

WESTERN CONNECTICUT STATE UNIVERSITY
Institute for Holistic Health Studies
Seventh Annual Report to the WCSU Senate, 2006-2007

This is a summary report of the observations and assessments regarding the operation of the Institute for Holistic Health Studies (IHHS) which is in its seventh year at Western Connecticut State University.

In the 2006-2007 academic year IHHS was directed by Robyn Housemann. Dr. Housemann contributed approximately 15 hours per week planning and coordinating IHHS activities in conjunction with Connecticut Holistic Health Association (CHHA) and WCSU Office of University Events and WCSU Office of Public Relations. She updated the IHHS website <http://www.wcsu.edu/ihhs> and monitored the IHHS email address ihhs@wcsu.edu. The majority of the e-mails received at this address have been solicitations and junk e-mail. Housemann worked with students to develop a survey to assess the holistic health needs/desires of WCSU students, faculty and staff (*See attached survey*). The survey data are being entered and analyzed. These data will help guide the planning for events for next year.

IHHS continued to bring inspirational and educational events to campus alone and in partnership with the Danbury Branch of CHHA. The main events for this year included two programs in the Midtown Student Center (Oops, Your Body Language is Showing and Brain Gain or Brain Drain: Take Your Pick) and a Child and Family Wellness Event at the Westside Student Center. HPX students were involved in the planning, logistics, and evaluation of these events. The current cohort of HPS students have a strong interest in holistic health. IHHS would like to thank WCSU Student Services, Public Relations, Maintenance, Public Safety, University Events, University Computing, University Printing and all the student volunteers.

IHHS will be hosting the International Association for Regression Research and Therapies 2007 International Conference in October 2007 at the Westside Student Center.

Two \$500 IHHS scholarships were awarded again this semester to Kedemah Joseph and Diane Kurimai.

Based on the activities of the Institute this past year, the following issues in the managing of the Institute still need to be addressed:

1. **Leadership:** The HPX Department hired a full time faculty member (release time) to be responsible for the institute. This first year required learning and networking within and outside of CHHA.
2. **IHHS's relationship with CHHA** will need to be evaluated on a yearly basis. It is the responsibility of the new 'director' to facilitate that relationship and all other activities related to the Institute. We are looking at moving IHHS toward

providing services and programs to the WCSU community while keeping the relationship with CHHA in tact. The relationship is an important one because it provides a connection to a network of holistic health practitioners. However, we do not want to become a vehicle for advertising businesses and focusing only on the Greater Danbury community while not providing for our own. This next year we will look at balancing the CHHA relationship as well as creating new and re-igniting old relationships (Danbury Hospital) with a focus on programs for students, faculty and staff.

3. **IHHS Special Speakers & Events.** The continuation of such events will depend on our ability to get sponsorships.
4. **IHHS Annual Holistic Health Fair:** The continuation of such events will depend on our ability to get sponsorships.

In summary, IHHS at Western Connecticut State University continues to have potential for expansion, but such potential will rely on building credibility and partnerships with practitioners, sponsors, the WCSU community, and the Danbury community. There is a high level of interest from current students regarding a holistic health curriculum option. Strengthening IHHS and our relationships will create a larger demand for such a program. A full time member of the academic community will be needed to expand programming as well as devote time to developing an eventual “holistic health option” for the HPX Dept.

The ability of IHHS to be the key mechanism for HPX to offer our students financial support in the form of scholarships is most coveted. We hope to continue in that area as well as provide experiential work skills for our majors and any others to secure jobs in the field.

Reported and Submitted by

Robyn Housemann, PhD, MPH
Director, Institute for Holistic Health Studies
Assistant Professor, Department of Health Promotion and Exercise Science

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