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 eleventh year at Western Connecticut State University.

In the 2010-2011 academic year IHHS was directed by Robyn Housemann. Dr. Housemann contributed 164 hours for the academic year planning and coordinating IHHS activities. A group of student in the Health Promotion Studies program participated in a 2-yr program for the Institute Holistic for Holistic Health Studies. They identified areas of need and interest among the WCSU population. The primary area of need was raising awareness and the primary areas of interest were managing stress and nutrition. This information was used for programming this year as well as adding new workshops. The IHHS worked in collaboration with the HPX student organization, Health Service and the Counseling Center this past year.

IHHS participated in the campus-wide health fair in the fall and sponsored the spring health fair. For the fall health fair we recruited 5 vendors, sponsored Guided Imagery workshops and provided Reiki. We held 3 workshops: Shamanic Healing, Guided Imagery for Relaxation, and Stress and Nutrition. The spring health fair was the second annual “Good Grief, Stress Relief” health fair which had been offered in fall of the previous year. There were 7 vendors and free massages were provided. A draft Holistic Health Resource Guide was created and will be finalized in the next year. Dr. Housemann met with Tashi Ratben, a Tibetan Medicine practitioner, to discuss fall programs to increase community awareness in preparation for the 2012 visit by the Dalai Lama.

IHHS continued to bring inspirational and educational events to campus and to the Danbury Community. Several HPS students have a strong interest in holistic health and are getting more involved with the Institute. IHHS would like to thank WCSU Student Services, Health Service, the Counseling Center, Public Relations, Maintenance, Public Safety, University Events, University Computing, Student Government Association, Program Activities Council, University Printing, Sedexo, and all the student volunteers.

IHHS awards were given this year to Stephanie DeSousa, Ann Marie Mazza, and Pete Heinlein.

**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. An advisory board needs to be established.

2. **IHHS’s relationship with CHHA:** The Danbury Chapter of the Connecticut Holistic Health Association is no longer active. Dr. Housemann has been
networking with Holistic Health providers. Many of those providers are listed in the draft resource guide and are invited to present at workshops and to exhibit at health fairs.

3. **IHHS Special Speakers & Events.** The continuation of such events will depend on our ability to get sponsorships.

4. **IHHS/HPX Club Stress Management Workshop and Holistic Health Fair:** The continuation of such events will depend on our ability to get sponsorships.

5. **IHHS Annual Holistic Health Fair and HPX Club 5k:** 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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September 2011