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FOR IMMEDIATE RELEASE

Integrative Mental Health Initiative to Shape Mental Health Medicine

Support from The Ted and Roberta Mann Foundation Kick Starts a New Field of Practice

TUCSON, Ariz., April 14, 2009 – The Ted and Roberta Mann Foundation of Minnesota recently made a gift of \$240,000 to the Arizona Center for Integrative Medicine (AzCIM) to support a national conference on integrative mental health (IMH). The conference will be designed to stimulate the development of this emerging field and provide a forum for mental health care providers as well as potential funders to gather and learn, , shaping the way mental health practitioners deliver treatment to patients.

"The Ted and Roberta Mann Foundation recently announced a new focus on integrative mental health," said Dr. Roberta Mann. "We are pleased to be partnering with the Arizona Center for Integrative Medicine, a recognized leader in the field. This important conference is the first step to address the urgent need for all of us, medical professionals and philanthropists, to work together towards transforming mental health care in this country."

AzCIM was founded by Andrew Weil, MD at the University of Arizona College of Medicine in 1994. The Center is the leading provider of integrative medical education worldwide, having developed the first and most comprehensive academic curriculum in integrative medicine.

The national conference made possible by The Ted and Roberta Mann Foundation will take place in Phoenix from March 22 – 24, 2010. The conference will be of most benefit for psychologists, psychiatrists, social workers, primary care physicians, nurse practitioners and others with a passion for IMH, attracting a vast network of professionals with an interest in comprehensive mental health treatment.

"Thanks to The Ted and Roberta Mann Foundation, we have a unique and exciting opportunity to dramatically enhance the training of mental health practitioners," said Victoria Maizes, MD, executive director of AzCIM. "Mental health practitioners who are knowledgeable about nutrition, supplements, advances in sleep recommendations, mind-body techniques, and other integrative therapies can significantly improve their patients' well being."

The concept behind integrative medical education is a focus on health promotion and disease prevention, in addition to treatment. It supplements a conventional medical education bringing in additional treatments that are natural, less invasive, and more

cost-effective. Evidence supports that integrative approaches are effective treatment for conditions such as autism, depression and bipolar disease.

IMH stresses dietary adjustment, botanical medicine, nutritional supplements, exercise, relaxation training, breath work, laughter therapy and other methods not currently included in the training of mental health professionals

About the Arizona Center for Integrative Medicine

The Arizona Center for Integrative Medicine (AzCIM) is leading the transformation of healthcare by creating, educating & actively supporting a community that embodies the philosophy and practice of healing-oriented medicine, addressing mind, body and spirit. Integrative medicine is healing-oriented and takes account of body, mind, spirit and lifestyle, making use of conventional and alternative therapies as appropriate. Since its inception, AzCIM has focused its efforts on three areas: education, clinical care and research - with the primary emphasis on education. To learn more about AzCIM, visit www.integrativemedicine.arizona.edu.