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Institute for Holistic Health Studies Report – Seven-Year Sunset Report/Review for Continuation

Mission:

The mission of the IHHS is to provide the university and broader community with an opportunity to explore holistic health through programming and instruction.

Note: This mission should be updated to include preparing students for career and continuing education opportunities in holistic and integrative health.

Needs Assessment:

I was not the director when the IHHS was created. At the time, the primary need was to raise awareness about opportunities for alternative and complementary healing modalities and to provide a forum for practitioners to network and share their experiences.

In my first four years as IHHS director the above needs still existed. In addition, surveys indicated a need for stress management programs and nutrition programs. The needs were still based on providing information and knowledge to the university community and the greater Danbury Area.

Needs Modification:

Over the past fifteen years the National Center for Complementary and Integrative Health (NCCIH), previously known as National Center for Complementary and Alternative Medicine (NCCAM), has conducted and/or funded research on the use of and effectiveness of various alternative to the western approach to health care. The results of this research indicate an increase in use of these therapies as well as an increase in the inclusion of these therapies in western medical practices nationwide. Health care providers, such as nurses, physical and occupational therapists, dieticians, dentists, physicians, pharmacists, psychologists and more, are promoting an integrated and holistic approach to health care and it is important for them to understand the use of alternative health care practices by their patients. Healthcare providers are creating environments that include allopathic practitioners and holistic practitioners within the same setting, providing patients/clients with a holistic, integrative and complementary approach to care. These innovative approaches to health promotion and disease prevention are becoming increasingly important, leading to career opportunities in business, teaching, research and counseling. There is an increasing need for practitioners in emerging healthcare fields including naturopathic medicine, acupuncture, integrative nutrition, and massage therapy. The need for awareness about alternative therapies among the general population still exists but, with the increase in the availability of these types of therapies, the need for knowledge to make informed choices is high. The opportunity for participants to experience the benefits of the alternative therapies is also needed.

Goals, Objectives, and Principal Activities:

Goal 1: Increase use of Holistic Health Modalities
Objective 1: Increase awareness of Holistic Health Options among WCSU students, faculty and staff by 25% in the next 5 years through health fairs, monthly workshops, and a directory of holistic health providers
<ul style="list-style-type: none">• Combining the 2 university health fairs into one larger health fair in the spring semester<ul style="list-style-type: none">○ Integrate health service, counseling, campus recreation, IHHS, etc.○ Provide workshops and demonstrations along with exhibits• Increase advertising for events (focus on outside the University)

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<ul style="list-style-type: none"> Recruit presenters for monthly workshops Create and distribute holistic health directory Update IHHS website (advertising and holistic health directory)
Objective 2: Increase use of Holistic Health Providers among WCSU students, faculty and staff by 15% in the next five years through experiential workshops and a directory of holistic health providers
<ul style="list-style-type: none"> Provide opportunities for holistic health providers to use the treatment space Increase advertising for events (focus on outside the University) Recruit presenters for experiential workshops Create and distribute holistic health directory Update IHHS website (advertising and holistic health directory)
Objective 3: Have at least 2 nationally renowned presenters (first tier) at WCSU over the next 5 years
<ul style="list-style-type: none"> Choose presenters Locate and contract with presenter Advertise Schedule room(s), logistics, etc.
Goal 2: Reach out into the Greater Danbury Community
Objective 1: Increase awareness of IHHS events among the Greater Danbury community by increasing advertising /public service announcements in local media to at least 3 media messages outside the university media for each event in the next 5 years
<ul style="list-style-type: none"> Work with WCSU media to advertise and connect with local media for events Enhance website Invite media to events Create press releases
Objective 2: Increase participation in IHHS events by local Holistic Health Providers to at least 35 providers at each health fair and 2 new workshop providers per year over the next five years
<ul style="list-style-type: none"> Create holistic health directory and use as a recruitment tool (offer inclusion in the directory in exchange for presenting)
Objective 3: Create and print advertising brochure for IHHS and flyers for all events
<ul style="list-style-type: none"> Work with WCSU media to create marketing materials
Goal 3: Create opportunities for certification
Objective 1: Offer at least three certification opportunities at WCSU over the next five years
<ul style="list-style-type: none"> Choose certification programs based on needs assessment Locate and contract with providers Schedule room(s), logistics, etc. Advertise Register attendees

Principal Accomplishments:

2011

- Spring health fair “Good Grief, Stress Relief”
 - 7 exhibitors
 - free massages were provided
 - stress management workshop provided
 - draft Holistic Health Resource Guide was created
 - approximately 50 attendees – most were HPX students
- 3 spring workshops were provided at no-cost to the university and general public: Shamanic Healing, Guided Imagery for Relaxation, and Stress and Nutrition (average attendance 12)
- IHHS awards were given this year to Stephanie DeSousa, Ann Marie Mazza, and Pete Heinlein.
- Practical Strength Training for Older Adults offered on Tuesday, Thursday and Friday

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- IHHS student service learning group cohort 1
 - conducted needs assessment fall 2011
- Began Wellness Wednesday “lunch and learn” workshops this fall:
 - Stress & Health, ACSM Guidelines for Physical Activity, Yoga off the Mat, 2 sessions on Myofascial Release, Hypnotherapy for Wellness (average attendance 15)
- Participated in fall campus-wide health fair
 - recruited 5 vendors
 - sponsored Yoga demonstration, fitness testing and healthy snacks
 - provided Zumba demonstrations, nutrition seminar, and cooking demonstrations
- Tibetan Medicine Lecture series #1 by Dr. Tashi Ratben
 - History, Mind and Culture; Theory, part I and II: The Mind-Body Connection; and Treatment and Experience
 - very well-attended with over 100 people attending the last session, most of the attendees were community members from outside of the university
 - series was instrumental in introducing holistic health to the greater Danbury community and preparing the community for the 2012 visit by the Dalai Lama.

2012

- IHHS student service learning group cohort 1
 - began program planning spring 2012
 - designed program and marketing materials fall 2012
- Tibetan Medicine Lecture series #2 by Dr. Tashi Ratben, Reverend Wisdom Jarvis co presented with Dr. Tashi for the last session
 - Due to success of the fall 2011 sessions, we added 5 new sessions for the spring
 - History: The Mind-Body connection and culture; Theory Parts I-III; The Breath, Temperature, and Fluid of Life; and The Spiritual Connection.
 - Average 50 attendees per session
- Spring Wellness Wednesday Workshops
 - 2 stress reduction workshops, Intro to Reiki Therapy, Intro to Drum Circles, Meditation for Wellness (Average attendance 15)
- Certification workshops for reiki level I, II and III master levels in Spring 2012
- Spring health fair (9th Annual Holistic Health Fair and the 5th Annual HPX 5K)
 - 20 exhibitors
 - 4 presenters
 - Worked with the producers of “The Sacred Science” to provide a free screening of the documentary film.
- IHHS awards were given this year to Jessica Evans, Tracy Sales, and Abigail Rasmussen.
- Practical Strength Training for Older Adults offered on Tuesday, Thursday and Friday
- IHHS student service learning group cohort 2
 - conducted needs assessment fall 2012
- Fall Wellness Wednesday Workshops

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- Mindfulness and Compassion, Yoga off the Mat and into Daily Life, Quickie Mental & Emotional Stress Busters for Balance-on-the-Go!
- Added free Zumba classes taught by Dr. Housemann
- Fall campus wide health fair was cancelled due to weather
- Classes in reiki levels I and Shamanic Reiki I and II were offered in fall 2012, additional classes were planned but were cancelled due to the weather

2013

- IHHS student service learning group cohort 1
 - Implemented and evaluated programs spring 2013 (yoga class, holistic health resource guide, tea tasting)
- IHHS student service learning group cohort 2
 - began program planning spring 2013
 - designed program and marketing materials fall 2013
- Spring Wellness Wednesday Workshops
 - Introduction to Holistic Health, Guided Imagery for Stress; Exercise Barriers, Exercise Myths, and Relaxation Techniques; Ergonomics and Stretching Techniques for Students and Faculty; and The Purpose and Practice of Mindfulness
- Practical Strength Training for Older Adults offered on Tuesday, Thursday and Friday
- Spring health fair (10th Annual Holistic Health Fair) was held on the midtown campus during the school day to attract more students
 - Start of health fair was delayed by an hour due to a snow delay
 - Turned out to be the one of the most well-attended IHHS Health Fairs with over 100 people attending
 - 23 exhibitors including student groups from HPX, nursing and social work
 - 4 reiki masters provided free reiki
 - Dan Mustin led a drumming circle, there is now a “drumming club” on campus
- IHHS awards were given this year to Michaela Hastings and Brittany Chengeri.
- Development of Holistic Health Option for the HPS degree
 - Preliminary work on curriculum design for the Holistic Health Option occurred in spring
 - Meetings with administrators of graduate programs in holistic health areas occurred over the summer to refine the courses that are planned for the holistic health option
 - Work continued on refining the option to prepare it for the curriculum review process in the spring
- Exhibitor at the annual Health Fair at Diageo Corporation in Norwalk – provided free reiki to employees
- IHHS student service learning group cohort 3
 - conducted needs assessment fall 2013
- Fall Wellness Wednesday Workshops
 - Everyday Yoga for Every Body, Past Life Regression as a Therapy and Healing Tool, Energy Healing for Focus and Clarity, Meet your Power Animal- Your Guardian Angel in Animal Form, Mindfulness and Meditation

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- IHHS, HPX Department and Campus Recreation collaborated to prepare a proposal for a Phase 1 of Wellness Center in Berkshire Hall
 - The proposal goal was to design an interim wellness center that would serve as an optimal experiential learning environment for HPX majors and lead to the provision of an array of health promoting opportunities for WCSU students, faculty, and staff and residents of the Greater Danbury area
 - Although the center was not funded renovations are occurring to support the goal of the proposal
- A new advisory board was created and the first meeting was held in August 2013
 - Ideas for the Holistic Health option were presented to the board and comments were taken into account when finalizing the courses
 - Board members will be instrumental in identifying adjunct faculty to teach courses and to provide opportunities for student internships in holistic health
- Dr. Housemann presented two sessions entitled “Breathing In Greatness, Breathing Out Stress” at the 2013 Boys and Girls Club Northeast Regional Keystone Summit on November 9, 2013 – extending the reach of holistic health opportunities to the community
- Participated in the fall campus-wide health fair
 - HPX students volunteered and provided an information table for HPX club as well as an HPX department information table where we promoted the spring holistic health course and the potential new option
 - We also provided free reiki.

2014

- Development of Holistic Health Option for the HPS degree
 - Curriculum proposal was approved by the HPX department, the School of Professional Studies Program Review Committee and the UPBC in spring
 - It was approved by CUCAS in fall 2014 as an option for fall 2015
 - We offered Introduction to Principles of Holistic and Integrated Health, the first Holistic Health option course, as a faculty-developed study in Spring 2014; the course was filled and there were requests for overrides
 - We plan to offered Mind-Body Health and Regression therapy I in fall 2014 as faculty developed – both courses were successful
- IHHS student service learning group cohort 2
 - Implemented and evaluated programs spring 2014 (health fair exhibit, designed holistic health classroom, yoga demonstration, Instagram social media awareness campaign)
- IHHS student service learning group cohort 3
 - began program planning spring 2014
 - designed program and marketing materials fall 2014
- Dr. Housemann presented “Breathing In Greatness, Breathing Out Stress” to middle-school aged girls at the Boys and Girls Club of Ridgefield
- Practical Strength Training for Older Adults offered on Tuesday, Thursday and Friday

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- Good Grief – Stress Relief workshop conducted for Social Work student club in Spring 2014 and the Commuter Club in Fall 2014
- Spring health fair (11th Annual Holistic Health Fair) was on the midtown campus during the school
 - Over 100 people attended
 - 25 exhibitors (two more than the prior year) including student groups from HPX, nursing and social work
 - 4 reiki masters provided free reiki
- IHHS awards were given this year to Briana Leger and Marina Deyle
- We had our first Holistic Health intern summer of 2014
 - Briana Leger spent 450 hours with Dr. Housemann and Christel Autuori
 - She was certified as an advanced reiki practitioner, participated in 2 health fairs and a vendor fair, worked with Lyme disease patients, designed an online directory of providers, and a developed and implemented a 10-session mindful weight management program.
- Exhibitor at the annual Health Fair at Diageo Corporation in Norwalk – provided free reiki to employees, Briana Leger attended with me
- Exhibitor at 2014 Lyme Disease: Body, Mind and Spirit Seminar and Health Fair, Briana Leger attended as well
- IHHS student service learning group cohort 4
 - conducted needs assessment fall 2014
- Conducted 3 workshops at the fall Compassion and Creativity Conference
 - Reiki and Your Health, Dimensions of Wellness Mandala, ERR (Energizing, Re-energizing, Relaxation) Method for Managing Life’s Daily Stressors

2015

- Offered weekly series “Meditating Holistically” on Wednesday evenings – attendance varied from 5 – 15 people, mostly community members, weather was a major deterrent this spring
- IHHS student service learning group cohort 3
 - Implemented and evaluated programs spring 2015 (health fair exhibit, designed meditation garden, tea tasting demo, Instagram social media awareness campaign)
- IHHS student service learning group cohort 4
 - began program planning spring 2015
- Practical Strength Training for Older Adults offered on Tuesday, Thursday and Friday
- Spring Wellness Wednesday Workshops
 - Reduce Stress Now! Through Nutrition And Mindful Practices, Holistic Marketing, Train Your Brain
- Second Holistic Health intern spring of 2015
 - Elaine Generoso spent 300 hours with Dr. Housemann
 - She was certified as a reiki level II practitioner, taught 2 lectures in a holistic health course, developed a stress management Wellness Wednesday Workshop, and participated in 1 health fair.

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- Spring health fair (12th Annual Holistic Health Fair) was on the midtown campus during the school
 - Over 100 people attended
 - 29 exhibitors (4 more than the prior year) including student groups from HPX and nursing
 - 4 reiki masters provided free reiki
 - 2 massage therapists provided free massages
 - Bottled Tea was donated by SodTerra
- IHHS awards were given this year to Courtney Coogan and Cierra Ambrose
- Dr. Housemann presented “Guided Imagery and Power Animal Meditations” to middle-school aged girls at the Boys and Girls Club of Ridgefield
- Exhibitor at the annual Health Fair at Diageo Corporation in Norwalk – provided free reiki to employees, Elaine Generoso attended as well
- Exhibitor and workshop presenter at the Sticks and Stones Farm Open House/Natural Awakenings 10th anniversary party
 - Provided information about the holistic health option
 - Provided reiki sessions as an IHHS fundraiser
 - Conducted Guided Imagery workshop
 - Networked with other Holistic health providers
- Wellness Suite created in Berkshire Hall
 - Reception area large enough for a meditation group and small workshops
 - 3 treatment rooms for reiki/massage/holistic treatment modalities or health coaching
 - Will be used for the Holistic Health Options courses as well as renting space to practitioners as a way to raise money for IHHS programs and services
- Plans for fall 2015
 - Plant meditation garden
 - Grand opening of treatment rooms
 - 200 hour yoga certification training Oct 2015-April 2016
 - 13-month Shamanic healing certification training
 - Level 1 Quantum Touch Healing Training
 - IHHS student service learning group cohort 4 will design program and marketing materials
 - IHHS student service learning group cohort 5 will conduct needs assessment

Faculty, Staff, and Responsibilities:

Robyn A. Housemann, PhD, MPH is the director for the IHHS. She is responsible for all the program planning, coordination of volunteers, report writing, networking, logistics, etc. for all IHHS events and activities. She received 2 credits of release time per semester for her efforts. She spends, on average 90 hours per semester on IHHS activities and 40 hours during the summer break.

Jeffrey Schlicht, PhD coordinates the Older Adult Practical Strength Training classes. He hires teachers for the classes and coordinates the schedule. He spends 60 hours per year coordinating these classes.

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Student Involvement and Student Outcomes:

Students are involved with IHHS in the following ways:

1. Attendees at workshops, health fairs and other events – attendance is not mandatory and has ranged from 5 to over 100 attendees. Over the past 5 years, there have been approximately 500 students, faculty and staff in attendance at our events. The learning outcomes depend on the content of the workshops. Most are experiential and awareness-oriented so students come away with at least one useful skill to apply. The health fair (as is typical for this type of venue) is focused on awareness about holistic opportunities. Using the 2015 spring health fair numbers, students were exposed to 29 opportunities for enhancing their wellness.
2. Volunteers at workshops, health fairs and other events – the learning outcomes depend on the level of volunteering. Some volunteers are there to help carry and assist exhibitors, there's not much learning. Other volunteers are involved with the planning of the events – the volunteers learn the process of planning a large event, including exhibitor recruitment, logistics of scheduling, refreshments, and layout, etc. There are 1 to 2 volunteers per semester to help with Wellness Wednesday Workshops and 12-15 volunteers at the health fairs. There is overlap in the students who volunteer, over the past five years there were between 50-75 volunteers. Students also volunteer to teach the Older Adult Strength Training classes. Dr. Schlicht trains the students to teach and, once trained, the students are hired to teach the classes. Over the past five years 7 students have been trained to teach this specialized class.
3. The HPS degree has a service learning component that spans four semesters and includes 5 courses. Students select a group in the fall semester of their sophomore year and continue to work with this group for the next 2 years. We have had IHHS student groups since fall 2010. The group sizes have ranged from 5 to 9 students for a total of 35. These courses provide an experiential learning approach that incorporates team building, knowledge enhancement, skill building, volunteerism, and continuous quality improvement. Students create health promotion programs focused on Holistic Health approaches for the university and surrounding community organizations. The service learning approach provides students with an opportunity to gain “real-life experience” and help the community at the same time. Mentoring, advising and leading by example are key components of our student-centered approach. The students are evaluated according to the requirements in the course syllabi. At the end of four semesters the students are expected to:
 1. Assess Needs, Resources and Capacity for Health Education/Promotion
 2. Plan Health Education/Promotion
 3. Implement Health Education/Promotion
 4. Conduct Basic Evaluation and Research Related to Health Education/Promotion
 5. Administer and Manage Health Education/Promotion
 6. Serve as a Health Education/Promotion Resource Person
 7. Communicate, Promote, and Advocate for Health, Health Education/Promotion, and the Profession

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The Holistic Health Option for our major will begin this fall officially. Even without this option we are seeing students succeed in areas associated with holistic health: 1 student is now a chiropractor, 1 student with 1 semester remaining before she receives her doctorate in naturopathy, 2 with certifications in holistic health coaching, several who are certified to teach yoga, 3 reiki practitioners, and 1 studying massage therapy. This brand new option has 8 students enrolled as majors at the current time and we have had several requests for information about the program.

Outreach to greater community:

All of our programs are open to faculty, staff and the greater community. The programs that are offered in the evenings are more likely to be attended by community members. This was especially true of the Tibetan Medicine lecture series with over 100 attendees. This could have been due to the community's interest in the Dalai Lama's visit.

In the past few years, I have been asked to present workshops and participate in health fairs outside of the university at worksites, community settings and for youth. These requests are indicative of the community's interest in holistic and integrative health opportunities.

Assessment and Evaluation:

Objective	Measured by	Status
Goal 1: Increase use of Holistic Health Modalities		
Objective 1: Increase awareness of Holistic Health Options among WCSU students, faculty and staff by 25% in the next 5 years through health fairs, monthly workshops, and a directory of holistic health providers	<ul style="list-style-type: none"> Attendance at health fair #exhibitors at Health fair Availability of provider directory 	<ul style="list-style-type: none"> Spring 2011 health fair attendance ~ 50 participants Spring 2015 health fair attendance 105 people signed in but there were several who did not sign in (estimate 120) 2011- 7 exhibitors, 2015 – 29 exhibitors Directory is in final draft form and will be available on the IHHS website this fall
Objective 2: Increase use of Holistic Health Providers among WCSU students, faculty and staff by 15% in the next five years through experiential workshops and a directory of holistic health providers	<ul style="list-style-type: none"> No data collected 	<ul style="list-style-type: none"> We have found that this is difficult to measure. Once we have the treatment suite running this fall we will be able to track use of the services Attendance at events may be a predictor of future use of services
Objective 3: Have at least 2 nationally renowned presenters (first tier) at	<ul style="list-style-type: none"> Events 	<ul style="list-style-type: none"> we had planned for Sherry Strong in spring 2015 but she cancelled

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WCSU over the next 5 years		<ul style="list-style-type: none"> Balaram Muddapu is scheduled for Oct 10-11, 2015
Goal 2: Reach out into the Greater Danbury Community		
<p>Objective 1: Increase awareness of IHHS events among the Greater Danbury community by increasing advertising /public service announcements in local media to at least 3 media messages outside the university media for each event in the next 5 years</p>	<ul style="list-style-type: none"> Media events 	<ul style="list-style-type: none"> All IHHS events are on the WCSU events calendar, in the WOW (What's on at Western) emails, and available on the monitors throughout campus Natural Awakenings Magazine wrote an article about the IHHS and the new Holistic Health Option in the March 2015 issue and includes our events on their event calendar
<p>Objective 2: Increase participation in IHHS events by local Holistic Health Providers to at least 20 providers at each health fair and 2 new workshop providers per year over the next five</p>	<ul style="list-style-type: none"> Exhibitors at health fair Wellness Wednesday Workshop presenter pool 	<ul style="list-style-type: none"> 2011- 7 exhibitors, 2015 – 29 exhibitors Current pool of over 20 potential presenters who donate their time
<p>Objective 3: Create and print advertising brochure for IHHS and flyers for all events</p>	<ul style="list-style-type: none"> Existing of brochure Advertising is done electronically so printing of flyers will be minimal 	<ul style="list-style-type: none"> Need funding for this, not yet done Flyers are created for all events and are posted around campus and electronically via twitter, facebook and Instagram and on updated website
Goal 3: Create opportunities for certification		
<p>Objective 1: Offer at least three certification opportunities at WCSU over the next five years</p>	<ul style="list-style-type: none"> Number of programs offered 	<ul style="list-style-type: none"> 4 reiki certification classes have been offered Past life regression certification was offered 3 new certifications are scheduled to begin this fall