



The  
UNIVERSITY  
of VERMONT

*Center for Health and Wellbeing*

January 31, 2013

**RE: Additional Space – Living Well**

Dear Allen,

I am writing once again to request additional space for Living Well in the Davis Center, specifically room 111 (which connects to our current space). This will allow us to carry out additional programming and peer-based education related to the health of UVM students and the larger university community.

I have attached a revised copy of the April, 2012 RFP concerning this space. At the time of that proposal, CHWB Outreach and Education had just moved into a new space in the Davis Center to provide education and outreach programs. We have now occupied this space for almost a year and can provide additional information regarding our needs.

The presence of Living Well in the Davis Center has already had a striking impact on our sense of what may be possible in terms of reaching students and providing them with education about and access to the Center for Health and Wellbeing's services. Our experience with Living Well has made clear the depth of student interest in the topic of self-care, even as it has helped to illuminate the variety of creative collaborations which may be possible between the students, the Center, and partner groups in the University working toward the creation of a truly healthy and just community.

At Living Well, we are able to offer a welcoming resource center with self-help services, de-stress activities, nutritional education, small discussion groups, and a variety of outreach activities. We are able to promote the services offered by CHWB and connect students to medical and mental health resources. We now find ourselves at a point where we find it important to augment our programming, even as we hesitate to do so in view of the inconsistency of available space for these offerings. We currently offer programming in the Living Well space and schedule use of the Rosa Parks room for additional offerings. While we would like to develop a calendar highlighting a number of ongoing events each week with sign-up availability in advance, the challenges associated with scheduling events for the Rosa Parks room means that our program schedules are the result of room availability as opposed to student convenience.

In short, we have enjoyed real success in our first year in the Davis Center. Incorporating additional adjacent space which will be devoted solely to programming offered through the Center and campus partners will greatly enhance our work to optimize the health of the student body and larger campus community. I genuinely appreciate your consideration of this proposal, and look forward to speaking further with you and with members of the Davis Center leadership about this exciting possibility.

Sincerely,

Jon Porter, MD  
Director, University of Vermont Center for Health and Wellbeing



*Center for Health and Wellbeing*

01/31/2013

**RE: Revised Copy of RFP – April 2012 requesting additional space in Davis Center (Room 111)**

### **Qualifications and Experience of the Center for Health and Wellbeing**

Education and outreach are central to the CHWB mission; our staff is expert in working with issues related to student and university health and skillful in working with students and the full range of campus constituencies to achieve successful outcomes in their work.

The Center operates out of eight different sites on campus, including our newly open space in the Davis Center – we are accustomed to operating remote sites and have longstanding policies and procedures in place insure that each or our sites meets appropriate standards of service and accountability to students and the larger university.

### **Products and/or Services to be offered in additional space**

This space will be used to enhance the educational and programming efforts of CHWB and its campus partners. The space will *not* be used for administrative offices; it will be a student-based space for programming, meetings, and collaboration.

### **Examples of anticipated uses:**

- Providing education space for programming designed to educate students about important individual and community health related issues and to build skills related to sustaining a healthy life. Examples include offerings in the areas of sexuality, mental health, coping and resiliency skills, nutrition, obesity and weight loss, body image, mediation yoga
- Providing meeting space for peer-based groups and organizations. Examples include Active Minds, Collegiate Recovery Community and peer education leaders
- Providing meeting space for campus partners working on issues having to do with creating a healthy community. Examples include gatekeeper training, bystander intervention, and groups working on improving the campus climate.
- Meeting space for student advisory groups.
- Availability of Health care providers (Primary care and mental health) for walk in availability or for topic discussions available to students.
- Influenza vaccination clinics.
- Get well bags for students to pick up during flu season, offering soup, crackers and ginger ale.
- New Incentive Program with Res Life is being offered in the Rosa Parks room. We would like to have own space available to consistent scheduling and also open it up to off campus students. Limited space makes this challenging.
- Active collaboration with the Women's Center to help support programming events they offer that are in line with our educational themes.
- Active collaboration with the ALANA Center on programming.
- Relaxation room – We would like to offer a relaxation station for scheduled workshops or designated drop in time.

- Group counseling – we have existing groups that meet for different counseling needs and this space would provide a consistent scheduling option and allow for bigger groups to meet where offices cannot accommodate them.
- Offer weekly Nutrition consultations/workshops – drop in schedule and could expand services with teaching self-care.
- HIV testing – offer once or twice a semester
- Massage therapy for students - offer weekly – we are currently collaborating with student life and with additional space we could increase this service
- Collaborate with Campus recreation and provide health exercise movement space for students with scheduled workshops or classes.
- Provide expand services for “Let’s Talk– this provides an informational drop-in session with a counselor. We have provided this service for medical students and would like to expand the service to the larger student population
- Mindfulness yoga services – provide an ongoing schedule for weekly services for students.
- Providing multi-use space with appropriate technological capacity for students involved in the production of marketing and education material.

### **Hours of Operation**

The space will be accessible to students during the Davis Center’s hours of operation. We anticipate that the space will be used frequently during evening hours and weekends by students engaged in workshops, peer meetings and educational offerings.

### **Experience**

As indicated above, CHWB has extensive experience and success operating eight distinct operation centers around campus. Aside from serving as an expert resource for health-related issues affecting students and the larger community, the Center has an outstanding track record of meeting and exceeding appropriate financial and operational standards.

### **Alignment with the Mission of the Davis Center**

The Center for Health and Wellbeing fully endorses and celebrates the values outlined in the mission of the Davis Center: student focus, alignment with the University’s academic mission, social justice, and environmental stewardship.

### **Financial Arrangements**

The Center for Health and Wellbeing guarantees the sound nature of its financial status, having adequate reserves on hand to meet the obligations of this lease for FY ’14 and budgeting for this expense in subsequent years. CHWB is not entering into this arrangement to generate funds above and beyond its cost.

### **Equipment**

CHWB will purchase and supply appropriate furniture and computer hardware for the space.

### **Marketing**

CHWB will make use of appropriate social media outlets to market its presence to students.