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Impact Report



1 ACHS Mission & Vision

Mission:

To lead the advancement of evidence-based, integrative health and wellness education through experiential online learning and sustainable practices.

Vision:

Integrative health and wellness education is accessible to global communities, promoting sustainable and healthy futures for all.

“*In our 2023 B-impact report, we're proud to showcase our continued dedication to fostering a sustainable community at ACHS. Our vision is a healthy and sustainable future for all, and our commitment as a B Corp® is just one of the ways we're working to achieve this vision.*”

— ACHS President Tracey Abell

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ENVIRONMENTAL **IMPACT****Commuter Conservation**

In 2023, ACHS continued its commitment to flexible and remote work practices. 90% of ACHS staff and faculty work remotely, contributing to the reduction in commuter-related carbon emissions on a daily basis. The average American commutes 41 miles every day. Building a remote-friendly culture saved our team of 72 employees an estimated 2,952 miles of driving each day.

$$\begin{array}{rcccl}
 \mathbf{261} & \times & \mathbf{2,952} & = & \mathbf{770,472} \\
 \text{Business Days} & & \text{Miles} & & \text{Miles NOT Driven}
 \end{array}$$

Year-Over-Year Measurable Success

- All energy powering our Portland, Oregon campus comes from renewable sources as part of ACHS's commitment to the PGE Green Future Enterprise program.

UTILITY CONSERVATION Gallons, Kilowatts, and Units**ECO****up to 16%**

reduction in overall utility use at our Portland-based campus facilities

**21%**

reduction in daily electricity use (Kw)

**37%**

reduction in daily natural gas use (units)

**9%**

increase in daily water use (gallons)

Electricity (kw)**Natural Gas (Units)****Water (Gallons)**

ACHS tracks electricity, gas, and water use every month for a comprehensive snapshot of kilowatts (KW), gas units, and gallons of water. Through tracking, we can assess trends in usage, factors for fluctuation, and strategies for consumer reduction.

Water Conservation Efforts: Despite choosing native and drought-resistant plants and adjusting watering schedules, warming temperatures necessitate ongoing efforts to conserve water.

ACHS uses low-flow irrigation, chooses native and drought-resistant plants, and continues to adjust soil moisture levels to avoid overwatering. ACHS will continue to modify watering schedules based on weather conditions and seek out other ways to conserve water.

Note: Data comparison includes the 5-year average to 2023.

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COMMUNITY **IMPACT****HOLDING TRUE TO OUR MISSION**

With unwavering determination, our remote-first team aligns ACHS closely with our founding values and B Corp™ mission - prioritizing people and the planet above the bottom line.

This commitment fosters personal wellness, community well-being, and a positive company culture, while still offering steadfast support to our students and the broader ACHS community.

FREE WEBINARS

As part of our social mission, ACHS makes health and wellness accessible on a global scale through free webinars.

In 2023, we reached more than 832 participants across 17 webinars, facilitating +1,411 hours of community learning.

Re-watch our webinars online at <https://publications.achs.edu/publications/>



FINANCIAL CONTRIBUTIONS TOWARD POSITIVE CHANGE

ACHS remains committed to corporate philanthropy, guided by principles that nurture relationships with other organizations and communities. Our giving initiatives are guided by:

- **Focus on Impact:** Aligned with our mission and vision, we direct donations towards initiatives that foster community well-being, encompassing sustainability, diversity, equity, and inclusion (DEI), animal welfare, and health and wellness.
- **Continuation of Support:** We are recurring donors for organizations that align with our values of sustainability and partnership such as the American Botanical Council.
- **Investment in the Future:** Annually, we donate a portion of our funds to the ACHS Foundation. The Foundation focuses on advancing our students, graduates, and the broader community with a goal to expand awareness and access to integrative health education and global sustainability practices.

In 2023, ACHS was proud to contribute \$11,275 to the following local, national, and international organizations:

Organization	Initiative	2023 Donation
American Botanical Council - Sustainable Herb Program	Sustainability/Education	\$2,500
American College of Healthcare Sciences Foundation	Foundation Support	\$4,775
American Holistic Veterinary Medical Foundation	Animal Health & Wellness/ Education	\$1,500
The Doughty Center	Health & Wellness	\$500
Neighborhood House	DEI	\$500
The Project Heal	DEI / Health & Wellness	\$1,500
Total:		\$11,275

PROVIDING A SUPPORTIVE WORK ENVIRONMENT

WELLNESS

 **2,242**

Hours of paid wellness time in 2023 for personal well-being, reflecting our emphasis on a culture of wellness and healthy living

 **\$500**

Wellness stipend provided to all ACHS employees to provide financial support and encouragement for their unique health journeys

 **1**

Employee took advantage of fully paid parental leave, underscoring ACHS's commitment to supporting employees through major life transitions.

WELLNESS ACTIVITIES

ACHS believes in wellness as a lifestyle and incorporates activities for wellbeing into our meetings, trainings, and by continually sharing ways to cultivate wellness in our lives.



VOLUNTEERISM

ACHS Paid Volunteer Program

 **55**

Volunteer hours employees utilized through our ACHS Volunteer program, which encourages staff to utilize paid time off to contribute to nonprofit organizations. All employees receive 8 hours of paid volunteer time per year.

OUTSIDE THE OFFICE

The ACHS staff and faculty are deeply committed to giving back to their communities, often getting involved in many charities and philanthropies. In 2023, ACHS team members reported 690 hours of collective impact toward local and global initiatives that included community clean-ups, addressing food insecurities, volunteering at animal shelters and schools, participating in mentorship and youth programs, promoting health and wellness initiatives, and offering relief for affected communities.



Pictured Above: ACHS faculty Dr. Jimmy Godard volunteering in Ethiopia in December 2023.



ACHS professor Dr. Jimmy Godard frequently volunteers overseas. In December 2023, Dr. Godard went on a service trip to the vibrant Dire Dawa and Harar in Ethiopia. His service helped distribute 587 prescription eyeglasses and 1100 readers among 1087 residents. They also provided dental care for 234 individuals in the community.



Troy Jenkins, Director of Enrollment Management, joins fellow volunteers at Rocky River Nature Park for a native grass species planting event organized by Upstate Forever.



Tiffany Rodriguez, Chief Academic Officer, (pictured right) with her wife and daughter volunteering at the Llewellyn Elementary Fun Run.



Lori Holdren, Dean of General Education, poses alongside members of the Silver Creek Canine 4-H Club for a memorable snapshot.



Victoria Worden, Production Lead, joins other volunteers from Trailkeepers of Oregon in a cleanup effort.



Learn more about our work in the community and the latest health and wellness news. Subscribe to the ACHS Health and Wellness Blog: <https://info.achs.edu/blog>

ABOUT **ACHS**

The American College of Healthcare Sciences (ACHS), located in Portland, Oregon, is an accredited college that specializes in online holistic health, integrative health, and aromatherapy education. Founded in 1978, ACHS offers a range of certificate, diploma, and degree programs for complementary alternative medicine disciplines. ACHS is dedicated to providing exceptional online education based on evidence-based research, emphasizing sustainability and global stewardship.

ACHS is accredited by the Distance Education Accrediting Commission (DEAC). DEAC is listed by the U.S. Department of Education as a recognized accrediting agency and recognized by the Council for Higher Education Accreditation (CHEA).

