Deepening

Transformation through mindfulness

Good Medicine

Caring and attending to what is deepest and most radiant in people for 35 years
Dear Friends

I know that I have been entrusted with something precious, something worth dedicating a lifetime to. Maybe you feel the same way too. You and I are a part of a lineage that is as old as humanity, deeper than the ocean, wider than the sky, and closer to us than the beating of our own hearts.

Everywhere I travel, I am moved by the gratitude people have for the Center for Mindfulness and reminded of the responsibility the Center bears in the unfolding global renaissance. We may not see this fully flower in our lifetimes. Perhaps it will take generations. This need not stop us for one moment. Together, we have the honor of planting seeds and creating an atmosphere and environment where these seeds can take root, grow and, hopefully, thrive.

I thank you for your unerring dedication to the work of the Center. And through your support actively furthering the evolutionary conversation between science, contemplative practice, and the democratic spirit of active engagement and full participation. Together, these are, in my estimation, the foundational stones of MBSR and the essential ground for bringing the universal message of mindfulness into the world in our time.

Wishing you well, with much warmth,

Saki F. Santorelli, EdD, MA
Professor of Medicine
Director, Mindfulness-Based Stress Reduction Clinic
Executive Director, Center for Mindfulness

Mindfulness
In service of health and human flourishing

Transforming the culture of care by creating mindfulness-based participatory medicine, founded on the convergence of modern science and contemplative practice traditions

“Wherever the art of Medicine is loved, there is also a love of Humanity.”
Hippocrates
Mindfulness-Based Stress Reduction (MBSR)

From one small clinic at UMass Medical School in 1979
• 20,000+ patients completing the program
• 740+ MBSR programs established world-wide
• World leader of MBSR in Mind-Body Medicine

Mindfulness-Based Stress Reduction (MBSR)

Evidence-based, cost-effective, low-tech, participatory healthcare — a model for global public health

Our Mindfulness-Based Stress Reduction Clinic
• The largest and longest continually operating, academic-based Stress Reduction Clinic in the world
• Referrals by more than 5,000 physicians, plus hundreds of other healthcare professionals
• A global model for Mind-body Medicine and Participatory Medicine

“Part of our job will be to make available appropriate opportunities and effective vehicles for mobilizing resources in our patients so that they can put them to work in service of their own health…”
— Jon-Kabat Zinn

Medical Symptom Checklist (MSCL)

<table>
<thead>
<tr>
<th></th>
<th>Pre-MBSR</th>
<th>Post-MBSR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of symptoms</td>
<td>19.43</td>
<td>11.89</td>
</tr>
</tbody>
</table>

GSI Symptoms: Psychological and Emotional Distress

<table>
<thead>
<tr>
<th></th>
<th>Pre-MBSR</th>
<th>Post-MBSR</th>
</tr>
</thead>
<tbody>
<tr>
<td>GSI Score</td>
<td>0.751</td>
<td>0.423</td>
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</table>

2,569
91%
91% patient program completion rate
Transforming the practices of medicine and psychology through the integration of mindfulness in the education and training of health care professionals

Worldwide, more than 14,000+ healthcare professionals have participated in our intensive MBSR teacher education and training programs

Teaching practitioners to meet each person in their fullness — body and mind, heart and soul

The Oasis Institute is dedicated to furthering the formation of a new generation of MBSR Teachers, Supervising Teachers and Teacher Trainers while offering advanced continuing education for seasoned MBSR teachers. Since our founding in 1979:

- Worldwide participants from 6 continents and 80 countries
- Establishing best practice global standards for the education, training and certification of MBSR teachers and teachers-in-training
- Upholding standards for integrating teacher competency criteria and assessment into MBSR Teacher Education and Training
- Forging standards for content integrity and program fidelity
- Creating international, multi-language teaching teams

"This is the great error of our day, that physicians separate the soul from the body. The cure should not be attempted without the treatment of the whole, and no attempt should be made to cure the body without the soul."

Plato
Therapeutic Neuroscience Lab

As science and contemplative practice converge, we are taking a lead in the conversation about the neurobiological underpinnings of the mind and how they affect behavior.

Using the tools of science, our research is focused on developing and improving evidence-based mindfulness treatments, optimized for effective delivery and maximal dissemination.

The Therapeutic Neuroscience Lab builds on the 35-year foundation of the Center for Mindfulness, bringing a new team of scientists with modern tools and methods. These include fMRI, EEG and mobile device-enabled experience sampling.

We are currently performing research on a wide range of projects, both independently and in collaboration with experts around the world, such as:

- Mobile mindfulness training for smoking cessation
- MBSR in maintenance of weight loss
- Changes in emotion regulation following MBSR
- Effects of EEG Neurofeedback as a “mental mirror” for mindstates

“**We are at unique time in history where mental skills such as mindfulness are becoming commonplace. And importantly, mindfulness is meeting with the modern technological age.**”

Judson Brewer, MD, PhD
Director of Research

Growth in mindfulness research publications 1980 - 2013

SOURCE: D.S. Black (2014)
Global Initiatives

Deepening and extending our work through the creation of new initiatives, cohesive networks and mutually-satisfying partnerships with colleagues across the planet.

WIDENING THE CIRCLE

Widening the circle to 80 countries, 6 continents and 50 US states

CommonGood is a network of affiliates of the Center for Mindfulness in Medicine, Health Care, and Society (CFM) at the University of Massachusetts Medical School. Members comprise a vibrant, international cohort of public institutions and private organizations committed to forwarding a new healthcare in service of prevention and human flourishing via Mind-Body and Participatory Medicine. CommonGood members are united in this effort through teaching mindfulness-based stress reduction (MBSR), establishing MBSR teacher education programs, and conducting rigorous research. The central aims of CommonGood are 1) supporting and nurturing unity within diversity in the global MBSR community, and 2) building MBSR Centers of Excellence committed to the integrity, evidence-based investigation and ongoing fidelity of MBSR.

Amplifying decades of dedicated clinical care, scientific research and professional education and training

A virtual online community, we envision cfmHOME serving as a commonwealth for the global good by providing a highly-participatory, interactive portal where MBSR participants, clinicians, educators and friends can connect. cfmHOME will have rooms for community chat, library resources, online meditation, web-based learning and more. We believe that cfmHOME will become the source of new ideas and applications of mindfulness.

This first-of-its-kind data registry was designed to collect data from our MBSR affiliates worldwide. It is a collaborative effort between the Center for Mindfulness and the UMass Health Statistics and Geography Lab. The data collected will support comparative effectiveness research, care quality improvement, return on investment analysis, patient satisfaction and outcomes – with the ultimate goal of advancing mindfulness practice, education and research.
VISION
An awakened and compassionate world

MISSION
Explore, understand, articulate and further mindfulness in the lives of individuals, organizations and communities through clinical care, rigorous scientific research, professional education and training and informed public discourse

- A 25,000 sq. ft. facility includes an amphitheater, research labs, spacious classrooms for the Stress Reduction Clinic and Oasis Institute programs, and administrative offices
- Facilities for guest lecturers, grand rounds and others - to solidify our position as the first, and leading, academic-based Mind-Body Medicine center
- Collaborative workspace where clinical work, education and research are continually overlapping to further learning, growing and healing through mindfulness
- A welcoming environment to conduct weekly community meditations and monthly movie nights with discussion, supporting the UMass and greater Worcester communities
- A more cohesive and cost-effective resource management and operating model for conducting conferences, retreats, teacher trainings, research and patient care
- Peaceful, spacious grounds that contribute to the capacity to learn, to create and to practice self care

A new home for deepening our impact, extending our work in service of people locally, nationally and globally
Building on a Strong Foundation

During the past five years, program revenue increased by 18% from $1.5M to $1.7M. Fundraising revenue increased by 128% from $190K to $433K. Combined program and fundraising revenue increased by 30% from $1.7M to $2.2M.

While initiating new programs, products, and global initiatives, our three core areas—clinical care, professional education, and research—are the foundational pillars enabling us to stretch into new arenas: Therapeutic Neuroscience Lab (TNL); launching the Online MBSR 8-Session Program; Fall Teaching Institute; and our global initiatives: CommonGood, HOME, and INDRA-M.

We are invigorated by the growing scientific and popular interest in mindfulness and MBSR, our international network of colleagues, and our capacity to be idea rich, highly creative and organizationally agile. In midst of this, the challenges we face are real as we struggle to meet a mandated 26% medical school assessment, shape the next generation of MBSR teachers, recruit and retain a highly effective staff, and create a 21st century infrastructure that utilizes smart technology and best practices to support and sustain our critical administrative and operational systems.

FY14 Financials

<table>
<thead>
<tr>
<th>FY14 Financials*</th>
<th>July 1, 2013 – June 30, 2014</th>
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<tbody>
<tr>
<td>BEGINNING BALANCE</td>
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<td>REVENUES **</td>
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<tr>
<td>UMass Medical School</td>
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<td>External Revenues</td>
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<td>Donations</td>
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<td>TOTAL REVENUE</td>
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<td>EXPENDITURES</td>
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<td>Program Expenses</td>
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<td>UMass Medical School Assessment***</td>
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<td>TOTAL EXPENDITURES</td>
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<td>ENDING BALANCE</td>
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<td>FOUNDATION ACCOUNT</td>
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<td>Beginning Balance</td>
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<td>Fundraising</td>
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<td>Transfers to Operating</td>
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<td>NET ASSETS</td>
<td>$1,021,201</td>
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* The Center of Mindfulness in Medicine, Health Care, and Society (CMHCMS) is a university-designated center in the Department of Medicine, Division of Preventive and Behavioral Medicine at the University of Massachusetts Medical School. The CMHCMS is an independent legal entity and is financial reporting is consolidated with and maintained by the University of Massachusetts Medical School. Therefore, this financial statement is unaudited and presented for informational purposes only.

** Program revenue is derived from: The Stress Reduction Clinic, off-site MBSR programs, Oasis Institute Professional Education, conferences, worksite programs, online programs, private foundation grants and educational materials and merchandise. The Center's federal clinical and basic science research revenue and related expenses flow directly through UMass Medical and are not included in this statement.

*** There is no UMass overhead assessment on donations.

Leadership

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