR VALUES

Service to the public:

As a nonprofit service organization, Samueli Institute serves as a facilitator of research on wellness and healing—making discoveries, developing relationships, conducting research and building rigorous scientific evidence that results in shared knowledge, improved patient care, enhanced resilience and performance, and healthful living.

Scientific exploration:

Samueli Institute supports science grounded in observation, investigation and analysis, and has the courage to ask challenging questions within a framework of systematic, high quality research methods and the peer-review process.

Integrity in all we do:

Samueli Institute acts with the highest respect for the public it serves by ensuring transparency, responsible management and ethical practices from discovery to policy and application.

Reflection in action:

Samueli Institute recognizes that healthy cultural change occurs through the actions of individuals and organizations that balance self-care and reflection with a willingness to take transformative risks and a desire to serve others compassionately.

Hector Rodriguez, MBA

*Industry Chief Technology Officer
Microsoft Corporation*

Henry Samueli, PhD

*Co-Founder
Broadcom Corporation*

Ruth Westreich

*President
The Westreich Foundation*

Samueli Institute is a non-profit 501(c)3 research organization supporting the scientific exploration of healing and wellness, and their role in medicine, with the mission of transforming health care worldwide.



A MESSAGE FROM

Susan Samuelli & Wayne Jonas

As we enter our second decade, we see the results of our research with military, academia and government entities take root and begin to be implemented widely. For example, Total Force Fitness (TFF), a new framework that integrates various domains of health from psychological to physical to environmental, was officially adopted by the military through a Department of Defense Instruction by Admiral Michael Mullen, Chairman of the Joint Chiefs of Staff.

These and other successes have spurred our commitment to ensure that our research and knowledge base is widely disseminated. In 2011, we shared our work through 75 journal articles, 31 book chapters, eight books, 147 presentations, and seven scientific conferences and meetings.

In the coming year, Samuelli Institute will forge ahead to serve as a leader in sharing knowledge, translating research into everyday life, and driving the national conversation toward healing and wellness.

– Wayne B. Jonas, MD and Susan Samuelli, PhD



Wayne B. Jonas, MD, CEO and Susan Samuelli, PhD, Chair

Samuelli Institute

2011 ACCOMPLISHMENTS

2011

75
JOURNAL
ARTICLES

31
BOOK
CHAPTERS



“True health and human flourishing will require a vision of consciousness that honors choice and intention and focuses on behavioral and lifestyle choices. In its 2009 development of the Wellness Initiative for the Nation (WIN) approach to U.S. health, Samuelli Institute identified strategies for clinicians to encourage healthy behavioral and lifestyle choices, including motivational interviewing, appreciative inquiry, listening to the patient’s story, and creating meaning—which is the key to human health and flourishing.”

*–Barbara Dossey, PhD, RN, AHN-BC, FAAN,
International Co-Director, Nightingale Initiative
for Global Health, Director, Holistic Nursing
Consultants*

8

BOOKS

147

PRESENTATIONS

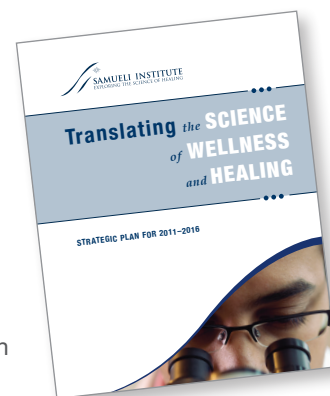
7

SCIENTIFIC CONFERENCES
& MEETINGS

2011 SAMUELI INSTITUTE HIGHLIGHTS

NEW FIVE-YEAR STRATEGIC PLAN

The Institute's new five-year strategic plan, *Translating the Science of Wellness and Healing: 2011-2016*, reinforces our core research mission while reinvigorating our efforts to translate knowledge into mainstream health care through education and evaluation of healing-oriented practices and to support the efforts of others who are building a culture of healing. The plan is available for review on our website.



TEN-YEAR ANNIVERSARY SYMPOSIUM AND CELEBRATION

In July 2011, the Institute celebrated its 10-year anniversary. A two-day symposium entitled *Creating the Future of Healing: 2021* was held on October 4 and 5 in Alexandria. Leaders from around the nation presented their vision for the future of health care, wellness and healing. A celebratory evening followed, attended by nearly 300 invitees, including the mayor of Alexandria, Virginia, local congressmen, and Senators Barbara Mikulski and Tom Harkin, who have both been longtime supporters of the Institute. Samueli Institute Visionary Awards were presented to two elders in the field of holistic healing – Berkley Bedell, former congressman from Iowa and founder of the Foundation for Alternative and Integrative Medicine, and Dr. Gladys McGarey, the “mother of holistic medicine” and co-founder of the American Holistic Medical Association.

BEST PLACES TO WORK IN VIRGINIA HONOR

The Institute was named one of the 2011 Best Places to Work in Virginia in the small employer category. This was based on data regarding employee benefits, organizational policies and procedures as well information gathered from an anonymous employee survey on culture, work environment and benefits.



ORGANIZATIONAL DEVELOPMENT

With a goal to streamline, standardize and integrate projects across all departments, a new Project Management Office was established. This office will use state-of-the art technologies to enable and support planning, execution and management of the Institute's strategic goals and objectives and enhance integration and efficiency of the Institute's operational components, systems, databases and processes.

NEW BOARD MEMBERS

In 2011, Samueli Institute was honored to welcome two new members to its Board of Directors, Hector Rodriguez, MBA and Lt. Gen. Paul E. Funk, USA (Ret.). Mr. Rodriguez is Industry Chief Technology Officer for Microsoft Health and Life Sciences where he works with customers, partners, product groups, and field resources to understand the health care industry's current challenges and to formulate end-to-end solution scenarios to address them. Lt. Gen. Funk was Former Commanding General of III Corps, Fort Hood, Texas, currently serves as the President and Chief Executive Officer of the Mounted Warfare Foundation and is also a member of the Foundation's Board of Directors.



Hector Rodriguez,
MBA



Lt. Gen. Paul E. Funk,
USA (Ret.), EdD



“There is widespread agreement that the healthcare system needs to be more patient centered. Important goals for the future include greater emphasis on prevention of disease and better ways to motivate healthy behaviors. The integrative health movement and the research conducted by Samueli Institute and others will contribute to empowerment of patients through more information and strengthening the evidence base.”

—Josephine P. Briggs, MD, Director, National Center for Complementary and Alternative Medicine



Ruth Westreich

Ruth Westreich, president of The Westreich Foundation, joined the Institute’s Board of Directors in March 2012. Her Foundation is having a deep and wide impact in the San Diego nonprofit community. The focus of their work is in Optimum Health and Wellness, education, integrative medicine, palliative care and literacy.

Samueli Institute thanks Barbie Dossey for her service and contributions to our Board of Directors from 2008 – 2011. She made many valuable contributions and developed key collaborations on behalf of the Institute, particularly with our work in Optimal Healing Environments. We look forward to a continued relationship with her in the years ahead.

2011 YEAR IN REVIEW

CENTER FOR MILITARY MEDICAL RESEARCH

During 2011, the Center for Military Medical Research continued to pursue its goals in the areas of pain management, stress and performance optimization/resilience. Working to align with the Department of Defense's Pain Management Task Force, a tri-service action team established by order of the Army Surgeon General, we built our Acupuncture in the Military (AIM) portfolio to aggregate and evaluate the scientific and practice-related acupuncture literature that is relevant to military goals for pain management. We completed and published a Rapid Evaluation and Assessment of the Literature (REAL©) of acupuncture in the military, and began a randomized control trial comparing standard ear acupuncture, a traditional medicine acupuncture protocol, and standard non-pharmacological management of trauma-induced spectrum disorder in an active duty population.

In parallel with the AIM activities, the Evaluating Mind-Body Approaches through Research and Collaborations (EMBARC) initiative has continued to advance the Institute's strategic plan for 2011-2016 on research translation. Building on earlier work, which involved compiling, analyzing and assessing the state of the science and practice related to mind-body/self-care practices, EMBARC then focused on leveraging, translating and disseminating research results to benefit military, veteran, public and global health. Together, AIM and EMBARC are providing meaningful and actionable information to support evidence-based and related to health and health care policy, in both civilian and military sectors, and within clinical and non-clinical/community-based delivery settings.

Another important accomplishment for the Institute in 2011 was our role in developing the largest ever chiropractic research program, which has now been funded by the Defense Health Program (DHP), to assess chiropractic treatment for low back pain, military readiness and smoking cessation. The study involves active duty personnel at six military sites. The primary contract was awarded to the RAND Corporation, with sub-awards to Samueli Institute and Palmer College of Chiropractic. Additionally, a manuscript reporting on the results of a previous randomized control trial on the effectiveness of osteopathic manipulative therapy (OMT) for back pain in combat ready troops was published in 2011.

Total Force Fitness (TFF), a new framework developed by the Institute integrates various domains of military life from psychological to physical to environmental, was officially adopted by Admiral Michael Mullen, Chairman of the Joint Chiefs of Staff, in a signed Chairman's Instruction in September 2011. Samueli Institute has been working with Commanders to assess their own programs and services through the TFF framework. Various implementation sites for these evaluations were identified and work is in progress.

Our program evaluations of a number of resilience skills training programs continue to yield valuable information across a number of parameters of resilience, which can be used by Department of Defense leadership to optimize such programs and scale them to significant proportions. Our standardized approach to these evaluations will allow vital comparisons to be made, to ensure maximum benefit to large numbers of our nation's warfighters and families.

MILITARY MEDICAL RESEARCH Highlight

Samueli Institute co-developed the largest ever chiropractic research program in 2011, which has now been funded by the Defense Health Program (DHP), to assess chiropractic treatment for low back pain, military readiness and smoking cessation for active duty personnel at six military sites.

“Through their work in Optimal Healing Environments, Wayne Jonas and the Samueli Institute have provided a framework for something I have been passionate about all my life. By approaching care in ways congruent with patient values, true relationship-based care is experienced by both patients and team members.”

—JoEllen Koerner, RN, PhD, FAAN, CEO and Founder, NurseMetrix



2011 YEAR IN REVIEW [CONTINUED]

CENTER FOR BRAIN, MIND AND HEALING

Samueli Institute, Generation Research Program (Germany), and the Henry Samueli School of Engineering at University of California, Irvine, co-sponsored a workshop on “Technology for Living and Caring” in September 2011 that explored how technology can be integrated into our lives to help promote health and wellness. This project is intended to be a long-term effort in developing assistive technologies for creating Optimal Healing Environments and bringing these products from bench to market. This initiative is being supported by BaCaTec, a technology platform for research exchange between universities in Bavaria in Germany and the State of California.

Our Systems Wellness Initiative acquired funding of almost \$1.4 million through the Department of Defense for the design and development of a new division at the Institute—Central Evaluation of Reintegration Programs (CERP). This program will establish an advisory group, develop metrics, and design studies to explore whole systems approaches for re-integration of warfighters.

CENTER FOR OPTIMAL HEALING ENVIRONMENTS

The Center for Optimal Healing Environments (OHE) continued to pursue its goal of bringing a whole systems approach to the translation of research knowledge into behavior change. Department of Defense-funded projects allowed the Center to expand the Institute’s knowledge and

tools to assess health systems and workplace environments using the Optimal Healing Environments framework. In May 2011, a symposium exploring the science of OHE, behavior change and measurement, brought together leading researchers and experts in various domains of Optimal Healing Environments to discuss their latest research in the domains of the Optimal Healing Environment framework.

Institute staff delivered a series of symposia for nurses focused on the role of nursing in creating Optimal Healing Environments. The series was held in Orange County, California, and was presented in partnership with University of Irvine, California, School of Nursing.

Concurrently, the Institute produced a business plan to develop a comprehensive portfolio of products, tools and services designed for health care executives, employers and community leaders to enable them to fully integrate healing-oriented practices and environments in their facilities and organizations. Several of these services and tools were beta tested in hospitals and worksites during 2011.

CENTER FOR INFORMATICS DATA MANAGEMENT AND ANALYSIS

At Tripler Army Medical Center in Hawaii, the Center for Informatics Data Management and Analysis (CIDMA) team implemented Samueli Institute’s Prospective Outcomes Documentation System (PODS) for both retrospective and prospective data capture and analysis in the Integrative Pain

CENTER FOR BRAIN, MIND AND HEALING Highlight

FUNDED
\$1.4
MILLION

Our Systems Wellness Initiative acquired funding of \$1.4 million through the Department of Defense for the design and development of a new program at the Institute—Central Evaluation of Reintegration Programs (CERP). This program will explore the role of system biology metrics to measure wellness and resilience.



Management Clinic evaluation project. The goal of PODS is to collect clinically relevant data that can be used to further elucidate the outcomes of interventions within the context of health care in which they are delivered.

Our Brain Injury Disease Management Initiative to investigate substrates and mechanisms of Traumatic Brain Injury (TBI) using whole systems orientation was documented in a book entitled *Brain Injury and Stroke: Neuro-inflammatory Spectrum Effects and Implications*. This book presents valuable insights into the identification of neuropsychiatric manifestations of TBI that can serve as a basis for developing whole person care.

CENTER FOR HEALTH RESEARCH AND EDUCATION

As the potential health benefits of omega-3 fatty acids are being discovered, finding ways to increase Americans' average consumption is gaining importance. A key project launched by the Institute in 2011 was the modification of the diet of animals that provide the most readily available foods to consumers. Partnering with several food industry organizations, National Institutes of Health and the National Institute on Alcohol Abuse and Alcoholism and funded by the Department of Defense, the Institute is analyzing the feasibility of modifying chicken (both eggs and meat) and

pork products by including natural sources of omega-3 fatty acids in animal feed. The Department of Defense has been particularly interested in how increasing omega-3 fatty acids in the diet can improve brain function and resilience of soldiers.

ADVANCEMENT AND SUSTAINABILITY

Samueli Institute was pleased to receive a grant for \$400,000 from the W.K. Kellogg Foundation to begin the first phase of a Community Wellness and Resilience program. The goals of this three-phased program, conducted in collaboration with the Institute for Alternative Futures and CommonHealth ACTION, is to provide underserved communities with a framework and tools to improve their communities' wellness and resilience. This will be done by empowering community leaders with skills to influence current and future policies that support health.

In 2011, the Institute continued to build partnerships with organizations such as Grantmakers in Health, and Laurance S. Rockefeller Fund, among others, to increase its knowledge translation and education efforts in the areas of healing processes, health and wellness.

ADVANCEMENT AND SUSTAINABILITY Highlight

\$400,000
GRANT

Samueli Institute received this grant from the W.K. Kellogg Foundation to begin a Community Wellness and Resilience program in 2011.

STATEMENT OF FUNCTIONAL EXPENSES

SAMUELI INSTITUTE FOR INFORMATION BIOLOGY/DBA/SAMUELI INSTITUTE

Samueli Institute's financial records were independently audited by Gelman, Rosenberg & Freedman of Bethesda, Maryland, according to auditing standards set forth in the Government Auditing Standards of the Comptroller of the United States. For additional financial information, please contact the Controller's Office at Samueli Institute.

Statement of Functional Expenses

For the Year Ended September 30, 2011 with Summarized Financial Information for 2010

				2011	2010
	Program Services	General and Administrative	Fundraising	Total Expenses	Total Expenses
Salaries and wages	\$ 3,790,595	\$ 459,658	\$ 47,135	\$ 4,297,388	\$ 3,142,543
Employee benefits	1,700,004	210,631	6,523	1,917,158	1,366,733
Accounting and audit	33,096	13,224	410	46,730	39,290
Conference, meetings and training	63,326	8,486	263	72,075	54,121
Depreciation and amortization	160,684	59,354	1,838	221,876	196,329
Dues and subscriptions	14,678	3,322	103	18,103	13,431
Equipment rental	59,204	23,657	733	83,594	15,435
Grants	1,799,964	—	—	1,799,964	1,952,156
Insurance	31,616	12,633	391	44,640	56,981
Legal	11,881	4,748	147	16,776	57,062
Lobbying	79,920	—	—	79,920	92,512
Meals and entertainment	59,652	7,330	227	67,209	66,959
Miscellaneous	148,888	9,210	885	158,983	80,159
Office expense	146,578	52,076	2,062	200,716	69,381
Gifts/donations	4,931	1,970	61	6,962	15,605
Repairs	5,507	2,201	68	7,776	5,573
Rent	435,006	974,791	8,511	1,418,308	1,273,384
Taxes and licenses	67,028	26,784	830	94,642	63,141
Subcontractors/Consultants	1,295,086	88,772	2,749	1,386,607	1,052,489
Telephone and information technology	290,807	59,090	7,039	356,936	631,727
Travel and lodging	319,094	31,588	978	351,660	297,929
Supplies	53,163	9,407	291	62,861	15,485
TOTAL	\$ 10,570,708	\$ 2,058,932	\$ 81,244	\$ 12,710,884	\$ 10,558,425



Statement of Activities and Change in Net Assets

For the Year Ended September 30, 2011 with Summarized Financial Information for 2010

			2011	2010
	Unrestricted	Temporarily Restricted	Total	Total
REVENUE				
Grants and contracts from government agencies	\$ 6,955,409	\$ —	\$ 6,955,409	\$ 6,262,126
Private contributions	3,900,000	500,000	4,400,000	4,955,625
Contracts	250,880	—	250,880	571,583
Interest and investments	13,887	—	13,887	14,076
Other revenue	646,652	—	646,652	605,610
Net assets released from donor restrictions	1,124,702	(1,124,702)	—	—
TOTAL REVENUE	12,891,530	(624,702)	12,266,828	12,409,020
EXPENSES				
Program Services	10,570,708	—	10,570,708	8,779,543
General and Administrative	2,058,932	—	2,058,932	1,640,401
Fundraising	81,244	—	81,244	138,481
TOTAL EXPENSES	12,710,884	—	12,710,884	10,558,425
Change in net assets	180,646	(624,702)	(444,056)	1,850,595
Net assets at beginning of year	6,008,940	3,019,434	9,028,374	7,177,779
NET ASSETS AT END OF YEAR	\$ 6,189,586	\$ 2,394,732	\$ 8,584,318	\$ 9,028,374

SELECT PUBLICATIONS

October 2010–October 2011

Following is a selection of our publications for fiscal year 2011. To read them, view the complete list or learn more about our research, visit our searchable online repository of peer-reviewed and other journal articles, books, book chapters and reports at www.SamueliInstitute.org.

JOURNAL ARTICLES

Creating Healing Workplaces.

Ananth S.

Explore

Metabolic Acetate Therapy for the Treatment of Traumatic Brain Injury.

Arun P, Ariyannur PS, Moffett JR, Xing G, Hamilto K, Grunberg NE, Ives JA Nambodiri AM

Neurotrauma

Research and Clinical Initiatives for Integrated Pain Management Strategies: Transformation to a Model of Patient-centered Care in Department of Defense and Veterans Health Care Systems.

Bingham M, Libretto S, Walter J, Petri R, Norby R.

The Pain Practitioner

Integrative Health Care Under Review: An Emerging Field.

Coulter ID, Khorsan R, Crawford C, Hsiao AF.

Journal of Manipulative and Physiological Therapeutics

Homeopathic Treatments in Psychiatry: A Systematic Review of Randomized Placebo-Controlled Studies.

Davidson J, Crawford C, Ives J, Jonas W.

Journal of Clinical Psychiatry

The Nature and Prevalence of Healing and Wellness Initiatives in American Hospitals.

Firth K, Smith K, Gourdin K.

Wellness Management

Complementary Medicine for Fatigue and Cortisol Variability in Breast Cancer Survivors: A Randomized Controlled Trial.

Jain S, et al.

Cancer

The Use of Acupuncture in the US Military: Challenges and Opportunities.

Jonas W, Niemtow R, et al.

Medical Acupuncture

Acupuncture for the Trauma Spectrum Response: Scientific Foundations, Challenges to Implementation.

Jonas W, Walter J, et al.

Medical Acupuncture

Optimal Healing Environments: Fostering Ecological Sustainability.

Kreisberg J, Ananth S.

Explore



Use of Dietary Supplements Among Active-duty US Army Soldiers.

Lieberman, H, Stavinoha T, McGraw S, White A, Hadden L, Marriott B.

Am J Clin Nutr.

Selenium and Alzheimer's Disease: A Systematic Review.

Loef M, Schrauzer G, Walach H.

Journal of Alzheimer's Disease

Introduction to Placebo Effects in Medicine: Mechanisms and Clinical Implications.

Meissner K, Kohls N, Colloca L.

Special issue of *Philosophical Transactions of The Royal Society B*

Spirituality and the International Classification of Functioning, Disability and Health: Content Comparison of Questionnaires Measuring Mindfulness Based on the International Classification of Functioning.

Offenbacher M, Hufford D, et al.

Disability and Rehabilitation

Mindfulness-based Stress Reduction is an Effective Intervention for Patients Suffering from Migraine – Results from a Controlled Trial.

Schmidt S, Simshauser K, Aickin M, Luking M, Schultz C, Kaube H.

European Journal of Integrative Medicine

Outcome Evaluation of the Veterans Affairs Salt Lake City Integrative Health Clinic for Chronic Nonmalignant Pain.

Smeeding SJW, Bradshaw DH, Kumpfer KL, Trevithick S, Stoddard GJ.

Clin J Pain.

Acupuncture Research in Military and Veteran Populations: A Rapid Evidence Assessment of the Literature.

York A, Crawford C, et al.

Medical Acupuncture

BOOK CHAPTERS

The Role of Outcomes and Observational Research in Evaluating Integrative Medicine.

Beckner W, Harlan W.

In: Lewith G, Jonas W, Walach H, eds. *Clinical research in complementary therapies*. Edinburgh, London, New York, Oxford, Philadelphia, St. Louis, Sydney, Toronto: Churchill Livingstone.

Energy and Medicine.

Ives J, Jonas W.

In: Mayor D, Micozzi M, eds. *Energy Medicine East and West: A Natural History of Qi*. New York: Elsevier

Complementary and Alternative Medicine.

Jonas W, Chez R.

In: South-Paul J, Matheny S, Lewis E, eds. *Current Diagnosis & Treatment in Family Medicine*. Third ed. New York: McGraw-Hill.

Entanglement and Mathematic.

Nickel G, Walach H.

Pensamiento Ciencia Filosofia y Religion (Serie Especial). Vol 66. Madrid: Universidad Pontificia Comillas.

BOOKS

Clinical Research in Complementary Therapies: Principles, Problems and Solutions 2nd Edition

Lewith G, Jonas W, Walach H.

Edinburgh, London, New York, Oxford, Philadelphia, St. Louis, Sydney, Toronto: Churchill Livingstone, Elsevier.

Neuroscience, Consciousness and Spirituality

Walach H, Schmidt S, Jonas W. ed. H. Walach, S. Schmidt, and W. Jonas.

New York: Springer.



IN MEMORIAM – BOARD MEMBER JAMES A. ZIMBLE

Vice Admiral James A. Zimble, who most recently served as the United States Navy's surgeon general, passed away in December 2011. Adm. Zimble was a valued member of Samuelli Institute's Board of Directors from 2008 – 2011. We all recall fondly his wisdom and active contribution to Institute activities.

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www.SamueliInstitute.org

Samueli Institute is a non-profit 501(c)3 research organization supporting the scientific investigation of healing and its role in medicine and health care. Founded in 2001 by Henry and Susan Samueli, the Institute is advancing the science of healing worldwide. Samueli Institute's focus includes research on integrative medicine, optimal healing environments, the role of the mind in healing, behavioral medicine, health care policy, and military and veterans health care.

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