



College of Nursing and Health Sciences



moveMountains

The Campaign for The University of Vermont



this is WHERE

we advance the science of wellness. In the U.S., poor diet and lack of exercise are to blame for some of our most pressing health problems, including heart disease and diabetes. Prevention through behavioral changes is often a better solution than medication, but the latter tends to win out. David Brock, Ph.D., associate professor of exercise and movement science and director of the Physical Activity and Wellness Laboratory, is internationally recognized for his research on the impact of behavior on wellness. He has helped the exercise

and movement science program become a leader in this area. "The current system often focuses on sick care, but we're interested in advancing health care," he says. "Prevention has to play a leading role." Other research strengths here include preventing childhood obesity, motivating healthy behaviors and creating policies that would incorporate exercise trainers into care plans. In addition to helping Vermont residents, the college has the potential to provide the nation with a model of wellness care that really works.

➤ Promoting Wellness, Creating Healers



At the College of Nursing and Health Sciences, our students and faculty help people not only live better, healthier lives but also regain their quality of life in the face of illness or injury. We prepare students for careers that are growing at a faster rate than the national average — from nursing, physical therapy, exercise science and athletic training to speech-language pathology, medical laboratory science, radiation therapy and nuclear medicine. Our students arrive with a desire to *move mountains* for patients. At UVM they work with faculty members at the forefront of research that is improving the lives of people with cancer, multiple sclerosis and

Parkinson's disease, stuttering, autism, obesity-related illnesses and many other conditions. Together with the UVM College of Medicine and The University of Vermont Medical Center, the College of Nursing and Health Sciences is focused on creating a national model for health care that helps people stay well through excellent primary care, effective communication among providers and behavioral strategies, such as nutrition, exercise and stress reduction. By supporting *Move Mountains: The Campaign for The University of Vermont*, you can help create the health care workforce of the future while also changing health care for the better. Join us.



“**THIS IS WHERE** we are meeting the needs of patients in the community and providing a venue for students to gain valuable clinical experience under the supervision of a faculty member. We’re hoping to become a national model for how to run a working and teaching facility of this kind.”

— Rosemary Dale, Ed.D., APRN, Clinical Professor and Chair of the Department of Nursing, conceived of and leads Appletree Bay Primary Care, which is run by nurse practitioners.

Move Mountains: The Campaign for The University of Vermont

The College of Nursing and Health Sciences will raise \$10.3 million to advance several key areas of strength and attract talented faculty members, graduate students and undergraduates who want to build a more holistic, wellness-focused health care system.

Neuroscience, Behavior and Health

Unraveling brain-body connections and their impact on health is a recognized strength of The University of Vermont — one that draws on several colleges, departments and programs. The College of Nursing and Health Sciences is a vital part of this university-wide focus, given our expertise in movement

and communication skills and the disorders affecting them. Through the campaign, we will establish three new endowed professorships for faculty members who can work across disciplines to advance the college’s research and teaching in neuroscience and behavior. We also will increase funding for Ph.D. students and postdoctoral researchers who can contribute to this work while launching their own careers, including:

- Fellowships for Ph.D. students: \$1.25 million
- Green & Gold Professorships in neuroscience, behavior and health and physical therapy; communication sciences and disorders; and exercise and movement science: \$750,000

- Support for postdoctoral students: \$650,000

Primary Care/Advanced Practice Nursing

In 2014, the College of Nursing and Health Sciences opened Appletree Bay Primary Care in Burlington, one of only a few primary care practices nationwide run by nurse practitioners. Given the shortage of primary care physicians not only in Vermont but nationally, this clinic promises to be the care model of the future. Staffed by UVM nurse practitioners, the practice is an important source of primary care for the community as well as an innovative training center for nursing students with the support of practicing faculty. The college can further strengthen

its leadership in primary care nursing by establishing a professorship and graduate fellowships to support this area as well as by bringing in nationally recognized experts in primary care nursing to advance faculty knowledge. This includes:

- Advanced Practice Education in Primary Care Nursing Fellowships: \$1.25 million
- Endowed Professorship in Primary Care Nursing: \$1 million
- Nurse Scholars-in-Residence for Faculty Education: \$250,000

Physical Activity and Wellness Service

The college has a Physical Activity and Wellness Laboratory that functions as both a community service and research site. Faculty and students advise local residents about exercise, fitness and nutrition while enrolling many of them in studies that will advance our understanding of how to motivate healthy behaviors. We will expand this work by creating an endowed professorship in exercise and movement science to attract and retain a top faculty member who can build this program and advance collaboration with the College of Medicine. We also

will increase support for graduate and undergraduate students who wish to participate in the program, including:

- Endowed Professorship: \$1 million
- Graduate Fellowships: \$750,000
- Undergraduate Scholarships: \$300,000

Integrative Health Program

Students in our college increasingly have expressed interest in learning about integrative medicine, which combines conventional treatments with complementary approaches, such as nutrition, yoga, acupuncture and mindfulness training, among others. We are working in partnership with the Laura Mann Center for Integrative Health in Burlington as well as The UVM Medical Center and College of Medicine to create an Institute in Health and Healing at UVM. The campaign will provide funds for start-up costs, faculty training and graduate fellowships. Given the college's emphasis on primary care nursing and physical fitness, integrative health will be a meaningful addition to our approach to wellness. Priorities include:

- Start-Up Funds: \$300,000
- Faculty Education: \$300,000
- Graduate Fellowships: \$400,000

Interprofessional Education and Collaborative Practice

UVM's entire health campus uses the Clinical Simulation Laboratory in the College of Nursing and Health Sciences to help students practice medical procedures and techniques before working with patients. However, communication among different members of the health care team is a skill that often gets overlooked. We now have a great opportunity to involve medical, nursing and other health professional students in a new program that will develop their ability to work as an interprofessional collaborative team, partnering with patients and their families to provide the best care. The college will raise start-up funds, create a professorship for a faculty leader focused on interprofessional education and train faculty to teach in the program. Priorities include:

- Start-Up Funds: \$350,000
- Faculty Education: \$400,000
- Green & Gold Professorship: \$250,000

International Study in Resource-Poor Settings

Right now, about 1 in 3 students travels abroad to study or volunteer. The college seeks support that will allow more students and faculty to learn about and work within health care systems in underserved communities across the globe. This includes:

- Faculty Support: \$300,000
- Student Support: \$300,000

Endowed Scholarships for Underrepresented Undergraduates

The college also seeks to raise \$500,000 in endowed scholarships that can attract students from a wider range of cultural and socioeconomic backgrounds to study nursing and health sciences at UVM. All of our students have to develop respect and appreciation for a range of perspectives that may be different from their own. A more diverse enrollment will help us accomplish that goal.

By supporting the College of Nursing and Health Sciences, you can make a direct impact on the lives of people who will not only be cared for by our graduates but also benefit from the research advances that occur here every day.

For more details about any of these giving opportunities, contact:

The University of Vermont Foundation
411 Main Street, Burlington, VT 05401
802-656-2010 | foundation@uvm.edu

Move Mountains: The Campaign for The University of Vermont

The time has come for UVM to assert our position as one of the nation's best public research universities. *Move Mountains: The Campaign for The University of Vermont* nurtures a culture of excellence and value and supports new opportunities for research, academic success and learning beyond the classroom. We will raise \$500 million in private support to ensure that UVM is where we indeed *move mountains* — through the students we educate, the discoveries we make and the positive impact we have on Vermont and the world.



The University of Vermont
FOUNDATION