Integrative Medicine for the Underserved (IM4US) is a diverse coalition of Integrative Health practitioners, researchers, and advocates who provide holistic care to vulnerable populations. IM4US practitioners provide healthcare that includes caring for mind, body, and spirit in the context of the social determinants of health. The opioid epidemic has again illustrated that we are a country in crisis, trying to cope with the effects of trauma caused by systemic racism, poverty, homelessness, incarceration, and lack of equal educational opportunities. IM4US is the only organization that focuses on integrative healthcare for the underserved, and through its mission envisions access to comprehensive, collaborative, multidisciplinary care for everyone with chronic pain and opioid use disorders.

The IM4US community has been a leader in:

1. **Health Professional Education and Training.** Our focus has been on applying non-pharmacological approaches in pain management including yoga, acupuncture, chiropractic care, and behavioral health interventions. Our members have developed and successfully utilized group medical visit models -- which integrate biomedical care, health education, social support, non-pharmacologic treatment, and when necessary, pharmacologic management for chronic pain or addiction -- to those affected by the opioid epidemic. We share best practices through an annual conference, as well as website resources which are free and available to all.

2. **Pain Management Guidelines and Evidence Standards.** Key activities this past year have included a Congressional Briefing on integrative health for chronic pain, submission of supportive letters to Health and Human Services’ Best Practice Guidelines for the treatment of chronic pain, and education of legislators at every level to bring about the policy changes necessary to alter the direction of the opioid epidemic.

3. **Prevention, Treatment and Recovery Services.** Our members are actively involved with patients in individual and group formats to promote recovery, including alternative practices to reduce dependence and offering modalities such as acupuncture as an evidence-based adjunct treatment in recovery.

4. **Research, Data and Metrics Needs.** Our member providers and researchers are actively involved in using evidence-based integrative health and medicine data. Many are engaged in active research, publishing their work, and disseminating the findings for uptake in other communities. This encompasses qualitative and quantitative research, quality improvement projects, media projects, and exploring how we might effectively collect data at the clinic-level to inform future research efforts.

IM4US partners with other like-minded organizations to build educational and policy agendas that promote access to multidisciplinary care for those who need it most, including the uninsured and publicly insured, immigrants, homeless individuals, and others. Through working with groups such as the Integrative Health Policy Consortium and the Academy of Integrative Health and Medicine, IM4US members foster collaborative leadership that positions our country to address the systemic causes of the opioid epidemic.

IM4US commits to continue:

- Including educational content on non-pharmacologic approaches to pain, fostering resilience-building, expanding group medical visits, and addressing social determinants of health at IM4US Annual Conferences and on our website.
- Sharing our Equity, Diversity, and Inclusion Framework as an example of how organizations can advance health equity.
- Partnering with other organizations working on national pain management guidelines and policies regarding opioid use disorder; chronic pain management; and prevention, treatment, and recovery services.
- Increasing our contributions to health professional education, training, and research.
- Advocating for underserved populations who are disproportionately impacted by the opioid epidemic.