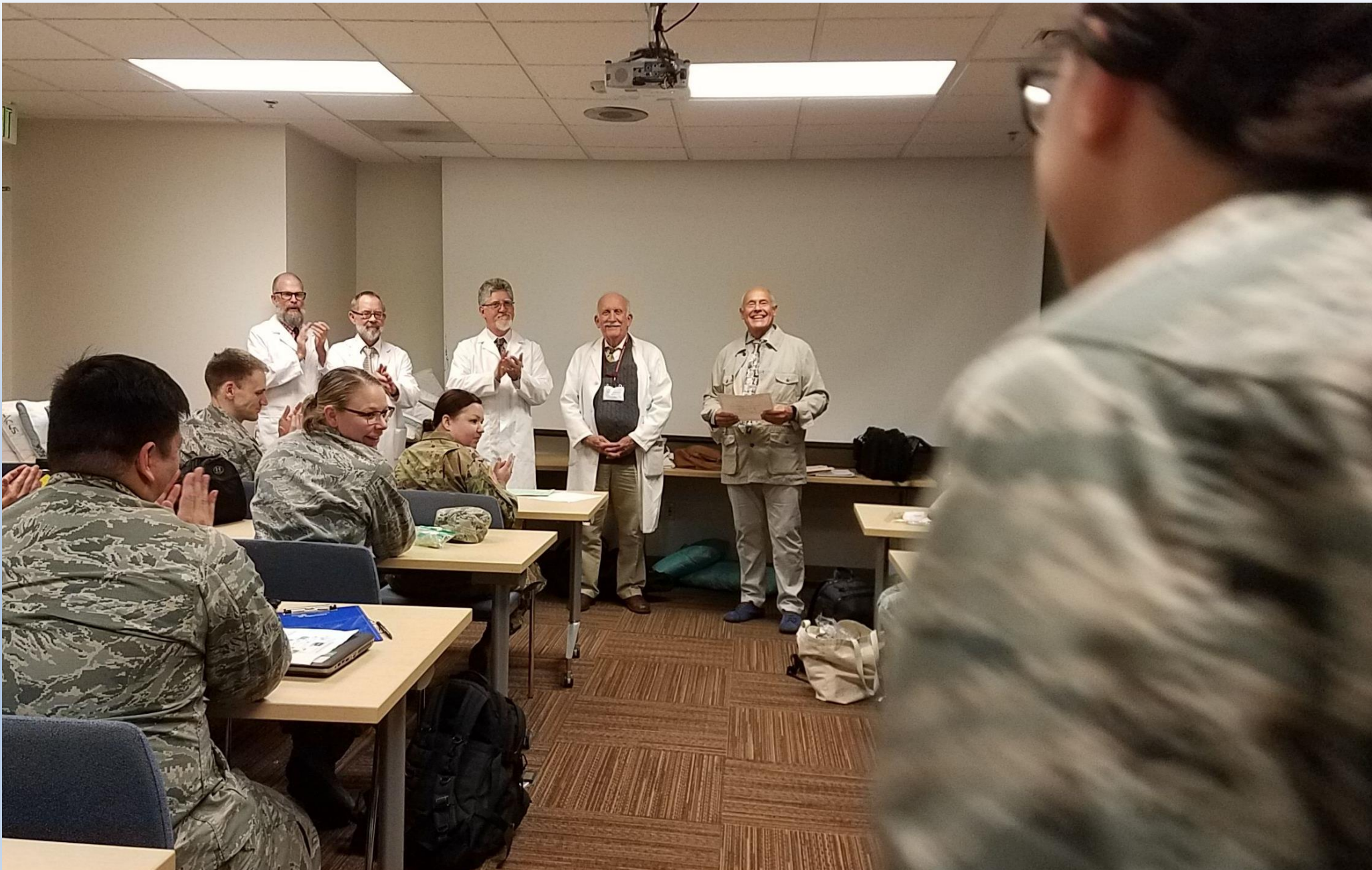




ACUS FOUNDATION

Annual Report 2021-2022



EXECUTIVE SUMMARY

Following our lessons learned from the Pandemic and adaptations implemented in our training program as in prior years, we began expanding our possibilities and exploring new ways to serve our students.

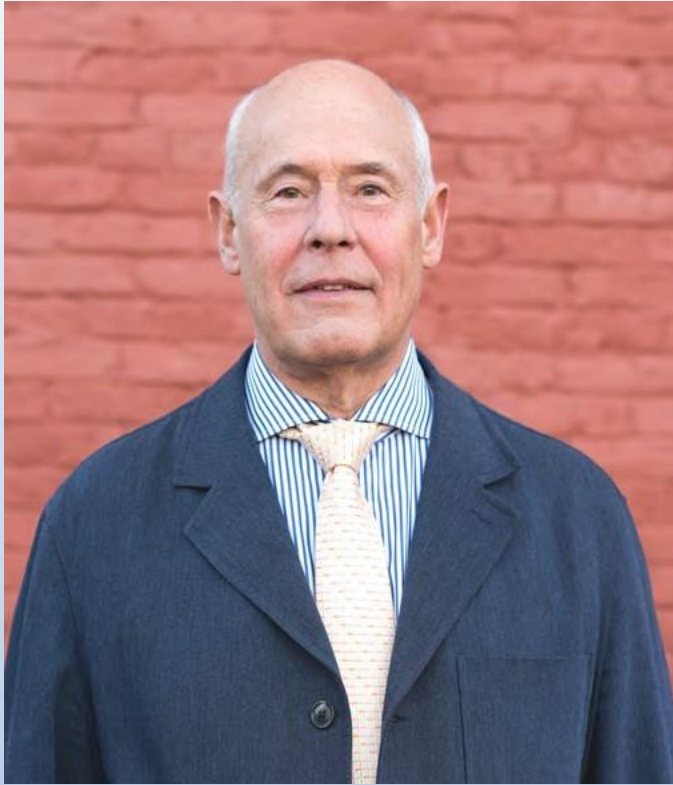
With our archive of materials, and the new engagement of dispersed clinical instructors, we realized that there are many inspiring ways to convey what we know works in medical acupuncture. Our students have been eloquent in their engagement and appreciation of our programs.

In October 2020 we launched our long-range medical acupuncture research program.

At the annual symposium of the American Academy of Medical Acupuncture, Dr. Joseph Helms delivered the keynote address on finding and treating the “problem behind the problem” and received a standing ovation.

In addition to the documented positive impact medical acupuncture has on patients, we are learning of the restoration of hope and commitment among physicians, many of whom had considered leaving medicine before taking our training. These doctors anticipate many years of exploring what they can achieve with medical acupuncture.

A MESSAGE FROM OUR FOUNDER



This year the enthusiasm of our students for the content, practicality and delivery of our training has been gratifying and encouraging. We have continued to offer the streamlined course with local mentors and clinical preceptors. The adaptations we have made consequent to the pandemic have evoked remarkable enthusiasm at the various Air Force and VA facilities where the courses are delivered.

We note that the residents in family medicine are eager to apply each new set of skills, often telling us of remarkable benefits to patients in reduction of pain, far less reliance on pharmaceuticals, and gain of positive interest in their life and family.

The research Acus sponsors is extended across several military installations. Paul Crawford, M.D. is conducting a long-term sleep study on the effectiveness of acupuncture in treating insomnia.

Acus received a significant grant from the Weil Foundation in support of our training programs and our efforts to integrate medical acupuncture into primary care. As part of our long-term goal to establish medical acupuncture as standard care, we are exploring potential partnerships with other institutions which share our values.

We Find the Problem - *Behind the Problem*

The loyalty of our donors, Board members, Advisors, Clinical Preceptors, students and Acus staff keeps our Foundation able to accomplish our goals. We thank them all and look forward to another creative and fulfilling year.

Since our founding in 2015, Acus has explored opportunities to serve our military physicians, and now are able to offer our training at various Air Force Bases, as well as for many more conditions suffered by patients.

Our young family medicine students inspire our work by their immediate desires to apply new skills, and often come to class eager to share how some technique learned in a previous session has made a life changing difference to a friend or family member or patient unfamiliar with medical acupuncture.

As these students connect with their mentors and the preceptors who guide their growth, they become committed to our principle to ***Think Acupuncture First*** as they encounter patients.

Warm regards,

A handwritten signature in black ink, appearing to read 'J. Helms', with a stylized, looping flourish at the end.

Joseph M. Helms, M.D.
Founder, Acus Foundation

Acus Foundation supports medical acupuncture as a standard of care.

We believe that all physicians should have the ability to treat their patients with medical acupuncture.

Our acupuncture-trained doctors help patients wean off opioids, reduce stress and pain, bring them back from considering suicide, address physical and emotional trauma and restore resiliency and quality of life.

With this success in the Air Force, our goal is to bring *Think Acupuncture First* to other healthcare providers, and to fund research.

"My most significant clinical experience is treating muscle and bone problems. Acupuncture has allowed me to start treating in ways that we can attempt to avoid giving pain medications that can have life-long effects on the patients, including drug addictions."

Roy Marshall Wagner, DO, Scott AFB



Pictures courtesy Eglin AFB public affairs department.

ACUS PROGRAM

In 2022 we were able to return to in-person teaching, after the development of virtual and hybrid teaching during 2020-21. All our preceptors were invited to be on-site for this year's programming. The 2021-22 graduating class of twenty-six included 24 Family Medicine physicians from the Air Force and 2 from the VA of Salt Lake City. They completed their final course unit in February of 2022, studying more advanced energetic work, pain management of joints, techniques for relieving scar-related complaints, and stress management.

The students saw their own acupuncture patients in clinic and finished the unit by discussing patient cases.



ACUS PROGRAM CONTINUED

Enrollment of the 2022-2023 class, our largest to date with 32 students, was completed in the summer. This group participated from four bases and the VA of Las Vegas with clinical instructors on-site at each base. This class is learning with our new 200-hour program and has completed two of the three course modules. *They have already learned 18 different treatments, covering acute pain and first aid, chronic pain management and treatments for psycho-emotional conditions.*

At the Module 2 program in December the students commented after the final day of class:

“When she (our patient) left, she gave us hugs and said the pain was down to a 1 out of 10”

Resident from Scott Air force Base.

“Benzodiazepines have been taken off her med list now that she is getting acupuncture.”

Resident from Travis Air Force Base.

“Great to treat pain, scar issues and mood issues all in one appointment.”

Resident from Travis Air Force Base.

Our students are inspired by how much acupuncture adds to their medical practice.



ACUS PROGRAM GOALS

The current class will complete their final course unit in February 2023, and the following group will begin in the autumn of 2023. We are planning to add one Air Force Family Medicine Residence site next year and hope to add additional graduate-level programming.



“Preceptors” – The teaching group and Acus staff.

From top left: Michael Kim, MD (Mentor); Nick Kouchis, MD (Preceptor); Sarah Weiss (Acus Program Manager); David Groopman, MD (Preceptor); Doug Powell, MD (Preceptor); Keli Jones, MD (Preceptor); Tom Etges, MD (Preceptor); Joseph Helms, MD (Acus Founder and Course Director); Tammy Lindsay, MD (Preceptor) with Ali Safayan, MD (Preceptor); and Bart Denys, MD (Preceptor).

IMPACT

“Though I am only in the beginning of my time as an acupuncturist, I can already see how it has changed the way I practice medicine. Each patient comes in with not only the concern they are experiencing that day, but with a lifetime of stressors and challenges that often go unaddressed. My study of medical acupuncture helped open my eyes to see these underlying health concerns AND gave me the tools to treat them.”

“My classmates and I often remark how lucky we are to have the privilege to learn the important and vital skill of acupuncture. These opportunities do not appear out of thin air. They are made by the hard work and selflessness of people such as yourselves. We are truly humbled by your generosity. Rest assured that the gift our newfound skills and knowledge will serve not only the numerous military service members and dependents that we directly treat, but all whom they interact with personally and professionally. Thank you for all you have done and given to grow these positive changes in our community.” *Danielle Wilkin, MD, Eglin Family Medicine Residency, PGY-2*



IMPACT

“I immediately saw the direct impact that acupuncture had on mission accomplishment and readiness. For example, flight crew and support crew during the Afghanistan evacuation were receiving treatments keeping them in the field with minimal effect on their ability to safely return to duty. Thank you so much for contributing to this great endeavor and also investment into future generations of military physicians and physician educators. We are honored to be entrusted with this job and this training.”

Maj Michael Kim, MD, FAAFP

Family Medicine Residency Faculty, David Grant Medical Center

Travis Air Force Base, CA

Family Medicine Physician

Assistant Professor, Department of Family Medicine, USUHS



“This discipline offers non pharmacologic options for patient who have been failed by traditional pharmaceuticals. It is my personal belief that more physicians ought to be trained in the techniques of medical acupuncture. Without the generous donations of those such as yourself, I would not be able to boast of the skills I just acquired.” Colin Hart, MD Scott AFB

“Each patient comes in with not only the concern they are experiencing that day, but with a lifetime of stressors and challenges that often go unaddressed. My study of medical acupuncture helped open my eyes to see these underlying health concerns AND gave me the tools to treat them.”

“I have been able to connect with this patient and making a significant difference in their life. At every visit the patient is grateful that the military has adopted a unique tool to help service members. This would not have been possible without the generous donations from donors to attend this course and I am beyond grateful to have completed this course.”

Andy Bushong
Operational Family Medicine Resident
Nellis Air Force Base



“Often with veterans, the most important thing you can do is to engage them in their own healthcare. This course has given me the tools to help these patients in a way I was previously not able to do. I sincerely will always be grateful for having been given the opportunity to participate in this course and to work with these amazing practitioners. It has rejuvenated my love of medicine, caregiving, and of the patients I serve.

Thank you, and please know your generosity will be passed on in the lives of the practitioners and patients who were lucky enough to have this opportunity.”

Christina Gallop, MD
Salt Lake City VA Hospital



ACUS FOUNDATION FINANCIALS

FISCAL YEAR

Revenue

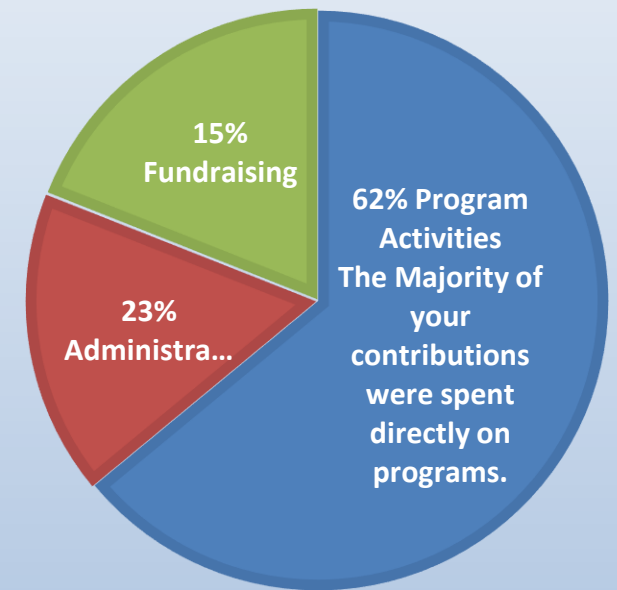
	2020	2021
Individual Donations	\$626,626	\$117,605
Grants/Federal Contracts	\$37,500	\$52,500
Investments	\$7,340	\$3,143
In-Kind Contributions	\$52,828	\$118,087
TOTAL REVENUE	\$716,378	\$291,336

Expense

Programs	\$358,916	\$251,025
Management	\$95,955	\$93,814
Fundraising	\$106,997	\$60,000
TOTAL EXPENSES	\$561,868	\$404,839

PROGRAM ACTIVITIES

■ Programs ■ Administration ■ Fundraising



At Acus Foundation, we pride ourselves at being responsible stewards of your donations. In 2021, we earned the Platinum Seal of Transparency from GuideStar, a leading charity resource group.



Our tax returns (990 form) are available online at GuideStar, as well as upon request. Acus Foundation's financial statements have been independently audited by Iryna Accountancy Corporation.

ACUS FOUNDATION BOARD OF DIRECTORS



Joseph M. Helms, MD

Founder

Dr. Joe Helms is regarded as the Father of Medical Acupuncture in the United States. He has taught physicians since 1978



through the continuing medical education program "Medical Acupuncture for Physicians," sponsored initially by the UCLA School of Medicine, then Stanford School of Medicine. Since 2000, he has chaired the program through the Helms Medical Institute in Berkeley, California. 7,000 physicians have completed this rigorous training, constituting 90% of physicians practicing acupuncture in the United States.



Steve Leininger

President

Steve Leininger has recently retired as the managing partner at TWD Advisors in Walnut Creek, CA

where for 20+ years served both as CPA and investment advisor to healthcare enterprises. His strength is evaluating challenges facing organizations seeking to thrive in the new order of health care. He is the author of numerous publications in industry journals, and white papers about the financial aspects of health care as a business.



Bill Maimone

Treasurer

Bill Maimone has over 25 years of experience as an Executive VP, CFO, and counsel to a wide variety of privately held

companies. He has served on the boards of non-profit organizations such as East Bay Services for the Developmentally Disabled, TOPS, The Orinda Pre-School, and now, Acus Foundation. His consulting company is located in Orinda, California.



Dan Hillmer

Vice President

Dan Hillmer is an urban designer and licensed architect who has served four terms as Mayor of Larkspur,

California. His entrepreneurial experience includes working with private companies, government agencies, and start-up organizations in domestic and global markets. He is currently Director of Business Strategy for Muses Labs.



Nelson Ford

Director-at-Large

Past President and CEO of LMI in Tysons, Virginia, Nelson Ford has served under the Secretary of the Army, Assistant Secretary of the Army for Financial Management

and Comptroller, and Deputy Assistant Secretary for Health Budgets and Financial Policy in the Department of Defense.



We train the doctors who treat the pain.



www.acusfoundation.org

2520 Milvia Street, Suite 204
Berkeley, CA 94704
(510) 841 3250