The Center for Health & Wellbeing

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CHWB Mission:

The Center for Health & Wellbeing offers a wide range of services to support your mind, body, and soul while you’re at UVM. We do this by providing high quality, prevention-oriented student health care, mental health services, and a vigorous program of outreach and education. We offer care at several locations on campus.

Living Well:

Living Well is home to the Education & Outreach Services staff within the Center for Health & Wellbeing (CHWB). The mission of Living Well is to create opportunities for accessing information, identifying resources, developing skills and making healthy choices. We do this through innovative programming, collaborating with, and supporting campus partners and advocating for individual and community health. Throughout the year we plan programs & workshops focused on a wide array of health & wellness topics such as mental health, eating concerns/body image, stress management, mindfulness, suicide prevention, sexual health, nutrition, substance use, recovery, and general self-care.

Practicum Description:
This practicum would provide logistical assistance and behind the scenes planning of the 2nd annual Examining White Privilege Retreat. As this is only our second year of planning the retreat, the committee is working to create a sustainable paradigm. The practica will help with behind the scenes planning with the logistics, recruitment and curriculum sub-committees. Duties will include receiving and managing participant application forms, medical forms, packing lists, cancellations and accommodations as well as day of retreat logistics and post retreat assessment. We will also be looking for input on the development of the larger goal of a Journey to Truth and Racial Healing Retreat that will bring together students from both Examining White Privilege and Racial Aikido as a way to strengthen community and encourage conversation and healing between students of color and white students.

About the Examining White Identity and Privilege Retreat:
In an effort initiated by the ASC, campus colleagues have spent three years developing an opportunity focused on White identity and privilege to be offered to our White identified students. The following departments are represented in this effort: Women’s Center, Student Life, Residential Life, Center for Student Ethics and Standards, Counseling and Psychiatry Services, The Rubenstein School, Center for Cultural Pluralism and Office of Students and Community Relations.

Program Description:
Students will have an opportunity to conceptualize and articulate whiteness from a personal and
systemic lens; Recognize and understand white privilege from an individual experience, as well as
the impact of white privilege on the UVM community and beyond; And build a community of
dialogue and support in taking action against racism.

**Journey to Truth and Racial Healing,**

We will bring together students from both Racial Aikido and Examining White Privilege retreats
as a way to strengthen community and encourage conversation and healing between students of
color and white students. The Journey to Truth and Racial Healing is currently in the process of
developing the curriculum for the third retreat. Our goal is to pilot it during the 2015-2016
academic year. Cross-racial conversations and community building are rare. We believe it is our
responsibility as campus leaders to educate our students so that they can respectfully lead, live and
work together.