

## WESTERN CONNECTICUT STATE UNIVERSITY

Institute for Holistic Health Studies

Eighth Annual Report, 2007-2008

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 eighth year at Western Connecticut State University.

In the 2007-2008 academic year IHHS was directed by Robyn Housemann. Dr. Housemann contributed 172 hours for the academic year planning and coordinating IHHS activities. 87 students completed surveys in 2006-2007. Over 70% of students expressed interest in nutrition programs and over 50% asked for monthly workshops. Three of the five workshops that were scheduled for this year focused on nutrition. One workshop was cancelled due to the presenter having a conflict. Thirty people attended the 4 workshops that have been held. There was one workshop that may lead to a summer event. IHHS events are getting more publicity: in addition to IHHS website updates and WestConduit event listings, there was an article in the Danbury News Times.

IHHS continued to bring inspirational and educational events to campus alone and in partnership with the Danbury Branch of CHHA. In addition to the four workshops IHHS hosted the International Association for Regression Research and Therapies 2007 International Conference in October 2007 at the Westside Student Center. Attendees and presenters came from throughout the United States as well as other countries. There were pre and post conference workshops that were offered. Approximately 50 people attended pre and post workshops and conference sessions. The spring Holistic Health Fair occurred on April 19<sup>th</sup>. This year we added a 5k community fun walk run to increase interest in the health and to raise money for IHHS student awards and future programs. Ninety two people registered for the event. HPX students were involved in the planning, logistics, and evaluation of these events. Ninety two people registered for the 5k. We raised \$1500 to use for student scholarships and future programming. Participant response was positive and we received feedback on changes for next year. Several 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, Sedexho, and all the student volunteers.

IHHS awards were given this semester to Kristin Goncalves, Ashley Debenian, and Rafaelle Perri.

**Based on the activities of the Institute this past year, the following issues in the managing of the Institute 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. An advisory board needs to be established

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 Department.

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

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