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***The Bravewell Collaborative to Host Final Awards Event  
Celebrating Integrative Healthcare Leaders  
Dr. Tracy Gaudet, Dr. Myles Spar to be Honored for Leadership***

**NEW YORK** (Oct. 30, 2013) – As the nation struggles to improve its healthcare system, leaders in integrative healthcare are making progress in transforming practice through a personalized and prevention-oriented approach to medical care. The Bravewell Collaborative is honoring these leaders and celebrating the accomplishments of the organization and its partners during the final Leadership Awards Ceremony on Nov. 7.

“Over the past three decades, there has been documented growth in the number of clinical centers providing integrative medicine, the number of medical schools teaching integrative strategies, the number of researchers studying integrative interventions, and the number of patients seeking integrative care,” said Christy Mack, President of The Bravewell Collaborative. “We’re excited to honor these pioneers who have played a critical role in these advances in the field.”

Bravewell has conferred three leadership awards (2003, 2005, 2011) and presented six of the field’s early leaders with a Pioneer in Integrative Medicine Award (2007). Recipients of the 2013 Leadership Award, which confers a \$100,000 grant to assist the recipient in carrying out his/her mission to transform the culture of healthcare, include:

- **Dr. Tracy Gaudet** - Director of the Veterans Health Administration’s Office of Patient-Centered Care and Cultural Transformation
- **Dr. Myles Spar, MPH** - Director of Integrative Medicine at Venice Family Clinic’s Simms/Mann Health and Wellness Center

Recognized as one of the “Top 25 Women in Healthcare 2011” by Modern Healthcare, Dr. Gaudet is internationally known as an expert in transforming healthcare from a traditional disease-based model to a new model of care for the 21st century based on patient-centered healthcare. Dr. Gaudet joined the U.S. Department of Veterans Affairs at the beginning of 2011 as the Director of the VHA’s newly founded Office of Patient-Centered Care and Cultural Transformation, which is based in Washington, DC.

At Venice Family Clinic’s Simms/Mann Health and Wellness Center outside Los Angeles, Dr. Spar directs the nation’s first health, wellness, and integrative medicine program offered at a free clinic. His passion for work with the underserved began with Doctors without Borders – both in the field and on the board of directors. This perspective has led to great success in using the integrative approach with the unique needs of underserved patients, especially in the areas of chronic pain and stress management.

There will be both daytime and evening events on Nov. 7. Dr. Jonathan LaPook, CBS Evening News Medical Correspondent, will serve as the Master of Ceremonies of the daytime “Lectures & Luncheon” — “Health and Wellbeing: Integrative Medicine and the Transformation of Healthcare.”

At a black tie dinner that evening Dr. Gaudet and Dr. Spar will be honored for their leadership. Dr. Mehmet Oz of *The Dr. Oz Show* will serve as the Master of Ceremonies and Dr. Harvey Fineberg, President of the Institute of Medicine, will serve as the keynote speaker at the evening event.

Integrative healthcare is a rapidly growing field that seeks to integrate the best of Western scientific medicine with a broader understanding of the nature of illness, healing and well-being. With its focus on patient engagement, integrative healthcare holds a key to resolving many of the issues facing our nation's healthcare system. Established in 2003, The Bravewell Leadership Award honors leadership in transforming the U.S. health care system through the use of the integrative approach.

This event also marks the organization's work for more than a decade as a champion of integrative healthcare. In February 2009, The Bravewell Collaborative partnered with the Institute of Medicine to convene [The Summit on Integrative Medicine and the Health of the Public](#) to examine the scientific basis of integrative healthcare and its potential for improving the health of the nation. Building on key points from the summit, The Bravewell Collaborative sought to identify and document the leading models of integrative healthcare.

As a part of this effort, the group [released a survey](#) of U.S. integrative medicine centers last year finding that 75 percent reported success using integrative practices to treat chronic pain and more than half reported positive results for gastrointestinal conditions, depression and anxiety, cancer and chronic stress.

Additional achievements by the organization include the establishment of The Bravewell Clinical Network, which seeks to help develop effective clinical models for the delivery of integrative health care, and BraveNet, the first ever practice-based research network for integrative medicine.

"Health and Wellbeing: Integrative Medicine and the Transformation of Healthcare" will be held at the Grand Hyatt in New York City. Registration begins at 9 a.m. and the event will conclude at 2 p.m. A small amount of complimentary tickets are available for members of the media. For more information about this event, please visit [www.bravewell.org](http://www.bravewell.org) or contact [Lauren Adams](#).

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#### About the Bravewell Collaborative

*Formed in 2002, The Bravewell Collaborative is a community of philanthropists in the United States dedicated to bringing about optimal health and healing for individuals and society. An operating foundation, Bravewell develops and manages strategic initiatives that support integrative approaches to healthcare. Embracing rigorous research and scientific approaches in the entirety of its work, The Bravewell Collaborative's key initiatives include programs to educate the general public, change the way physicians are educated, develop leading clinical centers as models for change, acknowledge and support leaders in the field, and promote translational and outcomes-based research. Most recently, The Bravewell Collaborative established the first practice-based research network in integrative medicine and worked with the Institute of Medicine at the National Academies of Science to produce a National Summit on Integrative Medicine. For more information about The Bravewell Collaborative, please visit [www.bravewell.org](http://www.bravewell.org).*