Opening graphic

Psycho-Emotional Satisfaction

Spiritual Replenishment

Community

Physical Vitality

AN INTEGRATIVE HEALTH APPROACH TO STUDENT WELLNESS
Expanding Your Reach

Golden Gate University
Wellness Resources Office
Michael Anne Conley, MA, MFT
Clinical Director
maconley@ggu.edu

About GGU

Small: 5000
Part-Time: 83%
Graduate: 67.5%
Female: 55%
Age: Avg = 34

Urban: downtown San Francisco + three satellites (Los Angeles, Seattle, Silicon Valley)

Non-residential

Non-working

Non-working

Law: 24%
International: 11%

More than 80% of classes taught by practicing professionals

About Wellness Resources

Our Mission

- help students incorporate healthy lifestyle choices while they work toward their academic goals.
- assist them in using effective wellness tools to enhance their academic success and balance their educational demands with other important areas of life.
- support them in addressing medical and mental health needs from integrative perspective.

ABOUT WELLNESS RESOURCES
Our Evolution

1996: Career & Counseling Services
- Training for career students, MA and PsyD counseling students
- Mental Health services for students, alumni, general public (ongoing, long-term)

1999: Center for Counseling & Psychological Services
- Setting change, space reduction
- Initiated idea to develop broader based health & wellness services

2003: Counseling Services
- Training program partnerships closed, staffing reduction (.5 FTE)
- Direct services reduced to GGU students (referrals only for alumni)
- Began developing psycho-education workshops (stress mgmt, time mgmt, visioning and goal-setting, exam anxiety)

2006: Training component for MFT trainees and interns reintroduced

2008: Wellness Resources
- Setting, Mission change
- Expanded development of health and wellness services

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ABOUT WELLNESS RESOURCES

Our Staff

- Paid staff:
  - Clinical Director
    - Licensed MFT, 25 hours/wk
  - Counselor
    - MFT Candidate, 20 hours/wk
- Unpaid staff:
  - Pre-licensed counselors
  - MFT trainees, interns, PsyD students
    (LCSW, LPCC possible)
  - Future: Health educator

CAVEAT:
WR budget w/in OSA (costs for brochures, copying, space not differentiated)

Itemized expenses:
- Salaries, malpractice, dues, conferences, some furnishings and some promotional materials

# Sessions FY 09-10
(thru 4/10 only)

$ out
Current FY
$ 08-09
136.5%
$ 07-08
81.1%
$ 06-07

EXPANDING YOUR REACH

What Does It Mean?

Some things you already do

Add another dimension

Expands Your Capacity
To Meet
What’s New

Taking What You Know

Some things you already do

Add another dimension

Offer health-related service(s):
- Counseling
- Health Promotion
- Medical Care
- Fitness Center/Programs

Make your service visible
(Marketing is letting your community know what you offer)

Adding New Perspective

Theoretical Frame

Approach to Care

Add another dimension

Ways to Reach Out

Developing GGU’s Approach

What we did:
1. Set our intention
2. Identified our allies
3. Developed strategic alliances
4. Experimented with collaborating on programs &
   Off campus
Integrative Health: Where are you?

- Unfamiliar With Integrative Health Terminology
- Have Basic Idea But Little Experience With Practice of Integrative Health
- Have Expertise in Practice of Integrative Health

Expanding Theoretical Frame

We are the beneficiaries of an evolving, worldwide conversation about the definition of health and the etiology and treatment of disease.

What are our assumptions?

“Disparate healing traditions rest on different assumptions about the causes and meanings of illness.”


What Explains Illness?

Conventional medicine: “...physical or mental illness can be completely described in terms of biological causes and current scientific theories.

Other traditions, including Chinese medicine, homeopathy and various schools of 'energy' healing, do not share this assumption.

In these nonconventional healing traditions, explanations of illness rest on assumptions about fundamental energetic principles that cannot be described in the language of contemporary Western science.”

(Emphasis added)


Finding a Middle Path

What’s New?

Medical Rationalism
- Conventional Medicine
  - Mainstream
  - Orthodox
  - Allopathic (allos “opposite,” pathos “suffering”)

Medical Empiricism
- Traditional Medicine
  - Indigenous
  - Tribal, folk
  - Holistic

CAM, Functional Medicine

CAM
- Complementary = used together with conventional treatments
- Alternative = used instead of conventional medicine

Functional Medicine
- Treatment can include...targeted amino acid therapy and high-dose supplementation...specific amino acids are beneficial for individuals with depression, anxiety, insomnia and ADHD...often used in combination with conventional drugs...

**They Can Co-Exist**

(baking a cake)  (enjoying the cake)

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**TERMINOLOGY:**

What Do We Call This Path?

**Integrative Medicine/Health**

...combines conventional "with those of CAM that have high-quality scientific evidence of safety and effectiveness.

(emphasis added)

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**TERMINOLOGY:**

Integrative Mental Health

**Primary Focus**

"...on providing skilful psychotherapy, while also advising clients about lifestyle changes, including exercise and nutrition, stress management approaches, mind body practices (such as yoga and meditation) and the appropriate and safe use of herbs, vitamins, omega-3 essential fatty acids, amino acids and other natural products."

— James Lake MD, Adjunct Clinical Assistant Professor, Stanford University Hospital Dept. of Psychiatry, Chair, APA Caucus on CAM.

(emphasis added)

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**TERMINOLOGY:**

Why we should be attentive

2007 National Health Interview Survey

Some form of complementary or alternative medicine used by:

- 4 in 10 adults — and 1 in 9 children (latter is a conservative estimate)

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**Services they use**

- Biologically Based Therapies
- Mind-Body Therapies
- Alternative/Whole Medical Systems
- Energy Healing
- Manipulation Therapies

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**Services they use**

- Biologically Based

- Substances found in nature
  - Vitamins/Minerals
  - Non-vitamin, non-mineral products* from plants & enzymes (ex: Herbal remedies)
  - Chelation Therapy
  - Diet/food-based therapies

* Wide or increasing use since 2002 study

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Mind-Body therapies

Focus on interaction between the body and its brain.

Conventional examples:
- Support groups
- CBT
- Biofeedback
- Meditation,* Guided imagery
- Progressive relaxation
- Deep breathing,* Hypnosis
- Yoga,* Tai chi

* Wide or increasing use since 2002 study

Mind-Body therapies

Somatic (Body-Oriented) Psychotherapies
- Hakomi
- Somatic Experiencing
- Biodynamics
- Bioenergetics
- Formative Psychology

At conception each person is given a biological and emotional inheritance but it is through voluntary effort and self-management that this constitutional given fulfills its potential for a personally formed life.

Mind-Body therapies

Energy Healing

Use of energy fields, either through physical pressure or electromagnetic tools
- Therapeutic Touch
- Qi Gong
- Reiki
- Magnet therapy
- Shoe inserts, knee wraps for joints and muscles soreness

Alternative/Whole Medical Systems

Based on complete systems of theory and practice, often from and earlier than conventional approach

European:
- Homeopathy
- Naturopathy

Asian:
- Traditional Chinese Medicine/Acupuncture (Japanese, Tibetan)

South Asian:
- Ayurveda

Worldwide:
- Traditional healers

Manipulation Therapies

Manipulation and/or movement of one or more parts of the body
- Osteopathy *
- Chiropractic
- Massage
- Movement therapies

* Often considered a form of conventional medicine

Expanding Approach to Care

Integrative treatment is oriented toward using the expertise that best fits the patient and the medical situation.
Gift from CAM

For Example:

- Naturopathic practitioners are trained as experts in prevention and gentle treatment of all common ailments and chronic degenerative diseases which have a dietary and lifestyle, i.e., multifactorial etiology.

Gift from Conventional

Whereas

- Conventional practitioners "have expert training in high intervention medicine. When surgery is required, when a potent antibiotic is required, when a strong, potent drug is required, when life support systems are required, conventional medicine practitioners have unparalleled expertise."

Expanding Approach to Care

Integrative treatment is more than what we do. Practitioners are also committed to the process of how we do it.

LEARNING OBJECTIVE #1: Integrative Health Principles

- Patient and practitioner are partners in the healing process.
- All factors that influence health, wellness, and disease are taken into consideration.
- Psychosocial satisfaction:
  - history and life circumstances
  - personal and family medical background
- Physical vitality:
- Cultural forces:
  - race, ethnicity + gender orientation + spiritual inclination or practice

Appropriate use of both conventional and alternative methods facilitates the body's innate healing response.
“The dominant paradigm of Western psychiatry — biological psychiatry — posits that the causes of specific symptoms or disorders are dysregulations of specific neurotransmitters or their receptors.”

However, in conventional psychiatry:

“Although many are available, formal biological assessment tools are seldom used in day-to-day clinical practice.”

**LEARNING OBJECTIVE #1:**

**A Conundrum: IMH Example**

“Research as necessary
Consult, Refer & Collaborate to appropriate services

**Integrative Health Principles**

1. **First, do no harm!**

2. Effective interventions that are natural and less invasive should be used whenever possible.

3. Integrative health neither rejects conventional approaches nor accepts alternative therapies uncritically.

4. Good health care is based in good science. It is inquiry-driven and open to new paradigms.

**LEARNING OBJECTIVE #2:**

**Benefits for our students**

- Reduces stigmatization re mental health
- Non-pharma possibilities for managing stress and anxiety
- Learn to manage their health in short-term (college)
- Reduces stigma of mental illness
- More options to meet needs
- Build self-care habits with long-term impact (as alumni)
LEARNING OBJECTIVE #2:

Benefits for staff

- Increase our understanding of fuller range of options for student health care
- Work with colleagues whose expertise extends our knowledge base
- Expand the safety net that holds our students
- Live integrative principles when this is consistent with our own self-care
- Attract staff

LEARNING OBJECTIVE #3:

Range of Options for IH Model

<table>
<thead>
<tr>
<th>Inform</th>
<th>Offer</th>
<th>Refer</th>
<th>Consult &amp; Collaborate</th>
<th>Coordinate</th>
</tr>
</thead>
<tbody>
<tr>
<td>@ GGU</td>
<td>@ GGU</td>
<td>@ GGU</td>
<td>@ GGU</td>
<td>@ GGU</td>
</tr>
</tbody>
</table>

- Change in perspective by staff
- Some redirection of staff activities/funding

Intention (actions, not words)

LEARNING OBJECTIVE #3:

Option 1: Inform

More broadly distribute IH content to students:
- Handouts
  - Workshops
  - Signups at events
  - Orientation
  - Email to new faculty, staff
  - Introduce CAM perspectives in clinical sessions as appropriate
  - Future: Cybercampus courses

Continuum of financial impact:
- $ — info to more campus allies and more often
- $ — web-based wellness programs

LEARNING OBJECTIVE #3:

Option 1: Info at Events

Invite various vendors/services in the community to campus:
- Farm Fresh to You (CSA)
- Satiri Yoga Studio
- GGUTOPIA (annual student lifestyle fair)
- Work/Life Integration Month (October - various dedicated activities)
- Wellness Wednesdays (monthly tabling on campus)
- Orientations (August, September, January, May)

LEARNING OBJECTIVE #3:

Option 1: Info through Media

Write and produce information intended to draw interest:
- Law School News (weekly required reading)
- Campus Currents (monthly student magazine)
- Downtown Stress Relief Flyer

LEARNING OBJECTIVE #2:

Benefits for staff

- Add another dimension

Ways to Reach Out
LEARNING OBJECTIVE #3:
Option 2: Offer experience

Offer students the opportunity to personally experience Some IH approaches (mind-body are good place to start)

- Bring some IH-oriented events to campus
- Introduce IH experiences in clinical sessions and workshops as appropriate

LEARNING OBJECTIVE #3:
Option 2: Experiential events

Law School Massage Day (hosted by SBA, supported by WR)

Lunchtime Stress Break (hosted by WR, led by Brahma Kumaris)

LEARNING OBJECTIVE #3:
Option 2: Include experience

Within events & sessions

<table>
<thead>
<tr>
<th>Instructions</th>
<th>Shorthand</th>
</tr>
</thead>
<tbody>
<tr>
<td>Press both feet flat to the floor, just enough that you feel your leg muscles tense up.</td>
<td>Feet Floor</td>
</tr>
<tr>
<td>Rest both hands on your thighs, feeling your legs tighten</td>
<td>Hands Thighs</td>
</tr>
<tr>
<td>Take a slow, deep breath, as far into your belly as you can without strain.</td>
<td>Deep Breath</td>
</tr>
<tr>
<td>Exhale, loosen your jaw, then(unpress your hands and your feet.</td>
<td>Release</td>
</tr>
<tr>
<td>Take 2-3 regular breaths, and then do another round from the start.</td>
<td>Regular Breath</td>
</tr>
</tbody>
</table>

Shorthand

- Press both feet flat to the floor, just enough that you feel your leg muscles tense up.
- Rest both hands on your thighs, feeling your legs tighten.
- Take a slow, deep breath, as far into your belly as you can without strain.
- Exhale, loosen your jaw, then unpress your hands and your feet.
- Take 2-3 regular breaths, and then do another round from the start.

LEARNING OBJECTIVE #3:
Option 3: Refer

Seek expert advice and/or work together informally with integrative practitioners in the service of student needs

- On-campus: working more closely with Disability Services
- Off-campus:
  - Osher Center for Integrative Medicine
  - Kaiser Permanente
  - Individual practitioners
- Case-by-Case (PRN) or ongoing collaboration (form a relationship beyond case)

LEARNING OBJECTIVE #3:
Option 4: Consult & Collaborate

- Create a formal administrative structure where IH practitioners work together as a team, including the communication and sharing of records (requires greater institutional commitment)

Coordinate

Don’t foresee:

- * Except possibly just within IMH, per + health education
EXPANDING WAYS TO REACH OUT:
Getting from there to here

Add another dimension

Ways to Reach Out
On campus & Off campus

LEARNING OBJECTIVE #1:
1. Set your intention

Name your intention:

We will create a more comprehensive frame that moves student health from mental health treatment to whole person care.

LEARNING OBJECTIVE #2:
2. Identify your allies

Name 2-4 allies (on & off-campus)

On-campus:
- Dean of Student Affairs
- University Librarian
- Dean of Law Student Services

Off-campus:
- Nearby Massage School
- Local Acupuncturist
- Yoga Studio next door

LEARNING OBJECTIVE #3:
3. Develop Strategic Alliances

On-campus:
- Work/Life Integration Team
- University Library
- Bar Exam Services
- Undergraduate Programs
- Cybercampus

Off-campus:
- Brahmas Kumaris Meditation Center
- Farm Fresh to You
- Circle Community Acupuncture
- Satori Yoga Studio
- National Holistic Institute

LEARNING OBJECTIVE #4:
3. Develop Strategic Alliances

Who Are Your Potential Strategic Partners?
LEARNING OBJECTIVE #4:
4. Collaborate on programs

We are partners who offer each other mutual support.

BUSINESS | LAW | TAXATION | TECHNOLOGY

GGU LEARNING OBJECTIVE #4:
4. Collaborate on programs

EXPLAINING WAYS TO REACH OUT:
4. Collaborate on programs

Invision one program for starters

BUSINESS | LAW | TAXATION | TECHNOLOGY

EXPANDING WAYS TO REACH OUT:
3. Develop Strategic Alliances

On campus: Economic Resilience Project
• Videoclip series for GGU intranet
• Focus on mental health: attitude
• Keys to Economic Resilience

Expanding Your Reach

Some things you already do
Add another dimension
Expands Your Capacity To Meet What's New

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Center for Integrative Medicine, University of Arizona. http://integrativemedicine.arizona.edu
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http://www.hp.com/redcine.html

FOR INFO & REFERRAL:

Resources
American Holistic Medical Association
http://www.holisticmedicine.org/displaycommon.cfm?an=1&subarticlenbr=100
Arizona Center for Integrative Medicine — http://integrativemedicine.arizona.edu/column.html
Community Supported Agriculture — Find a farm near you:
http://www.csainfo.org/index.cfm
Consumer Lab — third-party resource for natural product safety by brand:
http://www.ConsumerLab.com
Institute for Functional Medicine
http://www.functionalmedicine.org/findphysicians/index.asp
Integrative Mental Health lisbon — email James Lake, MD
http://www.streetsofmarin.com/healthnet (refer to this presentation and ACHA conference)
Safe Harbor, Integrative Psychiatry lisbon —
http://www.alternativehealth.com/smallpro.htm
United States Association for Body Psychotherapy —
http://www.usabp.org

Natural Standard — research aggregator on nonconventional treatments
http://www.naturalstandard.com

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World Health Organization. [http://www.who.int/mediacentre/factsheets/fs134/en/]

THANK YOU!