

# WHAT IS CAM?

(COMPLEMENTARY AND ALTERNATIVE MEDICINE)

Complementary medicine is used along with standard medical treatment but is not considered by itself to be standard treatment. Alternative medicine is used instead of standard medical treatment or it can be integrated with standard treatment.

## ACCESSIBILITY GAP FOR CAM

- **42% of adults reported they were unable to receive mental health care because they could not afford it.**
- **But data shows that some Americans spend about \$30.2 billion yearly out-of-pocket on complementary health products and practices.**

We are dedicated to providing accessible mental health and wellness care to those who need it most. We believe that everyone deserves access to resources and support that can help them improve their mental and emotional well-being. Our pay-it-forward system ensures that our mission is sustainable, allowing us to serve as many individuals as possible. Join us in our quest to make mental health care accessible to all, regardless of income or background.

# CONNECT WITH US



@phh.holistic.care



@Project.Healing.Hive

Scan below to check out our website



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**Project Healing Hive is a grassroots organization founded in 2019. Our mission is to improve access to evidence-based CAM (complementary and alternative medicine) for overall health and mental wellness through research and development, advocacy, and community-based services.**

Registered 501(c)(3) Non-profit Organization

# COMMUNITY-BASED PROGRAMS

Since 2019 Project Healing Hive has been providing the community with free holistic-based mental health support programs to underserved and stigmatized populations in Southeastern Pennsylvania.

Today, we provide multiple programs that are trauma-informed and community-based facilitated by PHH staff and volunteers that have been trained in trauma sensitive practices and policies.

## CURRENT PHH PROGRAMS

- **Mental Health and Wellness Professionals Assembly**
- **Free Drop-In Mental Health Center**
- **S2T (surviving to thriving) Women's Meet-up**
- **Donation-Based Community Wellness Classes**



# RESEARCH & DEVELOPMENT

Project Healing Hive in partnership with Bee Eternal Enterprise, conducts independent research on the efficacy of CAM (complementary and alternative medicine) when integrated into a cognitive behavioral health program.

Our research and evidence-based treatment models are meant to create systemic change in the standard model of treatment for mental health treatment. Our goal is to provide results supporting the effectiveness of CAM (complementary and alternative medicine) when integrated into cognitive behavioral therapy so that these therapies become part of the standard model of mental health care.

## CURRENT PHH RESEARCH & DEVELOPMENT

- **Beehive Immersion Therapy (BIT)**
- **Complementary Integration Model (CIM)**



# ADVOCACY EFFORTS

Nearly 40% of adults in the U.S. use some form of complementary and alternative medicine (CAM), including dietary supplements. Although academia, and the private sector have begun to offer some support for CAM education, research, and integration with conventional medicine, the gaps and barriers in the accessibility to complementary therapies remains another problem. Our advocacy efforts are meant to create autonomy and accessibility to complementary and alternative therapies in community-based and trauma-informed settings.

## CREATING SYSTEMIC CHANGE

At Project Healing Hive, our mission is to make complementary and alternative medicine (CAM) accessible to all. We believe that individuals should have access to alternative treatment options to achieve holistic health and well-being. We advocate for the inclusion of CAM therapies in the American Medical Association (AMA) Current Procedural Terminology (CPT) code set to ensure that all individuals have equal access to health care options.

