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Department of Veterans Affairs  
Veterans Health Administration  
Office of the Assistant Deputy Under  
Secretary for Health for Policy and  
Planning

# **FY 2015 VHA COMPLEMENTARY & INTEGRATIVE HEALTH (CIH) SERVICES (formerly CAM)**



VHA Office of Patient Centered  
Care & Cultural Transformation

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# **FY 2015 VHA COMPLEMENTARY AND INTEGRATIVE HEALTH (CIH) SERVICES (FORMERLY CAM)**

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## **Prologue**

The Fiscal Year (FY) 2015 Veterans Health Administration (VHA) Complementary and Integrative Health Services (CIH) (formerly Complementary and Alternative Medicine (CAM)) survey is an essential element in assessing and improving the delivery of CIH throughout VHA. In order to assess how CIH are developing within VHA, data collected have been compared to the results of the previous VHA CAM surveys of 2011 and 2002 where appropriate. In this report the term CIH is used in preference to CAM as this more accurately reflects how these modalities are used within Veterans Affairs (VA). They are used to complement or are integrated with allopathic/conventional care and not as an alternative.

VHA's mission is to "honor America's Veterans by providing exceptional health care that improves their health and well-being." The first strategic goal of VHA is "to provide Veterans personalized, proactive, patient-driven health care."<sup>1</sup> This approach embodies Whole Health, which is informed by evidence, and makes use of all appropriate therapeutic approaches, health care professionals, and disciplines. It prioritizes the Veterans and their values, and partners with them to create a personalized strategy to optimize health, healing, and well-being. The *Blueprint for Excellence* offers a detailed vision for the evolution of health services to engage and inspire Veterans to "their highest possible level of health and well-being."<sup>2</sup> Integrative health refers to the integration of allopathic or conventional care with what were previously referred to as CAM modalities. The focus of Integrative Health encompasses the entire spectrum of health care from the treatment and mitigation of chronic diseases and conditions to optimizing health and well-being to prevention. CIH represents an approach VA can use to provide Veterans with a whole health approach to care that is personalized, proactive, and patient-driven.

CIH services are complex and dynamic, and some of the services that were once considered complementary are now part of mainstream health care. As an example, chiropractic care is now considered a part of conventional care within VA. The National Institutes of Health's National Center for Complementary and Integrative Health (NCCIH), formerly National Center for Complementary and Alternative Medicine (NCCAM), states that, "There are many definitions of "integrative" health care, but all involve bringing conventional and complementary approaches together in a coordinated way. "We use 'integrative health' when we talk about incorporating complementary approaches into mainstream health care."<sup>3</sup>

The growth in utilization of CIH has generated increased interest and inquiries from Congress and the Secretary of VA. The purpose of the CIH survey is to evaluate and report on the current state of Integrative Health services across the VA Health Care System. The background, methodology, key findings, and recommendations, are provided in this report. Of note, in 2002, chiropractic care was considered a CAM modality, but was removed from the 2011 survey as it became a part of standard VA care. In order to provide a more accurate picture of the availability of CIH services within VA, chiropractic care has been included in the 2015 survey.

The information from this report will be used to identify strategic initiatives and programmatic directions that may be addressed by the Office of Patient Centered Care and Cultural Transformation (OPCC&CT) and the recently established Integrative Health Coordinating Center.

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# Table of Contents

Prologue.....	1
Background.....	4
Methodology .....	5
Key Findings .....	6
Recommendations .....	8
Survey Results.....	9
Acknowledgements .....	19
Appendix A - Reason(s)/Condition(s) CIH Services Are Used .....	A-1
Appendix B - References .....	B-1
Appendix C - Modalities Provided at the VA by VISN/Facility .....	C-1
Appendix D - Modalities Referred Outside the VA by VISN/Facility .....	D-1
Appendix E - Participating Facilities .....	E-1
Appendix F - Survey Tool Document .....	F-1
Appendix G - Glossary of Terms .....	G-1

## Background

There is growing use of complementary and integrative health (CIH) approaches, historically referred to as complementary and alternative medicine (CAM), across the United States (US). National surveys since the early 1990's have shown individuals, including Veterans, are using CIH in addition to conventional medicine. The National Health Interview Survey (NHIS) has included questions on CIH since 2002. Between 2002 and 2012, the use of CIH services has remained constant between 32 and 35 percent of U. S. civilian adults, with the same five modalities remaining the most frequently used: Non-vitamin/non-mineral supplements, deep breathing, yoga/tai chi/qi-gong, chiropractic/osteopathic manipulation, and meditation.<sup>4</sup>

In 2005, the Institute of Medicine (IOM) issued a consensus report on CAM in the US. The IOM recommended that 1) the same principles and standards of evidence of treatment effectiveness apply to all treatments, whether currently labeled as conventional medicine or CAM and 2) that health profession schools (e.g., schools of medicine, nursing, pharmacy, and allied health) should incorporate sufficient information about CAM into the standard curriculum at the undergraduate, graduate, and postgraduate levels to enable licensed professionals to competently advise their patients about CAM services.<sup>5</sup>

The National Center for Complementary and Alternative Medicine (NCCAM), was established as a division of the National Institutes for Health by Congress under Title VI, Section 601 of the Omnibus Appropriations Act of 1999 (P.L. 105-277). The mission of NCCAM has been to define, through rigorous scientific investigation, the usefulness and safety of CIH interventions and their roles in improving health and health care. This body of knowledge continues to grow and is contributing to the evidence and understanding of the utility of CIH in health care. NCCAM's name was changed to the National Center for Complementary and Integrative Health, or NCCIH, in 2014 to reflect the fact that complementary approaches have grown in use, are not viewed as an alternative to allopathic care, and are generally used in combination with conventional medical care.

Research on complementary and integrative approaches, including both VA projects and those co-funded with NCCIH and the Department of Defense (DoD), is a component of the transformational actions called for in Strategy Seven of the VA's *Blueprint for Excellence*.<sup>2,6</sup> VA recognizes that complementary and integrative approaches may empower Veterans to improve their own well-being, and this is one of the driving strategies behind VA research on these approaches. The launch of the VA Opioid Safety Initiative in October 2013 highlighted concerns within VA of the use of opioids to treat pain. The goal of this initiative was to offer a comprehensive, multi-pronged approach to the management of pain, and to reduce the use of opiates in pain management. Similarly, in February 2015, a working group of the NCCIH recommended that NCCIH undertake a large scale research study to look at non-pharmacological approaches to pain management. These endeavors underscore the need for VA to better understand the role of CIH within VA health care, and the part it should play in helping VA deliver personalized, proactive, and patient-driven care to Veterans.

## **Methodology**

In the United States, there is no standard method for recording the delivery of CIH services. Given that there is no consistent way to capture these data within electronic health records (CPRS/VistA) and administrative data in VA, a survey methodology was used.

Data were collected using a web-based survey tool administered by the Healthcare Analysis and Information Group (HAIG). The survey was distributed by VISN offices to facility Chiefs of Staff who collaborated with their CIH Point(s) of Contact (if applicable) and/or appropriate Patient Centered Care Point(s) of Contact to complete this survey.

The survey was in the field from December 9, 2014 through January 22, 2015. It was sent to the 141 VHA Administrative Parents consisting of Medical Centers and Health Care Systems. The response rate was 100 percent.

Survey data were self-reported. Responses were not independently verified and may be subject to individual interpretation. HAIG validated answers with survey respondents where errors in data were apparent.

## Key Findings

- Most administrative parent facilities offer at least one CIH service to Veterans (93% in 2015 vs. 89% in 2011). (Table 1.)
- Although many facilities offer CIH services, the availability of these services is limited. In facilities offering an individual CIH service, only acupuncture, chiropractic, mindfulness, Stress Management Relaxation Therapy (SMRT), acupressure, and movement practices are offered at a rate equivalent to at least one half day per week. (Table 4.3.)
- CIH services are offered in all the VA clinical care settings inquired about in this survey. (Table 2.)
  - The reported inpatient clinical settings offering the most CIH services, regardless of provider type, were Extended Care (72 sites) and Mental Health (69 sites).
  - The most reported outpatient settings were Mental Health (116 sites) with Rehabilitation (104 sites) being the second highest reported of the 131 sites providing CIH services in VHA.
- Most CIH services are offered by VA providers, however, a portion of this care is provided by Without Compensation (WOC) providers. The most common CIH services being provided by WOC providers include Yoga (58%), Animal Assisted therapy (52%), and Tai-chi/Qi gong (36%). (Table 3.)
- The 10 most common CIH services provided at VA facilities are: (Table 4.)
  1. SMRT
  2. Mindfulness
  3. Guided Imagery
  4. Yoga
  5. Progressive Muscle Relaxation Therapy (PMRT)
  6. Art Therapy
  7. Acupuncture
  8. Music Therapy
  9. Biofeedback
  10. Animal Assisted Therapy
- Chiropractic care and acupuncture are the two modalities most likely to be referred to non-VA care providers by a VA facility. (Table 4.)
- Of the 131 sites offering CIH services, the top perceived factors enabling services are that CIH is consistent with patient-centered model of care (122 sites), promotes well-being (121 sites), being adjunctive to chronic disease management (109 sites), as well as patient preference (104 sites). (Table 1.b.)
- Providers' perception of the top three services for which veterans are asking for more offerings include acupuncture (80%), chiropractic (80%), and massage therapy (81%). (Table 4.5.)



- For these common conditions of Veterans in 2015, the following were the most frequently offered CIH modalities. The number provided is the total number of facilities that offer these top modalities. (Tables A1, A2, and A4.)

<b>Anxiety Disorders</b>	<b>Depression</b>	<b>PTSD</b>	<b>Stress Management</b>	<b>Musculoskeletal Pain</b>
Mindfulness 99 (65%)	Mindfulness 94 (61%)	SMRT 90 (80%)	SMRT 104 (92%)	Acupuncture 101 (89%)
SMRT 98 (87%)	SMRT 90 (80%)	Mindfulness 88 (58%)	Mindfulness 99 (65%)	Chiropractic 101 (86%)
Guided Imagery 87 (90%)	Guided Imagery 83 (86%)	Guided Imagery 79 (81%)	Guided Imagery 88 (91%)	PMRT 57 (67%)
PMRT 71 (84%)	Art Therapy 66 (80%)	PMRT 62 (73%)	PMRT 77 (91%)	Yoga 57 (56%)
Yoga 64 (63%)	PMRT 62 (73%)	Yoga 62 (61%)	Yoga 74 (73%)	SMRT 57 (50%)

- Note: In these five conditions, Stress Management Relaxation Therapy (SMRT) and Progressive Muscle Relaxation Therapy (PMRT) were used to treat all these conditions.
- As compared to 2002 and 2011, there is an increased number of VHA facilities offering a greater variety of complementary and integrative health services. Although the total number of sites offering CIH has increased each consecutive survey year, the number of Veterans receiving these services is marginal. (Table 4. and 4.3.)
- Of note, the use of CIH services in the perioperative period is limited compared to use of CIH modalities for chronic pain conditions. (Tables A.4. – A.6.)

## **Recommendations**

- There needs to be a more systematic method to capture provision of CIH within VHA. These data should include what is offered, how frequently it is offered, and who is offering it. This would require strengthening the administrative data capture infrastructure such as clinic stop codes and Current Procedural Terminology (CPT) codes, as well as inclusion of CIH modalities within the clinical inventory. Capturing of such data would allow VHA to assess the effect of CIH on patient health.
- Until such time as other monitoring means are available to assess CIH use within VHA, the VHA CIH survey should be repeated at regular intervals. This will allow VHA to track changes in CIH service delivery, and have a more informed process of strategic planning and implementation of CIH in VHA.
- While the modalities of CIH provided in VHA are known, we do not have information on the interests and utilization of CIH by Veterans who use VHA services. A survey of Veterans on their interest and use of CIH would assist VHA in developing an appropriate level and array of CIH services.
- With these data, strategies should be developed to assess the value and the sustainability of CIH services.
- Mental health conditions are heavily represented as areas of CIH utilization and may be an area where further study should be undertaken to determine value and effectiveness.
- Additional study of CIH practices should be undertaken for conditions where they may enhance the overall care provided to the Veterans when administered in conjunction with conventional medicine. This would include such areas as promotion of health, management of pain, and the management of mental health conditions.
- In locations where CIH services have been shown to be beneficial to Veterans and/or locations that desire to enhance their service offerings to patients, consideration should be given to alleviate common barriers such as funding, clinic space, and hiring of practitioners.
- As the evidence to support the use of CIH practices grows and these practices become more incorporated into VA care, the term CIH should be eliminated as these practices should simply be considered part of VA care.

## Survey Results

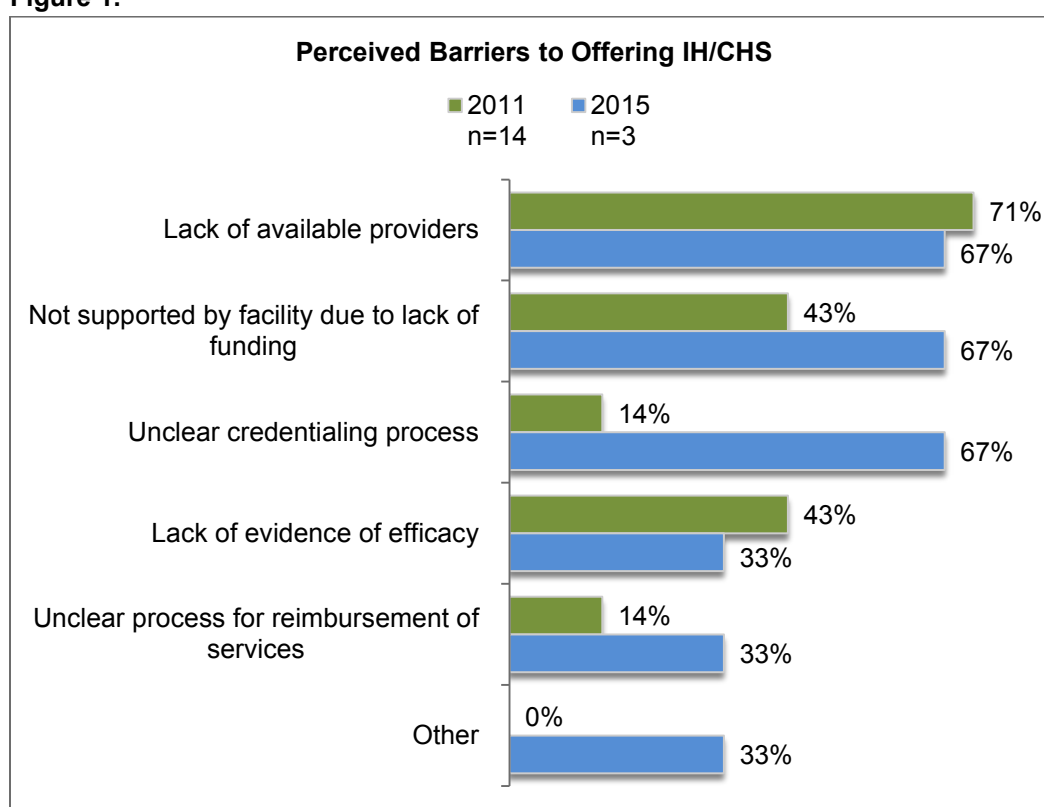
Respondents were initially asked if CIH services are currently being offered to patients at their facility. (Q1.)

**Table 1.**

	2011		2015	
	Count	%	Count	%
Yes	125	89%	131	93%
No	14	10%	3	2%
No, but are in the process of developing	2	1%	7	5%
Total	141	100%	141	100%

If CIH services are not offered to patients, the following are reported to be perceived barriers to providing CIH services. (Q1a.) *(more than one could be chosen)*

**Figure 1.**



*(End of Survey for those who responded “No” or “No, but are in the process of developing”)*

For sites with CIH services (n=131), the following are perceived factors that were thought to enable CIH to be offered. (Q1b.) *(more than one could be chosen)*

<b>Table 1.b.</b>	<b>2015 n=131</b>	<b>Count</b>	<b>%</b>
Consistent with patient-centered model of care		122	93%
Promotes well being		121	92%
Adjunctive to chronic disease management		109	83%
Patient preference		104	79%
Proven clinical effectiveness		88	67%
Reflects facility's mission		84	64%
Provider request		79	60%
Have provider(s) who volunteer their expertise		65	50%
Promotes cost savings		54	41%
Attracts new patients		43	33%
Cultural		36	27%
Other		9	7%

*The "Other" perceived factors included: Increased patient interest, Leadership support, Supportive executive team and rehab staff, Consistent with nursing practice – Comfort Theory, Need to establish and increase evidence-based (research) for use of yoga to treat chronic illness, Grant funding from OPCC&CT, There has been intermittent efforts to offer CAMS, nothing organized or targeted, Employee wellness, and Decreases medication needs.*

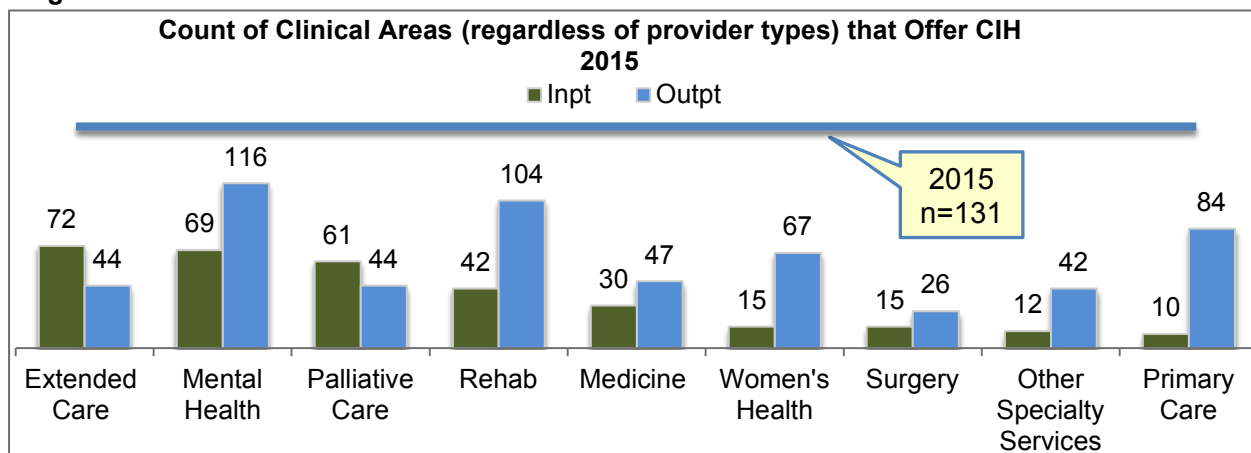
The settings in which the following clinical areas (regardless of provider types) offer CIH modalities. (Q2.)

**Table 2.**

<i>(more than one could be chosen)</i>	<b>2015 n=131</b>		<b>Inpatient</b>		<b>Outpatient</b>		<b>N/A</b>	
			<b>Count</b>	<b>%</b>	<b>Count</b>	<b>%</b>	<b>Count</b>	<b>%</b>
Mental Health			69	53%	116	89%	11	8%
Rehab*			42	32%	104	79%	24	18%
Primary Care			10	8%	84	64%	47	36%
Women's Health			15	11%	67	51%	63	48%
Medicine			30	23%	47	36%	76	58%
Extended Care (CLC, HBPC)			72	55%	44	34%	39	30%
Palliative Care			61	47%	44	34%	54	41%
Other Specialty Services			12	9%	42	32%	87	66%
Surgery			15	11%	26	20%	100	76%

*\*Includes Physical Medicine and Rehabilitation, Physical Therapy, Occupational Therapy, Blind Rehab, Polytrauma, Speech-Language Pathologist)*

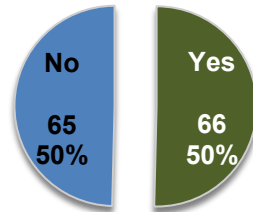
**Figure 2.**



Facilities/HCS were asked if they utilize Volunteers or Without Compensations (WOCs) personnel to provide CIH services. The results indicate that roughly half of the facilities do use WOC providers. (Q3.)

**Figure 3.**

**2015 n=131**



For sites with CIH services, the following modalities are provided by WOCs. (Q3a.)  
(more than one could be chosen)

Please note results are listed according to count of services provided by WOCs.

<b>Table 3.</b>	<b>2015</b>	<b>n=66</b>	<b>Count</b>	<b>%</b>
Yoga			38	58%
Animal Assisted Therapy			34	52%
Tai chi, Qi gong			24	36%
Music Therapy			21	32%
Art Therapy			17	26%
Mindfulness			17	26%
Massage Therapy			15	23%
Other Creative Arts Therapy			13	20%
Acupuncture			11	17%
Stress Management Relaxation Therapy			10	15%
Aromatherapy			9	14%
Guided Imagery			9	14%
Progressive Muscle Relaxation Therapy			9	14%
Other			9	14%
Chiropractic			8	12%
Energy Healing			7	11%
Dietary/Nutritional Supplements			6	9%
Movement Practices			6	9%
Sweat Lodge			5	8%
Acupressure			4	6%
Biofeedback			4	6%
Native American Healing Practices			4	6%
Non-traditional spiritual practices provided through VHA Chaplain service			3	5%
Hypnosis/Hypnotherapy			2	3%
Ayurveda			1	2%
Mantram Repetition			1	2%
Special Diets			1	2%
Traditional Chinese Medicine			1	2%
Transcendental			1	2%

Sites providing CIH services indicated whether specific CIH modalities were provided at their facility/HCS with VA staff and/or referred to an outside provider, or not provided at their facility. A series of additional questions was asked for each specific modality they indicated was provided through their facility ("Provided at VA" or "Referred to outside provider"). (Q4-30, a.b.c.)

*Please note results are listed according to count of "Provided at VA."*

<b>Table 4.</b>	<b>2015 n=131</b>	<b>Provided at VA</b>		<b>Referred to outside provider</b>		<b>Not provided</b>	
		<b>Count</b>	<b>%</b>	<b>Count</b>	<b>%</b>	<b>Count</b>	<b>%</b>
Stress Management Relaxation Therapy		112	85%	4	3%	18	14%
Mindfulness*		108	82%	3	2%	21	16%
Guided Imagery		97	74%	1	1%	34	26%
Yoga		96	73%	9	7%	30	23%
Progressive Muscle Relaxation Therapy		85	65%	1	1%	46	35%
Art Therapy		82	63%	5	4%	48	37%
Acupuncture		79	60%	64	49%	18	14%
Music Therapy		72	55%	5	4%	57	44%
Biofeedback		71	54%	11	8%	51	39%
Animal Assisted Therapy		68	52%	16	12%	52	40%
Tai chi, Qi gong		64	49%	7	5%	61	47%
Aromatherapy		58	44%	2	2%	71	54%
Other Creative Arts Therapy		58	44%	2	2%	72	55%
Special Diets		54	41%	0	0%	77	59%
Chiropractic**		49	37%	87	66%	13	10%
Other Meditations		45	34%	0	0%	86	66%
Dietary/Nutritional Supplements		43	33%	1	1%	87	66%
Energy Healing		39	30%	2	2%	91	69%
Hypnosis/Hypnotherapy		38	29%	2	2%	91	69%
Other***		35	27%	4	3%	92	71%
Massage Therapy		32	24%	24	18%	79	60%
Movement Practices		28	21%	2	2%	101	77%
Acupressure		25	19%	9	7%	99	76%
Native American Healing Practices		17	13%	6	5%	110	84%
Sweat Lodge		13	10%	7	5%	113	86%
Herbal Medicines		8	6%	1	1%	122	93%

*\*Mindfulness, Transcendental Meditation, and Mantram Repetition all fall in the general category of "Meditation,"*

*"Mindfulness," and "Other Meditations" are combined in later tables for comparison purposes.*

*\*\*Chiropractic Care is a health practice mandated by law and VHA Directive 2009-059*

*\*\*\*Other - up to two were specified (e.g. Ayurveda, Chelation, Traditional Chinese Medicine, Homeopathy, Naturopathic medicine, Non-Traditional Spiritual Practices Provided Through VHA Chaplain Service, Other non-traditional Diets, Other indigenous healing performed by a healer (e.g. Botanica, Curandero, Espiritista) etc.)*

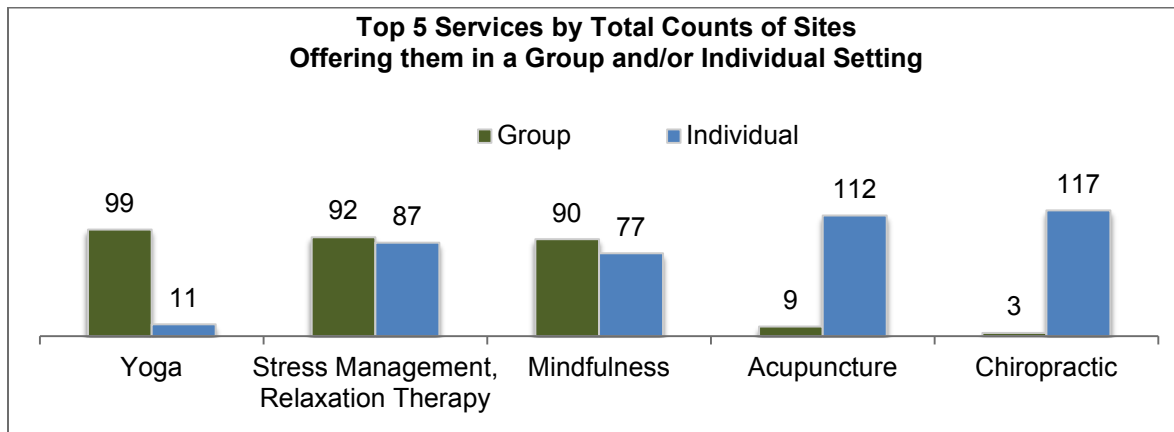
*Please see Appendices A and B for a comparison of modality services "Provided by VA" and/or "Referred to outside providers" for the surveys conducted in FY 2002, 2011, and 2015.*

For each CIH modality, sites were asked to indicate whether it is delivered in a group or an individual setting (Q4-30d.)

The “n” value represents how many unique sites indicated they provide or refer the modality indicated. Results are listed according to the frequency the modality is offered by unique sites in descending order of frequency.

Table 4.1. (more than one setting could be chosen)	2015 n=	Group		Individual	
		Count	%	Count	%
Chiropractic	118	3	3%	117	99%
Stress Management, Relaxation Therapy	113	92	81%	87	77%
Acupuncture	113	9	8%	112	99%
Mindfulness	110	90	82%	77	70%
Yoga	101	99	98%	11	11%
Guided Imagery	97	61	63%	72	74%
Progressive Muscle Relaxation Therapy	85	58	68%	71	84%
Art Therapy	83	75	91%	31	38%
Biofeedback	80	16	20%	75	94%
Animal Assisted Therapy	79	46	58%	47	59%
Music Therapy	74	64	86%	31	42%
Tai chi, Qi gong	70	69	99%	8	11%
Aromatherapy	60	32	53%	46	77%
Other Creative Arts Therapy	59	55	93%	20	34%
Special Diets	54	19	35%	47	87%
Massage Therapy	52	0	0%	52	100%
Other Meditations	45	35	78%	22	49%
Dietary/Nutritional Supplements	44	10	23%	40	91%
Other	40	18	45%	22	55%
Energy Healing	40	15	38%	33	83%
Hypnosis/Hypnotherapy	40	5	13%	39	98%
Acupressure	32	5	4%	32	100%
Movement Practices	30	23	77%	12	40%
Native American Healing Practices	21	15	71%	12	57%
Sweat Lodge	18	15	83%	6	33%
Herbal Medicines	9	0	0%	9	100%

Figure 4.



If the response indicated the modality was provided in a group setting, sites were asked to report on average how many patients typically participate in each group.

The “n” value represents how many sites reported they provide the modality listed in a group setting.

		Number of Patients					
Table 4.2.	2015	1-10		11-20		>20	
(only one answer could be chosen)	n=	Count	%	Count	%	Count	%
Mindfulness and Other Meditations*	125	98	78%	24	19%	3	2%
Yoga	99	74	75%	23	23%	2	2%
Stress Management, Relaxation Therapy	92	71	77%	21	23%	0	0%
Art Therapy	75	58	77%	16	21%	1	1%
Tai chi, Qi gong	69	55	80%	14	20%	0	0%
Music Therapy	64	49	77%	15	23%	0	0%
Guided Imagery	61	49	80%	12	20%	0	0%
Progressive Muscle Relaxation Therapy	58	46	79%	12	21%	0	0%
Other Creative Arts Therapy	55	41	74%	12	22%	2	4%
Animal Assisted Therapy	46	34	74%	11	24%	1	2%
Aromatherapy	32	22	69%	10	31%	0	0%
Movement Practices	23	16	70%	7	30%	0	0%
Special Diets	19	14	74%	4	21%	1	5%
Other	18	15	83%	3	17%	0	0%
Biofeedback	16	15	94%	1	6%	0	0%
Energy Healing	15	13	87%	2	13%	0	0%
Sweat Lodge	15	13	87%	2	13%	0	0%
Native American Healing Practices	15	11	73%	4	27%	0	0%
Dietary/Nutritional Supplements	10	7	70%	3	30%	0	0%
Acupuncture	9	6	67%	3	33%	0	0%
Acupressure	5	4	80%	1	20%	0	0%
Hypnosis/Hypnotherapy	5	5	100%	0	0%	0	0%
Chiropractic	3	2	67%	1	33%	0	0%
Herbal Medicines	0	0	0%	0	0%	0	0%
Massage Therapy	0	0	0%	0	0%	0	0%

\*Mindfulness, Transcendental Meditation, and Mantram Repetition all fall in the general category of "Meditation."

"Mindfulness" and "Other Meditations" are combined for comparison purposes.



If the response indicated the modality was provided in an individual setting, sites were asked to report if they saw more than 6 encounters per week. (approx. 300 encounters per year)

The “n” value represents how many sites reported they provide the modality listed in an individual setting.

Please note results are listed according to the frequency the modality is reported to be offered in an individual setting.

Table 4.3	2015	Yes		No	
	n=	Count	%	Count	%
Chiropractic	117	63	54%	54	46%
Acupuncture	112	63	56%	49	44%
Mindfulness and Other Meditations*	99	51	52%	48	48%
SMRT	87	51	59%	36	41%
Biofeedback	75	21	28%	54	72%
Guided Imagery	72	34	47%	38	53%
PMRT	71	35	49%	36	51%
Massage Therapy	52	19	37%	33	63%
Animal Assisted Therapy	47	20	43%	27	57%
Special Diets	47	19	40%	28	60%
Aromatherapy	46	14	30%	32	70%
Dietary/Nutritional Supplements	40	15	38%	25	62%
Hypnosis/Hypnotherapy	39	8	21%	31	79%
Energy Healing	33	11	33%	22	67%
Acupressure	32	16	50%	16	50%
Art Therapy	31	13	42%	18	58%
Music Therapy	31	13	42%	18	58%
Other	22	11	50%	11	50%
Other Creative Arts Therapy	20	7	35%	13	65%
Movement Practices	12	7	58%	5	42%
Native American Healing Practices	12	1	8%	11	92%
Yoga	11	3	27%	8	73%
Herbal Medicines	9	0	0%	9	100%
Tai chi, Qi gong	8	2	25%	6	75%
Sweat Lodge	6	0	0%	6	100%

\*Mindfulness, Transcendental Meditation, and Mantram Repetition all fall in the general category of "Meditation."

"Mindfulness" and "Other Meditations" are combined for comparison purposes.

How often CIH services are offered at the facilities/HCS's is indicated in the following table.

The "n" value represents how many sites reported they provide the modality listed in an individual and/or group setting.

	2015	Daily		More than once per week		Monthly		Quarterly		Other Frequency	
(only one answer could be chosen)	n=	Count	%	Count	%	Count	%	Count	%	Count	%
Mindfulness/Other Meditations*	153	22	14%	23	15%	14	9%	0	0%	14	9%
Chiropractic	118	40	34%	23	19%	8	7%	3	3%	32	27%
Acupuncture	113	30	27%	35	31%	3	3%	0	0%	27	24%
Stress Management, Relaxation Therapy	113	26	23%	29	26%	9	8%	0	0%	11	10%
Yoga	101	5	5%	27	27%	8	8%	0	0%	7	7%
Guided Imagery	97	22	23%	25	26%	9	9%	2	2%	15	15%
Progressive Muscle Relaxation Therapy	85	17	20%	21	25%	6	7%	0	0%	12	14%
Art Therapy	83	9	11%	24	29%	11	13%	1	1%	7	8%
Biofeedback	80	10	13%	20	25%	10	13%	3	4%	17	21%
Animal Assisted Therapy	79	9	11%	15	19%	11	14%	1	1%	6	8%
Music Therapy	74	8	11%	21	28%	11	15%	1	1%	6	8%
Tai chi, Qi gong	70	5	7%	18	26%	5	7%	2	3%	4	6%
Aromatherapy	60	15	25%	11	18%	4	7%	0	0%	8	13%
Other Creative Arts Therapy	59	7	12%	12	20%	9	15%	1	2%	7	12%
Special Diets	54	16	30%	9	17%	8	15%	2	4%	9	17%
Massage Therapy	52	9	17%	9	17%	6	12%	0	0%	14	27%
Dietary/Nutritional Supplements**	44	12	27%	7	16%	6	14%	1	2%	11	25%
Energy Healing	40	5	12%	9	22%	6	15%	0	0%	5	12%
Hypnosis/Hypnotherapy	40	2	5%	7	18%	7	18%	0	0%	9	23%
Other	38	7	18%	3	8%	4	11%	0	0%	6	16%
Acupressure	32	10	31%	7	22%	4	13%	0	0%	8	25%
Movement Practices	30	4	13%	8	27%	2	7%	1	3%	3	10%
Native American Healing Practices	21	1	5%	0	0%	3	14%	2	10%	7	33%
Sweat Lodge	18	1	6%	0	0%	2	11%	3	17%	8	44%
Herbal Medicines	9	1	11%	0	0%	2	22%	0	0%	5	56%

\*Mindfulness, Transcendental Meditation, and Mantram Repetition all fall in the general category of "Meditation." "Mindfulness" and "Other Meditations" are combined for comparison purposes.

\*\*Dietary/Nutritional Supplements modality in 2015 equates to the Diet-Special and Diet Therapy modalities from 2011's report.

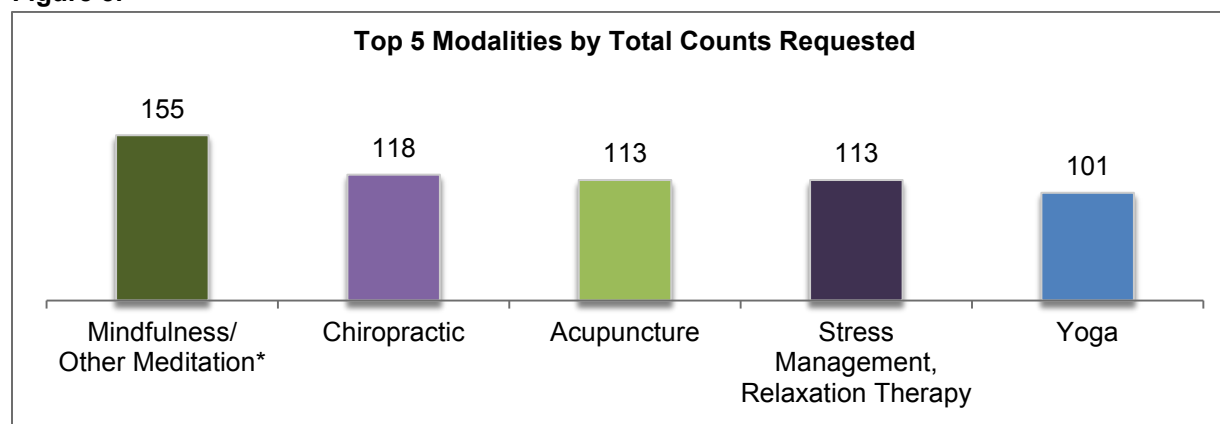
Providers perception of patients desire for additional CIH services in the selected modalities. The “n” value represents how many sites reported they provide the modality listed in an individual and/or group setting. Responses are are organized by the “n” value.

Table 4.5	2015 n=	Yes		No	
		Count	%	Count	%
Mindfulness and Other Meditations*	155	72	46%	83	53%
Chiropractic	118	94	80%	24	20%
Acupuncture	113	90	80%	23	20%
Stress Management, Relaxation Therapy	113	58	51%	55	49%
Yoga	101	70	69%	31	31%
Guided Imagery	97	41	42%	56	58%
Progressive Muscle Relaxation Therapy	85	35	41%	50	59%
Art Therapy	83	41	49%	42	51%
Biofeedback	80	38	48%	42	53%
Animal Assisted Therapy	79	31	39%	37	47%
Music Therapy	74	36	49%	38	51%
Tai chi, Qi gong	70	46	66%	24	34%
Aromatherapy	60	22	37%	38	63%
Other Creative Arts Therapy	59	30	51%	29	49%
Special Diets	54	20	37%	34	63%
Massage Therapy	52	42	81%	10	19%
Energy Healing	40	24	60%	16	40%
Dietary/Nutritional Supplements**	44	22	50%	22	50%
Hypnosis/Hypnotherapy	40	22	55%	18	45%
Other	38	27	71%	11	29%
Acupressure	32	21	66%	11	34%
Movement Practices	30	18	60%	12	40%
Native American Healing Practices	21	8	38%	13	62%
Sweat Lodge	18	9	50%	9	50%
Herbal Medicines	9	5	56%	4	44%

\*Mindfulness, Transcendental Meditation, and Mantram Repetition all fall in the general category of "Meditation"  
 "Mindfulness" and "Other Meditations" are combined for comparison purposes.

\*\*Dietary/Nutritional Supplements modality in 2015 equates to the Diet-Special and Diet Therapy modalities from 2011's report.

Figure 5.



\*Mindfulness, Transcendental Meditation, and Mantram Repetition all fall in the general category of "Meditation."  
 "Mindfulness" and "Other Meditations" are combined for comparison purposes.

The following table indicates how many CIH modalities (in increasing blocks of 5 modalities) are offered by facility count. The “n” represents the entire population of facilities reporting they offer CIH to Veterans in each year indicated. The number of modalities offered by VA facilities has been steadily increasing during the periods surveyed. The number of facilities offering 11 to 20 CIH modalities has substantially increased since 2002, as indicated in the following table.

<b>Table 5.</b>	<b>2002 n=111</b>	<b>2011 n=125</b>	<b>2015 n=131</b>
Provides 1-5 Modalities	70	34	17
Provides 6-10 Modalities	39	59	40
Provides 11-15 Modalities	2	25	50
Provides 16-20 Modalities	0	6	19
Provides 21-26 Modalities	0	0	5
Referred all to non-VA provider	0	1	0

### **Integrative Health/Medicine**

The extent of facility's efforts in providing seamless complementary health services across their continuum of care. (Q31.)

<b>Table 6.</b>	<b>2015 n=131</b>	<b>Count</b>	<b>%</b>
CIH are provided but not in a formal integrative health setting		64	49%
CIH integrated with allopathic care in at least one clinic		56	43%
CIH integrated with allopathic care in all care		4	3%
Other		7	5%

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## Appendix A

### Reason(s)/Condition(s) CIH Services Are Used

The “n” values in this section represent how many sites indicated they provide the modality indicated during the year noted. For the following reasons/conditions more than one could be chosen so the “n” value could be higher than the number of facilities responding. More than one could be chosen.

#### Grouped by Mental Health Reasons/Conditions

Table A.1.			Anxiety Disorder				Depression			
	2011	2015	2011		2015		2011		2015	
	n=	n=	Count	%	Count	%	Count	%	Count	%
Acupressure	28	32	8	25%	11	34%	8	29%	9	28%
Acupuncture	80	113	14	12%	35	31%	12	15%	30	27%
Animal Assisted Therapy	70	79	42	53%	50	63%	48	69%	52	66%
Aromatherapy	26	60	15	25%	40	67%	14	54%	37	62%
Art Therapy*	NA	83	NA	NA	62	75%	NA	NA	66	80%
Biofeedback	75	80	47	59%	62	78%	28	37%	46	58%
Chiropractic*	NA	118	NA	NA	5	4%	NA	NA	6	5%
Dietary/Nutritional Supplements**	82	44	15	34%	9	20%	15	18%	14	32%
Energy Healing	20	40	9	20%	27	68%	7	35%	24	60%
Guided Imagery	85	97	65	67%	87	90%	61	72%	83	86%
Herbal Medicines	10	9	3	33%	1	11%	3	30%	2	22%
Hypnosis/Hypnotherapy	45	40	33	83%	26	65%	25	56%	21	53%
Massage Therapy	49	52	14	27%	20	38%	12	24%	18	35%
Mindfulness and Other Meditations ***	107	153	84	55%	99	65%	77	72%	94	61%
Movement Practices	19	30	4	13%	17	57%	4	21%	15	50%
Music Therapy	64	74	40	54%	57	77%	41	64%	58	78%
Native American Healing Practices	16	21	5	24%	13	62%	6	38%	12	57%
Other Creative Arts Therapy*	NA	59	NA	NA	48	81%	NA	NA	44	75%
Progressive Muscle Relaxation Therapy	78	85	59	69%	71	84%	48	62%	62	73%
Special Diets*	NA	54	NA	NA	7	13%	NA	NA	7	13%
Stress Management, Relaxation Therapy	96	113	78	69%	98	87%	66	69%	90	80%
Sweat Lodge	15	18	4	22%	10	56%	5	33%	10	56%
Tai chi, Qi gong	33	70	16	23%	46	66%	16	48%	41	59%
Yoga	45	101	25	56%	64	63%	27	60%	61	60%
Other	26	38	16	42%	22	58%	15	58%	21	55%

\*NA (Not Asked in 2011)

\*\*Dietary/Nutritional Supplements modality in 2015 equates to the Diet-Special and Diet Therapy modalities from 2011's report.

\*\*\*Mindfulness in 2011 includes Transcendental and Mantram Repetition. For 2015, Mindfulness, Transcendental Meditation, and Mantram Repetition all fall in the general category of "Meditation." "Mindfulness" and "Other Meditations" are combined for comparison purposes.

**Grouped by Mental Health Reasons/Conditions (cont.)**

Table A.2.			Post-Traumatic Stress Disorder (PTSD)				Stress Management			
	2011	2015	2011		2015		2011		2015	
	n=	n=	Count	%	Count	%	Count	%	Count	%
Acupressure	28	32	8	29%	10	31%	11	39%	15	47%
Acupuncture	80	113	11	14%	33	29%	11	14%	33	29%
Animal Assisted Therapy	70	79	44	63%	41	52%	42	60%	48	61%
Aromatherapy	26	60	7	27%	32	53%	18	69%	44	73%
Art Therapy*	NA	83	NA	NA	61	73%	NA	NA	68	82%
Biofeedback	75	80	45	60%	49	61%	50	67%	65	81%
Chiropractic*	NA	118	NA	NA	4	3%	NA	NA	11	9%
Dietary/Nutritional Supplements**	82	44	11	13%	9	20%	15	18%	14	32%
Energy Healing	20	40	5	25%	22	55%	10	50%	25	62%
Guided Imagery	85	97	70	82%	79	81%	69	81%	88	91%
Herbal Medicines	10	9	2	20%	0	0%	4	40%	1	11%
Hypnosis/Hypnotherapy	45	40	30	67%	16	40%	30	67%	23	58%
Massage Therapy	49	52	11	22%	21	40%	18	37%	29	56%
Mindfulness /Other Meditations ***	107	153	82	77%	88	58%	91	85%	99	65%
Movement Practices	19	30	4	21%	15	50%	6	32%	19	63%
Music Therapy	64	74	35	55%	48	65%	48	75%	55	74%
Native American Healing Practices	16	21	6	38%	14	67%	5	31%	14	67%
Other Creative Arts Therapy*	NA	59	NA	NA	44	75%	NA	NA	49	83%
Progressive Muscle Relaxation Therapy	78	85	55	71%	62	73%	65	83%	77	91%
Special Diets*	NA	54	NA	NA	6	11%	NA	NA	7	13%
Stress Management, Relaxation Therapy	96	113	71	74%	90	80%	85	89%	104	92%
Sweat Lodge	15	18	9	60%	11	61%	5	33%	10	56%
Tai chi, Qi gong	33	70	18	55%	43	61%	21	64%	49	70%
Yoga	45	101	31	69%	62	61%	32	71%	74	73%
Other	26	38	16	62%	20	53%	17	65%	21	55%

\*NA (Not Asked in 2011)

\*\*Dietary/Nutritional Supplements modality in 2015 equates to the Diet-Special and Diet Therapy modalities from 2011's report.

\*\*\*Mindfulness in 2011 includes Transcendental and Mantram Repetition. For 2015, Mindfulness, Transcendental Meditation, and Mantram Repetition all fall in the general category of "Meditation." "Mindfulness" and "Other Meditations" are combined for comparison purposes.

**Grouped by Mental Health Reasons/Conditions (cont.)**

**Table A.3.**

			<b>Substance Abuse Disorder (excluding tobacco dependence)</b>			
	<b>2011</b>	<b>2015</b>	<b>2011</b>		<b>2015</b>	
	<b>n=</b>	<b>n=</b>	<b>Count</b>	<b>%</b>	<b>Count</b>	<b>%</b>
Acupressure	28	32	5	18%	9	28%
Acupuncture	80	113	10	13%	22	19%
Animal Assisted Therapy	70	79	24	34%	23	29%
Aromatherapy	26	60	3	12%	19	32%
Art Therapy*	NA	83	NA	NA	38	46%
Biofeedback	75	80	20	27%	21	26%
Chiropractic*	NA	118	NA	NA	3	3%
Dietary/Nutritional Supplements**	82	44	12	15%	10	23%
Energy Healing	20	40	1	5%	11	28%
Guided Imagery	85	97	36	42%	51	53%
Herbal Medicines	10	9	3	30%	0	0%
Hypnosis/Hypnotherapy	45	40	15	33%	11	28%
Massage Therapy	49	52	5	10%	9	17%
Mindfulness/Other Meditations ***	107	153	53	50%	59	39%
Movement Practices	19	30	2	11%	9	30%
Music Therapy	64	74	19	30%	25	34%
Native American Healing Practices	16	21	3	19%	11	52%
Other Creative Arts Therapy*	NA	59	NA	NA	26	44%
Progressive Muscle Relaxation Therapy	78	85	33	42%	35	41%
Special Diets*	NA	54	NA	NA	4	7%
Stress Management, Relaxation Therapy	96	113	42	44%	58	51%
Sweat Lodge	15	18	7	47%	9	50%
Tai chi, Qi gong	33	70	8	24%	29	41%
Yoga	45	101	14	31%	41	41%
Other	26	38	15	58%	15	39%

\*NA (Not Asked in 2011)

\*\*Dietary/Nutritional Supplements modality in 2015 equates to the Diet-Special and Diet Therapy modalities from 2011's report.

\*\*\*Mindfulness in 2011 includes Transcendental and Mantram Repetition. For 2015, Mindfulness, Transcendental Meditation, and Mantram Repetition all fall in the general category of "Meditation." "Mindfulness" and "Other Meditations" are combined for comparison purposes.



## Grouped by Pain Management Reasons/Conditions

**Table A.4.**

	2015 n=	Joint Pain (non-infectious)*		Musculoskeletal Pain including Arthritis*		Perioperative Pain (acute)*	
		Count	%	Count	%	Count	%
Acupressure	32	26	81%	29	91%	7	22%
Acupuncture	113	90	80%	101	89%	19	17%
Animal Assisted Therapy	79	10	13%	15	19%	5	6%
Aromatherapy	60	17	28%	20	33%	7	12%
Art Therapy	83	11	13%	17	20%	4	5%
Biofeedback	80	33	41%	43	54%	10	13%
Chiropractic	118	88	75%	101	86%	13	11%
Dietary/Nutritional Supplements**	44	14	32%	17	39%	2	5%
Energy Healing	40	20	50%	23	58%	6	15%
Guided Imagery	97	35	36%	37	38%	12	12%
Herbal Medicines	9	1	11%	2	22%	0	0%
Hypnosis/Hypnotherapy	40	12	30%	15	38%	4	10%
Massage Therapy	52	33	63%	45	87%	10	19%
Mindfulness/Other Meditations***	153	45	29%	53	35%	14	9%
Movement Practices	30	16	53%	19	63%	5	17%
Music Therapy	74	18	24%	22	30%	7	9%
Native American Healing Practices	21	4	19%	5	24%	2	10%
Other Creative Arts Therapy	59	12	20%	15	25%	5	8%
Progressive Muscle Relaxation Therapy	85	53	62%	57	67%	10	12%
Special Diets	54	18	33%	21	39%	3	6%
Stress Management, Relaxation Therapy	113	52	46%	57	50%	17	15%
Sweat Lodge	18	3	17%	3	17%	1	6%
Tai chi, Qi gong	70	36	51%	40	57%	11	16%
Yoga	101	56	55%	57	56%	10	10%
Other	38	20	53%	18	47%	10	26%

\*NA (Not Asked in 2011)

\*\*Dietary/Nutritional Supplements modality in 2015 equates to the Diet-Special and Diet Therapy modalities from 2011's report.

\*\*\*Mindfulness in 2011 includes Transcendental and Mantram Repetition. For 2015, Mindfulness, Transcendental Meditation, and Mantram Repetition all fall in the general category of "Meditation." "Mindfulness" and "Other Meditations" are combined for comparison purposes.

# Grouped by Pain Management Reasons/Conditions (cont.)

Table A.5.

			Back Pain				Headache			
	2011	2015	2011		2015		2011		2015	
	n=	n=	Count	%	Count	%	Count	%	Count	%
Acupressure	28	32	22	79%	29	91%	17	61%	25	91%
Acupuncture	80	113	71	89%	102	90%	51	64%	76	90%
Animal Assisted Therapy	70	79	22	31%	12	15%	17	24%	10	15%
Aromatherapy	26	60	9	35%	16	27%	8	31%	16	27%
Art Therapy*	NA	83	NA	NA	11	13%	NA	NA	8	13%
Biofeedback	75	80	43	57%	44	55%	37	49%	43	55%
Chiropractic*	NA	118	NA	NA	113	96%	NA	NA	58	96%
Dietary/Nutritional Supplements**	82	44	10	12%	11	25%	11	13%	13	25%
Energy Healing	20	40	7	35%	24	60%	5	25%	19	48%
Guided Imagery	85	97	46	54%	45	46%	47	55%	38	46%
Herbal Medicines	10	9	3	30%	1	11%	3	30%	2	11%
Hypnosis/Hypnotherapy	45	40	20	44%	17	43%	20	44%	15	43%
Massage Therapy	49	52	39	80%	44	85%	21	43%	32	85%
Mindfulness Other Meditations ***	107	153	48	45%	57	37%	45	42%	50	37%
Movement Practices	19	30	14	74%	16	53%	12	63%	14	53%
Music Therapy	64	74	15	23%	19	26%	11	17%	16	26%
Native American Healing Practices	16	21	3	19%	4	19%	3	19%	4	19%
Other Creative Arts Therapy*	NA	59	NA	NA	15	25%	NA	NA	11	25%
Progressive Muscle Relaxation Therapy	78	85	43	55%	56	66%	37	47%	47	66%
Special Diets*	NA	54	NA	NA	16	30%	NA	NA	16	30%
Stress Management, Relaxation Therapy	96	113	44	46%	57	50%	47	49%	51	50%
Sweat Lodge	15	18	3	20%	3	17%	2	13%	4	17%
Tai chi, Qi gong	33	70	7	21%	36	51%	6	18%	29	51%
Yoga	45	101	22	49%	57	56%	16	36%	38	56%
Other	26	38	15	58%	19	50%	14	54%	12	50%

\*NA (Not Asked in 2011)

\*\*Dietary/Nutritional Supplements modality in 2015 equates to the Diet-Special and Diet Therapy modalities from 2011's report.

\*\*\*Mindfulness in 2011 includes Transcendental and Mantram Repetition. For 2015, Mindfulness, Transcendental Meditation, and Mantram Repetition all fall in the general category of "Meditation." "Mindfulness" and "Other Meditations" are combined for comparison purposes.

## Grouped by Pain Management Reasons/Conditions (cont.)

**Table A.6.**

			Fibromyalgia			
	2011	2015	2011		2015	
	n=	n=	Count	%	Count	%
Acupressure	28	32	17	61%	17	78%
Acupuncture	80	113	50	63%	69	67%
Animal Assisted Therapy	70	79	18	26%	11	13%
Aromatherapy	26	60	7	27%	14	27%
Art Therapy*	NA	83	NA	NA	10	10%
Biofeedback	75	80	33	44%	32	54%
Chiropractic*	NA	118	NA	NA	38	49%
Dietary/Nutritional Supplements**	82	44	10	12%	10	30%
Energy Healing	20	40	5	25%	19	48%
Guided Imagery	85	97	37	44%	33	39%
Herbal Medicines	10	9	2	20%	0	22%
Hypnosis/Hypnotherapy	45	40	17	38%	13	38%
Massage Therapy	49	52	25	51%	31	62%
Mindfulness Other Meditations ***	107	153	39	36%	41	33%
Movement Practices	19	30	9	47%	14	47%
Music Therapy	64	74	6	9%	19	22%
Native American Healing Practices	16	21	3	19%	2	19%
Other Creative Arts Therapy*	NA	59	NA	NA	12	19%
Progressive Muscle Relaxation Therapy	78	85	35	45%	44	55%
Special Diets*	NA	54	NA	NA	21	30%
Stress Management, Relaxation Therapy	96	113	37	39%	49	45%
Sweat Lodge	15	18	3	20%	1	22%
Tai chi, Qi gong	33	70	7	21%	34	41%
Yoga	45	101	16	36%	46	38%
Other	26	38	14	54%	14	32%

\*NA (Not Asked in 2011)

\*\*Dietary/Nutritional Supplements modality in 2015 equates to the Diet-Special and Diet Therapy modalities from 2011's report.

\*\*\*Mindfulness in 2011 includes Transcendental and Mantram Repetition. For 2015, Mindfulness, Transcendental Meditation, and Mantram Repetition all fall in the general category of "Meditation." "Mindfulness" and "Other Meditations" are combined for comparison purposes.

## Grouped by Chronic Disease Management Reasons/Conditions

**Table A.7.**

			Cancer Related Symptoms				Chronic Fatigue			
	2011 n=	2015 n=	2011		2015		2011		2015	
			Count	%	Count	%	Count	%	Count	%
Acupressure	28	32	4	14%	4	13%	5	18%	7	22%
Acupuncture	80	113	6	8%	24	21%	13	16%	23	20%
Animal Assisted Therapy	70	79	21	30%	19	24%	16	23%	10	13%
Aromatherapy	26	60	9	35%	20	33%	6	23%	9	15%
Art Therapy*	NA	83	NA	NA	12	14%	NA	NA	7	8%
Biofeedback	75	80	8	11%	12	15%	11	15%	16	20%
Chiropractic*	NA	118	NA	NA	4	3%	NA	NA	8	7%
Dietary/Nutritional Supplements**	82	44	40	49%	15	34%	25	30%	15	34%
Energy Healing	20	40	6	30%	15	38%	4	20%	12	30%
Guided Imagery	85	97	21	25%	22	23%	23	27%	22	23%
Herbal Medicines	10	9	4	40%	1	11%	3	30%	1	11%
Hypnosis/Hypnotherapy	45	40	5	11%	4	10%	3	7%	5	13%
Massage Therapy	49	52	12	24%	10	19%	9	18%	14	27%
Mindfulness/Other Meditations***	107	153	23	21%	29	19%	28	26%	40	26%
Movement Practices	19	30	2	11%	4	13%	2	11%	12	40%
Music Therapy	64	74	17	27%	17	23%	13	20%	17	23%
Native American Healing Practices	16	21	3	19%	3	14%	3	19%	0	0%
Other Creative Arts Therapy*	NA	59	NA	NA	7	12%	NA	NA	9	15%
Progressive Muscle Relaxation Therapy	78	85	8	10%	13	15%	19	24%	29	34%
Special Diets*	NA	54	NA	NA	23	43%	NA	NA	17	31%
Stress Management, Relaxation Therapy	96	113	15	16%	25	22%	21	22%	29	26%
Sweat Lodge	15	18	3	20%	3	17%	3	20%	1	6%
Tai chi, Qi gong	33	70	2	6%	10	14%	6	18%	23	33%
Yoga	45	101	6	13%	13	13%	7	16%	32	32%
Other	26	38	13	50%	9	24%	14	54%	6	16%

\*NA (Not Asked in 2011)

\*\*Dietary/Nutritional Supplements modality in 2015 equates to the Diet-Special and Diet Therapy modalities from 2011's report.

\*\*\*Mindfulness in 2011 includes Transcendental and Mantram Repetition. For 2015, Mindfulness, Transcendental Meditation, and Mantram Repetition all fall in the general category of "Meditation." "Mindfulness" and "Other Meditations" are combined for comparison purposes.

**Grouped by Chronic Disease Management Reasons/Conditions (cont.)**

**Table A.8.**

			Coronary Disease				Gastrointestinal Disorders*	
	2011 n=	2015 n=	2011		2015		2015	
			Count	%	Count	%	Count	%
Acupressure	28	32	2	7%	2	6%	3	9%
Acupuncture	80	113	3	4%	8	7%	15	13%
Animal Assisted Therapy	70	79	11	16%	7	9%	6	8%
Aromatherapy	26	60	7	27%	7	12%	9	15%
Art Therapy*	NA	83	NA	NA	7	8%	7	8%
Biofeedback	75	80	4	5%	8	10%	9	11%
Chiropractic*	NA	118	NA	NA	2	2%	2	2%
Dietary/Nutritional Supplements**	82	44	43	52%	17	39%	28	64%
Energy Healing	20	40	2	1%	6	15%	8	20%
Guided Imagery	85	97	14	16%	10	10%	16	16%
Herbal Medicines	10	9	2	20%	0	0%	1	11%
Hypnosis/Hypnotherapy	45	40	3	7%	2	5%	3	8%
Massage Therapy	49	52	4	8%	7	13%	3	6%
Mindfulness Other Meditations ***	107	153	12	11%	11	7%	19	12%
Movement Practices	19	30	2	11%	4	13%	6	20%
Music Therapy	64	74	7	11%	9	12%	8	11%
Native American Healing Practices	16	21	3	19%	1	5%	0	0%
Other Creative Arts Therapy*	NA	59	NA	NA	5	8%	8	14%
Progressive Muscle Relaxation Therapy	78	85	7	9%	12	14%	13	15%
Special Diets*	NA	54	NA	NA	28	52%	40	74%
Stress Management, Relaxation Therapy	96	113	10	10%	19	17%	21	19%
Sweat Lodge	15	18	2	13%	1	6%	1	6%
Tai chi, Qi gong	33	70	3	9%	9	13%	11	16%
Yoga	45	101	4	9%	14	14%	14	14%
Other	26	38	10	38%	5	13%	4	11%

\*NA (Not Asked in 2011)

\*\*Dietary/Nutritional Supplements modality in 2015 equates to the Diet-Special and Diet Therapy modalities from 2011's report.

\*\*\*Mindfulness in 2011 includes Transcendental and Mantram Repetition. For 2015, Mindfulness, Transcendental Meditation, and Mantram Repetition all fall in the general category of "Meditation." "Mindfulness" and "Other Meditations" are combined for comparison purposes.

## Grouped by Wellness Reasons/Conditions

**Table A.9.**

			General Health/ Wellness/Prevention		Optimizing Health and Well-Being*	
	2011	2015	2011		2015	
	n=	n=	Count	%	Count	%
Acupressure	28	32	6	21%	15	47%
Acupuncture	80	113	8	10%	37	33%
Animal Assisted Therapy	70	79	41	59%	47	59%
Aromatherapy	26	60	15	58%	39	65%
Art Therapy*	NA	83	NA	NA	53	64%
Biofeedback	75	80	19	25%	34	43%
Chiropractic*	NA	118	NA	NA	30	25%
Dietary/Nutritional Supplements**	82	44	55	67%	31	70%
Energy Healing	20	40	8	40%	25	62%
Guided Imagery	85	97	36	42%	56	58%
Herbal Medicines	10	9	5	50%	6	67%
Hypnosis/Hypnotherapy	45	40	13	29%	17	43%
Massage Therapy	49	52	11	22%	25	48%
Mindfulness/Other Meditations ***	107	153	43	40%	74	48%
Movement Practices	19	30	4	21%	22	73%
Music Therapy	64	74	34	53%	54	73%
Native American Healing Practices	16	21	10	63%	13	62%
Other Creative Arts Therapy*	NA	59	NA	NA	42	71%
Progressive Muscle Relaxation Therapy	78	85	33	42%	60	71%
Special Diets*	NA	54	NA	NA	44	81%
Stress Management, Relaxation Therapy	96	113	41	43%	79	70%
Sweat Lodge	15	18	10	67%	13	72%
Tai chi, Qi gong	33	70	22	67%	54	77%
Yoga	45	101	24	53%	75	74%
Other	26	38	11	42%	20	53%

\*NA (Not Asked in 2011)

\*\*Dietary/Nutritional Supplements combines Diet-special; Diet Therapy in 2011

\*\*\*Mindfulness in 2011 includes Transcendental and Mantram Repetition. For 2015, Mindfulness, Transcendental Meditation, and Mantram Repetition all fall in the general category of "Meditation." "Mindfulness" and "Other Meditations" are combined for comparison purposes.

## Grouped by Miscellaneous Reasons/Conditions

Table A.10.

			Tobacco Dependence				Traumatic Brain Injury			
	2011	2015	2011		2015		2011		2015	
	n=	n=	Count	%	Count	%	Count	%	Count	%
Acupressure	28	32	3	11%	4	13%	6	21%	8	25%
Acupuncture	80	113	6	8%	14	12%	8	10%	24	21%
Animal Assisted Therapy	70	79	4	6%	7	9%	16	21%	16	20%
Aromatherapy	26	60	2	8%	9	15%	4	15%	17	28%
Art Therapy*	NA	83	NA	NA	5	6%			17	20%
Biofeedback	75	80	8	11%	14	18%	16	21%	14	18%
Chiropractic*	NA	118	NA	NA	2	2%	NA	NA	7	6%
Dietary/Nutritional Supplements**	82	44	6	7%	3	7%	6	7%	4	9%
Energy Healing	20	40	1	5%	2	5%	2	10%	9	22%
Guided Imagery	85	97	10	12%	18	19%	17	20%	18	19%
Herbal Medicines	10	9	0	0%	0	0%	0	0%	0	0%
Hypnosis/Hypnotherapy	45	40	15	33%	15	38%	2	4%	4	10%
Massage Therapy	49	52	3	6%	3	6%	6	12%	8	15%
Mindfulness Other Meditations ***	107	153	17	16%	29	19%	21	20%	23	15%
Movement Practices	19	30	1	5%	3	10%	5	26%	7	23%
Music Therapy	64	74	2	3%	5	7%	11	17%	13	18%
Native American Healing Practices	16	21	3	19%	1	5%	2	13%	5	24%
Other Creative Arts Therapy*	NA	59	NA	NA	4	7%	NA	NA	16	27%
Progressive Muscle Relaxation Therapy	78	85	9	12%	13	15%	17	22%	18	21%
Special Diets*	NA	54	NA	NA	4	7%	NA	NA	2	4%
Stress Management, Relaxation Therapy	96	113	14	15%	32	28%	22	23%	33	29%
Sweat Lodge	15	18	2	13%	2	11%	2	13%	3	17%
Tai chi, Qi gong	33	70	3	9%	8	11%	7	21%	19	27%
Yoga	45	101	5	11%	12	12%	10	22%	19	19%
Other	26	38	4	15%	8	21%	10	38%	9	24%

\*NA (Not Asked in 2011)

\*\*Dietary/Nutritional Supplements combines Diet-special; Diet Therapy in 2011

\*\*\*Mindfulness in 2011 includes Transcendental and Mantram Repetition. For 2015, Mindfulness, Transcendental Meditation, and Mantram Repetition all fall in the general category of "Meditation" "Mindfulness." and "Other Meditations" are combined for comparison purposes.

**Grouped by Miscellaneous Reasons/Conditions (cont.)**

<b>Table A.11.</b>		<b>Sleep Disorders*</b>		<b>Other*</b>	
	<b>2015 n=</b>	<b>Count</b>	<b>%</b>	<b>Count</b>	<b>%</b>
Acupressure	32	10	31%	3	9%
Acupuncture	113	21	19%	5	4%
Animal Assisted Therapy	79	10	13%	11	14%
Aromatherapy	60	26	43%	12	20%
Art Therapy	83	12	14%	12	14%
Biofeedback	80	22	28%	2	3%
Chiropractic	118	8	7%	3	3%
Dietary/Nutritional Supplements**	44	11	25%	4	9%
Energy Healing	40	16	40%	6	15%
Guided Imagery	97	43	44%	7	7%
Herbal Medicines	9	2	22%	1	11%
Hypnosis/Hypnotherapy	40	13	33%	2	5%
Massage Therapy	52	17	33%	5	10%
Mindfulness/Other Meditations***	153	56	37%	8	5%
Movement Practices	30	5	17%	4	13%
Music Therapy	74	12	16%	11	15%
Native American Healing Practices	21	3	14%	6	29%
Other Creative Arts Therapy	59	9	15%	10	17%
Progressive Muscle Relaxation Therapy	85	47	55%	2	2%
Special Diets	54	11	20%	8	15%
Stress Management, Relaxation Therapy	113	62	55%	6	5%
Sweat Lodge	18	3	17%	4	22%
Tai chi, Qi gong	70	19	27%	13	19%
Yoga	101	32	32%	10	10%
Other	38	11	29%	7	18%

\*NA (Not Asked in 2011)

\*\*Dietary/Nutritional Supplements combines Diet-special; Diet Therapy in 2011

\*\*\*Mindfulness in 2011 includes Transcendental and Mantram Repetition. For 2015, Mindfulness, Transcendental Meditation, and Mantram Repetition all fall in the general category of "Meditation." "Mindfulness" and "Other Meditations" are combined for comparison purposes.



## Appendix B

### References

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## Appendix C

2002, 2011 & 2014 Modality Comparison Provided at VA			Acupressure			Acupuncture			Animal Assisted Therapy		
VISN	LOCATION	Sta No	02	11	14	02	11	14	02	11	14
1	Bedford, MA	518									
1	Boston HCS-Boston	523		X		X	X	X		X	
1	Central Western Massachusetts HCS	631						X		X	X
1	Connecticut HCS-West Haven	689	X	X		X	X	X	X	X	X
1	Maine VA HCS	402						X			X
1	Manchester, NH	608								X	
1	Providence, RI	650									
1	White River Junction, VT	405						X		X	
	TOTALS		1	2	0	2	2	5	1	5	3
2	Albany, NY	528A8									X
2	Bath, NY	528A6						X			X
2	Canandaigua, NY	528A5		X			X	X		X	X
2	Syracuse, NY	528A7					X	X		X	X
2	Western New York HCS	528						X			X
	TOTALS		0	1	0	0	2	4	0	2	5
3	Bronx, NY	526			X	X	X	X		X	
3	Hudson Valley HCS-Montrose	620		X	X	X	X	X			X
3	New Jersey HCS-East Orange	561				X	X	X		X	X
3	New York Harbor HCS-New York	630				X	X	X			X
3	Northport, NY	632		X				X			X
	TOTALS		0	2	2	4	4	5	0	2	4
4	Altoona, PA	503									
4	Butler, PA	529									X
4	Clarksburg, WV	540									
4	Coatesville, PA	542								X	
4	Erie, PA	562		X			X	X		X	
4	Lebanon, PA	595									X
4	Philadelphia, PA	642				X	X	X		X	X
4	Pittsburgh HCS-Univ Dr	646					X	X		X	
4	Wilkes-Barre, PA	693						X		X	
4	Wilmington, DE	460						X			
	TOTALS		0	1	0	1	3	5	0	5	3
5	Martinsburg, WV	613		X						X	X
5	Maryland HCS-Baltimore	512		X	X		X	X		X	
5	Washington, DC	688			X	X	X	X		X	
	TOTALS		0	2	2	1	2	2	0	3	1
6	Asheville, NC	637						X			X
6	Beckley, WV	517									
6	Durham, NC	558						X			X
6	Fayetteville, NC	565				X					
6	Hampton, VA	590									
6	Richmond, VA	652				X		X		X	X
6	Salem, VA	658					X	X		X	
6	Salisbury, NC	659								X	
	TOTALS		0	0	0	2	1	4	0	3	3

## Appendix C

VISN	2002, 2011 & 2014 Modality Comparison Provided at VA	Sta No	Aromatherapy			Art Therapy	Biofeedback		
			02	11	14		02	11	14
1	Bedford, MA	518			X	X		X	X
1	Boston HCS-Boston	523			X	X	X	X	X
1	Central Western Massachusetts HCS	631					X	X	
1	Connecticut HCS-West Haven	689			X	X	X		
1	Maine VA HCS	402			X			X	
1	Manchester, NH	608		X	X	X		X	
1	Providence, RI	650					X		
1	White River Junction, VT	405				X	X	X	
	TOTALS		0	1	5	5	5	6	2
2	Albany, NY	528A8					X		
2	Bath, NY	528A6				X			X
2	Canandaigua, NY	528A5			X	X		X	
2	Syracuse, NY	528A7	X		X	X		X	X
2	Western New York HCS	528							X
	TOTALS		1	0	2	3	1	2	3
3	Bronx, NY	526			X	X	X		X
3	Hudson Valley HCS-Montrose	620			X	X			X
3	New Jersey HCS-East Orange	561	X	X	X	X	X	X	X
3	New York Harbor HCS-New York	630			X			X	
3	Northport, NY	632			X	X	X	X	X
	TOTALS		1	1	5	4	3	3	4
4	Altoona, PA	503							
4	Butler, PA	529			X	X			
4	Clarksburg, WV	540							
4	Coatesville, PA	542		X	X	X	X	X	X
4	Erie, PA	562		X		X			
4	Lebanon, PA	595			X	X	X		X
4	Philadelphia, PA	642			X	X			
4	Pittsburgh HCS-Univ Dr	646				X	X	X	
4	Wilkes-Barre, PA	693							
4	Wilmington, DE	460				X	X		
	TOTALS		0	2	4	7	4	2	2
5	Martinsburg, WV	613		X		X			X
5	Maryland HCS-Baltimore	512		X				X	X
5	Washington, DC	688			X	X		X	X
	TOTALS		0	2	1	2	0	2	3
6	Asheville, NC	637			X	X	X		
6	Beckley, WV	517							
6	Durham, NC	558				X			X
6	Fayetteville, NC	565							
6	Hampton, VA	590			X	X	X	X	X
6	Richmond, VA	652				X	X		X
6	Salem, VA	658				X	X	X	X
6	Salisbury, NC	659					X	X	
	TOTALS		0	0	2	5	5	3	4

## Appendix C

VISN	2002, 2011 & 2014 Modality Comparison Provided at VA	Sta No	Chiropractic	Dietary/ Nutritional Supplements			Energy Healing		
				02	11	14	02	11	14
1	Bedford, MA	518				X			
1	Boston HCS-Boston	523			X				X
1	Central Western Massachusetts HCS	631							
1	Connecticut HCS-West Haven	689	X		X	X			
1	Maine VA HCS	402	X	X				X	
1	Manchester, NH	608							X
1	Providence, RI	650							
1	White River Junction, VT	405			X			X	
	TOTALS		2	1	3		0	2	2
2	Albany, NY	528A8							
2	Bath, NY	528A6	X						
2	Canandaigua, NY	528A5	X				X	X	
2	Syracuse, NY	528A7	X		X	X			X
2	Western New York HCS	528	X						
	TOTALS		4	0	1	1	1	1	1
3	Bronx, NY	526	X						X
3	Hudson Valley HCS-Montrose	620							X
3	New Jersey HCS-East Orange	561				X		X	X
3	New York Harbor HCS-New York	630							X
3	Northport, NY	632				X			X
	TOTALS		1	0	0	2	0	1	5
4	Altoona, PA	503		X					
4	Butler, PA	529	X			X			
4	Clarksburg, WV	540							
4	Coatesville, PA	542			X				
4	Erie, PA	562			X	X			
4	Lebanon, PA	595							
4	Philadelphia, PA	642			X				
4	Pittsburgh HCS-Univ Dr	646	X						X
4	Wilkes-Barre, PA	693			X				
4	Wilmington, DE	460				X			
	TOTALS		2	1	4	3	0	0	1
5	Martinsburg, WV	613	X		X	X			X
5	Maryland HCS-Baltimore	512			X				X
5	Washington, DC	688			X	X			X
	TOTALS		1	0	3	2	0	0	3
6	Asheville, NC	637							X
6	Beckley, WV	517							
6	Durham, NC	558				X			
6	Fayetteville, NC	565			X				
6	Hampton, VA	590							
6	Richmond, VA	652		X		X			
6	Salem, VA	658							
6	Salisbury, NC	659			X				
	TOTALS		0	1	2	2	0	0	1

## Appendix C

2002, 2011 & 2014 Modality Comparison Provided at VA			Guided Imagery			Herbal Medicines			Hypnosis/ Hypnotherapy		
VISN	LOCATION	Sta No	02	11	14	02	11	14	02	11	14
1	Bedford, MA	518	X		X					X	
1	Boston HCS-Boston	523	X	X	X				X		
1	Central Western Massachusetts HCS	631	X		X				X		X
1	Connecticut HCS-West Haven	689	X	X	X					X	
1	Maine VA HCS	402			X						
1	Manchester, NH	608	X	X	X						
1	Providence, RI	650		X							
1	White River Junction, VT	405		X						X	
	TOTALS		5	5	6	0	0	0	2	3	1
2	Albany, NY	528A8	X	X	X						
2	Bath, NY	528A6			X						
2	Canandaigua, NY	528A5		X							
2	Syracuse, NY	528A7	X	X	X					X	
2	Western New York HCS	528			X						
	TOTALS		2	3	4	0	0	0	0	1	0
3	Bronx, NY	526		X	X						
3	Hudson Valley HCS-Montrose	620		X	X					X	
3	New Jersey HCS-East Orange	561		X	X						
3	New York Harbor HCS-New York	630	X	X						X	X
3	Northport, NY	632	X	X	X						X
	TOTALS		2	5	4	0	0	0	0	2	2
4	Altoona, PA	503									
4	Butler, PA	529									
4	Clarksburg, WV	540									
4	Coatesville, PA	542	X		X				X	X	X
4	Erie, PA	562		X	X					X	
4	Lebanon, PA	595	X		X				X		X
4	Philadelphia, PA	642		X	X						
4	Pittsburgh HCS-Univ Dr	646	X	X	X				X		
4	Wilkes-Barre, PA	693		X							
4	Wilmington, DE	460		X					X		X
	TOTALS		3	5	5	0	0	0	4	2	3
5	Martinsburg, WV	613		X	X						X
5	Maryland HCS-Baltimore	512			X			X		X	
5	Washington, DC	688			X						X
	TOTALS		0	1	3	0	0	1	0	1	2
6	Asheville, NC	637			X						
6	Beckley, WV	517									
6	Durham, NC	558		X	X		X	X	X	X	
6	Fayetteville, NC	565		X							
6	Hampton, VA	590		X	X				X	X	X
6	Richmond, VA	652	X		X				X		
6	Salem, VA	658	X	X	X	X			X	X	X
6	Salisbury, NC	659	X	X					X	X	
	TOTALS		3	5	5	1	1	1	5	4	2

## Appendix C

VISN	2002, 2011 & 2014 Modality Comparison Provided at VA	LOCATION	Sta No	Massage Therapy			Mindfulness/ Other Meditations ( <i>Transcendental Meditation, Mantram Repetition</i> )			Movement Practices		
				02	11	14	02	11	14	02	11	14
1		Bedford, MA	518				X		X			
1		Boston HCS-Boston	523		X		X	X	X		X	
1		Central Western Massachusetts HCS	631		X		X		X			
1		Connecticut HCS-West Haven	689	X	X		X	X	X			
1		Maine VA HCS	402						X			
1		Manchester, NH	608		X			X	X			
1		Providence, RI	650					X				
1		White River Junction, VT	405					X	X			
		TOTALS		1	4	0				0	1	0
2		Albany, NY	528A8	X		X		X	X			
2		Bath, NY	528A6						X			X
2		Canandaigua, NY	528A5		X	X	X	X	X		X	
2		Syracuse, NY	528A7					X	X			
2		Western New York HCS	528						X			
		TOTALS		1	1	2				0	1	1
3		Bronx, NY	526		X			X	X			X
3		Hudson Valley HCS-Montrose	620						X		X	
3		New Jersey HCS-East Orange	561	X				X	X			
3		New York Harbor HCS-New York	630					X	X			X
3		Northport, NY	632				X		X			
		TOTALS		1	1	0	1	3	5	0	1	2
4		Altoona, PA	503				X					
4		Butler, PA	529			X			X			
4		Clarksburg, WV	540									
4		Coatesville, PA	542				X		X			
4		Erie, PA	562		X	X		X	X			
4		Lebanon, PA	595			X						
4		Philadelphia, PA	642			X		X	X			
4		Pittsburgh HCS-Univ Dr	646					X				
4		Wilkes-Barre, PA	693									
4		Wilmington, DE	460			X		X				X
		TOTALS		0	1	5				0	0	1
5		Martinsburg, WV	613		X			X	X		X	
5		Maryland HCS-Baltimore	512		X			X	X		X	
5		Washington, DC	688		X	X		X	X		X	X
		TOTALS		0	3	1				0	3	1
6		Asheville, NC	637	X	X			X	X			
6		Beckley, WV	517									
6		Durham, NC	558	X	X			X	X			
6		Fayetteville, NC	565					X				
6		Hampton, VA	590			X			X			
6		Richmond, VA	652						X			X
6		Salem, VA	658					X	X			
6		Salisbury, NC	659					X				
		TOTALS		2	2	1				0	0	1

## Appendix C

VISN	2002, 2011 & 2014 Modality Comparison Provided at VA	Sta No	Music Therapy			Native American Healing Practices			Other Creative Arts Therapy	Progressive Muscle Relaxation		
			02	11	14	02	11	14		02	11	14
1	Bedford, MA	518	X							X		X
1	Boston HCS-Boston	523		X	X				X	X	X	X
1	Central Western Massachusetts HCS	631		X						X	X	X
1	Connecticut HCS-West Haven	689	X	X	X				X	X	X	X
1	Maine VA HCS	402	X							X		X
1	Manchester, NH	608		X	X					X	X	
1	Providence, RI	650		X							X	
1	White River Junction, VT	405									X	
	TOTALS		3	5	3	0	0	0	2	6	6	5
2	Albany, NY	528A8	X	X	X					X	X	X
2	Bath, NY	528A6			X			X	X			X
2	Canandaigua, NY	528A5		X	X				X		X	X
2	Syracuse, NY	528A7	X		X					X		
2	Western New York HCS	528										
	TOTALS		2	2	4	0	0	1	2	2	2	3
3	Bronx, NY	526			X		X				X	
3	Hudson Valley HCS-Montrose	620	X	X	X							
3	New Jersey HCS-East Orange	561	X	X	X				X	X	X	X
3	New York Harbor HCS-New York	630										
3	Northport, NY	632		X	X				X	X	X	X
	TOTALS		2	3	4	0	1	0	2	2	3	2
4	Altoona, PA	503								X		
4	Butler, PA	529			X				X			
4	Clarksburg, WV	540										
4	Coatesville, PA	542		X	X					X		X
4	Erie, PA	562		X							X	X
4	Lebanon, PA	595			X			X	X	X		
4	Philadelphia, PA	642		X							X	X
4	Pittsburgh HCS-Univ Dr	646	X	X	X				X	X	X	
4	Wilkes-Barre, PA	693										
4	Wilmington, DE	460		X							X	X
	TOTALS		1	5	4	0	0	1	3	4	4	4
5	Martinsburg, WV	613		X			X		X		X	X
5	Maryland HCS-Baltimore	512		X	X						X	X
5	Washington, DC	688	X	X	X				X			X
	TOTALS		1	3	2	0	1	0	2	0	2	3
6	Asheville, NC	637			X				X			X
6	Beckley, WV	517										
6	Durham, NC	558		X	X				X	X	X	X
6	Fayetteville, NC	565									X	
6	Hampton, VA	590										X
6	Richmond, VA	652		X						X		X
6	Salem, VA	658	X	X	X					X	X	X
6	Salisbury, NC	659		X							X	
	TOTALS		1	4	3	0	0	0	2	3	4	5

## Appendix C

2002, 2011 & 2014 Modality Comparison Provided at VA			Special Diets			Stress Management, Relaxation Therapy			Sweat Lodge		
VISN	LOCATION	Sta No	02	11	2014	02	11	14	02	11	14
1	Bedford, MA	518			X	X		X			
1	Boston HCS-Boston	523		X	X	X	X	X			
1	Central Western Massachusetts HCS	631			X	X	X	X			
1	Connecticut HCS-West Haven	689		X		X	X	X			
1	Maine VA HCS	402				X	X	X			
1	Manchester, NH	608				X	X				
1	Providence, RI	650				X	X				
1	White River Junction, VT	405					X				
TOTALS			0	2	3	7	7	5	0	0	0
2	Albany, NY	528A8				X	X	X			
2	Bath, NY	528A6			X			X			
2	Canandaigua, NY	528A5			X		X				
2	Syracuse, NY	528A7			X	X	X	X			
2	Western New York HCS	528									
TOTALS			0	0	3	2	3	3	0	0	0
3	Bronx, NY	526					X	X			
3	Hudson Valley HCS-Montrose	620				X	X	X			
3	New Jersey HCS-East Orange	561			X	X	X	X			
3	New York Harbor HCS-New York	630				X		X			
3	Northport, NY	632		X	X	X	X	X			
TOTALS			0	1	2	4	4	5	0	0	0
4	Altoona, PA	503	X								
4	Butler, PA	529						X			
4	Clarksburg, WV	540						X			
4	Coatesville, PA	542			X	X		X			
4	Erie, PA	562		X	X		X	X			
4	Lebanon, PA	595				X		X			
4	Philadelphia, PA	642		X	X		X	X			
4	Pittsburgh HCS-Univ Dr	646				X	X	X			
4	Wilkes-Barre, PA	693					X				
4	Wilmington, DE	460					X	X			
TOTALS			1	2	3	3	5	8	0	0	0
5	Martinsburg, WV	613		X	X		X	X			
5	Maryland HCS-Baltimore	512		X			X	X		X	
5	Washington, DC	688			X		X	X			
TOTALS			0	2	2	0	3	3	0	1	0
6	Asheville, NC	637				X		X			
6	Beckley, WV	517				X					
6	Durham, NC	558			X	X	X	X			
6	Fayetteville, NC	565		X			X				
6	Hampton, VA	590				X	X	X			
6	Richmond, VA	652				X		X			
6	Salem, VA	658				X	X	X			
6	Salisbury, NC	659				X	X				
TOTALS			0	1	1	7	5	5	0	0	0



## Appendix C

2002, 2011 & 2014 Modality Comparison Provided at VA			Tai Chi, Qigong			Yoga			Other		
VISN	LOCATION	Sta No	02	11	14	02	11	14	02	11	14
1	Bedford, MA	518						X			X
1	Boston HCS-Boston	523		X	X		X	X	3X	X	
1	Central Western Massachusetts HCS	631									
1	Connecticut HCS-West Haven	689						X	2X		X
1	Maine VA HCS	402						X			
1	Manchester, NH	608									
1	Providence, RI	650		X							
1	White River Junction, VT	405					X	X			
TOTALS			0	2	1	0	2	5	0	1	2
2	Albany, NY	528A8			X			X			
2	Bath, NY	528A6	X		X			X			
2	Canandaigua, NY	528A5	X			X		X			
2	Syracuse, NY	528A7	X		X	X		X			X
2	Western New York HCS	528			X			X			X
TOTALS			3	0	4	2	0	5	0	0	2
3	Bronx, NY	526	X		X	X		X			
3	Hudson Valley HCS-Montrose	620			X			X		X	
3	New Jersey HCS-East Orange	561					X	X			X
3	New York Harbor HCS-New York	630	X	X	X						
3	Northport, NY	632			X			X			
TOTALS			2	1	4	1	1	4	0	1	1
4	Altoona, PA	503									
4	Butler, PA	529						X			
4	Clarksburg, WV	540									
4	Coatesville, PA	542			X			X			
4	Erie, PA	562						X			
4	Lebanon, PA	595									
4	Philadelphia, PA	642						X			
4	Pittsburgh HCS-Univ Dr	646		X	X			X			
4	Wilkes-Barre, PA	693		X							
4	Wilmington, DE	460			X		X				
TOTALS			0	2	3	0	1	5	0	0	0
5	Martinsburg, WV	613						X			
5	Maryland HCS-Baltimore	512			X		X	X			
5	Washington, DC	688		X	X			X			X
TOTALS			0	1	2	0	1	3	0	0	1
6	Asheville, NC	637			X			X			X
6	Beckley, WV	517							X		
6	Durham, NC	558						X			
6	Fayetteville, NC	565									
6	Hampton, VA	590						X			
6	Richmond, VA	652			X			X			X
6	Salem, VA	658						X			
6	Salisbury, NC	659		X			X			X	
TOTALS			0	1	2	0	1	5	1	1	2

## Appendix C

VISN	2002, 2011 & 2014 Modality Comparison Provided at VA	Sta No	Acupressure			Acupuncture			Animal Assisted Therapy		
			02	11	14	02	11	14	02	11	14
7	Augusta, GA	509				X	X	X			
7	Birmingham, AL	521				X		X			
7	Central Alabama HCS-Montgomery	619									
7	Charleston, SC	534		X			X				
7	Columbia, SC	544									X
7	Decatur, GA	508			X		X	X			X
7	Dublin, GA	557								X	
7	Tuscaloosa, AL	679						X			X
	TOTALS		0	1	1	2	3	4	0	1	3
8	Bay Pines HCS	516	X				X	X	X	X	X
8	Caribbean HCS-San Juan	672			X		X	X		X	X
8	Miami HCS	546		X			X	X		X	X
8	N Florida-S Georgia HCS-Gainesville	573				X				X	
8	Orlando, FL	675					X				
8	Tampa, FL	673			X	X		X		X	X
8	West Palm Beach, FL	548	X			X	X	X	X		X
	TOTALS		2	1	2	3	5	5	2	5	5
9	Huntington, WV	581						X			X
9	Lexington, KY-Cooper Dr	596A4					X	X			
9	Louisville, KY	603			X			X			
9	Memphis, TN	614								X	X
9	Mountain Home, TN	621									
9	Tennessee Valley HCS-Nashville	626			X		X	X		X	X
	TOTALS		0	0	2	0	2	4	0	2	3
10	Chillicothe, OH	538		X	X		X	X		X	X
10	Cincinnati, OH	539	X	X	X	X	X	X	X	X	X
10	Cleveland, OH-Wade Park	541									X
10	Columbus, OH	757						X			
10	Dayton, OH	552					X	X		X	
	TOTALS		1	2	2	1	3	4	1	3	3
11	Ann Arbor HCS	506								X	
11	Battle Creek, MI	515					X	X		X	X
11	Detroit, MI	553								X	
11	Illiana HCS	550	X	X	X	X	X	X	X	X	
11	Indianapolis, IN	583									X
11	Northern Indiana HCS-Marion	610								X	
11	Saginaw, MI	655								X	X
	TOTALS		1	1	1	1	2	2	1	6	3
12	Chicago HCS	537			X		X	X		X	X
12	Hines, IL	578						X		X	X
12	Iron Mountain, MI	585									
12	Madison, WI	607			X		X				
12	Milwaukee, WI	695				X	X	X		X	
12	North Chicago, IL	556					X			X	
12	Tomah, WI	676								X	
	TOTALS		0	0	2	1	4	3	0	5	2

## Appendix C

VISN	2002, 2011 & 2014 Modality Comparison Provided at VA	Sta No	Aromatherapy			Art Therapy	Biofeedback		
			02	11	14		02	11	14
7	Augusta, GA	509					X	X	
7	Birmingham, AL	521							
7	Central Alabama HCS-Montgomery	619		X				X	X
7	Charleston, SC	534						X	
7	Columbia, SC	544				X		X	
7	Decatur, GA	508			X	X		X	X
7	Dublin, GA	557						X	
7	Tuscaloosa, AL	679							
	TOTALS		0	1	1	2	1	6	2
8	Bay Pines HCS	516	X	X	X	X		X	
8	Caribbean HCS-San Juan	672						X	X
8	Miami HCS	546				X	X		
8	N Florida-S Georgia HCS-Gainesville	573				X	X	X	X
8	Orlando, FL	675				X			X
8	Tampa, FL	673				X		X	X
8	West Palm Beach, FL	548				X	X		
	TOTALS		1	1	1	6	3	4	4
9	Huntington, WV	581				X		X	X
9	Lexington, KY-Cooper Dr	596A4			X				
9	Louisville, KY	603				X			
9	Memphis, TN	614			X	X	X		
9	Mountain Home, TN	621			X		X		
9	Tennessee Valley HCS-Nashville	626				X	X	X	X
	TOTALS		0	0	3	4	3	2	2
10	Chillicothe, OH	538			X	X	X		X
10	Cincinnati, OH	539					X	X	X
10	Cleveland, OH-Wade Park	541			X	X			X
10	Columbus, OH	757					X		
10	Dayton, OH	552				X		X	X
	TOTALS		0	0	2	3	3	2	4
11	Ann Arbor HCS	506							
11	Battle Creek, MI	515				X		X	X
11	Detroit, MI	553		X	X	X			X
11	Illiana HCS	550					X	X	
11	Indianapolis, IN	583							X
11	Northern Indiana HCS-Marion	610			X	X	X		X
11	Saginaw, MI	655		X	X			X	X
	TOTALS		0	2	3	3	2	3	5
12	Chicago HCS	537			X	X	X	X	X
12	Hines, IL	578				X			X
12	Iron Mountain, MI	585							
12	Madison, WI	607				X		X	X
12	Milwaukee, WI	695		X	X	X	X	X	
12	North Chicago, IL	556							
12	Tomah, WI	676		X	X	X		X	X
	TOTALS		0	2	3	5	2	4	4

## Appendix C

VISN	2002, 2011 & 2014 Modality Comparison Provided at VA	Sta No	Chiropractic	Dietary/ Nutritional Supplements			Energy Healing		
				02	11	14	02	11	14
7	Augusta, GA	509	X						
7	Birmingham, AL	521							X
7	Central Alabama HCS-Montgomery	619				X		X	
7	Charleston, SC	534							
7	Columbia, SC	544							
7	Decatur, GA	508		X	X		X	X	
7	Dublin, GA	557							
7	Tuscaloosa, AL	679							
	TOTALS		1	0	1	2	0	2	2
8	Bay Pines HCS	516	X			X	X		X
8	Caribbean HCS-San Juan	672							
8	Miami HCS	546	X	X					
8	N Florida-S Georgia HCS-Gainesville	573		X					
8	Orlando, FL	675							
8	Tampa, FL	673	X	X	X		X		
8	West Palm Beach, FL	548	X	X	X				
	TOTALS		4	4	1	3	1	1	1
9	Huntington, WV	581							
9	Lexington, KY-Cooper Dr	596A4							X
9	Louisville, KY	603							
9	Memphis, TN	614		X					
9	Mountain Home, TN	621	X		X				
9	Tennessee Valley HCS-Nashville	626			X				
	TOTALS		1	1	2	0	0	0	1
10	Chillicothe, OH	538	X			X			
10	Cincinnati, OH	539	X		X			X	
10	Cleveland, OH-Wade Park	541	X					X	
10	Columbus, OH	757							
10	Dayton, OH	552	X		X				
	TOTALS		4	0	2	1	0	2	0
11	Ann Arbor HCS	506				X			X
11	Battle Creek, MI	515			X				
11	Detroit, MI	553	X					X	X
11	Illiana HCS	550	X		X	X			
11	Indianapolis, IN	583	X			X			X
11	Northern Indiana HCS-Marion	610				X			
11	Saginaw, MI	655			X	X			X
	TOTALS		3	0	3	5	0	1	4
12	Chicago HCS	537			X			X	X
12	Hines, IL	578							X
12	Iron Mountain, MI	585	X						
12	Madison, WI	607							
12	Milwaukee, WI	695			X			X	X
12	North Chicago, IL	556			X				
12	Tomah, WI	676	X	X	X	X		X	X
	TOTALS		2	1	4	1	0	3	4

## Appendix C

VISN	2002, 2011 & 2014 Modality Comparison Provided at VA	Sta No	Guided Imagery			Herbal Medicines			Hypnosis/ Hypnotherapy		
			02	11	14	02	11	14	02	11	14
7	Augusta, GA	509		X						X	
7	Birmingham, AL	521	X	X	X				X		
7	Central Alabama HCS-Montgomery	619		X	X			X		X	X
7	Charleston, SC	534		X							
7	Columbia, SC	544									
7	Decatur, GA	508		X	X			X			X
7	Dublin, GA	557	X	X	X						X
7	Tuscaloosa, AL	679	X						X		
	TOTALS		3	6	4	0	0	2	2	2	3
8	Bay Pines HCS	516	X	X	X				X		
8	Caribbean HCS-San Juan	672								X	X
8	Miami HCS	546	X	X	X						
8	N Florida-S Georgia HCS-Gainesville	573	X	X	X						X
8	Orlando, FL	675			X						X
8	Tampa, FL	673		X	X						
8	West Palm Beach, FL	548	X		X				X		
	TOTALS		4	4	6	0	0	0	2	1	3
9	Huntington, WV	581			X					X	
9	Lexington, KY-Cooper Dr	596A4			X						
9	Louisville, KY	603			X						
9	Memphis, TN	614	X	X							
9	Mountain Home, TN	621	X	X							
9	Tennessee Valley HCS-Nashville	626	X		X						X
	TOTALS		3	2	4	0	0	0	0	1	1
10	Chillicothe, OH	538		X	X						
10	Cincinnati, OH	539	X	X							
10	Cleveland, OH-Wade Park	541		X	X						X
10	Columbus, OH	757			X				X	X	X
10	Dayton, OH	552	X	X							
	TOTALS		2	4	3	0	0	0	1	1	2
11	Ann Arbor HCS	506	X	X	X		X		X		
11	Battle Creek, MI	515	X	X	X					X	
11	Detroit, MI	553	X	X	X						
11	Illiana HCS	550		X						X	X
11	Indianapolis, IN	583	X		X						
11	Northern Indiana HCS-Marion	610	X		X			X			X
11	Saginaw, MI	655		X	X					X	X
	TOTALS		5	5	6	0	1	1	1	3	3
12	Chicago HCS	537	X	X	X				X	X	X
12	Hines, IL	578	X	X	X				X		
12	Iron Mountain, MI	585									
12	Madison, WI	607		X	X						
12	Milwaukee, WI	695		X	X		X		X	X	
12	North Chicago, IL	556	X						X		
12	Tomah, WI	676		X	X						
	TOTALS		3	5	5	0	1	0	4	2	1

## Appendix C

VISN	2002, 2011 & 2014 Modality Comparison Provided at VA	Sta No	Massage Therapy			Mindfulness/ Other Meditations ( <i>Transcendental Meditation, Mantram Repetition</i> )			Movement Practices		
			02	11	14	02	11	14	02	11	14
7	Augusta, GA	509					X				
7	Birmingham, AL	521					X	X			
7	Central Alabama HCS-Montgomery	619					X	X			X
7	Charleston, SC	534				X	X				
7	Columbia, SC	544		X							
7	Decatur, GA	508			X			X			
7	Dublin, GA	557					X	X			
7	Tuscaloosa, AL	679									
	TOTALS		0	1	1	1	5	4	0	0	1
8	Bay Pines HCS	516	X	X		X		X			
8	Caribbean HCS-San Juan	672		X	X	X					
8	Miami HCS	546		X		X	X	X		X	
8	N Florida-S Georgia HCS-Gainesville	573	X			X	X	X			
8	Orlando, FL	675						X			X
8	Tampa, FL	673						X		X	X
8	West Palm Beach, FL	548				X		X			
	TOTALS		2	3	1				0	2	2
9	Huntington, WV	581		X			X	X			
9	Lexington, KY-Cooper Dr	596A4						X			
9	Louisville, KY	603						X			
9	Memphis, TN	614	X				X	X		X	
9	Mountain Home, TN	621					X	X			
9	Tennessee Valley HCS-Nashville	626		X				X			
	TOTALS		1	2	0				0	1	0
10	Chillicothe, OH	538					X	X			
10	Cincinnati, OH	539	X	X	X		X				
10	Cleveland, OH-Wade Park	541						X			
10	Columbus, OH	757		X			X	X		X	
10	Dayton, OH	552				X					
	TOTALS		1	2	1				0	1	0
11	Ann Arbor HCS	506	X	X	X		X	X		X	
11	Battle Creek, MI	515		X	X		X	X			
11	Detroit, MI	553					X	X			
11	Illiana HCS	550	X	X	X		X	X			
11	Indianapolis, IN	583				X		X			
11	Northern Indiana HCS-Marion	610					X	X			
11	Saginaw, MI	655		X	X		X	X			X
	TOTALS		2	4	4				0	1	1
12	Chicago HCS	537					X	X			X
12	Hines, IL	578				X	X	X			
12	Iron Mountain, MI	585									
12	Madison, WI	607					X	X			
12	Milwaukee, WI	695		X			X				
12	North Chicago, IL	556				X					
12	Tomah, WI	676		X				X			
	TOTALS		0	2	0				0	0	1

## Appendix C

VISN	2002, 2011 & 2014 Modality Comparison Provided at VA	Sta No	Music Therapy			Native American Healing Practices			Other Creative Arts Therapy	Progressive Muscle Relaxation		
			02	11	14	02	11	14		02	11	14
7	Augusta, GA	509	X	X	X						X	
7	Birmingham, AL	521								X	X	X
7	Central Alabama HCS-Montgomery	619			X						X	X
7	Charleston, SC	534	X							X	X	
7	Columbia, SC	544			X				X			X
7	Decatur, GA	508			X				X			X
7	Dublin, GA	557	X		X	X				X		X
7	Tuscaloosa, AL	679	X	X						X		
	TOTALS		4	2	5	1	0	0	2	4	4	5
8	Bay Pines HCS	516	X	X	X					X	X	X
8	Caribbean HCS-San Juan	672	X	X	X					X		
8	Miami HCS	546	X	X	X				X	X		X
8	N Florida-S Georgia HCS-Gainesville	573			X				X	X	X	X
8	Orlando, FL	675										
8	Tampa, FL	673					X		X			X
8	West Palm Beach, FL	548			X					X		X
	TOTALS		3	3	5	0	1	0	3	5	2	5
9	Huntington, WV	581			X				X		X	
9	Lexington, KY-Cooper Dr	596A4										
9	Louisville, KY	603			X							X
9	Memphis, TN	614	X							X	X	X
9	Mountain Home, TN	621									X	
9	Tennessee Valley HCS-Nashville	626	X	X	X				X	X		X
	TOTALS		2	1	3	0	0	0	2	2	3	3
10	Chillicothe, OH	538		X	X				X		X	X
10	Cincinnati, OH	539		X	X					X	X	
10	Cleveland, OH-Wade Park	541		X	X							X
10	Columbus, OH	757		X							X	
10	Dayton, OH	552	X	X	X				X	X	X	
	TOTALS		1	5	4	0	0	0	2	2	4	2
11	Ann Arbor HCS	506							X		X	X
11	Battle Creek, MI	515	X	X	X				X	X		X
11	Detroit, MI	553									X	X
11	Illiana HCS	550	X	X	X						X	
11	Indianapolis, IN	583							X	X		X
11	Northern Indiana HCS-Marion	610		X	X				X	X		X
11	Saginaw, MI	655		X				X			X	X
	TOTALS		2	4	3	0	0	1	4	3	4	6
12	Chicago HCS	537	X	X	X				X		X	X
12	Hines, IL	578		X	X			X	X	X		
12	Iron Mountain, MI	585			X							
12	Madison, WI	607							X		X	X
12	Milwaukee, WI	695	X	X	X				X		X	X
12	North Chicago, IL	556		X						X		
12	Tomah, WI	676	X	X	X		X				X	X
	TOTALS		3	5	5	0	1	1	4	2	4	4

## Appendix C

VISN	2002, 2011 & 2014 Modality Comparison Provided at VA	Sta No	Special Diets			Stress Management, Relaxation Therapy			Sweat Lodge		
			02	11	2014	02	11	14	02	11	14
7	Augusta, GA	509					X				
7	Birmingham, AL	521				X	X	X			
7	Central Alabama HCS-Montgomery	619					X	X			
7	Charleston, SC	534				X	X				
7	Columbia, SC	544						X			
7	Decatur, GA	508			X			X			
7	Dublin, GA	557				X		X			
7	Tuscaloosa, AL	679				X	X				
	TOTALS		0	0	1	4	5	5	0	0	0
8	Bay Pines HCS	516			X	X	X	X			
8	Caribbean HCS-San Juan	672				X	X				
8	Miami HCS	546				X		X			
8	N Florida-S Georgia HCS-Gainesville	573	X			X	X	X			
8	Orlando, FL	675						X			
8	Tampa, FL	673		X	X	X		X			
8	West Palm Beach, FL	548			X	X		X			
	TOTALS		1	1	3	6	3	6	0	0	0
9	Huntington, WV	581					X	X			
9	Lexington, KY-Cooper Dr	596A4						X			
9	Louisville, KY	603						X			
9	Memphis, TN	614	X			X	X	X			
9	Mountain Home, TN	621				X	X				
9	Tennessee Valley HCS-Nashville	626		X		X	X	X			
	TOTALS			1	0	3	4	5	0	0	0
10	Chillicothe, OH	538			X		X	X			
10	Cincinnati, OH	539				X	X	X			
10	Cleveland, OH-Wade Park	541					X	X			
10	Columbus, OH	757				X	X				
10	Dayton, OH	552				X	X				
	TOTALS		0	0	1	3	5	3	0	0	0
11	Ann Arbor HCS	506			X		X	X			
11	Battle Creek, MI	515			X	X	X	X			
11	Detroit, MI	553				X	X	X		X	
11	Illiana HCS	550		X	X		X	X			
11	Indianapolis, IN	583			X	X		X			
11	Northern Indiana HCS-Marion	610			X	X		X			
11	Saginaw, MI	655		X	X		X	X			
	TOTALS		0	2	6	4	5	7	0	1	0
12	Chicago HCS	537		X	X	X		X			
12	Hines, IL	578				X	X	X			
12	Iron Mountain, MI	585						X			
12	Madison, WI	607					X	X			
12	Milwaukee, WI	695					X	X			
12	North Chicago, IL	556		X		X					
12	Tomah, WI	676		X	X	X	X	X			
	TOTALS		0	3	2	4	4	6	0	0	0



## Appendix C

VISN	2002, 2011 & 2014 Modality Comparison Provided at VA	Sta No	Tai Chi, Qigong			Yoga			Other		
			02	11	14	02	11	14	02	11	14
7	Augusta, GA	509					X	X			
7	Birmingham, AL	521						X			
7	Central Alabama HCS-Montgomery	619		X	X		X	X			
7	Charleston, SC	534					X			X	
7	Columbia, SC	544		X	X			X			X
7	Decatur, GA	508			X		X	X			X
7	Dublin, GA	557				X				X	
7	Tuscaloosa, AL	679									
	TOTALS		0	2	3	1	4	5	0	2	2
8	Bay Pines HCS	516	X			X	X	X			
8	Caribbean HCS-San Juan	672		X						X	
8	Miami HCS	546		X			X		X		
8	N Florida-S Georgia HCS-Gainesville	573	X					X			
8	Orlando, FL	675			X			X			
8	Tampa, FL	673			X		X	X			
8	West Palm Beach, FL	548						X			X
	TOTALS		2	2	2	1	3	5	1	1	1
9	Huntington, WV	581									
9	Lexington, KY-Cooper Dr	596A4						X			
9	Louisville, KY	603		X			X				
9	Memphis, TN	614	X	X	X		X	X			X
9	Mountain Home, TN	621						X			X
9	Tennessee Valley HCS-Nashville	626			X			X			
	TOTALS		1	2	2	0	2	4	0	0	2
10	Chillicothe, OH	538			X						X
10	Cincinnati, OH	539					X	X			
10	Cleveland, OH-Wade Park	541			X			X			
10	Columbus, OH	757					X	X			
10	Dayton, OH	552						X		X	X
	TOTALS		0	0	2	0	2	4	0	1	2
11	Ann Arbor HCS	506					X				
11	Battle Creek, MI	515	X	X				X			
11	Detroit, MI	553		X				X			
11	Illiana HCS	550			X						
11	Indianapolis, IN	583			X			X			
11	Northern Indiana HCS-Marion	610							X		
11	Saginaw, MI	655			X		X				X
	TOTALS		1	2	3	0	2	3	1	0	1
12	Chicago HCS	537			X		X	X		X	
12	Hines, IL	578					X	X		X	
12	Iron Mountain, MI	585									
12	Madison, WI	607		X	X		X	X			
12	Milwaukee, WI	695		X	X		X	X			
12	North Chicago, IL	556									
12	Tomah, WI	676		X	X		X	X			X
	TOTALS		0	3	4	0	5	5	0	2	1

## Appendix C

VISN	2002, 2011 & 2014 Modality Comparison Provided at VA	Sta No	Acupressure			Acupuncture			Animal Assisted Therapy		
			02	11	14	02	11	14	02	11	14
15	Columbia, MO	589A4			X			X			
15	Eastern Kansas HCS-Topeka	589A5						X			
15	Kansas City, MO	589					X	X			
15	Marion, IL	657A5									
15	Poplar Bluff, MO	657A4						X			
15	St. Louis, MO-John Cochran	657			X		X	X			X
15	Wichita, KS	589A7				X	X	X			
	TOTALS		0	0	2	1	3	6	0	0	1
16	Alexandria, LA	502									X
16	Central Arkansas HCS-Little Rock	598		X		X	X	X		X	X
16	Fayetteville, AR	564					X			X	X
16	Gulf Coast HCS	520								X	X
16	Houston, TX	580				X		X			
16	Jackson, MS	586	X	X		X	X	X	X		X
16	Muskogee, OK	623			X		X	X			
16	Oklahoma City, OK	635		X			X			X	X
16	Shreveport, LA	667	X					X	X		X
16	Southeast Louisiana HCS	629					X	X			
	TOTALS		2	3	1	3	6	6	2	4	7
17	Central Texas HCS	674					X			X	
17	North Texas HCS	549					X	X		X	
17	South Texas HCS	671			X	X				X	X
17	Texas Valley Coastal Bend - Harlingen HCS	740									
	TOTALS		0	0	1	1	2	1	0	3	1
18	Amarillo HCS	504			X						
18	El Paso HCS	756									
18	New Mexico HCS	501		X							X
18	Northern Arizona HCS	649								X	
18	Phoenix, AZ	644						X		X	X
18	Southern Arizona HCS	678					X				X
18	West Texas HCS	519								X	
	TOTALS		0	1	1	0	1	1	0	3	3
19	Cheyenne, WY	442					X				
19	Eastern Colorado HCS	554	X						X	X	X
19	Grand Junction, CO	575			X		X				X
19	Montana HCS	436									X
19	Salt Lake City HCS	660		X	X	X	X	X			X
19	Sheridan, WY	666									
	TOTALS		1	1	2	1	3	1	1	1	4

## Appendix C

VISN	2002, 2011 & 2014 Modality Comparison Provided at VA	Sta No	Aromatherapy			Art Therapy	Biofeedback		
			02	11	14		02	11	14
15	Columbia, MO	589A4							
15	Eastern Kansas HCS-Topeka	589A5				X	X	X	X
15	Kansas City, MO	589					X		
15	Marion, IL	657A5			X	X	X		X
15	Poplar Bluff, MO	657A4							X
15	St. Louis, MO-John Cochran	657		X	X	X		X	
15	Wichita, KS	589A7						X	X
	TOTALS		0	1	2	3	3	3	4
16	Alexandria, LA	502			X	X	X	X	X
16	Central Arkansas HCS-Little Rock	598			X	X	X	X	X
16	Fayetteville, AR	564					X		X
16	Gulf Coast HCS	520			X	X		X	X
16	Houston, TX	580				X	X	X	
16	Jackson, MS	586				X		X	
16	Muskogee, OK	623				X	X	X	X
16	Oklahoma City, OK	635				X			X
16	Shreveport, LA	667				X	X		X
16	Southeast Louisiana HCS	629						X	
	TOTALS		0	0	3	8	6	7	7
17	Central Texas HCS	674							
17	North Texas HCS	549		X	X		X	X	
17	South Texas HCS	671		X				X	X
17	Texas Valley Coastal Bend - Harlingen HCS	740							
	TOTALS		0	2	1	0	1	2	1
18	Amarillo HCS	504							X
18	El Paso HCS	756					X		
18	New Mexico HCS	501			X	X	X	X	X
18	Northern Arizona HCS	649		X	X	X			X
18	Phoenix, AZ	644				X	X	X	X
18	Southern Arizona HCS	678			X	X	X	X	X
18	West Texas HCS	519		X		X			
	TOTALS		0	2	3	5	4	3	5
19	Cheyenne, WY	442			X	X		X	X
19	Eastern Colorado HCS	554				X	X	X	X
19	Grand Junction, CO	575				X			
19	Montana HCS	436			X	X			
19	Salt Lake City HCS	660				X		X	X
19	Sheridan, WY	666					X		
	TOTALS		0	0	2	5	2	3	3

## Appendix C

VISN	2002, 2011 & 2014 Modality Comparison Provided at VA	Sta No	Chiropractic	Dietary/ Nutritional Supplements			Energy Healing		
				02	11	14	02	11	14
	LOCATION		2014						
15	Columbia, MO	589A4							X
15	Eastern Kansas HCS-Topeka	589A5	X			X			
15	Kansas City, MO	589	X						
15	Marion, IL	657A5							
15	Poplar Bluff, MO	657A4	X			X			X
15	St. Louis, MO-John Cochran	657	X		X				X
15	Wichita, KS	589A7			X				
	TOTALS		4	0	2	2	0	0	3
16	Alexandria, LA	502				X			
16	Central Arkansas HCS-Little Rock	598			X	X			
16	Fayetteville, AR	564							
16	Gulf Coast HCS	520			X	X			
16	Houston, TX	580							
16	Jackson, MS	586	X						
16	Muskogee, OK	623	X					X	X
16	Oklahoma City, OK	635						X	
16	Shreveport, LA	667	X						
16	Southeast Louisiana HCS	629							
	TOTALS		3	0	2	3	0	2	1
17	Central Texas HCS	674							
17	North Texas HCS	549	X	X	X				
17	South Texas HCS	671	X						
17	Texas Valley Coastal Bend - Harlingen HCS	740							
	TOTALS		2	1	1	0	0	0	0
18	Amarillo HCS	504					X		
18	El Paso HCS	756		X					
18	New Mexico HCS	501	X		X	X			X
18	Northern Arizona HCS	649		X	X				
18	Phoenix, AZ	644	X			X			X
18	Southern Arizona HCS	678			X		X		X
18	West Texas HCS	519				X			
	TOTALS		2	2	3	3	2	0	3
19	Cheyenne, WY	442			X	X			
19	Eastern Colorado HCS	554				X	X		
19	Grand Junction, CO	575			X	X			
19	Montana HCS	436	X						
19	Salt Lake City HCS	660	X		X				
19	Sheridan, WY	666							
	TOTALS		2	0	3	3	1	0	0

## Appendix C

VISN	2002, 2011 & 2014 Modality Comparison Provided at VA	Sta No	Guided Imagery			Herbal Medicines			Hypnosis/ Hypnotherapy		
			02	11	14	02	11	14	02	11	14
15	Columbia, MO	589A4		X	X						
15	Eastern Kansas HCS-Topeka	589A5		X	X			X			
15	Kansas City, MO	589	X								
15	Marion, IL	657A5	X		X				X		
15	Poplar Bluff, MO	657A4			X						
15	St. Louis, MO-John Cochran	657			X						
15	Wichita, KS	589A7			X						
TOTALS			2	2	6	0	0	1	1	0	0
16	Alexandria, LA	502		X	X				X	X	X
16	Central Arkansas HCS-Little Rock	598	X	X	X	X		X	X	X	X
16	Fayetteville, AR	564	X						X		
16	Gulf Coast HCS	520		X	X						
16	Houston, TX	580		X					X	X	
16	Jackson, MS	586									
16	Muskogee, OK	623	X		X				X		
16	Oklahoma City, OK	635									
16	Shreveport, LA	667		X					X	X	
16	Southeast Louisiana HCS	629		X	X					X	X
TOTALS			3	6	5	1	0	1	6	5	3
17	Central Texas HCS	674		X							
17	North Texas HCS	549	X	X							
17	South Texas HCS	671		X	X					X	
17	Texas Valley Coastal Bend - Harlingen HCS	740									
TOTALS			1	3	1	0	0	0	0	1	0
18	Amarillo HCS	504	X								
18	El Paso HCS	756									
18	New Mexico HCS	501	X	X	X						
18	Northern Arizona HCS	649		X	X		X				X
18	Phoenix, AZ	644	X	X	X						X
18	Southern Arizona HCS	678	X	X	X				X	X	X
18	West Texas HCS	519									
TOTALS			4	4	4	0	1	0	1	1	3
19	Cheyenne, WY	442			X		X		X		
19	Eastern Colorado HCS	554	X	X	X			X	X	X	X
19	Grand Junction, CO	575			X						
19	Montana HCS	436			X						
19	Salt Lake City HCS	660	X	X	X	X			X	X	X
19	Sheridan, WY	666	X						X	X	
TOTALS			3	2	5	1	1	1	4	3	2

## Appendix C

VISN	2002, 2011 & 2014 Modality Comparison Provided at VA	Sta No	Massage Therapy			Mindfulness/ Other Meditations ( <i>Transcendental Meditation, Mantram Repetition</i> )			Movement Practices		
			02	11	14	02	11	14	02	11	14
15	Columbia, MO	589A4					X	X			
15	Eastern Kansas HCS-Topeka	589A5					X	X			
15	Kansas City, MO	589				X					
15	Marion, IL	657A5				X		X			X
15	Poplar Bluff, MO	657A4					X	X			
15	St. Louis, MO-John Cochran	657					X	X			
15	Wichita, KS	589A7					X	X			
	TOTALS		0	0	0				0	0	1
16	Alexandria, LA	502					X	X			
16	Central Arkansas HCS-Little Rock	598		X	X		X	X			
16	Fayetteville, AR	564									
16	Gulf Coast HCS	520					X	X			
16	Houston, TX	580					X	X			
16	Jackson, MS	586									
16	Muskogee, OK	623	X					X			X
16	Oklahoma City, OK	635						X		X	
16	Shreveport, LA	667	X				X				X
16	Southeast Louisiana HCS	629		X			X	X			
	TOTALS		2	2	1				0	1	2
17	Central Texas HCS	674									
17	North Texas HCS	549	X		X		X	X			X
17	South Texas HCS	671	X				X	X			
17	Texas Valley Coastal Bend - Harlingen HCS	740									
	TOTALS		2	0	1				0	0	1
18	Amarillo HCS	504				X					
18	El Paso HCS	756									
18	New Mexico HCS	501				X	X	X		X	X
18	Northern Arizona HCS	649					X	X			
18	Phoenix, AZ	644						X			X
18	Southern Arizona HCS	678	X		X		X	X			X
18	West Texas HCS	519		X				X			
	TOTALS		1	1	1				0	1	3
19	Cheyenne, WY	442		X				X			X
19	Eastern Colorado HCS	554	X		X	X	X	X			
19	Grand Junction, CO	575		X				X		X	X
19	Montana HCS	436						X			
19	Salt Lake City HCS	660		X	X	X	X	X		X	X
19	Sheridan, WY	666		X	X	X	X	X			
	TOTALS		1	4	3				0	2	3

## Appendix C

VISN	2002, 2011 & 2014 Modality Comparison Provided at VA	Sta No	Music Therapy			Native American Healing Practices			Other Creative Arts Therapy	Progressive Muscle Relaxation		
			02	11	14	02	11	14		02	11	14
15	Columbia, MO	589A4							X		X	X
15	Eastern Kansas HCS-Topeka	589A5	X	X	X				X		X	X
15	Kansas City, MO	589								X	X	
15	Marion, IL	657A5			X				X	X		X
15	Poplar Bluff, MO	657A4			X							X
15	St. Louis, MO-John Cochran	657									X	
15	Wichita, KS	589A7										X
	TOTALS		1	1	3	0	0	0	3	2	4	5
16	Alexandria, LA	502		X	X				X	X	X	X
16	Central Arkansas HCS-Little Rock	598		X	X				X	X	X	X
16	Fayetteville, AR	564	X	X						X	X	
16	Gulf Coast HCS	520		X	X				X		X	X
16	Houston, TX	580									X	
16	Jackson, MS	586										
16	Muskogee, OK	623			X			X	X	X		X
16	Oklahoma City, OK	635			X				X			
16	Shreveport, LA	667							X	X	X	
16	Southeast Louisiana HCS	629									X	X
	TOTALS		1	4	5	0	0	1	6	5	7	5
17	Central Texas HCS	674									X	
17	North Texas HCS	549		X						X	X	X
17	South Texas HCS	671		X					X		X	X
17	Texas Valley Coastal Bend - Harlingen HCS	740										
	TOTALS		0	2	0	0	0	0	1	1	3	2
18	Amarillo HCS	504			X							X
18	El Paso HCS	756								X		
18	New Mexico HCS	501			X		X	X	X	X	X	X
18	Northern Arizona HCS	649		X		X						X
18	Phoenix, AZ	644		X	X				X			X
18	Southern Arizona HCS	678	X	X	X	X	X	X	X	X		X
18	West Texas HCS	519		X							X	
	TOTALS		1	4	4	2	2	2	3	3	2	5
19	Cheyenne, WY	442								X	X	X
19	Eastern Colorado HCS	554							X	X	X	X
19	Grand Junction, CO	575			X				X			X
19	Montana HCS	436			X			X	X			X
19	Salt Lake City HCS	660			X	X	X	X	X	X	X	X
19	Sheridan, WY	666						X		X	X	
	TOTALS		0	0	3	1	1	3	4	4	4	5

## Appendix C

VISN	2002, 2011 & 2014 Modality Comparison Provided at VA	Sta No	Special Diets			Stress Management, Relaxation Therapy			Sweat Lodge		
			02	11	2014	02	11	14	02	11	14
15	Columbia, MO	589A4					X	X			
15	Eastern Kansas HCS-Topeka	589A5			X		X	X			
15	Kansas City, MO	589				X	X				
15	Marion, IL	657A5			X			X			
15	Poplar Bluff, MO	657A4			X			X			
15	St. Louis, MO-John Cochran	657					X	X			
15	Wichita, KS	589A7			X		X	X		X	X
	TOTALS		0	0	4	1	5	6	0	1	1
16	Alexandria, LA	502			X	X	X	X			
16	Central Arkansas HCS-Little Rock	598		X	X	X	X	X			
16	Fayetteville, AR	564				X	X				
16	Gulf Coast HCS	520		X	X		X	X			
16	Houston, TX	580				X	X	X			
16	Jackson, MS	586				X	X				
16	Muskogee, OK	623				X		X			X
16	Oklahoma City, OK	635					X	X			
16	Shreveport, LA	667				X	X				
16	Southeast Louisiana HCS	629					X	X			
	TOTALS		0	2	3	7	9	7	0	0	1
17	Central Texas HCS	674					X				
17	North Texas HCS	549	X			X	X	X			
17	South Texas HCS	671					X	X			
17	Texas Valley Coastal Bend - Harlingen HCS	740			X			X			
	TOTALS		1	0	1	1	3	3	0	0	0
18	Amarillo HCS	504			X			X			
18	El Paso HCS	756				X					
18	New Mexico HCS	501			X	X	X	X		X	X
18	Northern Arizona HCS	649		X				X			
18	Phoenix, AZ	644			X	X	X	X			
18	Southern Arizona HCS	678	X		X	X	X	X			
18	West Texas HCS	519		X			X	X			
	TOTALS		1	2	4	4	4	6	0	1	1
19	Cheyenne, WY	442		X	X	X	X	X			
19	Eastern Colorado HCS	554				X	X	X			
19	Grand Junction, CO	575			X			X			
19	Montana HCS	436			X			X			X
19	Salt Lake City HCS	660	X	X		X	X	X		X	X
19	Sheridan, WY	666				X	X				X
	TOTALS		1	2	3	4	4	5	0	1	3



## Appendix C

VISN	2002, 2011 & 2014 Modality Comparison Provided at VA	Sta No	Tai Chi, Qigong			Yoga			Other		
			02	11	14	02	11	14	02	11	14
15	Columbia, MO	589A4			X			X			
15	Eastern Kansas HCS-Topeka	589A5									
15	Kansas City, MO	589									
15	Marion, IL	657A5			X			X			X
15	Poplar Bluff, MO	657A4						X			
15	St. Louis, MO-John Cochran	657						X			
15	Wichita, KS	589A7						X			
	TOTALS		0	0	2	0	0	5	0	0	1
16	Alexandria, LA	502						X			
16	Central Arkansas HCS-Little Rock	598						X			
16	Fayetteville, AR	564			X			X	X		
16	Gulf Coast HCS	520			X			X			
16	Houston, TX	580								X	X
16	Jackson, MS	586					X				
16	Muskogee, OK	623			X			X			X
16	Oklahoma City, OK	635		X							
16	Shreveport, LA	667			X			X			
16	Southeast Louisiana HCS	629			X		X	X			
	TOTALS		0	1	5	0	2	7	1	1	2
17	Central Texas HCS	674		X							
17	North Texas HCS	549			X		X				
17	South Texas HCS	671		X	X		X	X		X	
17	Texas Valley Coastal Bend - Harlingen HCS	740									
	TOTALS		0	2	2	0	2	1	0	1	0
18	Amarillo HCS	504									
18	El Paso HCS	756									
18	New Mexico HCS	501		X	X		X	X	2X	X	X
18	Northern Arizona HCS	649		X	X			X			
18	Phoenix, AZ	644			X			X			X
18	Southern Arizona HCS	678			X		X	X			X
18	West Texas HCS	519									
	TOTALS		0	2	4	0	2	4	0	1	3
19	Cheyenne, WY	442						X	X	X	
19	Eastern Colorado HCS	554			X		X	X			X
19	Grand Junction, CO	575					X	X			
19	Montana HCS	436									
19	Salt Lake City HCS	660	X	X	X	X	X	X		X	X
19	Sheridan, WY	666									
	TOTALS		1	1	2	1	3	4	1	2	2

## Appendix C

VISN	2002, 2011 & 2014 Modality Comparison Provided at VA	Sta No	Acupressure			Acupuncture			Animal Assisted Therapy		
			02	11	14	02	11	14	02	11	14
20	Alaska HCS	463									
20	Boise, ID	531									
20	Portland, OR	648					X	X		X	
20	Puget Sound HCS-Seattle	663			X	X		X			
20	Roseburg HCS	653									X
20	Spokane, WA	668						X			
20	Walla Walla, WA	687		X							
20	White City, OR	692						X		X	X
	TOTALS		0	1	1	1	1	4	0	2	2
21	Central California HCS	570								X	
21	Manila, PI	358									
21	Northern California HCS	612A4						X			X
21	Pacific Islands HCS	459									
21	Palo Alto HCS-Palo Alto	640		X		X	X	X		X	X
21	San Francisco, CA	662		X							
21	Sierra Nevada HCS	654	X			X			X	X	
	TOTALS		1	2	0	2	1	2	1	3	2
22	Greater Los Angeles HCS	691					X	X		X	X
22	Loma Linda HCS	605		X			X	X		X	X
22	Long Beach HCS	600		X	X		X	X		X	X
22	San Diego HCS	664	X	X		X	X	X	X	X	
22	Southern Nevada HCS	593					X	X			
	TOTALS		1	3	1	1	5	5	1	4	3
23	Black Hills HCS-Fort Meade	568					X				X
23	Central Iowa HCS	636A6				X	X	X		X	X
23	Fargo VA HCS	437									X
23	Iowa City VA HCS	636A8					X	X			X
23	Minneapolis VA HCS	618	X		X		X	X	X	X	X
23	Nebraska-Western Iowa HCS-Omaha	636						X			
23	Sioux Falls VA HCS	438	X		X			X	X		X
23	St Cloud VA HCS	656						X		X	X
	TOTALS		2	0	2	1	4	6	2	3	7
	NATIONAL TOTALS		12	24	25	29	59	79	12	65	68

## Appendix C

VISN	2002, 2011 & 2014 Modality Comparison Provided at VA	Sta No	Aromatherapy			Art Therapy	Biofeedback		
			02	11	14		02	11	14
20	Alaska HCS	463							
20	Boise, ID	531				X	X	X	X
20	Portland, OR	648					X		
20	Puget Sound HCS-Seattle	663			X		X		
20	Roseburg HCS	653			X	X	X		
20	Spokane, WA	668							
20	Walla Walla, WA	687			X	X		X	
20	White City, OR	692						X	
	TOTALS		0	0	3	3	4	3	1
21	Central California HCS	570		X				X	
21	Manila, PI	358							
21	Northern California HCS	612A4			X	X			X
21	Pacific Islands HCS	459					X	X	X
21	Palo Alto HCS-Palo Alto	640	X	X	X	X		X	X
21	San Francisco, CA	662		X		X	X	X	X
21	Sierra Nevada HCS	654		X		X	X	X	
	TOTALS		1	4	2	4	3	5	4
22	Greater Los Angeles HCS	691		X	X		X	X	X
22	Loma Linda HCS	605					X	X	X
22	Long Beach HCS	600			X	X		X	X
22	San Diego HCS	664		X	X		X		
22	Southern Nevada HCS	593			X		X		X
	TOTALS		0	2	4	1	4	3	4
23	Black Hills HCS-Fort Meade	568		X	X	X		X	X
23	Central Iowa HCS	636A6		X		X	X		
23	Fargo VA HCS	437			X		X		
23	Iowa City VA HCS	636A8							
23	Minneapolis VA HCS	618		X	X	X	X	X	X
23	Nebraska-Western Iowa HCS-Omaha	636			X				
23	Sioux Falls VA HCS	438			X		X		X
23	St Cloud VA HCS	656			X	X		X	
	TOTALS		0	3	6	4	4	3	3
	NATIONAL TOTALS		4	26	58	82	63	71	71

## Appendix C

VISN	2002, 2011 & 2014 Modality Comparison Provided at VA	Sta No	Chiropractic	Dietary/ Nutritional Supplements			Energy Healing		
				02	11	14	02	11	14
	LOCATION		2014						
20	Alaska HCS	463							
20	Boise, ID	531							
20	Portland, OR	648			X				
20	Puget Sound HCS-Seattle	663	X				X		
20	Roseburg HCS	653		X	X	X			
20	Spokane, WA	668	X						
20	Walla Walla, WA	687							
20	White City, OR	692							
	TOTALS		2	1	2	1	1	0	0
21	Central California HCS	570		X	X				
21	Manila, PI	358							
21	Northern California HCS	612A4	X						X
21	Pacific Islands HCS	459				X		X	
21	Palo Alto HCS-Palo Alto	640					X	X	
21	San Francisco, CA	662						X	
21	Sierra Nevada HCS	654		X					
	TOTALS		1	2	1	1	1	3	1
22	Greater Los Angeles HCS	691	X	X		X			X
22	Loma Linda HCS	605	X		X				
22	Long Beach HCS	600	X						X
22	San Diego HCS	664					X		
22	Southern Nevada HCS	593	X		X	X			X
	TOTALS		4	1	2	2	1	0	3
23	Black Hills HCS-Fort Meade	568			X	X	X		
23	Central Iowa HCS	636A6	X		X				X
23	Fargo VA HCS	437		X					
23	Iowa City VA HCS	636A8	X		X				
23	Minneapolis VA HCS	618	X			X		X	X
23	Nebraska-Western Iowa HCS-Omaha	636				X			
23	Sioux Falls VA HCS	438	X			X			X
23	St Cloud VA HCS	656							
	TOTALS		4	1	3	4	1	1	3
	NATIONAL TOTALS		49	17	45	41	9	19	39

## Appendix C

VISN	2002, 2011 & 2014 Modality Comparison Provided at VA	Sta No	Guided Imagery			Herbal Medicines			Hypnosis/ Hypnotherapy		
			02	11	14	02	11	14	02	11	14
20	Alaska HCS	463		X	X						
20	Boise, ID	531	X		X				X	X	X
20	Portland, OR	648	X		X						
20	Puget Sound HCS-Seattle	663	X	X	X		X		X	X	
20	Roseburg HCS	653	X		X				X		
20	Spokane, WA	668									
20	Walla Walla, WA	687		X	X	X					
20	White City, OR	692		X	X						
	TOTALS		4	4	7	1	1	0	3	2	1
21	Central California HCS	570							X		
21	Manila, PI	358									
21	Northern California HCS	612A4			X						
21	Pacific Islands HCS	459	X	X							
21	Palo Alto HCS-Palo Alto	640	X	X	X				X	X	X
21	San Francisco, CA	662	X	X	X				X		X
21	Sierra Nevada HCS	654	X	X	X				X	X	
	TOTALS		4	4	4	0	0	0	4	2	2
22	Greater Los Angeles HCS	691	X	X	X					X	X
22	Loma Linda HCS	605		X	X		X			X	
22	Long Beach HCS	600		X	X					X	
22	San Diego HCS	664			X				X		
22	Southern Nevada HCS	593			X						X
	TOTALS		1	3	5	0	1	0	1	3	2
23	Black Hills HCS-Fort Meade	568	X	X	X						X
23	Central Iowa HCS	636A6	X	X					X		
23	Fargo VA HCS	437							X		
23	Iowa City VA HCS	636A8			X						
23	Minneapolis VA HCS	618		X	X				X	X	X
23	Nebraska-Western Iowa HCS-Omaha	636			X						
23	Sioux Falls VA HCS	438	X		X				X		
23	St Cloud VA HCS	656		X			X				
	TOTALS		3	4	5	0	1	0	4	1	2
	NATIONAL TOTALS		60	82	97	4	8	8	45	41	38

## Appendix C

VISN	2002, 2011 & 2014 Modality Comparison Provided at VA	Sta No	Massage Therapy			Mindfulness/ Other Meditations ( <i>Transcendental Meditation, Mantram Repetition</i> )			Movement Practices		
			02	11	14	02	11	14	02	11	14
20	Alaska HCS	463					X	X			
20	Boise, ID	531				X	X	X			
20	Portland, OR	648	X	X				X			
20	Puget Sound HCS-Seattle	663	X	X	X	X	X	X			X
20	Roseburg HCS	653			X		X	X			
20	Spokane, WA	668						X			
20	Walla Walla, WA	687					X	X			
20	White City, OR	692					X	X			
	TOTALS		2	2	2	2	6	8	0	0	1
21	Central California HCS	570						X			
21	Manila, PI	358									
21	Northern California HCS	612A4					X	X			X
21	Pacific Islands HCS	459					X				
21	Palo Alto HCS-Palo Alto	640	X	X	X	X	X	X		X	X
21	San Francisco, CA	662		X	X	X	X	X			X
21	Sierra Nevada HCS	654				X	X	X			
	TOTALS		1	2	2				0	1	3
22	Greater Los Angeles HCS	691					X	X			
22	Loma Linda HCS	605					X	X			
22	Long Beach HCS	600		X	X		X	X			
22	San Diego HCS	664				X	X				
22	Southern Nevada HCS	593			X			X			X
	TOTALS		0	1	2				0	0	1
23	Black Hills HCS-Fort Meade	568			X	X	X	X			X
23	Central Iowa HCS	636A6				X	X			X	
23	Fargo VA HCS	437						X			
23	Iowa City VA HCS	636A8					X	X			
23	Minneapolis VA HCS	618		X	X	X	X	X		X	X
23	Nebraska-Western Iowa HCS-Omaha	636						X			
23	Sioux Falls VA HCS	438	X		X	X		X			
23	St Cloud VA HCS	656			X			X			
	TOTALS		1	1	4	4	4	7	0	2	2
	NATIONAL TOTALS		21	39	32	8	18	24	0	18	28

## Appendix C

VISN	2002, 2011 & 2014 Modality Comparison Provided at VA	Sta No	Music Therapy			Native American Healing Practices			Other Creative Arts Therapy	Progressive Muscle Relaxation		
			02	11	14	02	11	14		02	11	14
	LOCATION								2014			
20	Alaska HCS	463									X	X
20	Boise, ID	531	X	X	X	X	X	X		X		
20	Portland, OR	648			X					X	X	
20	Puget Sound HCS-Seattle	663			X			X	X	X		X
20	Roseburg HCS	653	X		X			X	X			
20	Spokane, WA	668										X
20	Walla Walla, WA	687							X		X	X
20	White City, OR	692		X			X	X	X			X
	TOTALS		2	2	4	1	2	4	4	3	3	5
21	Central California HCS	570		X								
21	Manila, PI	358										
21	Northern California HCS	612A4										X
21	Pacific Islands HCS	459	X							X	X	
21	Palo Alto HCS-Palo Alto	640	X	X	X	X			X	X	X	X
21	San Francisco, CA	662	X						X	X	X	X
21	Sierra Nevada HCS	654		X			X			X	X	X
	TOTALS		3	3	1	1	1	0	2	4	4	4
22	Greater Los Angeles HCS	691					X			X	X	X
22	Loma Linda HCS	605			X			X		X	X	
22	Long Beach HCS	600		X	X				X		X	X
22	San Diego HCS	664		X								
22	Southern Nevada HCS	593			X				X			X
	TOTALS		0	2	3	0	1	1	2	2	3	3
23	Black Hills HCS-Fort Meade	568	X	X		X		X	X	X		
23	Central Iowa HCS	636A6	X	X	X					X	X	
23	Fargo VA HCS	437						X				
23	Iowa City VA HCS	636A8										X
23	Minneapolis VA HCS	618	X	X	X		X		X	X	X	X
23	Nebraska-Western Iowa HCS-Omaha	636										X
23	Sioux Falls VA HCS	438	X		X					X		X
23	St Cloud VA HCS	656		X	X				X		X	
	TOTALS		4	4	4	1	1	2	3	4	3	4
	NATIONAL TOTALS		37	64	72	7	12	17	58	63	75	85

## Appendix C

	2002, 2011 & 2014 Modality Comparison Provided at VA		Special Diets			Stress Management, Relaxation Therapy			Sweat Lodge		
VISN	LOCATION	Sta No	02	11	2014	02	11	14	02	11	14
20	Alaska HCS	463		X			X	X			
20	Boise, ID	531			X	X		X		X	X
20	Portland, OR	648		X		X	X				
20	Puget Sound HCS-Seattle	663				X		X			X
20	Roseburg HCS	653		X	X			X		X	
20	Spokane, WA	668						X			X
20	Walla Walla, WA	687			X		X	X			
20	White City, OR	692			X			X		X	X
	TOTALS		0	3	4	3	3	7	0	3	4
21	Central California HCS	570	X	X	X			X			
21	Manila, PI	358									
21	Northern California HCS	612A4			X			X			
21	Pacific Islands HCS	459				X	X	X			
21	Palo Alto HCS-Palo Alto	640	X			X	X	X			
21	San Francisco, CA	662				X	X	X			
21	Sierra Nevada HCS	654				X	X	X			
	TOTALS		2	1	2	4	4	6	0	0	0
22	Greater Los Angeles HCS	691				X	X	X			
22	Loma Linda HCS	605		X	X	X	X	X			
22	Long Beach HCS	600					X	X			
22	San Diego HCS	664	X			X	X				
22	Southern Nevada HCS	593	X	X	X	X	X	X			
	TOTALS		2	2	2	4	5	4	0	0	0
23	Black Hills HCS-Fort Meade	568		X		X		X		X	X
23	Central Iowa HCS	636A6		X		X	X				
23	Fargo VA HCS	437	X					X			X
23	Iowa City VA HCS	636A8		X	X			X			
23	Minneapolis VA HCS	618			X	X	X	X			
23	Nebraska-Western Iowa HCS-Omaha	636						X			
23	Sioux Falls VA HCS	438			X	X		X			
23	St Cloud VA HCS	656		X	X		X	X		X	X
	TOTALS		1	4	4	4	3	7	0	2	3
	NATIONAL TOTALS		10	31	54	79	93	112	0	10	13



## Appendix C

2002, 2011 & 2014 Modality Comparison Provided at VA			Tai Chi, Qigong			Yoga			Other		
VISN	LOCATION	Sta No	02	11	14	02	11	14	02	11	14
20	Alaska HCS	463						X			
20	Boise, ID	531					X	X			
20	Portland, OR	648	X		X		X	X			
20	Puget Sound HCS-Seattle	663						X			X
20	Roseburg HCS	653									
20	Spokane, WA	668						X			X
20	Walla Walla, WA	687			X			X			
20	White City, OR	692		X			X	X			X
TOTALS			1	1	2	0	3	7	0	0	3
21	Central California HCS	570			X						X
21	Manila, PI	358									
21	Northern California HCS	612A4			X			X			
21	Pacific Islands HCS	459		X	X			X		X	
21	Palo Alto HCS-Palo Alto	640		X	X		X	X		X	
21	San Francisco, CA	662						X	X		
21	Sierra Nevada HCS	654			X		X	X			
TOTALS			0	2	5	0	2	5	1	2	1
22	Greater Los Angeles HCS	691	X	X	X		X	X			
22	Loma Linda HCS	605		X							
22	Long Beach HCS	600			X		X	X			
22	San Diego HCS	664				X	X				
22	Southern Nevada HCS	593	X	X	X		X	X			
TOTALS			2	3	3	1	4	3	0	0	0
23	Black Hills HCS-Fort Meade	568			X			X			
23	Central Iowa HCS	636A6			X			X			
23	Fargo VA HCS	437			X						
23	Iowa City VA HCS	636A8			X			X			
23	Minneapolis VA HCS	618		X	X		X	X		X	
23	Nebraska-Western Iowa HCS-Omaha	636						X			
23	Sioux Falls VA HCS	438			X			X			
23	St Cloud VA HCS	656		X	X		X	X			
TOTALS			0	2	7	0	2	7	0	1	0
NATIONAL TOTALS			13	32	64	7	44	96	6	17	29

## Appendix D

2002, 2011 & 2014 Modality Comparison Referred Outside VA			Acupressure			Acupuncture			Animal Assisted Therapy		
VISN	LOCATION	Sta No	02	11	14	02	11	14	02	11	14
1	Bedford, MA	518					X				
1	Boston HCS-Boston	523								X	
1	Central Western Massachusetts HCS	631						X			
1	Connecticut HCS-West Haven	689									X
1	Maine VA HCS	402					X	X			
1	Manchester, NH	608						X			
1	Providence, RI	650									
1	White River Junction, VT	405					X	X			X
TOTALS			0	0	0	0	3	4	0	1	2
2	Albany, NY	528A8				X		X			
2	Bath, NY	528A6									
2	Canandaigua, NY	528A5					X			X	
2	Syracuse, NY	528A7						X			
2	Western New York HCS	528									
TOTALS			0	0	0	1	1	2	0	1	0
3	Bronx, NY	526									
3	Hudson Valley HCS-Montrose	620									
3	New Jersey HCS-East Orange	561						X			X
3	New York Harbor HCS-New York	630									
3	Northport, NY	632						X			
TOTALS			0	0	0	0	0	2	0	0	1
4	Altoona, PA	503									
4	Butler, PA	529						X			
4	Clarksburg, WV	540						X			
4	Coatesville, PA	542					X	X		X	
4	Erie, PA	562						X			
4	Lebanon, PA	595						X			
4	Philadelphia, PA	642									
4	Pittsburgh HCS-Univ Dr	646						X			
4	Wilkes-Barre, PA	693					X	X			
4	Wilmington, DE	460									
TOTALS			0	0	0	0	2	7	0	1	0
5	Martinsburg, WV	613					X	X			
5	Maryland HCS-Baltimore	512						X			X
5	Washington, DC	688					X				
TOTALS			0	0	0	0	2	2	0	0	1
6	Asheville, NC	637						X			
6	Beckley, WV	517									
6	Durham, NC	558				X					
6	Fayetteville, NC	565									
6	Hampton, VA	590			X			X			
6	Richmond, VA	652						X			
6	Salem, VA	658						X			X
6	Salisbury, NC	659								X	
TOTALS			0	0	1	1	0	4	0	1	1

## Appendix D

VISN	2002, 2011 & 2014 Modality Comparison Referred Outside VA	LOCATION	Sta No	Aromatherapy			Art Therapy	Biofeedback		
				02	11	14		02	11	14
1		Bedford, MA	518							
1		Boston HCS-Boston	523							
1		Central Western Massachusetts HCS	631							
1		Connecticut HCS-West Haven	689							
1		Maine VA HCS	402						X	
1		Manchester, NH	608							X
1		Providence, RI	650							
1		White River Junction, VT	405							
		TOTALS		0	0	0	0	0	1	1
2		Albany, NY	528A8							
2		Bath, NY	528A6							
2		Canandaigua, NY	528A5							
2		Syracuse, NY	528A7							
2		Western New York HCS	528							
		TOTALS		0	0	0	0	0	0	0
3		Bronx, NY	526							
3		Hudson Valley HCS-Montrose	620							
3		New Jersey HCS-East Orange	561							
3		New York Harbor HCS-New York	630							
3		Northport, NY	632							
		TOTALS		0	0	0	0	0	0	0
4		Altoona, PA	503							
4		Butler, PA	529							X
4		Clarksburg, WV	540							
4		Coatesville, PA	542							
4		Erie, PA	562							
4		Lebanon, PA	595							
4		Philadelphia, PA	642							
4		Pittsburgh HCS-Univ Dr	646							
4		Wilkes-Barre, PA	693							
4		Wilmington, DE	460							
		TOTALS		0	0	0	0	0	0	1
5		Martinsburg, WV	613							
5		Maryland HCS-Baltimore	512							
5		Washington, DC	688							
		TOTALS		0	0	0	0	0	0	0
6		Asheville, NC	637							X
6		Beckley, WV	517							
6		Durham, NC	558							
6		Fayetteville, NC	565							
6		Hampton, VA	590							
6		Richmond, VA	652							
6		Salem, VA	658			X				
6		Salisbury, NC	659							
		TOTALS		0	0	1	0	0	0	1

## Appendix D

VISN	2002, 2011 & 2014 Modality Comparison Referred Outside VA	LOCATION	Sta No	Chiropractic	Dietary/Nutritional Supplements			Energy Healing		
					02	11	14	02	11	14
1		Bedford, MA	518							
1		Boston HCS-Boston	523	X						
1		Central Western Massachusetts HCS	631	X						
1		Connecticut HCS-West Haven	689							
1		Maine VA HCS	402	X						
1		Manchester, NH	608	X						
1		Providence, RI	650							
1		White River Junction, VT	405	X						
		TOTALS		5	0	0	0	0	0	0
2		Albany, NY	528A8	X						
2		Bath, NY	528A6							
2		Canandaigua, NY	528A5							
2		Syracuse, NY	528A7	X						
2		Western New York HCS	528							
		TOTALS		2	0	0	0	0	0	0
3		Bronx, NY	526							
3		Hudson Valley HCS-Montrose	620	X						
3		New Jersey HCS-East Orange	561	X						
3		New York Harbor HCS-New York	630							
3		Northport, NY	632	X						
		TOTALS		3	0	0	0	0	0	0
4		Altoona, PA	503							
4		Butler, PA	529	X						
4		Clarksburg, WV	540	X						
4		Coatesville, PA	542	X						
4		Erie, PA	562	X						
4		Lebanon, PA	595	X						
4		Philadelphia, PA	642	X						
4		Pittsburgh HCS-Univ Dr	646	X						
4		Wilkes-Barre, PA	693	X						
4		Wilmington, DE	460	X						
		TOTALS		9	0	0	0	0	0	0
5		Martinsburg, WV	613							
5		Maryland HCS-Baltimore	512	X						
5		Washington, DC	688	X						
		TOTALS		2	0	0	0	0	0	0
6		Asheville, NC	637	X						
6		Beckley, WV	517							
6		Durham, NC	558	X						
6		Fayetteville, NC	565							
6		Hampton, VA	590	X						
6		Richmond, VA	652	X						
6		Salem, VA	658	X						X
6		Salisbury, NC	659			X				
		TOTALS		5	0	1	0	0	0	1

## Appendix D

2002, 2011 & 2014 Modality Comparison Referred Outside VA			Guided Imagery			Herbal Medicines			Hypnosis / Hypnotherapy		
VISN	LOCATION	Sta No	02	11	14	02	11	14	02	11	14
1	Bedford, MA	518									
1	Boston HCS-Boston	523									
1	Central Western Massachusetts HCS	631									
1	Connecticut HCS-West Haven	689									
1	Maine VA HCS	402									
1	Manchester, NH	608									
1	Providence, RI	650									
1	White River Junction, VT	405									
TOTALS			0	0	0	0	0	0	0	0	0
2	Albany, NY	528A8									
2	Bath, NY	528A6									
2	Canandaigua, NY	528A5									
2	Syracuse, NY	528A7									
2	Western New York HCS	528									
TOTALS			0	0	0	0	0	0	0	0	0
3	Bronx, NY	526									
3	Hudson Valley HCS-Montrose	620									
3	New Jersey HCS-East Orange	561									
3	New York Harbor HCS-New York	630									
3	Northport, NY	632									
TOTALS			0	0	0	0	0	0	0	0	0
4	Altoona, PA	503									
4	Butler, PA	529									
4	Clarksburg, WV	540									
4	Coatesville, PA	542									
4	Erie, PA	562									
4	Lebanon, PA	595									
4	Philadelphia, PA	642									
4	Pittsburgh HCS-Univ Dr	646									
4	Wilkes-Barre, PA	693									
4	Wilmington, DE	460									
TOTALS			0	0	0	0	0	0	0	0	0
5	Martinsburg, WV	613									
5	Maryland HCS-Baltimore	512			X						
5	Washington, DC	688									
TOTALS			0	0	1	0	0	0	0	0	0
6	Asheville, NC	637									
6	Beckley, WV	517									
6	Durham, NC	558									
6	Fayetteville, NC	565									
6	Hampton, VA	590									
6	Richmond, VA	652									
6	Salem, VA	658						X			
6	Salisbury, NC	659									
TOTALS			0	0	0	0	0	1	0	0	0

## Appendix D

2002, 2011 & 2014 Modality Comparison Referred Outside VA			Massage Therapy			Mindfulness/Other Medications (Transcendental Meditation, Mantram Repetition)			Movement Practices		
VISN	LOCATION	Sta No	02	11	14	02	11	14	02	11	14
1	Bedford, MA	518									
1	Boston HCS-Boston	523									
1	Central Western Massachusetts HCS	631									
1	Connecticut HCS-West Haven	689									
1	Maine VA HCS	402									
1	Manchester, NH	608									
1	Providence, RI	650									
1	White River Junction, VT	405									
TOTALS			0	0	0	0	0	0	0	0	0
2	Albany, NY	528A8									
2	Bath, NY	528A6									
2	Canandaigua, NY	528A5									
2	Syracuse, NY	528A7									
2	Western New York HCS	528									
TOTALS			0	0	0	0	0	0	0	0	0
3	Bronx, NY	526									
3	Hudson Valley HCS-Montrose	620									
3	New Jersey HCS-East Orange	561			X						
3	New York Harbor HCS-New York	630									
3	Northport, NY	632				X					
TOTALS			0	0	1	1	0	0	0	0	0
4	Altoona, PA	503									
4	Butler, PA	529									
4	Clarksburg, WV	540									
4	Coatesville, PA	542									
4	Erie, PA	562									
4	Lebanon, PA	595									
4	Philadelphia, PA	642									
4	Pittsburgh HCS-Univ Dr	646									
4	Wilkes-Barre, PA	693		X							
4	Wilmington, DE	460									
TOTALS			0	1	0	0	0	0	0	0	0
5	Martinsburg, WV	613									
5	Maryland HCS-Baltimore	512									
5	Washington, DC	688									
TOTALS			0	0	0	0	0	0	0	0	0
6	Asheville, NC	637									
6	Beckley, WV	517									
6	Durham, NC	558			X						
6	Fayetteville, NC	565									
6	Hampton, VA	590			X						
6	Richmond, VA	652			X						
6	Salem, VA	658			X						X
6	Salisbury, NC	659									
TOTALS			0	0	4	0	0	0	0	0	1

## Appendix D

VISN	2002, 2011 & 2014 Modality Comparison Referred Outside VA	Sta No	Music Therapy			Native American Healing Practices			Other Creative Arts Therapy	Progressive Muscle Relaxation		
			02	11	14	02	11	14		02	11	14
1	Bedford, MA	518										
1	Boston HCS-Boston	523										
1	Central Western Massachusetts HCS	631										
1	Connecticut HCS-West Haven	689										
1	Maine VA HCS	402										
1	Manchester, NH	608										
1	Providence, RI	650										
1	White River Junction, VT	405										
	TOTALS		0	0	0	0	0	0	0	0	0	0
2	Albany, NY	528A8										
2	Bath, NY	528A6										
2	Canandaigua, NY	528A5										
2	Syracuse, NY	528A7										
2	Western New York HCS	528										
	TOTALS		0	0	0	0	0	0	0	0	0	0
3	Bronx, NY	526										
3	Hudson Valley HCS-Montrose	620										
3	New Jersey HCS-East Orange	561										
3	New York Harbor HCS-New York	630										
3	Northport, NY	632										
	TOTALS		0	0	0	0	0	0	0	0	0	0
4	Altoona, PA	503										
4	Butler, PA	529										
4	Clarksburg, WV	540										
4	Coatesville, PA	542										
4	Erie, PA	562										
4	Lebanon, PA	595										
4	Philadelphia, PA	642										
4	Pittsburgh HCS-Univ Dr	646										
4	Wilkes-Barre, PA	693										
4	Wilmington, DE	460										
	TOTALS		0	0	0	0	0	0	0	0	0	0
5	Martinsburg, WV	613										
5	Maryland HCS-Baltimore	512										X
5	Washington, DC	688	X									
	TOTALS		1	0	0	0	0	0	0	0	0	1
6	Asheville, NC	637										
6	Beckley, WV	517										
6	Durham, NC	558										
6	Fayetteville, NC	565										
6	Hampton, VA	590										
6	Richmond, VA	652										
6	Salem, VA	658										
6	Salisbury, NC	659										
	TOTALS		0	0	0	0	0	0	0	0	0	0

## Appendix D

VISN	2002, 2011 & 2014 Modality Comparison Referred Outside VA	Sta No	Special Diets			Stress Management, Relaxation Therapy			Sweat Lodge		
			02	11	2014	02	11	14	02	11	14
1	Bedford, MA	518									
1	Boston HCS-Boston	523									
1	Central Western Massachusetts HCS	631									
1	Connecticut HCS-West Haven	689									
1	Maine VA HCS	402					X				
1	Manchester, NH	608									
1	Providence, RI	650									
1	White River Junction, VT	405									
TOTALS			0	0	0	0	1	0	0	0	0
2	Albany, NY	528A8									
2	Bath, NY	528A6									
2	Canandaigua, NY	528A5									
2	Syracuse, NY	528A7									
2	Western New York HCS	528									
TOTALS			0	0	0	0	0	0	0	0	0
3	Bronx, NY	526									
3	Hudson Valley HCS-Montrose	620									
3	New Jersey HCS-East Orange	561									
3	New York Harbor HCS-New York	630									
3	Northport, NY	632									
TOTALS			0	0	0	0	0	0	0	0	0
4	Altoona, PA	503									
4	Butler, PA	529									
4	Clarksburg, WV	540									
4	Coatesville, PA	542									
4	Erie, PA	562									
4	Lebanon, PA	595									
4	Philadelphia, PA	642									
4	Pittsburgh HCS-Univ Dr	646									
4	Wilkes-Barre, PA	693									
4	Wilmington, DE	460									
TOTALS			0	0	0	0	0	0	0	0	0
5	Martinsburg, WV	613								X	
5	Maryland HCS-Baltimore	512						X			X
5	Washington, DC	688									
TOTALS			0	0	0	0	0	1	0	1	1
6	Asheville, NC	637									
6	Beckley, WV	517									
6	Durham, NC	558									
6	Fayetteville, NC	565									
6	Hampton, VA	590									
6	Richmond, VA	652									
6	Salem, VA	658									
6	Salisbury, NC	659									
TOTALS			0	0	0	0	0	0	0	0	0



## Appendix D

2002, 2011 & 2014 Modality Comparison Referred Outside VA			Tai Chi, Qigong			Yoga			Other		
VISN	LOCATION	Sta No	02	11	14	02	11	14	02	11	14
1	Bedford, MA	518									
1	Boston HCS-Boston	523									
1	Central Western Massachusetts HCS	631									
1	Connecticut HCS-West Haven	689	X								
1	Maine VA HCS	402									
1	Manchester, NH	608									
1	Providence, RI	650									
1	White River Junction, VT	405									
TOTALS			1	0	0	0	0	0	0	0	0
2	Albany, NY	528A8									
2	Bath, NY	528A6									
2	Canandaigua, NY	528A5									
2	Syracuse, NY	528A7									
2	Western New York HCS	528									
TOTALS			0	0	0	0	0	0	0	0	0
3	Bronx, NY	526									
3	Hudson Valley HCS-Montrose	620									
3	New Jersey HCS-East Orange	561									
3	New York Harbor HCS-New York	630									
3	Northport, NY	632									
TOTALS			0	0	0	0	0	0	0	0	0
4	Altoona, PA	503									
4	Butler, PA	529									
4	Clarksburg, WV	540									
4	Coatesville, PA	542									
4	Erie, PA	562									
4	Lebanon, PA	595									
4	Philadelphia, PA	642									
4	Pittsburgh HCS-Univ Dr	646									
4	Wilkes-Barre, PA	693									
4	Wilmington, DE	460									
TOTALS			0	0	0	0	0	0	0	0	0
5	Martinsburg, WV	613									
5	Maryland HCS-Baltimore	512						X			
5	Washington, DC	688	X								
TOTALS			1	0	0	0	0	1	0	0	0
6	Asheville, NC	637									
6	Beckley, WV	517									
6	Durham, NC	558									
6	Fayetteville, NC	565									
6	Hampton, VA	590									
6	Richmond, VA	652									
6	Salem, VA	658						X			
6	Salisbury, NC	659									
TOTALS			0	0	0	0	0	1	0	0	0

## Appendix D

2002, 2011 & 2014 Modality Comparison Referred Outside VA			Acupressure			Acupuncture			Animal Assisted Therapy		
VISN	LOCATION	Sta No	02	11	14	02	11	14	02	11	14
7	Augusta, GA	509									
7	Birmingham, AL	521									
7	Central Alabama HCS-Montgomery	619									
7	Charleston, SC	534									
7	Columbia, SC	544				X		X			
7	Decatur, GA	508						X		X	
7	Dublin, GA	557						X			
7	Tuscaloosa, AL	679									
TOTALS			0	0	0	1	0	3	0	1	0
8	Bay Pines HCS	516					X	X		X	
8	Caribbean HCS-San Juan	672									
8	Miami HCS	546									
8	North Florida-South Georgia HCS-Gainesville	573				X					X
8	Orlando, FL	675						X			
8	Tampa, FL	673									
8	West Palm Beach, FL	548									
TOTALS			0	0	0	1	1	2	0	1	1
9	Huntington, WV	581									
9	Lexington, KY-Cooper Dr	596A4						X		X	
9	Louisville, KY	603					X				X
9	Memphis, TN	614									
9	Mountain Home, TN	621									
9	Tennessee Valley HCS-Nashville	626									X
TOTALS			0	0	0	0	1	1	0	1	2
10	Chillicothe, OH	538									
10	Cincinnati, OH	539									
10	Cleveland, OH-Wade Park	541					X	X			
10	Columbus, OH	757									
10	Dayton, OH	552						X			
TOTALS			0	0	0	0	1	2	0	0	0
11	Ann Arbor HCS	506					X	X			
11	Battle Creek, MI	515					X	X			
11	Detroit, MI	553		X			X				
11	Illiana HCS	550									X
11	Indianapolis, IN	583						X			
11	Northern Indiana HCS-Marion	610									
11	Saginaw, MI	655									
TOTALS			0	1	0	0	3	3	0	0	1
12	Chicago HCS	537									
12	Hines, IL	578					X	X			X
12	Iron Mountain, MI	585	X			X			X		
12	Madison, WI	607			X			X			
12	Milwaukee, WI	695						X			
12	North Chicago, IL	556								X	
12	Tomah, WI	676						X			
TOTALS			1	0	1	1	1	4	1	1	1

## Appendix D

VISN	2002, 2011 & 2014 Modality Comparison Referred Outside VA	Sta No	Aromatherapy			Art Therapy	Biofeedback		
			02	11	14	2014	02	11	14
7	Augusta, GA	509							
7	Birmingham, AL	521							
7	Central Alabama HCS-Montgomery	619							
7	Charleston, SC	534							
7	Columbia, SC	544							X
7	Decatur, GA	508							
7	Dublin, GA	557							
7	Tuscaloosa, AL	679							
	TOTALS		0	0	0	0	0	0	1
8	Bay Pines HCS	516							
8	Caribbean HCS-San Juan	672							
8	Miami HCS	546							
8	North Florida-South Georgia HCS-Gainesville	573				X			
8	Orlando, FL	675							
8	Tampa, FL	673							
8	West Palm Beach, FL	548							
	TOTALS		0	0	0	1	0	0	0
9	Huntington, WV	581							
9	Lexington, KY-Cooper Dr	596A4							
9	Louisville, KY	603				X			X
9	Memphis, TN	614							
9	Mountain Home, TN	621							
9	Tennessee Valley HCS-Nashville	626							X
	TOTALS		0	0	0	1	0	0	2
10	Chillicothe, OH	538							
10	Cincinnati, OH	539							
10	Cleveland, OH-Wade Park	541							
10	Columbus, OH	757							
10	Dayton, OH	552							
	TOTALS		0	0	0	0	0	0	0
11	Ann Arbor HCS	506							
11	Battle Creek, MI	515							
11	Detroit, MI	553							
11	Illiana HCS	550							
11	Indianapolis, IN	583							
11	Northern Indiana HCS-Marion	610							
11	Saginaw, MI	655							
	TOTALS		0	0	0	0	0	0	0
12	Chicago HCS	537							
12	Hines, IL	578				X			
12	Iron Mountain, MI	585	X				X		
12	Madison, WI	607							
12	Milwaukee, WI	695							
12	North Chicago, IL	556							
12	Tomah, WI	676							
	TOTALS		1	0	0	1	1	0	0

## Appendix D

VISN	2002, 2011 & 2014 Modality Comparison Referred Outside VA	LOCATION	Sta No	Chiropractic	Dietary/Nutritional Supplements			Energy Healing		
					02	11	14	02	11	14
7	Augusta, GA	509								
7	Birmingham, AL	521	X							
7	Central Alabama HCS-Montgomery	619								
7	Charleston, SC	534								
7	Columbia, SC	544	X							
7	Decatur, GA	508	X	X						
7	Dublin, GA	557	X							
7	Tuscaloosa, AL	679								
	TOTALS		4	1	0	0	0	0	0	0
8	Bay Pines HCS	516	X							
8	Caribbean HCS-San Juan	672	X							
8	Miami HCS	546	X							
8	North Florida-South Georgia HCS-Gainesville	573	X							
8	Orlando, FL	675	X							
8	Tampa, FL	673								
8	West Palm Beach, FL	548	X							
	TOTALS		6	0	0	0	0	0	0	0
9	Huntington, WV	581	X							
9	Lexington, KY-Cooper Dr	596A4	X							
9	Louisville, KY	603								
9	Memphis, TN	614								
9	Mountain Home, TN	621								
9	Tennessee Valley HCS-Nashville	626	X							
	TOTALS		3	0	0	0	0	0	0	0
10	Chillicothe, OH	538								
10	Cincinnati, OH	539								
10	Cleveland, OH-Wade Park	541								
10	Columbus, OH	757								
10	Dayton, OH	552	X							
	TOTALS		1	0	0	0	0	0	0	0
11	Ann Arbor HCS	506	X							
11	Battle Creek, MI	515	X							
11	Detroit, MI	553	X							
11	Illiana HCS	550								
11	Indianapolis, IN	583	X							
11	Northern Indiana HCS-Marion	610								
11	Saginaw, MI	655	X							
	TOTALS		5	0	0	0	0	0	0	0
12	Chicago HCS	537								
12	Hines, IL	578	X							
12	Iron Mountain, MI	585		X				X		
12	Madison, WI	607	X							
12	Milwaukee, WI	695	X							
12	North Chicago, IL	556								
12	Tomah, WI	676	X							
	TOTALS		4	1	0	0	1	0	0	0

## Appendix D

2002, 2011 & 2014 Modality Comparison Referred Outside VA			Guided Imagery			Herbal Medicines			Hypnosis / Hypnotherapy		
VISN	LOCATION	Sta No	02	11	14	02	11	14	02	11	14
7	Augusta, GA	509									
7	Birmingham, AL	521									
7	Central Alabama HCS-Montgomery	619									
7	Charleston, SC	534									
7	Columbia, SC	544								X	
7	Decatur, GA	508									
7	Dublin, GA	557									
7	Tuscaloosa, AL	679									
TOTALS			0	0	0	0	0	0	0	1	0
8	Bay Pines HCS	516									
8	Caribbean HCS-San Juan	672									
8	Miami HCS	546									
8	North Florida-South Georgia HCS-Gainesville	573									
8	Orlando, FL	675									
8	Tampa, FL	673									
8	West Palm Beach, FL	548									
TOTALS			0	0	0	0	0	0	0	0	0
9	Huntington, WV	581									
9	Lexington, KY-Cooper Dr	596A4									
9	Louisville, KY	603									
9	Memphis, TN	614									
9	Mountain Home, TN	621									
9	Tennessee Valley HCS-Nashville	626									
TOTALS			0	0	0	0	0	0	0	0	0
10	Chillicothe, OH	538									
10	Cincinnati, OH	539									
10	Cleveland, OH-Wade Park	541									
10	Columbus, OH	757									
10	Dayton, OH	552									
TOTALS			0	0	0	0	0	0	0	0	0
11	Ann Arbor HCS	506									
11	Battle Creek, MI	515									
11	Detroit, MI	553									
11	Illiana HCS	550									
11	Indianapolis, IN	583									
11	Northern Indiana HCS-Marion	610									
11	Saginaw, MI	655									
TOTALS			0	0	0	0	0	0	0	0	0
12	Chicago HCS	537									
12	Hines, IL	578									
12	Iron Mountain, MI	585	X			X			X		
12	Madison, WI	607									
12	Milwaukee, WI	695									
12	North Chicago, IL	556									
12	Tomah, WI	676									
TOTALS			1	0	0	1	0	0	1	0	0

## Appendix D

2002, 2011 & 2014 Modality Comparison Referred Outside VA			Massage Therapy			Mindfulness/Other Medications (Transcendental Meditation, Mantram Repetition)			Movement Practices		
VISN	LOCATION	Sta No	02	11	14	02	11	14	02	11	14
7	Augusta, GA	509									
7	Birmingham, AL	521									
7	Central Alabama HCS-Montgomery	619									
7	Charleston, SC	534									
7	Columbia, SC	544	X								
7	Decatur, GA	508									
7	Dublin, GA	557									
7	Tuscaloosa, AL	679									
TOTALS			1	0	0	0	0	0	0	0	0
8	Bay Pines HCS	516									
8	Caribbean HCS-San Juan	672									
8	Miami HCS	546									
8	North Florida-South Georgia HCS-Gainesville	573	X								
8	Orlando, FL	675									
8	Tampa, FL	673									
8	West Palm Beach, FL	548									
TOTALS			1	0	0	0	0	0	0	0	0
9	Huntington, WV	581	X								
9	Lexington, KY-Cooper Dr	596A4			X						
9	Louisville, KY	603		X							
9	Memphis, TN	614									
9	Mountain Home, TN	621									
9	Tennessee Valley HCS-Nashville	626									
TOTALS			1	1	1	0	0	0	0	0	0
10	Chillicothe, OH	538									
10	Cincinnati, OH	539									
10	Cleveland, OH-Wade Park	541			X						
10	Columbus, OH	757									
10	Dayton, OH	552									
TOTALS			0	0	1	0	0	0	0	0	0
11	Ann Arbor HCS	506									
11	Battle Creek, MI	515									
11	Detroit, MI	553	X	X							
11	Illiana HCS	550									
11	Indianapolis, IN	583									
11	Northern Indiana HCS-Marion	610									
11	Saginaw, MI	655									
TOTALS			1	1	0	0	0	0	0	0	0
12	Chicago HCS	537									
12	Hines, IL	578									
12	Iron Mountain, MI	585	X			X					
12	Madison, WI	607			X						
12	Milwaukee, WI	695									
12	North Chicago, IL	556									
12	Tomah, WI	676			X						
TOTALS			1	0	2	1	0	0	0	0	0

## Appendix D

VISN	2002, 2011 & 2014 Modality Comparison Referred Outside VA	Sta No	Music Therapy			Native American Healing Practices			Other Creative Arts Therapy	Progressive Muscle Relaxation		
			02	11	14	02	11	14		02	11	14
7	Augusta, GA	509										
7	Birmingham, AL	521										
7	Central Alabama HCS-Montgomery	619										
7	Charleston, SC	534										
7	Columbia, SC	544										
7	Decatur, GA	508										
7	Dublin, GA	557										
7	Tuscaloosa, AL	679			X							
	TOTALS		0	0	1	0	0	0	0	0	0	0
8	Bay Pines HCS	516										
8	Caribbean HCS-San Juan	672										
8	Miami HCS	546										
8	North Florida-South Georgia HCS-Gainesville	573			X							
8	Orlando, FL	675										
8	Tampa, FL	673										
8	West Palm Beach, FL	548										
	TOTALS		0	0	1	0	0	0	0	0	0	0
9	Huntington, WV	581										
9	Lexington, KY-Cooper Dr	596A4										
9	Louisville, KY	603							X			
9	Memphis, TN	614										
9	Mountain Home, TN	621										
9	Tennessee Valley HCS-Nashville	626										
	TOTALS		0	0	0	0	0	0	1	0	0	0
10	Chillicothe, OH	538										
10	Cincinnati, OH	539										
10	Cleveland, OH-Wade Park	541										
10	Columbus, OH	757										
10	Dayton, OH	552										
	TOTALS		0	0	0	0	0	0	0	0	0	0
11	Ann Arbor HCS	506			X							
11	Battle Creek, MI	515										
11	Detroit, MI	553										
11	Illiana HCS	550										
11	Indianapolis, IN	583										
11	Northern Indiana HCS-Marion	610										
11	Saginaw, MI	655										
	TOTALS		0	0	1	0	0	0	0	0	0	0
12	Chicago HCS	537										
12	Hines, IL	578			X				X			
12	Iron Mountain, MI	585	X			X				X		
12	Madison, WI	607										
12	Milwaukee, WI	695										
12	North Chicago, IL	556										
12	Tomah, WI	676										
	TOTALS		1	0	1	1	0	0	1	1	0	0

## Appendix D

2002, 2011 & 2014 Modality Comparison Referred Outside VA			Special Diets			Stress Management, Relaxation Therapy			Sweat Lodge		
VISN	LOCATION	Sta No	02	11	2014	02	11	14	02	11	14
7	Augusta, GA	509									
7	Birmingham, AL	521									
7	Central Alabama HCS-Montgomery	619									
7	Charleston, SC	534									
7	Columbia, SC	544									
7	Decatur, GA	508									
7	Dublin, GA	557									
7	Tuscaloosa, AL	679									
TOTALS			0	0	0	0	0	0	0	0	0
8	Bay Pines HCS	516									
8	Caribbean HCS-San Juan	672									
8	Miami HCS	546									
8	North Florida-South Georgia HCS-Gainesville	573									
8	Orlando, FL	675									
8	Tampa, FL	673									
8	West Palm Beach, FL	548									
TOTALS			0	0	0	0	0	0	0	0	0
9	Huntington, WV	581									
9	Lexington, KY-Cooper Dr	596A4									
9	Louisville, KY	603									
9	Memphis, TN	614									
9	Mountain Home, TN	621									
9	Tennessee Valley HCS-Nashville	626									
TOTALS			0	0	0	0	0	0	0	0	0
10	Chillicothe, OH	538									
10	Cincinnati, OH	539									
10	Cleveland, OH-Wade Park	541									
10	Columbus, OH	757									
10	Dayton, OH	552									
TOTALS			0	0	0	0	0	0	0	0	0
11	Ann Arbor HCS	506									
11	Battle Creek, MI	515									
11	Detroit, MI	553									
11	Illiana HCS	550									
11	Indianapolis, IN	583									
11	Northern Indiana HCS-Marion	610									
11	Saginaw, MI	655									
TOTALS			0	0	0	0	0	0	0	0	0
12	Chicago HCS	537									
12	Hines, IL	578									
12	Iron Mountain, MI	585	X			X					
12	Madison, WI	607									
12	Milwaukee, WI	695									
12	North Chicago, IL	556									
12	Tomah, WI	676									
TOTALS			1	0	0	1	0	0	0	0	0



## Appendix D

2002, 2011 & 2014 Modality Comparison Referred Outside VA			Tai Chi, Qigong			Yoga			Other		
VISN	LOCATION	Sta No	02	11	14	02	11	14	02	11	14
7	Augusta, GA	509									
7	Birmingham, AL	521									
7	Central Alabama HCS-Montgomery	619									
7	Charleston, SC	534									
7	Columbia, SC	544									
7	Decatur, GA	508									
7	Dublin, GA	557									
7	Tuscaloosa, AL	679									
TOTALS			0	0	0	0	0	0	0	0	0
8	Bay Pines HCS	516									
8	Caribbean HCS-San Juan	672									
8	Miami HCS	546									
8	North Florida-South Georgia HCS-Gainesville	573			X						
8	Orlando, FL	675									
8	Tampa, FL	673									
8	West Palm Beach, FL	548									
TOTALS			0	0	1	0	0	0	0	0	0
9	Huntington, WV	581									
9	Lexington, KY-Cooper Dr	596A4									
9	Louisville, KY	603			X			X		X	
9	Memphis, TN	614									
9	Mountain Home, TN	621									
9	Tennessee Valley HCS-Nashville	626									
TOTALS			0	0	1	0	0	1	0	1	0
10	Chillicothe, OH	538									
10	Cincinnati, OH	539	X						X		
10	Cleveland, OH-Wade Park	541									
10	Columbus, OH	757									
10	Dayton, OH	552									
TOTALS			1	0	0	0	0	0	1	0	0
11	Ann Arbor HCS	506									
11	Battle Creek, MI	515									
11	Detroit, MI	553									
11	Illiana HCS	550									
11	Indianapolis, IN	583									
11	Northern Indiana HCS-Marion	610									
11	Saginaw, MI	655									
TOTALS			0	0	0	0	0	0	0	0	0
12	Chicago HCS	537									
12	Hines, IL	578									
12	Iron Mountain, MI	585	X			X					
12	Madison, WI	607									
12	Milwaukee, WI	695									
12	North Chicago, IL	556									
12	Tomah, WI	676									
TOTALS			1	0	0	1	0	0	0	0	0

## Appendix D

2002, 2011 & 2014 Modality Comparison Referred Outside VA			Acupressure			Acupuncture			Animal Assisted Therapy		
VISN	LOCATION	Sta No	02	11	14	02	11	14	02	11	14
15	Columbia, MO	589A4		X			X			X	X
15	Eastern Kansas HCS-Topeka	589A5					X				X
15	Kansas City, MO	589									
15	Marion, IL	657A5						X			
15	Poplar Bluff, MO	657A4									X
15	St. Louis, MO-John Cochran	657									
15	Wichita, KS	589A7									X
TOTALS			0	1	0	0	2	1	0	1	4
16	Alexandria, LA	502			X			X			
16	Central Arkansas HCS-Little Rock	598								X	
16	Fayetteville, AR	564						X			
16	Gulf Coast HCS	520						X			
16	Houston, TX	580			X			X			
16	Jackson, MS	586									
16	Muskogee, OK	623			X			X			
16	Oklahoma City, OK	635									
16	Shreveport, LA	667									
16	Southeast Louisiana HCS	629									
TOTALS			0	0	3	0	0	5	0	1	0
17	Central Texas HCS	674									
17	North Texas HCS	549									
17	South Texas HCS	671						X			
17	Texas Valley Coastal Bend - Harlingen HCS	740									
TOTALS			0	0	0	0	0	1	0	0	0
18	Amarillo HCS	504						X			
18	El Paso HCS	756									
18	New Mexico HCS	501						X			X
18	Northern Arizona HCS	649		X		X	X	X			
18	Phoenix, AZ	644				X	X	X			
18	Southern Arizona HCS	678						X			
18	West Texas HCS	519						X			
TOTALS			0	1	0	2	2	6	0	0	1
19	Cheyenne, WY	442									X
19	Eastern Colorado HCS	554									
19	Grand Junction, CO	575						X			
19	Montana HCS	436			X			X			
19	Salt Lake City HCS	660									
19	Sheridan, WY	666			X			X		X	
TOTALS			0	0	2	0	0	3	0	1	1

## Appendix D

VISN	2002, 2011 & 2014 Modality Comparison Referred Outside VA	Sta No	Aromatherapy			Art Therapy	Biofeedback		
			02	11	14		02	11	14
15	Columbia, MO	589A4							
15	Eastern Kansas HCS-Topeka	589A5							
15	Kansas City, MO	589							
15	Marion, IL	657A5							
15	Poplar Bluff, MO	657A4							
15	St. Louis, MO-John Cochran	657							
15	Wichita, KS	589A7							
	TOTALS		0	0	0	0	0	0	0
16	Alexandria, LA	502							
16	Central Arkansas HCS-Little Rock	598							
16	Fayetteville, AR	564							
16	Gulf Coast HCS	520							
16	Houston, TX	580							
16	Jackson, MS	586							
16	Muskogee, OK	623							
16	Oklahoma City, OK	635							
16	Shreveport, LA	667							
16	Southeast Louisiana HCS	629							
	TOTALS		0	0	0	0	0	0	0
17	Central Texas HCS	674							
17	North Texas HCS	549							
17	South Texas HCS	671							
17	Texas Valley Coastal Bend - Harlingen HCS	740							
	TOTALS		0	0	0	0	0	0	0
18	Amarillo HCS	504							
18	El Paso HCS	756							
18	New Mexico HCS	501				X			
18	Northern Arizona HCS	649							
18	Phoenix, AZ	644			X				
18	Southern Arizona HCS	678							X
18	West Texas HCS	519							X
	TOTALS		0	0	1	1	0	0	2
19	Cheyenne, WY	442							
19	Eastern Colorado HCS	554							
19	Grand Junction, CO	575							X
19	Montana HCS	436							X
19	Salt Lake City HCS	660					X		
19	Sheridan, WY	666							
	TOTALS		0	0	0	0	1	0	2

## Appendix D

2002, 2011 & 2014 Modality Comparison Referred Outside VA			Chiropractic	Dietary/Nutritional Supplements			Energy Healing		
VISN	LOCATION	Sta No	2014	02	11	14	02	11	14
15	Columbia, MO	589A4	X						
15	Eastern Kansas HCS-Topeka	589A5							
15	Kansas City, MO	589							
15	Marion, IL	657A5	X						
15	Poplar Bluff, MO	657A4							
15	St. Louis, MO-John Cochran	657							
15	Wichita, KS	589A7	X						
	TOTALS		3	0	0	0	0	0	0
16	Alexandria, LA	502	X						
16	Central Arkansas HCS-Little Rock	598	X						
16	Fayetteville, AR	564	X						
16	Gulf Coast HCS	520	X						
16	Houston, TX	580	X						
16	Jackson, MS	586							
16	Muskogee, OK	623							
16	Oklahoma City, OK	635							
16	Shreveport, LA	667							
16	Southeast Louisiana HCS	629							
	TOTALS		5	0	0	0	0	0	0
17	Central Texas HCS	674							
17	North Texas HCS	549							
17	South Texas HCS	671							
17	Texas Valley Coastal Bend - Harlingen HCS	740	X						
	TOTALS		1	0	0	0	0	0	0
18	Amarillo HCS	504	X		X				
18	El Paso HCS	756							
18	New Mexico HCS	501	X						X
18	Northern Arizona HCS	649	X						
18	Phoenix, AZ	644							
18	Southern Arizona HCS	678	X						
18	West Texas HCS	519	X						
	TOTALS		5	0	1	0	0	0	1
19	Cheyenne, WY	442							
19	Eastern Colorado HCS	554	X						
19	Grand Junction, CO	575	X						
19	Montana HCS	436	X						
19	Salt Lake City HCS	660							
19	Sheridan, WY	666	X						
	TOTALS		4	0	0	0	0	0	0

## Appendix D

2002, 2011 & 2014 Modality Comparison Referred Outside VA			Guided Imagery			Herbal Medicines			Hypnosis / Hypnotherapy		
VISN	LOCATION	Sta No	02	11	14	02	11	14	02	11	14
15	Columbia, MO	589A4								X	
15	Eastern Kansas HCS-Topeka	589A5									
15	Kansas City, MO	589									
15	Marion, IL	657A5									
15	Poplar Bluff, MO	657A4									
15	St. Louis, MO-John Cochran	657									
15	Wichita, KS	589A7									
TOTALS			0	0	0	0	0	0	0	1	0
16	Alexandria, LA	502									
16	Central Arkansas HCS-Little Rock	598									
16	Fayetteville, AR	564									
16	Gulf Coast HCS	520									
16	Houston, TX	580									
16	Jackson, MS	586									
16	Muskogee, OK	623									X
16	Oklahoma City, OK	635									
16	Shreveport, LA	667									
16	Southeast Louisiana HCS	629									
TOTALS			0	0	0	0	0	0	0	0	1
17	Central Texas HCS	674									
17	North Texas HCS	549									
17	South Texas HCS	671									
17	Texas Valley Coastal Bend - Harlingen HCS	740									
TOTALS			0	0	0	0	0	0	0	0	0
18	Amarillo HCS	504									
18	El Paso HCS	756									
18	New Mexico HCS	501									
18	Northern Arizona HCS	649									
18	Phoenix, AZ	644									
18	Southern Arizona HCS	678									
18	West Texas HCS	519									X
TOTALS			0	0	0	0	0	0	0	0	1
19	Cheyenne, WY	442							X		
19	Eastern Colorado HCS	554									
19	Grand Junction, CO	575									
19	Montana HCS	436									
19	Salt Lake City HCS	660									
19	Sheridan, WY	666									
TOTALS			0	0	0	0	0	0	1	0	0

## Appendix D

VISN	2002, 2011 & 2014 Modality Comparison Referred Outside VA	LOCATION	Sta No	Massage Therapy			Mindfulness/Other Medications (Transcendental Meditation, Mantram Repetition)			Movement Practices		
				02	11	14	02	11	14	02	11	14
15		Columbia, MO	589A4		X							
15		Eastern Kansas HCS-Topeka	589A5			X						
15		Kansas City, MO	589									
15		Marion, IL	657A5									
15		Poplar Bluff, MO	657A4									
15		St. Louis, MO-John Cochran	657									
15		Wichita, KS	589A7									
		TOTALS		0	1	1	0	0	0	0	0	0
16		Alexandria, LA	502		X	X						
16		Central Arkansas HCS-Little Rock	598									
16		Fayetteville, AR	564									
16		Gulf Coast HCS	520			X						
16		Houston, TX	580									
16		Jackson, MS	586									
16		Muskogee, OK	623			X						
16		Oklahoma City, OK	635									
16		Shreveport, LA	667									
16		Southeast Louisiana HCS	629									
		TOTALS		0	1	3	0	0	0	0	0	0
17		Central Texas HCS	674									
17		North Texas HCS	549									
17		South Texas HCS	671		X							
17		Texas Valley Coastal Bend - Harlingen HCS	740									
		TOTALS		0	1	0	0	0	0	0	0	0
18		Amarillo HCS	504									
18		El Paso HCS	756									
18		New Mexico HCS	501			X						
18		Northern Arizona HCS	649	X	X	X						
18		Phoenix, AZ	644	X								
18		Southern Arizona HCS	678			X						
18		West Texas HCS	519									
		TOTALS		2	1	3	0	0	0	0	0	0
19		Cheyenne, WY	442	X								
19		Eastern Colorado HCS	554									
19		Grand Junction, CO	575			X						
19		Montana HCS	436			X						
19		Salt Lake City HCS	660	X								
19		Sheridan, WY	666			X						
		TOTALS		2	0	3	0	0	0	0	0	0

## Appendix D

VISN	2002, 2011 & 2014 Modality Comparison Referred Outside VA	Sta No	Music Therapy			Native American Healing Practices			Other Creative Arts Therapy	Progressive Muscle Relaxation		
			02	11	14	02	11	14		02	11	14
15	Columbia, MO	589A4										
15	Eastern Kansas HCS-Topeka	589A5										
15	Kansas City, MO	589										
15	Marion, IL	657A5										
15	Poplar Bluff, MO	657A4										
15	St. Louis, MO-John Cochran	657										
15	Wichita, KS	589A7										
	TOTALS		0	0	0	0	0	0	0	0	0	0
16	Alexandria, LA	502										
16	Central Arkansas HCS-Little Rock	598										
16	Fayetteville, AR	564										
16	Gulf Coast HCS	520										
16	Houston, TX	580										
16	Jackson, MS	586										
16	Muskogee, OK	623						X				
16	Oklahoma City, OK	635										
16	Shreveport, LA	667										
16	Southeast Louisiana HCS	629										
	TOTALS		0	0	0	0	0	1	0	0	0	0
17	Central Texas HCS	674										
17	North Texas HCS	549										
17	South Texas HCS	671										
17	Texas Valley Coastal Bend - Harlingen HCS	740										
	TOTALS		0	0	0	0	0	0	0	0	0	0
18	Amarillo HCS	504										
18	El Paso HCS	756										
18	New Mexico HCS	501			X	X	X	X				
18	Northern Arizona HCS	649										
18	Phoenix, AZ	644				X	X					
18	Southern Arizona HCS	678										
18	West Texas HCS	519										
	TOTALS		0	0	1	2	2	1	0	0	0	0
19	Cheyenne, WY	442								X		
19	Eastern Colorado HCS	554					X					
19	Grand Junction, CO	575						X				
19	Montana HCS	436										
19	Salt Lake City HCS	660										
19	Sheridan, WY	666				X						
	TOTALS		0	0	0	1	1	1	0	1	0	0

## Appendix D

VISN	2002, 2011 & 2014 Modality Comparison Referred Outside VA	LOCATION	Sta No	Special Diets			Stress Management, Relaxation Therapy			Sweat Lodge		
				02	11	2014	02	11	14	02	11	14
15		Columbia, MO	589A4									
15		Eastern Kansas HCS-Topeka	589A5									X
15		Kansas City, MO	589									
15		Marion, IL	657A5									
15		Poplar Bluff, MO	657A4									
15		St. Louis, MO-John Cochran	657									
15		Wichita, KS	589A7									
		TOTALS		0	0	0	0	0	0	0	0	1
16		Alexandria, LA	502									
16		Central Arkansas HCS-Little Rock	598									
16		Fayetteville, AR	564									
16		Gulf Coast HCS	520									
16		Houston, TX	580									
16		Jackson, MS	586									
16		Muskogee, OK	623									X
16		Oklahoma City, OK	635									
16		Shreveport, LA	667									
16		Southeast Louisiana HCS	629									
		TOTALS		0	0	0	0	0	0	0	0	1
17		Central Texas HCS	674									
17		North Texas HCS	549									
17		South Texas HCS	671									
17		Texas Valley Coastal Bend - Harlingen HCS	740									
		TOTALS		0	0	0	0	0	0	0	0	0
18		Amarillo HCS	504									
18		El Paso HCS	756									
18		New Mexico HCS	501						X		X	X
18		Northern Arizona HCS	649									
18		Phoenix, AZ	644									
18		Southern Arizona HCS	678									
18		West Texas HCS	519									
		TOTALS		0	0	0	0	0	1	0	1	1
19		Cheyenne, WY	442				X					
19		Eastern Colorado HCS	554								X	
19		Grand Junction, CO	575									X
19		Montana HCS	436									
19		Salt Lake City HCS	660									
19		Sheridan, WY	666								X	
		TOTALS		0	0	0	1	0	0	0	2	1



## Appendix D

2002, 2011 & 2014 Modality Comparison Referred Outside VA			Tai Chi, Qigong			Yoga			Other		
VISN	LOCATION	Sta No	02	11	14	02	11	14	02	11	14
15	Columbia, MO	589A4									
15	Eastern Kansas HCS-Topeka	589A5						X			
15	Kansas City, MO	589									
15	Marion, IL	657A5									
15	Poplar Bluff, MO	657A4			X						
15	St. Louis, MO-John Cochran	657									
15	Wichita, KS	589A7									
TOTALS			0	0	1	0	0	1	0	0	0
16	Alexandria, LA	502									
16	Central Arkansas HCS-Little Rock	598									
16	Fayetteville, AR	564									
16	Gulf Coast HCS	520									
16	Houston, TX	580									
16	Jackson, MS	586									
16	Muskogee, OK	623									
16	Oklahoma City, OK	635						X			
16	Shreveport, LA	667									
16	Southeast Louisiana HCS	629									
TOTALS			0	0	0	0	0	1	0	0	0
17	Central Texas HCS	674									
17	North Texas HCS	549									
17	South Texas HCS	671									
17	Texas Valley Coastal Bend - Harlingen HCS	740									
TOTALS			0	0	0	0	0	0	0	0	0
18	Amarillo HCS	504									
18	El Paso HCS	756									
18	New Mexico HCS	501			X			X			
18	Northern Arizona HCS	649									
18	Phoenix, AZ	644									
18	Southern Arizona HCS	678									
18	West Texas HCS	519									
TOTALS			0	0	1	0	0	1	0	0	0
19	Cheyenne, WY	442									
19	Eastern Colorado HCS	554									
19	Grand Junction, CO	575									
19	Montana HCS	436									
19	Salt Lake City HCS	660									
19	Sheridan, WY	666									
TOTALS			0	0	0	0	0	0	0	0	0

## Appendix D

2002, 2011 & 2014 Modality Comparison Referred Outside VA			Acupressure			Acupuncture			Animal Assisted Therapy		
VISN	LOCATION	Sta No	02	11	14	02	11	14	02	11	14
20	Alaska HCS	463			X		X	X			
20	Boise, ID	531						X			
20	Portland, OR	648									
20	Puget Sound HCS-Seattle	663				X					
20	Roseburg HCS	653									
20	Spokane, WA	668									
20	Walla Walla, WA	687									
20	White City, OR	692					X				
TOTALS			0	0	1	1	2	2	0	0	0
21	Central California HCS	570									
21	Manila, PI	358									
21	Northern California HCS	612A4						X			
21	Pacific Islands HCS	459				X	X	X			
21	Palo Alto HCS-Palo Alto	640						X			
21	San Francisco, CA	662			X			X			
21	Sierra Nevada HCS	654									
TOTALS			0	0	1	1	1	4	0	0	0
22	Greater Los Angeles HCS	691									
22	Loma Linda HCS	605						X			
22	Long Beach HCS	600						X			
22	San Diego HCS	664									
22	Southern Nevada HCS	593									
TOTALS			0	0	0	0	0	2	0	0	0
23	Black Hills HCS-Fort Meade	568						X		X	
23	Central Iowa HCS	636A6									
23	Fargo VA HCS	437									
23	Iowa City VA HCS	636A8				X		X			
23	Minneapolis VA HCS	618									
23	Nebraska-Western Iowa HCS-Omaha	636						X			
23	Sioux Falls VA HCS	438						X			
23	St Cloud VA HCS	656									
TOTALS			0	0	0	1	0	4	0	1	0
NATIONAL TOTALS			1	3	9	10	22	64	1	12	16

## Appendix D

VISN	2002, 2011 & 2014 Modality Comparison Referred Outside VA	Sta No	Aromatherapy			Art Therapy	Biofeedback		
			02	11	14		02	11	14
20	Alaska HCS	463						X	X
20	Boise, ID	531							
20	Portland, OR	648				X			
20	Puget Sound HCS-Seattle	663							
20	Roseburg HCS	653							
20	Spokane, WA	668							
20	Walla Walla, WA	687					X		
20	White City, OR	692							
	TOTALS		0	0	0	1	1	1	1
21	Central California HCS	570							
21	Manila, PI	358							
21	Northern California HCS	612A4							
21	Pacific Islands HCS	459							
21	Palo Alto HCS-Palo Alto	640							
21	San Francisco, CA	662							
21	Sierra Nevada HCS	654							
	TOTALS		0	0	0	0	0	0	0
22	Greater Los Angeles HCS	691							
22	Loma Linda HCS	605							
22	Long Beach HCS	600							
22	San Diego HCS	664							
22	Southern Nevada HCS	593							
	TOTALS		0	0	0	0	0	0	0
23	Black Hills HCS-Fort Meade	568							
23	Central Iowa HCS	636A6							
23	Fargo VA HCS	437							
23	Iowa City VA HCS	636A8					X		
23	Minneapolis VA HCS	618							
23	Nebraska-Western Iowa HCS-Omaha	636							
23	Sioux Falls VA HCS	438							
23	St Cloud VA HCS	656							
	TOTALS		0	0	0	0	1	0	0
	NATIONAL TOTALS		1	0	2	5	4	2	11

## Appendix D

2002, 2011 & 2014 Modality Comparison Referred Outside VA			Chiropractic	Dietary/Nutritional Supplements			Energy Healing		
VISN	LOCATION	Sta No	2014	02	11	14	02	11	14
20	Alaska HCS	463	X						
20	Boise, ID	531	X						
20	Portland, OR	648	X						
20	Puget Sound HCS-Seattle	663							
20	Roseburg HCS	653	X		X				
20	Spokane, WA	668							
20	Walla Walla, WA	687							
20	White City, OR	692	X						
	TOTALS		5	0	1	0	0	0	0
21	Central California HCS	570	X						
21	Manila, PI	358							
21	Northern California HCS	612A4						X	
21	Pacific Islands HCS	459	X						
21	Palo Alto HCS-Palo Alto	640	X						
21	San Francisco, CA	662	X						
21	Sierra Nevada HCS	654	X						
	TOTALS		5	0	0	0	0	1	0
22	Greater Los Angeles HCS	691							
22	Loma Linda HCS	605	X						
22	Long Beach HCS	600	X			X			
22	San Diego HCS	664	X						
22	Southern Nevada HCS	593							
	TOTALS		3	0	0	1	0	0	0
23	Black Hills HCS-Fort Meade	568	X						
23	Central Iowa HCS	636A6	X						
23	Fargo VA HCS	437	X						
23	Iowa City VA HCS	636A8	X						
23	Minneapolis VA HCS	618							
23	Nebraska-Western Iowa HCS-Omaha	636	X						
23	Sioux Falls VA HCS	438	X						
23	St Cloud VA HCS	656	X						
	TOTALS		7	0	0	0	0	0	0
	NATIONAL TOTALS		87	2	3	1	1	1	2

## Appendix D

2002, 2011 & 2014 Modality Comparison Referred Outside VA			Guided Imagery			Herbal Medicines			Hypnosis / Hypnotherapy		
VISN	LOCATION	Sta No	02	11	14	02	11	14	02	11	14
20	Alaska HCS	463									
20	Boise, ID	531									
20	Portland, OR	648									
20	Puget Sound HCS-Seattle	663									
20	Roseburg HCS	653					X				
20	Spokane, WA	668									
20	Walla Walla, WA	687									
20	White City, OR	692									
TOTALS			0	0	0	0	1	0	0	0	0
21	Central California HCS	570									
21	Manila, PI	358									
21	Northern California HCS	612A4									
21	Pacific Islands HCS	459								X	
21	Palo Alto HCS-Palo Alto	640									
21	San Francisco, CA	662									
21	Sierra Nevada HCS	654									
TOTALS			0	0	0	0	0	0	0	1	0
22	Greater Los Angeles HCS	691									
22	Loma Linda HCS	605									
22	Long Beach HCS	600									
22	San Diego HCS	664									
22	Southern Nevada HCS	593									
TOTALS			0	0	0	0	0	0	0	0	0
23	Black Hills HCS-Fort Meade	568									
23	Central Iowa HCS	636A6									
23	Fargo VA HCS	437									
23	Iowa City VA HCS	636A8									
23	Minneapolis VA HCS	618									
23	Nebraska-Western Iowa HCS-Omaha	636									
23	Sioux Falls VA HCS	438				X					
23	St Cloud VA HCS	656									
TOTALS			0	0	0	1	0	0	0	0	0
NATIONAL TOTALS			1	0	1	2	1	1	2	3	2

## Appendix D

2002, 2011 & 2014 Modality Comparison Referred Outside VA			Massage Therapy			Mindfulness/Other Medications ( <i>Transcendental Meditation, Mantram Repetition</i> )			Movement Practices		
VISN	LOCATION	Sta No	02	11	14	02	11	14	02	11	14
20	Alaska HCS	463									
20	Boise, ID	531									
20	Portland, OR	648									
20	Puget Sound HCS-Seattle	663									
20	Roseburg HCS	653									
20	Spokane, WA	668									
20	Walla Walla, WA	687	X			X					
20	White City, OR	692		X							
TOTALS			1	1	0	1	0	0	0	0	0
21	Central California HCS	570			X						
21	Manila, PI	358									
21	Northern California HCS	612A4	X								
21	Pacific Islands HCS	459		X	X						
21	Palo Alto HCS-Palo Alto	640									
21	San Francisco, CA	662			X						
21	Sierra Nevada HCS	654									
TOTALS			1	1	3	0	0	0	0	0	0
22	Greater Los Angeles HCS	691									
22	Loma Linda HCS	605			X						
22	Long Beach HCS	600									X
22	San Diego HCS	664									
22	Southern Nevada HCS	593									
TOTALS			0	0	1	0	0	0	0	0	1
23	Black Hills HCS-Fort Meade	568									
23	Central Iowa HCS	636A6									
23	Fargo VA HCS	437									
23	Iowa City VA HCS	636A8	X								
23	Minneapolis VA HCS	618									
23	Nebraska-Western Iowa HCS-Omaha	636			X						
23	Sioux Falls VA HCS	438									
23	St Cloud VA HCS	656									
TOTALS			1	0	1	0	0	0	0	0	0
NATIONAL TOTALS			12	9	24	3	0	0	0	0	2

## Appendix D

VISN	2002, 2011 & 2014 Modality Comparison Referred Outside VA	Sta No	Music Therapy			Native American Healing Practices			Other Creative Arts Therapy	Progressive Muscle Relaxation		
			02	11	14	02	11	14		02	11	14
20	Alaska HCS	463					X	X				
20	Boise, ID	531										
20	Portland, OR	648					X					
20	Puget Sound HCS-Seattle	663										
20	Roseburg HCS	653										
20	Spokane, WA	668										
20	Walla Walla, WA	687										
20	White City, OR	692										
	TOTALS		0	0	0	0	2	1	0	0	0	0
21	Central California HCS	570										
21	Manila, PI	358										
21	Northern California HCS	612A4										
21	Pacific Islands HCS	459										
21	Palo Alto HCS-Palo Alto	640										
21	San Francisco, CA	662										
21	Sierra Nevada HCS	654				X						
	TOTALS		0	0	0	1	0	0	0	0	0	0
22	Greater Los Angeles HCS	691										
22	Loma Linda HCS	605										
22	Long Beach HCS	600						X				
22	San Diego HCS	664										
22	Southern Nevada HCS	593										
	TOTALS		0	0	0	0	0	1	0	0	0	0
23	Black Hills HCS-Fort Meade	568										
23	Central Iowa HCS	636A6										
23	Fargo VA HCS	437				X						
23	Iowa City VA HCS	636A8										
23	Minneapolis VA HCS	618						X				
23	Nebraska-Western Iowa HCS-Omaha	636										
23	Sioux Falls VA HCS	438										
23	St Cloud VA HCS	656				X						
	TOTALS		0	0	0	2	0	1	0	0	0	0
	NATIONAL TOTALS		2	0	5	7	5	6	2	2	0	1

## Appendix D

VISN	2002, 2011 & 2014 Modality Comparison Referred Outside VA	Sta No	Special Diets			Stress Management, Relaxation Therapy			Sweat Lodge		
			02	11	2014	02	11	14	02	11	14
20	Alaska HCS	463								X	
20	Boise, ID	531									
20	Portland, OR	648									
20	Puget Sound HCS-Seattle	663									
20	Roseburg HCS	653									
20	Spokane, WA	668									
20	Walla Walla, WA	687									
20	White City, OR	692									
	TOTALS		0	0	0	0	0	0	0	1	0
21	Central California HCS	570									
21	Manila, PI	358									
21	Northern California HCS	612A4									
21	Pacific Islands HCS	459									
21	Palo Alto HCS-Palo Alto	640						X			
21	San Francisco, CA	662	X								
21	Sierra Nevada HCS	654								X	
	TOTALS		1	0	0	0	0	1	0	1	0
22	Greater Los Angeles HCS	691									
22	Loma Linda HCS	605									X
22	Long Beach HCS	600									
22	San Diego HCS	664						X			
22	Southern Nevada HCS	593									
	TOTALS		0	0	0	0	0	1	0	0	1
23	Black Hills HCS-Fort Meade	568									
23	Central Iowa HCS	636A6									
23	Fargo VA HCS	437									
23	Iowa City VA HCS	636A8				X					
23	Minneapolis VA HCS	618									X
23	Nebraska-Western Iowa HCS-Omaha	636									
23	Sioux Falls VA HCS	438									
23	St Cloud VA HCS	656									
	TOTALS		0	0	0	1	0	0	0	0	1
	NATIONAL TOTALS		2	0	0	3	1	4	0	6	7



## Appendix D

2002, 2011 & 2014 Modality Comparison Referred Outside VA			Tai Chi, Qigong			Yoga			Other		
VISN	LOCATION	Sta No	02	11	14	02	11	14	02	11	14
20	Alaska HCS	463			X						
20	Boise, ID	531									
20	Portland, OR	648						X			
20	Puget Sound HCS-Seattle	663			X	X					
20	Roseburg HCS	653									
20	Spokane, WA	668									
20	Walla Walla, WA	687									
20	White City, OR	692									
TOTALS			0	0	2	1	0	1	0	0	0
21	Central California HCS	570									
21	Manila, PI	358									
21	Northern California HCS	612A4		X							
21	Pacific Islands HCS	459									
21	Palo Alto HCS-Palo Alto	640									
21	San Francisco, CA	662									
21	Sierra Nevada HCS	654									
TOTALS			0	1	0	0	0	0	0	0	0
22	Greater Los Angeles HCS	691									
22	Loma Linda HCS	605									
22	Long Beach HCS	600									
22	San Diego HCS	664			X			X			
22	Southern Nevada HCS	593									
TOTALS			0	0	1	0	0	1	0	0	0
23	Black Hills HCS-Fort Meade	568									
23	Central Iowa HCS	636A6									
23	Fargo VA HCS	437						X			
23	Iowa City VA HCS	636A8									
23	Minneapolis VA HCS	618									
23	Nebraska-Western Iowa HCS-Omaha	636									
23	Sioux Falls VA HCS	438									
23	St Cloud VA HCS	656									
TOTALS			0	0	0	0	0	1	0	0	0
NATIONAL TOTALS			4	1	7	2	0	9	1	1	0

## Appendix E

### Participating Facilities

<b>VISN/Facility</b>	<b>Sta No</b>
<b>VISN 1</b>	
Bedford, MA	518
Boston HCS-Boston	523
Central Western Massachusetts HCS	631
Connecticut HCS-West Haven	689
Maine VA HCS	402
Manchester, NH	608
Providence, RI	650
White River Junction, VT	405
<b>VISN 2</b>	
Albany, NY	528A8
Bath, NY	528A6
Canandaigua, NY	528A5
Syracuse, NY	528A7
Western New York HCS	528
<b>VISN 3</b>	
Bronx, NY	526
Hudson Valley HCS-Montrose	620
New Jersey HCS-East Orange	561
New York Harbor HCS-New York	630
Northport, NY	632
<b>VISN 4</b>	
Altoona, PA	503
Butler, PA	529
Clarksburg, WV	540
Coatesville, PA	542
Erie, PA	562
Lebanon, PA	595
Philadelphia, PA	642
Pittsburgh HCS-Univ Dr	646
Wilkes-Barre, PA	693
Wilmington, DE	460
<b>VISN 5</b>	
Martinsburg, WV	613
Maryland HCS-Baltimore	512
Washington, DC	688

<b>VISN/Facility</b>	<b>Sta No</b>
<b>VISN 6</b>	
Asheville, NC	637
Beckley, WV	517
Durham, NC	558
Fayetteville, NC	565
Hampton, VA	590
Richmond, VA	652
Salem, VA	658
Salisbury, NC	659
<b>VISN 7</b>	
Augusta, GA	509
Birmingham, AL	521
Central Alabama HCS-Montgomery	619
Charleston, SC	534
Columbia, SC	544
Decatur, GA	508
Dublin, GA	557
Tuscaloosa, AL	679
<b>VISN 8</b>	
Bay Pines HCS	516
Caribbean HCS-San Juan	672
Miami HCS	546
North Florida-South Georgia HCS	573
Orlando, FL	675
Tampa, FL	673
West Palm Beach, FL	548
<b>VISN 9</b>	
Huntington, WV	581
Lexington, KY-Cooper Dr	596A4
Louisville, KY	603
Memphis, TN	614
Mountain Home, TN	621
Tennessee Valley HCS-Nashville	626

<b>VISN/Facility</b>	<b>Sta No</b>
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**VISN 10**

Chillicothe, OH	538
Cincinnati, OH	539
Cleveland, OH-Wade Park	541
Columbus, OH	757
Dayton, OH	552

**VISN 11**

Ann Arbor HCS	506
Battle Creek, MI	515
Detroit, MI	553
Illiana HCS	550
Indianapolis, IN	583
Northern Indiana HCS-Marion	610
Saginaw, MI	655

**VISN 12**

Chicago HCS	537
Hines, IL	578
Iron Mountain, MI	585
Madison, WI	607
Milwaukee, WI	695
North Chicago, IL	556
Tomah, WI	676

**VISN 15**

Columbia, MO	589A4
Eastern Kansas HCS-Topeka	589A5
Kansas City, MO	589
Marion, IL	657A5
Poplar Bluff, MO	657A4
St. Louis, MO-John Cochran	657
Wichita, KS	589A7

**VISN 16**

Alexandria, LA	502
Central Arkansas HCS-Little Rock	598
Fayetteville, AR	564
Gulf Coast HCS	520
Houston, TX	580
Jackson, MS	586
Muskogee, OK	623
Oklahoma City, OK	635
Shreveport, LA	667
Southeast Louisiana HCS	629

<b>VISN/Facility</b>	<b>Sta No</b>
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**VISN 17**

Central Texas HCS	674
North Texas HCS	549
South Texas HCS	671
Texas Valley Coastal Bend - Harlingen HCS	740

**VISN 18**

Amarillo HCS	504
El Paso HCS	756
New Mexico HCS	501
Northern Arizona HCS	649
Phoenix, AZ	644
Southern Arizona HCS	678
West Texas HCS	519

**VISN 19**

Cheyenne, WY	442
Eastern Colorado HCS	554
Grand Junction, CO	575
Montana HCS	436
Salt Lake City HCS	660
Sheridan, WY	666

**VISN 20**

Alaska HCS	463
Boise, ID	531
Portland, OR	648
Puget Sound HCS-Seattle	663
Roseburg HCS	653
Spokane, WA	668
Walla Walla, WA	687
White City, OR	692

**VISN 21**

Central California HCS	570
Manila, PI	358
Northern California HCS	612A4
Pacific Islands HCS	459
Palo Alto HCS-Palo Alto	640
San Francisco, CA	662
Sierra Nevada HCS	654

<b><u>VISN/Facility</u></b>	<b><u>Sta No</u></b>
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<b>VISN 22</b>	
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Greater Los Angeles HCS	691
Loma Linda HCS	605
Long Beach HCS	600
San Diego HCS	664
Southern Nevada HCS	593

<b>VISN 23</b>	
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Black Hills HCS-Fort Meade	568
Central Iowa HCS	636A6
Fargo VA HCS	437
Iowa City VA HCS	636A8
Minneapolis VA HCS	618
Nebraska-Western Iowa HCS-Omaha	636
Sioux Falls VA HCS	438
St Cloud VA HCS	656

## Appendix F

### FY2015 VHA INTEGRATIVE HEALTH/COMPLEMENTARY HEALTH SERVICES SURVEY WORKSHEET (formerly CAM)

Purpose: The FY2015 VHA Integrative Health/Complementary Health Services (IH/CHS) survey is an essential element of collecting information to assist with the assessment and improvement of the delivery of IH/CHS throughout VA. To further facilitate this end, data collected shall be compared to the results of the previous VHA Complementary and Alternative Medicine (CAM) surveys of 2011 and 2002, where appropriate, for trending information.

Definition of Integrative Health/Complementary Health Services: A group of diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine. These services may be provided by a diverse array of practitioners in many settings across the health care system. There is a glossary of terms available from a link on the survey website.

Instructions: Responsible persons - VISN Offices (including VISN Patient Centered Care Point of Contacts) will distribute to Facility Chiefs of Staff, who have primary responsibility for collecting information. Chiefs of Staff should collaborate with their Integrative Health/CHS Point of Contact (if applicable) or Patient Centered Care Point of Contact. The Integrative Health/CHS (if applicable) or Patient Centered Care Points of Contact, will need to coordinate with other Facility personnel such as Medicine, Surgery, Rehabilitation, Extended Care (CLC), Domiciliary, Pharmacy, Nursing, Primary Care, Integrative Health or Complementary Health Practitioners, Women's Health, Dental services, Quality Management, Fee-basis and others to ensure the most accurate information.

Multiple sites that provide Integrative Health should work together to submit a single response from the VA approved administrative parent.

#### Respondent and Facility/Health Care System (HCS) Information

Point of Contact (POC) (person completing the survey): \_\_\_\_\_

Title: \_\_\_\_\_

Phone Number (including area code): \_\_\_\_\_ Ext.: \_\_\_\_\_

Email: \_\_\_\_\_

VISN Number: \_\_\_\_\_ Facility and Station Number: \_\_\_\_\_

1. Are Integrative Health/Complementary Health Services (IH/CHS) currently being offered to your patients?  
( ) Yes ( ) No ( ) No, but are in the process of developing **(End of Survey)**

1a. If no, What are perceived barriers to offering IH/CHS to your patients? (choose all that apply)

- ☐ 1. Lack of patient interest
- ☐ 2. Lack of evidence of efficacy
- ☐ 3. Not supported by facility due to lack of funding
- ☐ 4. Lack of available providers
- ☐ 5. Unclear credentialing process
- ☐ 6. Unclear process for reimbursement of services
- ☐ 7. No clinic space
- ☐ 8. Don't know
- ☐ 9. None
- ☐ 10. Other 1a10a. If other, please specify: \_\_\_\_\_

**(End of Survey)**

1b. If yes, What perceived factors enable IH/CHS to be offered by your facility? (choose all that apply)

- ☐ 1. Attracts new patients
- ☐ 2. Promotes cost savings
- ☐ 3. Proven clinical effectiveness
- ☐ 4. Consistent with patient-centered model of care
- ☐ 5. Patient preference
- ☐ 6. Provider request
- ☐ 7. Have provider(s) who volunteer their expertise
- ☐ 8. Reflects facility's mission
- ☐ 9. Promotes well being
- ☐ 10. Adjunctive to chronic disease management
- ☐ 11. Cultural
- ☐ 12. Other

1b12a. If other, please specify: \_\_\_\_\_

2. In which settings do the following clinical areas (regardless of provider types) offer IH/CHS?  
(choose all that apply)

	1. Inpatient	2. Outpatient	3. N/A
2a. Medicine			
2b. Surgery			
2c. Mental Health			
2d. Primary Care			
2e. Rehab (PM&R, PT, OT, Blind Rehab, Polytrauma, SLP)			
2f. Extended Care (CLC, HBPC)			
2g. Palliative Care			
2h. Women's Health			
2i. Other Specialty Services			

3. Does your facility/HCS use volunteers or Without Compensation (WOC) personnel to provide IH/CHS?

( ) Yes ( ) No

3a. If yes, which IH/CHS are provided by WOCs? (choose all that apply)

- ☐ 3a1. Acupressure
- ☐ 3a2. Acupuncture
- ☐ 3a3. Animal Assisted Therapy
- ☐ 3a4. Aromatherapy
- ☐ 3a5. Art Therapy
- ☐ 3a6. Ayurveda
- ☐ 3a7. Biofeedback
- ☐ 3a8. Chelation Therapy
- ☐ 3a9. Chiropractic
- ☐ 3a10. Dietary/Nutritional Supplements (e.g. Pycnogenol, Chondroitin, Red Yeast Rice, L-Methionine)
- ☐ 3a11. Energy Healing (therapeutic touch, healing touch, Reiki, etc.)
- ☐ 3a12. Guided Imagery
- ☐ 3a13. Herbal Medicines (e.g. Saw Palmetto)
- ☐ 3a14. Homeopathy
- ☐ 3a15. Hypnosis/Hypnotherapy
- ☐ 3a16. Mantram Repetition

- ☐ 3a17. Massage Therapy
- ☐ 3a18. Mindfulness
- ☐ 3a19. Movement Practices (e.g. Alexander technique, Feldenkrais, Pilates)
- ☐ 3a20. Music Therapy
- ☐ 3a21. Native American Healing Practices
- ☐ 3a22. Naturopathic medicine
- ☐ 3a23. Non-Traditional Spiritual Practices Provided Through VHA Chaplain Service
- ☐ 3a24. Other Creative Arts Therapy
- ☐ 3a25. Other indigenous healing performed by a healer (e.g. Botanica, Curandero, Espiritista)
- ☐ 3a26. Other Non-Traditional Diets
- ☐ 3b1. Progressive Muscle Relaxation Therapy
- ☐ 3b2. Special Diets (e.g. Anti-inflammatory, Mediterranean)
- ☐ 3b3. Stress Management, Relaxation Therapy
- ☐ 3b4. Sweat Lodge
- ☐ 3b5. Tai chi, Qi gong
- ☐ 3b6. Traditional Chinese Medicine
- ☐ 3b7. Transcendental
- ☐ 3b8. Yoga
- ☐ 3b9. Other    3b9a. If other, please specify: \_\_\_\_\_

Please indicate whether you offer the following IH/CHS to your patients. For each service you offer, please indicate whether you provide it at your facility/HCS with VA staff, if you refer to outside provider, or if it's not provided. You will be asked a series of additional questions for each service provided (a or b). Use the supplemental worksheet to track your responses for each service.

*Note:*

*\*May be used as part of whole medicine systems*

*\*\*Chiropractic Care is a health practice mandated by law and VHA Directive 2009-059*

*\*\*\*Mindfulness, Transcendental Meditation, and Mantram Repetition all fall in the general category of "Meditation"*

*\*\*\*\*Other - please specify up to two (e.g. Ayurveda, Chelation, Traditional Chinese Medicine, Homeopathy, Naturopathic medicine, Non traditional spiritual practices provided through VHA Chaplain service, Other non traditional Diets, Other indigenous healing performed by a healer (e.g. Botanica, Curandero, Espiritista) etc.)*

(choose all that apply)

	a. Provided at VA	b. Referred to outside provider	c. Not Provided
4. Acupressure*			
5. Acupuncture*			
6. Animal Assisted Therapy			
7. Aromatherapy			
8. Art Therapy			
9. Biofeedback			
10. Chiropractic**			
11. Dietary/Nutritional Supplements (e.g. Pycnogenol, Chondroitin, Red Yeast Rice, L-Methionine)			
12. Energy Healing (e.g. therapeutic touch, healing touch, Reiki, etc.)			
13. Guided Imagery			

	a. Provided at VA	b. Referred to outside provider	c. Not Provided
14. Herbal Medicines* (e.g. Saw Palmetto)			
15. Hypnosis/Hypnotherapy			
16. Massage Therapy			
17. Mindfulness***			
18. Other Meditations*** (e.g. Transcendental, Mantram Repetition)			
19. Movement Practices (e.g. Alexander technique, Feldenkreis, Pilates)			
20. Music Therapy			
21. Native American Healing Practices			
22. Other Creative Arts Therapy			
23. Progressive Muscle Relaxation Therapy			
24. Special Diets (e.g. Anti-inflammatory, Mediterranean)			
25. Stress Management, Relaxation Therapy			
26. Sweat Lodge			
27. Tai chi, Qi gong			
28. Yoga			
29. Other****			
30. Other****			

**For Each IH/CHS Selected Above, Please Answer The Following Questions:**

(4-28) d. For each service, please indicate whether it is delivered in a group or an individual setting.  
(choose all that apply)

☐ d1. Group    ☐ d2. Individual

d1a. If group, on average how many patients typically participate in each group? (choose one)

☐ 1-10            ☐ 11-20            ☐ >20

d2a. If individual, do you see more than 6 encounters per week (approx. 300 encounters per year)?

☐ Yes    ☐ No

(4-28) e. How often is this IH/CHS offered at your facility/HCS? (choose one)

☐ Daily

☐ More than once per week

☐ Weekly

☐ Monthly

☐ Quarterly

☐ Other frequency

(4-28) f. Are patients asking for additional IH/CHS services for this modality/service?        ☐ Yes    ☐ No

(4-28) g. For which reason(s)/condition(s) is/are these IH/CHS services used? (choose all that apply)

(Chronic Disease Management )

☐ 1. Cancer related symptoms

☐ 2. Chronic Fatigue

☐ 3. Coronary Disease



- ☐ 4. Gastrointestinal disorders
- (Mental Health)
- ☐ 5. Anxiety Disorder
- ☐ 6. Depression
- ☐ 7. Post-Traumatic Stress Disorder (PTSD)
- ☐ 8. Stress Management
- ☐ 9. Substance Abuse Disorder (excluding tobacco dependence)
- (Pain Management)
- ☐ 10. Joint Pain (non-infectious)
- ☐ 11. Musculoskeletal Pain including arthritis
- ☐ 12. Perioperative Pain (acute)
- ☐ 13. Back Pain
- ☐ 14. Headache
- ☐ 15. Fibromyalgia
- (Wellness)
- ☐ 16. Optimizing health and well being
- (Miscellaneous)
- ☐ 17. Sleep Disorders
- ☐ 18. Tobacco Dependence
- ☐ 19. Traumatic Brain Injury
- ☐ 20. Other      20a. If other, please specify: \_\_\_\_\_

Other IH/CHS as selected above:

29d. If other IH/CHS, please specify: \_\_\_\_\_

30d. If other IH/CHS, please specify: \_\_\_\_\_

(29-30) e. For each service, please indicate whether it is delivered in a group or individual setting.  
(choose all that apply)

☐ e1. Group      ☐ e2. Individual

e1a. If group, on average how many patients typically participate in each group? (choose one)

☐ 1-10      ☐ 11-20      ☐ >20

e2a. If individual, do you see more than 6 encounters per week (approx. 300 encounters per year)?

☐ Yes ☐ No

(29-30) f. How often is this IH/CHS offered at your facility/HCS? (choose one)

☐ Daily      ☐ Weekly      ☐ Monthly      ☐ Quarterly      ☐ Other frequency

(29-30) g. Are patients asking for additional IH/CHS services for this modality/service?

☐ Yes ☐ No

(29-30) h. For which reason(s)/condition(s) is/are these IH/CHS services used? (choose all that apply)

*Chronic Disease Management*

☐ 1. Cancer related symptoms

☐ 2. Chronic Fatigue

☐ 3. Coronary Disease

☐ 4. Gastrointestinal disorders

*Mental Health*

- ☐ 5. Anxiety Disorder
- ☐ 6. Depression
- ☐ 7. Post-Traumatic Stress Disorder (PTSD)
- ☐ 8. Stress Management
- ☐ 9. Substance Abuse Disorder (excluding tobacco dependence)

*Pain Management*

- ☐ 10. Joint Pain (non-infectious)
- ☐ 11. Musculoskeletal Pain including arthritis
- ☐ 12. Perioperative Pain (acute)
- ☐ 13. Back Pain
- ☐ 14. Headache
- ☐ 15. Fibromyalgia

*Wellness*

- ☐ 16. Optimizing health and well being

*Miscellaneous*

- ☐ 17. Sleep Disorders
- ☐ 18. Tobacco Dependence
- ☐ 19. Traumatic Brain Injury
- ☐ 20. Other                      20a. If other, please specify: \_\_\_\_\_

*End of questions for each service provided*

**Integrative Health/Medicine**

31. Please describe the extent of your facility's efforts in providing seamless complementary health services across your continuum of care. (choose one)

- ☐ IH/CHS are provided but not in a formal integrative health setting
- ☐ IH/CHS integrated with allopathic care in at least one clinic
- ☐ IH/CHS integrated with allopathic care in all care
- ☐ Other

31a. If other, please explain: \_\_\_\_\_

31b. Do you have a POC for IH/CHS at your facility?    ☐ Yes    ☐ No

31b1. If yes, is it OK to contact this person with further questions by a Technical Advisory Group member?    ☐ Yes    ☐ No

If yes:

31b1a. POC Name: \_\_\_\_\_

31b1b. POC Title: \_\_\_\_\_

31b1c. POC Phone Number: \_\_\_\_\_ (include area code & ext)

31b1d. POC Email Address: \_\_\_\_\_

32. If you have any comments about IH/CHS within VHA, clarifications, or questions related to IH/CHS or this survey, please share them below. (Optional. Limit 4000 characters)

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*Thank you for your time and cooperation!*

## Appendix G

### 2014 VHA Integrative Health/Complementary Health Services (IH/CHS) Survey Glossary

Term	Definition
<b>Acupressure</b>	A technique similar in principle to Acupuncture. Pressure, instead of needles, is used on the body's surface and applied by hand, by elbow, or with various devices to stimulate the flow of energy within the body.
<b>Acupuncture</b>	The term "acupuncture" describes a family of procedures involving the stimulation of anatomical points on the body using a variety of techniques. The acupuncture technique that has been most often studied scientifically involves penetrating the skin with thin, solid, metallic needles that are manipulated by the hands or by electrical stimulation.
<b>Animal Assisted Therapy</b>	A type of therapy that involves an animal, other than a service animal, as a fundamental part of a person's treatment.
<b>Aromatherapy</b>	Aromatherapy is the use of essential oils from plants (flowers, herbs or trees) to promote health and well-being. Essential oils are most often used by inhaling them or by applying them in diluted form to the skin.
<b>Ayurveda</b>	Ayurveda is a system of medicine that originated in India several thousand years ago. In the United States, Ayurveda is considered a type of CAM and a whole medical system. As with other such systems, it is based on theories of health and illness and on ways to prevent, manage, or treat health problems. Ayurveda aims to integrate and balance the body, mind, and spirit.
<b>Biofeedback</b>	Biofeedback uses information from physiological monitoring devices to teach individuals how to consciously regulate physiological functions (e.g. brainwaves, skin temperature, heart rate) and is often used to induce the relaxation response.
<b>CAM Practitioner</b>	A practitioner with training and expertise in the delivery of CAM services.
<b>Chelation Therapy</b>	Chelation therapy is a chemical process in which a substance is used to bind molecules, such as metals or minerals, and hold them tightly so that they can be removed from a system, such as the body. For example, a person who has lead poisoning may be given chelation therapy in order to bind and remove excess lead from the body before it can cause damage.
<b>Diet Therapy</b>	Diet therapy uses specialized dietary regimens, not related to allergies or intolerance, to support the treatment or prevention of specific diseases (such as cancer or cardiovascular disorders) or generally to promote wellness. Other examples include the Mediterranean diet, the Ornish diet, a very low-fat vegetarian diet, and the anti-inflammatory diet. Some of these diets may include significant additions or reductions in certain daily nutrient requirements.

Term	Definition
<b>Dietary/Nutritional Supplements</b>	A dietary supplement is intended to provide nutrients that may otherwise not be consumed in sufficient quantities. Supplements are generally understood to include vitamins, minerals, fiber, fatty acids, or amino acids, among other substances, usually sold in pill or capsule form. Examples include omega 3's, melatonin, probiotics, SAMe, CoQ10, glucosamine, and chondroitin, as well as vitamins and minerals.
<b>Guided Imagery</b>	Guided Imagery is a technique used to guide an individual in mental imagery. Guided Imagery can help guide the mind and body toward a relaxed, focused state and are used to address physical, emotional and psychological issues.
<b>Healing touch</b>	Healing Touch is an energy therapy in which practitioners consciously use touch with her hands in an intentional way to restore and promote health.
<b>Herbal Medicines</b>	Herbal medicine -- also called botanical medicine or phytomedicine -- refers to using a plant's seeds, berries, roots, leaves, bark, or flowers for medicinal purposes. Examples include Gingko, Valerian, Kava Kava, Echinacea, St. John's Wort, Saw Palmetto.
<b>Homeopathy</b>	Homeopathy is a system of medical practices based on the theory that any substance that can produce symptoms of disease or illness in a healthy person can cure those symptoms in a sick person. For example, someone suffering from insomnia may be given a homeopathic dose of coffee. Administered in diluted form, homeopathic remedies are derived from many natural sources, including plants, metals, and minerals.
<b>Hypnosis</b>	Hypnosis is an altered state of consciousness characterized by increased responsiveness to suggestion. The hypnotic state is attained by first relaxing the body, then shifting attention toward a narrow range of objects or ideas as suggested by the hypnotist or hypnotherapist. A person under hypnosis is said to have heightened focus and concentration with the ability to concentrate intensely on a specific thought or memory, while blocking out sources of distraction.
<b>Hypnotherapy</b>	The application of hypnosis for therapeutic purposes.
<b>Integrative Health Integrative/Medicine</b>	<p>The practice of medicine that reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches, healthcare professionals and disciplines to achieve optimal health and healing.</p> <p>While synonymous with Integrative Medicine, the term Integrative Health more accurately reflects the inclusive scope of this approach, which impacts the entire spectrum of health care from optimizing health and well-being to prevention and the treatment and mitigation of chronic diseases.</p>

Term	Definition
<b>Massage Therapy</b>	Massage Therapy encompasses many different techniques. In general, therapists press, rub, and manipulate the muscles and other soft tissues of the body, primarily by using the hands and fingers to enhance relaxation and well-being.
<b>Meditation</b>	Meditation is a mind and body practice and has been practiced by many different cultures throughout the world for thousands of years. Generally, a person who is meditating uses certain techniques, such as a specific posture, focused attention, and an open attitude toward distractions. Meditation may be practiced for many reasons, such as to increase calmness and physical relaxation, to improve psychological balance, to cope with illness, or to enhance overall health and well-being. Practicing meditation can change how a person relates to the flow of emotions and thoughts. There are many types of meditation- three common types of meditation are defined below.
<ul style="list-style-type: none"> <li>• <b>Mantram Repetition</b></li> </ul>	A form of non-sitting meditation where sacred words or phrases are silently, internally repeated throughout the day as objects of concentration and re-directed attention.
<ul style="list-style-type: none"> <li>• <b>Mindfulness</b></li> </ul>	A form of meditation where the focus of attention is on what is being experienced in the present moment, without reacting to or judging it.
<ul style="list-style-type: none"> <li>• <b>Transcendental</b></li> </ul>	A technique of sitting meditation derived from Hindu tradition that promotes deep relaxed awareness through the use of a mantra.
<b>Movement Practices</b> (e.g. <i>Alexander technique, Feldenkreis, Pilates</i> )	A broad range of Eastern and Western movement-based approaches used to promote physical, mental, emotional, and spiritual well-being.
<b>Music Therapy</b>	The clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship to improve and maintain physical, cognitive, emotional and social functioning, as well as promoting health and optimizing well-being.
<b>Native American Healing Practices</b>	A Native American Healer or Medicine Man is a traditional healer who uses information from the “spirit world” in order to benefit the community. People see Native American healers for a variety of reasons, especially to find relief from illness or to find spiritual guidance.
<b>Naturopathic medicine</b>	Naturopathic medicine or Naturopathy is a medical system that has its roots in Germany and was further developed between the 19 <sup>th</sup> and early 20 <sup>th</sup> century in the United States. Practitioners view their role as supporting the body’s ability to maintain and restore health, and prefer to use treatment approaches they consider to be the most natural and least invasive. These approaches include dietary and lifestyle counseling and may include the use of vitamins/nutritional supplements, herbal medicines, homeopathy, hydrotherapy, exercise therapy, therapeutic massage and joint manipulation.

Term	Definition
<b>Non-traditional</b> ( <i>for modern health care</i> ) <b>spiritual practices</b> (e.g. coordinated through Chaplain)	Alternative Pastoral/Spiritual Care utilizes spiritual interventions or practices provided or facilitated by qualified chaplains that lies outside of traditional religious/faith practices and traditional health care. (By policy, In VA all pastoral/spiritual care for patients is either provided by or facilitated by VA chaplains. For example, if a Native American shaman provides direct patient spiritual care, it is under the management and supervision of a VA chaplain .)
<b>Other Indigenous healing performed by a healer</b> (e.g. <i>Botanica, Curandero, Espiritista, Hierbero, Yerbera, Shaman, Sobador</i> )	Methods based on indigenous theories, beliefs, and experiences. Healers implement health practices, approaches, knowledge and beliefs incorporating plant, animal and mineral-based medicines, spiritual therapies, manual techniques and exercises, applied singularly or in combination to treat, diagnose and prevent illnesses or maintain well-being.
<b>Patient-centered</b>	Patient-centered” means considering patients’ cultural traditions, personal preferences and values, family situations, social circumstances and lifestyles. Patient centered care is a personalized, proactive and patient driven approach to care addressing the full range of physical, emotional, mental, social, spiritual and environmental influences.
<b>Progressive relaxation</b>	Progressive relaxation is used to relieve tension and stress by systematically tensing and relaxing successive muscle groups.
<b>Qi gong</b>	Qi gong is an ancient Chinese discipline combining the use of gentle physical movements, mental focus, and deep breathing.
<b>Reiki</b>	A. Reiki is an approach where practitioners place their hands lightly on or just above a person, with the goal of facilitating the person’s own healing response.
<b>Stress Management, Relaxation Therapy</b>	Relaxation therapy is a broad term used to describe a number of techniques that promote stress reduction, by inducing the relaxation response. The relaxation response is characterized by slower breathing, lower blood pressure, and a feeling of calm and well-being.
<b>Sweat lodge</b>	The sweat lodge (also called purification ceremony, sweat house, medicine lodge, medicine house, or simply sweat) is a ceremonial sauna and is an important event in some North American First Nations or Native American cultures.
<b>Tai chi</b>	Tai chi, which originated in China as a martial art, is a mind and body practice. Tai chi is sometimes referred to as “moving meditation”—practitioners move their bodies slowly, gently, and with awareness, while breathing deeply.
<b>Therapeutic touch</b>	Therapeutic Touch is a contemporary interpretation of several ancient healing practices. It is a consciously directed process of energy exchange during which the practitioner uses the hands as a focus to facilitate the process.
<b>Traditional Chinese Medicine</b>	Traditional Chinese medicine is a broad range of medicine practices sharing common concepts which have been developed in China and are based on a tradition of more than 2,000 years, including various forms of herbal medicine, acupuncture, massage, exercise, and dietary therapy.

Term	Definition
<b>Well Being</b>	Well-being is a relative state where one maximizes a person's physical mental and social functioning in the context of supportive environments to live a full, satisfying and productive life.
<b>Yoga</b>	Yoga is a mind and body practice with historical origins in India. Like other meditative movement practices used for health purposes, various styles of yoga typically combine physical postures, breathing techniques, and meditation or relaxation.

**Creative Therapy:**

Creative Arts Therapists perform professional work requiring application of either (1) knowledge of the concepts, principles and practices of recreation therapy and the use of various interventions to treat physical, social, cognitive, emotional conditions associated with illness, or chronic disability; or (2) a knowledge of the concepts, principle and practices of a specialized creative Arts Therapy (i.e. art, dance, music, and psychodrama) and the use of appropriate specialized treatment modalities to improve and maintain physical, cognitive, emotional, and social functioning, preventing secondary health conditions, enhancing independent living skills, and overall quality of life.