

APPSTATE

**APPALACHIAN INSTITUTE
FOR HEALTH AND WELLNESS**

PROGRESS AND MILESTONES 2024-2025

2025

ANNUAL REPORT

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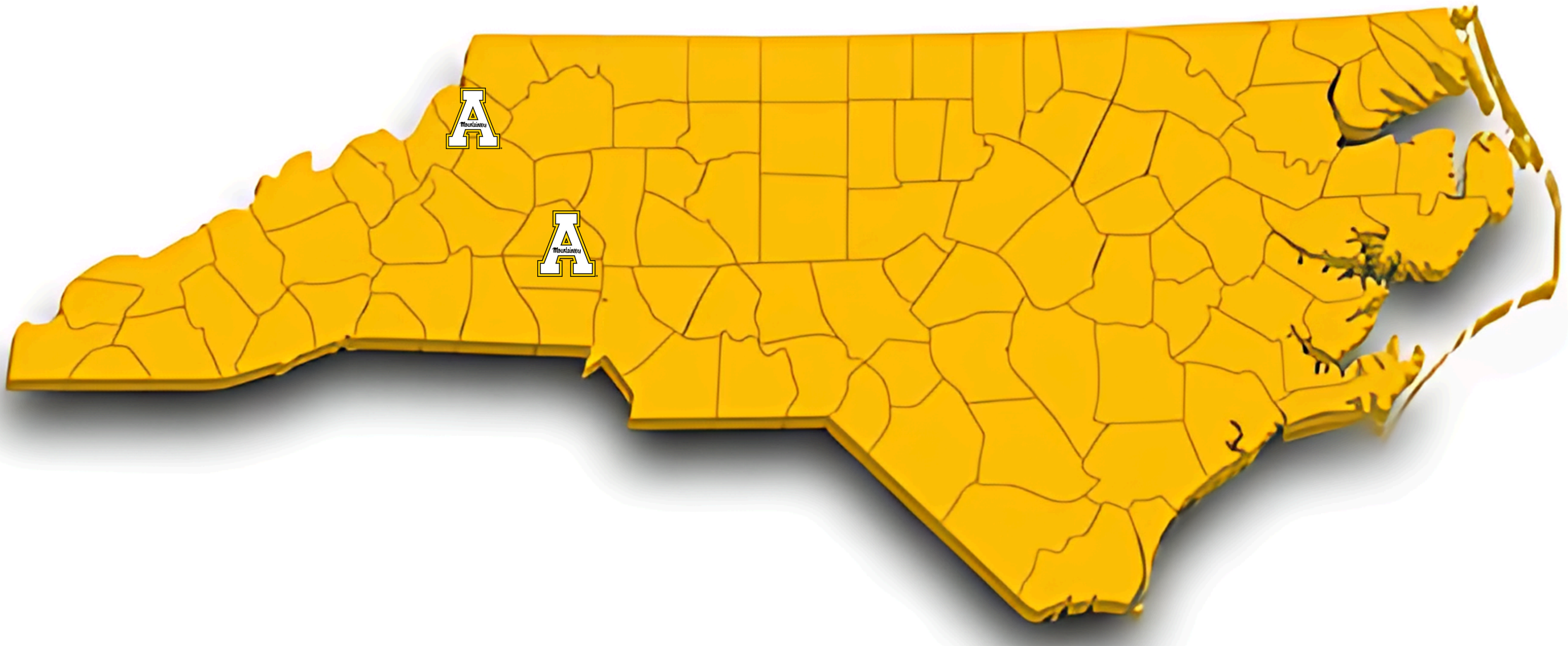
APPSTATE

<https://appwell.appstate.edu/> 

OUR MISSION

The mission of the Appalachian Institute for Health and Wellness (AppWell), within the Beaver College of Health Sciences, is to promote multidisciplinary research opportunities, clinical services, community outreach, and training programs related to holistic health and well-being with the overarching goal of improving lives through transformative social, environmental, and health care advances.





Appalachian State University, Boone

Two AppWell locations: University Hall and Leon Levine Hall of Health Sciences, offering diverse programs and services to enhance health and well-being.

Appalachian State University, Hickory

New AppWell location providing access to multidisciplinary health care and wellness services, expanding our reach to the Hickory community.

YEAR AT A GLANCE



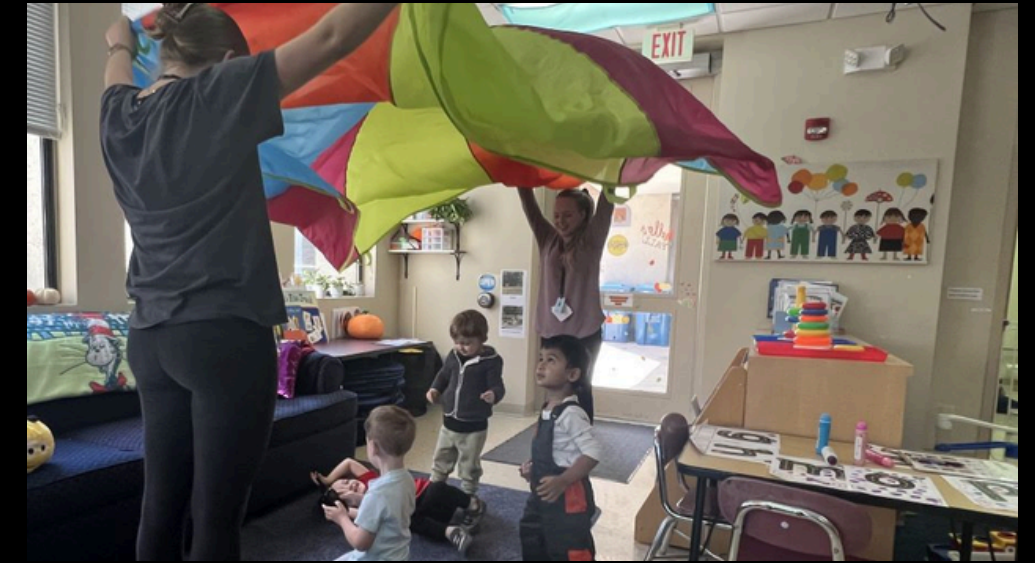
7,298 PEOPLE SERVED

In 2024-2025, we were able to serve over 7,298 individuals in the region through our clinics, education, and wellness programs.



37,213 TOUCHPOINTS

This resulted in 37,213 touchpoints for service and program delivery.



OVER \$3.7 MILLION RAISED

Our programs secured 16 grants totaling \$3,458,226 and 104 donors totaling \$249,269.31!

Student Training

Research

Outreach

GROWING WELL

Supporting youth and families through holistic, empowering, and resilience-building programs.

AGING WELL

Helping aging adults in our community by providing resources and support to help you live better, longer.

EMPLOYEE WELLNESS

Promoting mental, physical, and emotional well-being for university personnel.



Program Results

Aging Well



Clinical Services and Wellness Assessments



Educational Series



Specialty Programs



Support Groups



Aging Well Highlights

Significant Participant Growth

- Total program contacts increased from 1,343 to 1,777 year-over-year.
- Nutrition programming participation grew by 40%, expanding Medical Nutrition Therapy across the High Country community.

Enhanced Program Effectiveness

- The Aging Well Assessments were revised for efficiency, allowing deeper patient discussions and reducing administrative time.
- Expanded Aging Academy programming with thriving monthly sessions at both Boone and Hickory campuses.

Successful Annual Conference

- Second Annual Aging Well Conference attracted 200 participants covering key topics: Mobility, Mind, Medication, and What Matters Most.

Student Involvement and Development

- Hosted 23 student workers supervised by 7 clinical and professional staff, helping students build key career skills in customer service, communication, leadership, and team-based care.

Aging Well with Perseverance

- **Community Support:**
 - Conducted 8 support groups for caregivers and individuals with age-related conditions, reaching a total of 642 attendees.
- **Community Resilience:**
 - The Aging Well program supported the community significantly following the devastation of Hurricane Helene, providing essential community and educational resources during recovery.
 - Despite significant damage to local senior centers from Hurricane Helene, our Tai Chi and Matter of Balance classes resumed quickly by creatively relocating to alternative community spaces, ensuring continued access and preventing isolation among older adults.

"This semester's Tai Chi series has solidified my shaky remission from 11 years with Lyme Disease and co-infections that prematurely ended my career, financial security, and personal vitality. I am eternally grateful for the opportunity to participate in Tai Chi for Arthritis and Fall Prevention. I've gained confidence, flexibility and strength that I apply to everyday tasks and hobbies, with the bonus of a far improved outlook on life."

-Tai Chi Participant



Growing Well



Clinical Services



Health Education Programs



Community Programs



Support Groups



Growing Well Highlights

- **Parent-to-Parent Program**
 - Successfully integrated into Outreach and Education, providing direct support to 439 families.
- **Girls on the Run**
 - Supported Girls on the Run of the High Country, engaging 599 community members through races and programs, totaling 5,876 touchpoints.
- **Camp Girls on the Run**
 - Hosted 108 campers, offering empowering activities designed to build confidence, friendship, and physical activity skills.
- **PATH Program Expansion**
 - Created and expanded the Professional and Access to Health Careers (PATH) program, reaching 168 public school students and inspiring youth to explore health-related careers.
- **Healthy Heart Collaborative**
 - Impacted more than 350 community members through blood drives and CPR training, enhancing community health preparedness and awareness.

Growing Well Developmental Clinic

<https://appwell.appstate.edu/>

Innovative Clinic Launch

Established the first community-based, multidisciplinary complex care clinic for children aged 0–5 in the U.S., featuring a specialized high-risk infant program.

Comprehensive Medical Team

Assembled a multidisciplinary care team including a physician, physical therapist (PT), occupational therapist (OT), speech-language pathologist (SLP), social workers, and Parent-to-Parent family navigators.

Clinic Performance and Impact

- Conducted 12 clinic operating days.
- Served 16 patients across 22 total visits.
- Average patient age: 26.8 months.
- Achieved a 100% diagnosis rate for Autism Spectrum Disorder.
- 12 of 16 patients received diagnoses for a disability or chronic condition.



Employee Wellness



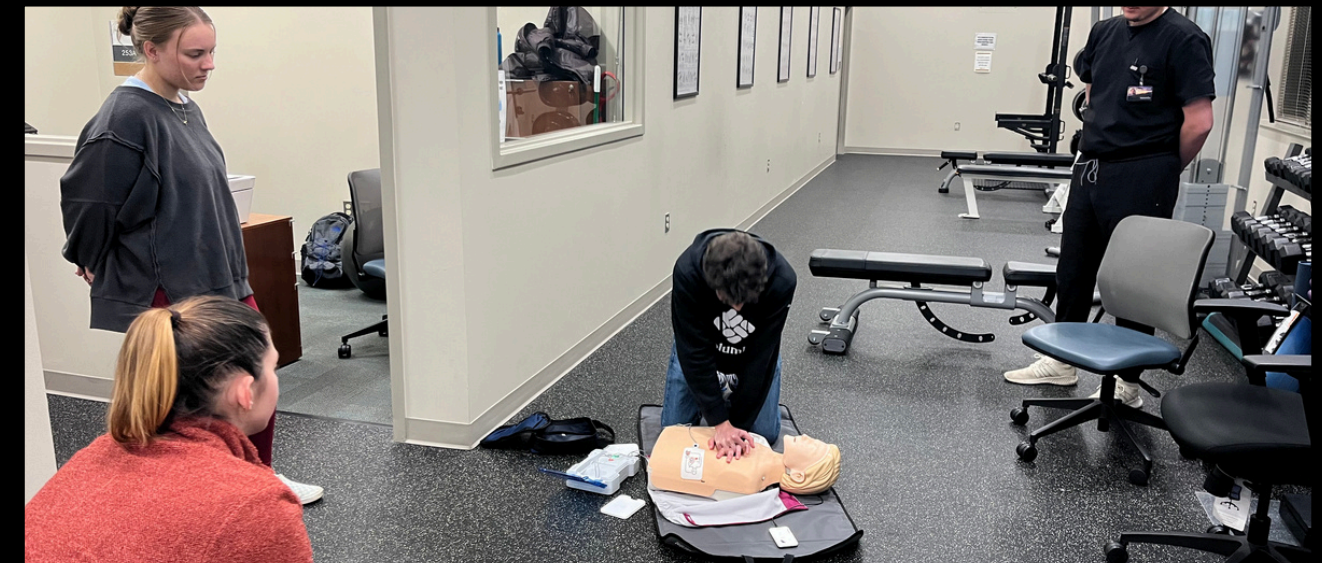
Counseling Services



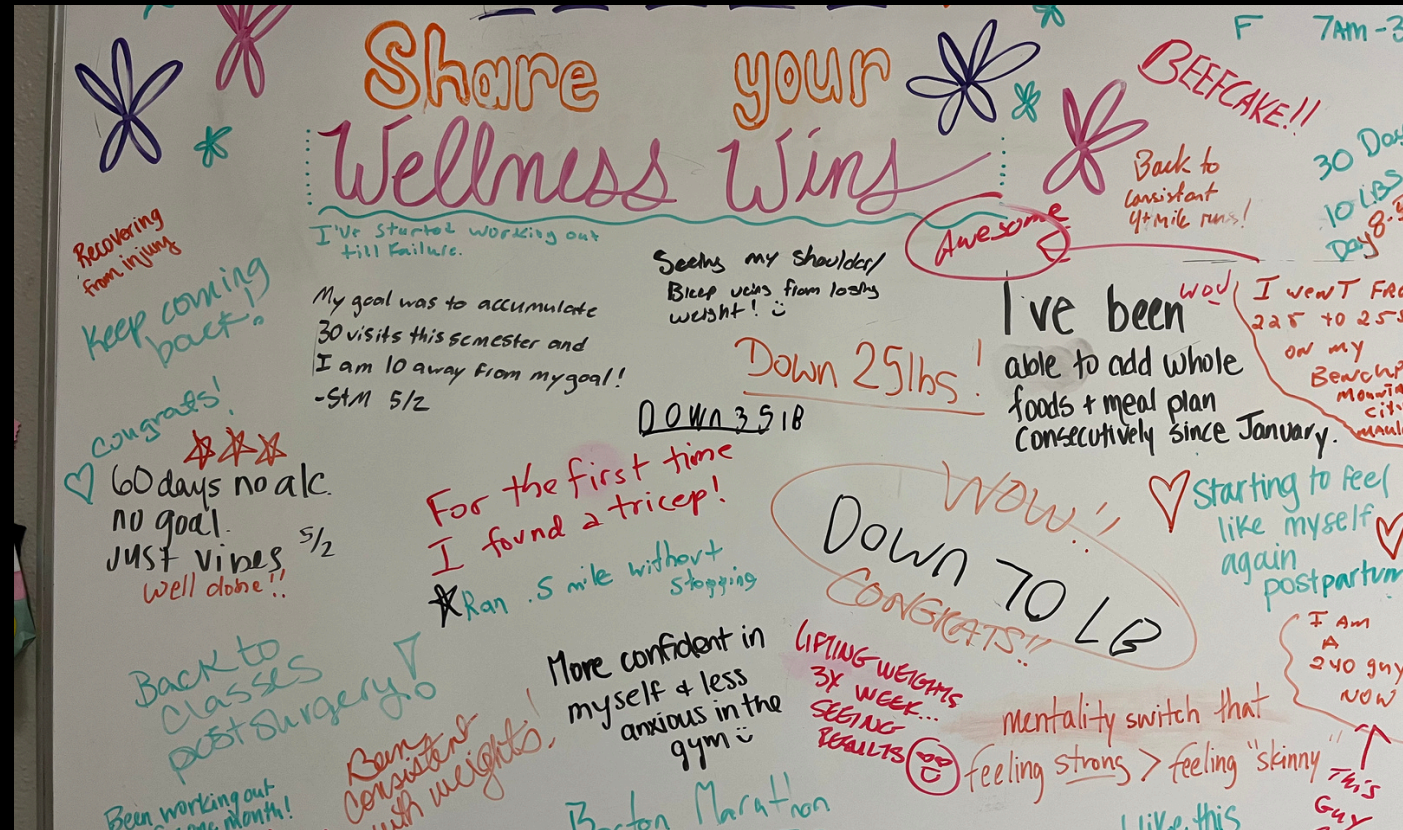
Fitness and Exercise



Preventative Screenings



Personalized and Safety Services



Employee Wellness Highlights

Expanded Reach and Sustained Growth

- The Health Promotion for Faculty and Staff (HPFS) program served 40.2% of all App State employees, continuing its steady five-year growth trajectory.

High Engagement and Participation

- HPFS engaged 1,550 individuals through 20,477 total touchpoints, demonstrating a deep campus-wide impact through services like preventive screenings, exercise programming, and outreach initiatives.

Outreach Innovation

- HPFS hosted 35 outreach events and saw a 300% increase in employee participation through wellness presentations, educational clinics, campus events, blood drives, and CPR skill checks.

Strategic Wellness Focus

- Programming emphasized identifying wellness barriers, empowering employees with education, goal-setting, and practical tools for sustainable behavior change.

Employee Wellness by the numbers

- **CFS Counseling Impact**
 - Counseling for Faculty and Staff (CFS) provided support to 311 individuals across 2,460 interactions, offering both immediate and long-term mental health care.
- **Disaster Response & Community Care**
 - CFS supported university recovery efforts by volunteering at the Red Cross Shelter and providing sustained emotional support through the Disaster Relief Hub following regional emergencies.
- **Professional Development & Resilience Training**
 - CFS led 8 workshops on Compassion Fatigue and Satisfaction and delivered resilience-building skills to 50+ participants at the UNC Behavioral Health Convening.
- **Collaborative Leadership**
 - CFS and HPFS staff presented personal wellness and trauma-informed care strategies to over 70 participants in statewide forums.
- **Trauma-Focused Therapy Expansion**
 - CFS offered 50+ specialized trauma-informed EMDR sessions and introduced decompression techniques including "brain breaks" and "rapid resets" as part of their holistic care model.

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Donor and Grant Support

NEW GRANT HIGHLIGHTS

High Country Mental Health Initiative for Older Adults (\$380,824)

Expanded mental health screening, education, and access for aging populations in rural communities—prioritizing early intervention and reducing stigma through community-based outreach and partnerships.

Innovative Approaches 2.0 (\$330,999)

Advanced emergency preparedness planning for families of children with special health care needs, while supporting critical transitions from pediatric to adult care.



Research

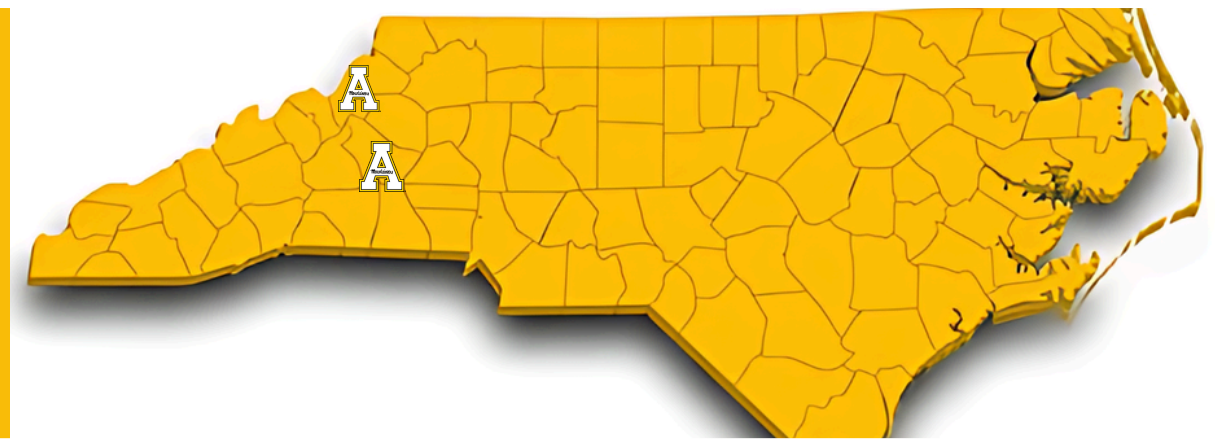
16 grants totaling \$3,458,226



APPSTATE

Record Breaking Fundraising

Raised the highest total to date
with 104 donors contributing
\$249,269.31 in support of
AppWell initiatives.



APPSTATE
Appalachian Institute
for Health and Wellness

Platinum Donors



**BlueCross BlueShield
of North Carolina**

MEDICARE



High Country
UNITED WAY



Gold Donors



Gail and Dan Settle

David and Donna Brown



Yellow Donors



Dr. Allie G. Funk

**SWEETING
APPRAISAL
SERVICE**

FLORINO ROCK, NC



Bruce Kitchell



Community Partners

Alpenglow Holdings

Gary Anderson & Linda Bush

Anna Bananas

Blue Ridge Electric Membership

Blue Ridge Vision

Robert & Rachel Bridgeman

Emily Caroline Brooks

Avery & Parker Bryant

Carolyn B. Cameron

The Care Collective, Inc.

Terri D. Chester

Dr. Gavin & Dr. Ashley Colquitt

Deerfield Ridge Assisted Living

Douglas & Mary Galke

Teresa D. Emory

ECR Software Corporation

Lindsay J. Fisher

Gadabouts, Inc.

Jason Gilmore & Dr. Carolyn Gilmore

Rustin J. Gray

Dorothy L. Griffith

Community Partners

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Megan Hayes & Michael Kitchell

Dr. Adam & Dr. Jennifer Hege

Wendy L. Hildebran

Cynthia & Bradley Hoffner

Mary Sheryl Horine & Stacy Sears

Dr. Marie Huff & Keith Huff

Kight Engineering

Dr. Martha Parrish Thompson &
Jeffrey Kingree

Lee Bissette Syria

Mr. & Mrs. Charles B. Lieberman

Jason & Lillie Lingle

Mast General Store

Jeff & Denise McPherson

New River Building Supply, Inc.

Katherine G. Oglietti

Parker M. P

George Phillips

Helen L. Phillips

Eva Rand

Rebekah & Wesley Saylors

Community Partners

Amy J. Roberts

Rumple Memorial Presbyterian
Church

Mr. & Mrs. David Schroeder

Dr. William J. Sears Sr.

The Simms Group, LLC

Alice Sitton & Al Snipes

Skyline Telephone Membership

Stick Boy Bread Company

Strategic Wellness Center

Adrian Dylan Tait & Spouse

Dr. Brooke Towner & Byron Towner

Margaret & David Trosper

Train4Life JC

Tracy J. Weston

Melissa A. Watford

Cecil & Kathryn Yount

Recess Skate and Snow, LLC

Creative Printing & Internet Svcs

How Your Support Makes a Difference

COMMUNITY PROGRAMS

Enable free or low-cost services for older adults and children with disabilities, including wellness workshops, fitness classes, and mental health programming.

ACCESS TO HEALTH CARE

Expand access to essential health services through no-cost or sliding-scale clinics, helping underserved populations receive the care they need.

RESEARCH INITIATIVES

Advance research that addresses the unique health challenges of the Appalachian region, supporting data collection, analysis, and knowledge-sharing.

EDUCATIONAL OUTREACH

Promote preventive health care through public workshops, community seminars, and accessible educational materials.

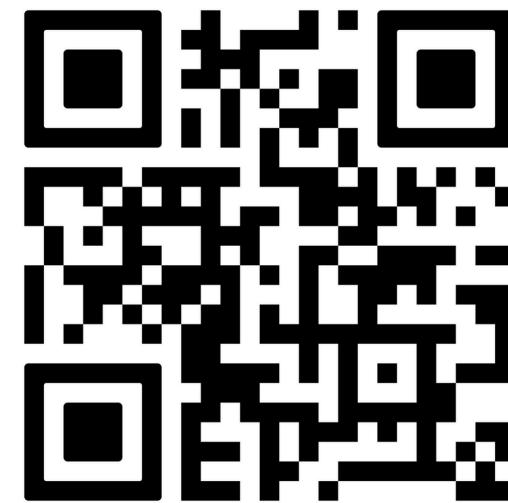
PROGRAM DEVELOPMENT & TRAINING

Fuel the creation and evaluation of impactful programs, while supporting professional development through staff training and student internship opportunities.



Make a Difference – Donate Today!

Make a gift online [HERE](#) or scan the QR code to donate now



https://www.givecampus.com/campaigns/54088/donations/new?designation_id=hsa92955&

THANK YOU AND LIVE WELL