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Involvement to Date in the Academic Consortium:

Current-

- 2021 to Present: Associate Editor, Global Advances in Health and Medicine, The Academic Consortium for Integrative Medicine & Health, SAGE Publishing
- 2021 to 2022: Program Committee to plan the International Congress on Integrative Medicine & Health 2022 – Advancing Healthcare Together: Inclusive. Informed. Integrative.
- 2020 to Present: Founding Chair, Nutrition & Culinary Medicine Special Interest Group (SIG)
- 2019 to Present: Institutional Liaison for GW

Past-

- April 13, 2021: Symposium Wellness Session Host – Gut Health Cooking Demo
- 2019 to 2020: Education Committee
- 2019 to 2020: Research Working Group
- June 20, 2019: Philanthropy 101 Round Table

Meetings-

- Members Meeting & International Congress on Integrative Medicine & Health 2022, Phoenix, AZ
- Members Meeting 2020, Virtual
- International Congress in Integrative Medicine & Health 2018, Baltimore, MD

Experience and Expertise:

I have overseen clinical education and research programs in a variety of settings, giving me a diverse perspective. This allows me to conduct myself with both compassion and innovation—traits that have led me to hold a number of servant leadership positions, which I find extremely satisfying. One that is highly relevant to the Academic Consortium is the founding of the new GW Resiliency & Well-being Center (Washington, DC). When we started to launch this Center at the beginning of 2021, we had a defined scope of caring for the caregivers—serving all members of the GW Medical Enterprise. As we developed the Center and its services, we recognized the need for access throughout GW and have already conducted a series of workshops with the Law School. Such collaborative decisionmaking coupled with program assessment and evaluation are skills I will use on the Board of Directors. Further, I have served on similar Boards for other organizations including Access Integrative Medicine (AIM) Health Institute (Washington, DC) and Mary Baldwin University (Staunton, VA) and am versed in bylaws and policies. I also founded my own consulting firm in 2019 (Recondite.Consulting), which has exposed me even more to business principles and governance requirements. I bring this and a love of learning and collaboration, an open-mind, and careful critical thinking to serve on the Board of Directors. As the Executive Director of the GW Office of Integrative Medicine & Health, I have leadership experience with strategic planning, financial management, program oversight, etc. In that role and personally, I support the current direction the Academic Consortium and its strategic initiatives:

- 1) external communication and marketing
- 2) strategic partnerships
- 3) continued growth as a members' institution

My experience with initiatives 1 and 2 includes building a strong social media following to combat mis- and dis- information, launching and maintaining a podcast and a “collab” (podcast collaboration) with the Linus Pauling Institute, developing and advertising continuing education events with and without partners, etc. Initiative 3 is essentially striking the balance between external and internal stakeholders—a task I have tackled since 2006 through my work on the Boards of my undergraduate alma mater, Mary Baldwin University. There is no one right way to tackle each of these strategic initiatives, and the Board of the Academic Consortium will need to work together to assess, reassess, and tweak/pivot continually. Knowing the make-up of the Academic Consortium, I look forward to our collegial debates and enjoyable cofunction to make this happen over time.

Vision for Integrative Medicine and Academic Consortium’s Role in Achieving the Vision:

The announcement of my joining GW quoted me:

“GW is uniquely situated as a university that is growing and very forward-thinking,” she said. “It has its finger on the pulse of medicine and Integrative Medicine, which is the future of health care.”

I mean that even more four years later. No longer can we look at ANY portion of the body without the context of the body as a whole; systems thinking is a must. This must also be paired with who the person is, including their lifestyle, to build a feasible plan, developed by working with the patient/client. Members of the Academic Consortium recognize that all aspects of the whole person are necessary to promote whole health and wellness (well-being). Outside of the Academic Consortium, the tide is changing with well-being among hot topics across health systems, including a wave of new Chief Wellness/Well-being Officer positions.

While many individuals within the Academic Consortium, including myself, can affect change at their home institutions, this is insufficient to move the needle nationally or internationally. That is where the Academic Consortium comes in to unite all academic medical centers, build consensus, disseminate information, inform policy and research, etc. Personally, I look forward to offering at least 2-4 hours each week to this noble cause.