Nancy P., Denise N., Diane Tiffany, Gail Means
Mark F., Emilie Couvter, Nancy Dyer
Holistic Center
Waterville Valley
Path: Curriculum Omega -
Holistic Center
All well North
more opportunities for contemplative & donors
* become a leader - already have faculty
* not just students - community

Chautauqua, NY - summer camp for adults
sports / arts / spiritual,

summer reflection & renewal for faculty
teachers / administrators
- S Carolina week long S-F
meals / tai chi / meditation
Ed Leadership -

writing retreat - open to others outside of
PSU.

- alternative practice

- alcohol & drug abuse included in center
- alternatives

Trish Lindberg - alcohol often called “spirit”
spiritual - primary way to get wellness.

Sandy Aston - long study on spirituality in higher ed.
opportunities for students to discuss spirituality with curriculum.

- must hit 1st yrs. orientation.
- connecting students, meaningful connections with individuals.
- retention, connections, not programs.

- program knowledge
- create culture
- create community

- transfer students, lack of connection.

Center for Active living, already doing much of this, but 2 people, need more resources to expand to cluster level.

define & promote PSU as holistic living community example.
Public Health

- Discussion, reading, writing group
- Forecasting of future problems, causes of problems
- BA or other program in public health (interdisciplinary)

* Forecasting → Before we can offer solutions or "fix" something, we need to really know what causes problems?
  - Treat causes, not symptoms
  - Individual → system scales
  - Freedom paradox → free...to make unhealthy choices? But freedom necessary for health/wellbeing?

* BA or BS in public health → undergrad degree, possibly social science-based. To contrast with MPH, a more systematic perspective
  - Undergrad programs are few, masters program instead of bachelor's? ?? Easier or not?
  - How does this align with URSA's request to stop program proliferation?

OR, have an option/recommended sequence for interdisc. degree for people interested in public health... This could "feed" into MPH programs in region?

* Study/Discussion Group in Public Health
  - Health broadly/expansively defined
  - Are we looking mainly at local/regional?
  - ETC (health) program links? Music/arts/theatre links?
  - Reading → could involve students & faculty
  - Could accommodate more global interests (not just local)

* Student health - Suicide: What causes suicidal statements/actions?
  - How can we deliver services to reach new Student population?

* Mix Theory & Practice
  - Meeting students where they're at (electronic) then encourage change (face-to-face)
Resources - time, to do it, space
? Students - AT, PT, ND, Nursing, Counseling
? Partners (on/off) - professionals on/off campus
? Support

Interprofessional education through workshop activities
Based on projects

- Falls prevention
- Camps for kids that aren't able to move
- Obesity - Biggest Loser

offer/requires integrated clinical experiences instead of classroom courses that bring professionals (clinical preceptors) together with students and members of the community