A bold, physical statement of the importance of comprehensive care and each student’s personal health and well-being
An Enduring Tribute

Named in honor of Andover’s former associate head of school, the Rebecca M. Sykes Wellness Center recognizes a legendary administrator, dean, advisor, and teacher whose 40 years of service centered on PA’s students. Sykes left the Academy in fall 2013 to become president of the Oprah Winfrey Charitable Foundation.

Sykes Wellness Center

Why a new wellness center?
The Rebecca M. Sykes Wellness Center will integrate and upgrade Andover’s health services under one roof, filling the growing need for a nexus of wellness in the heart of campus. It will advance Andover’s deeply held belief in educating and caring for the whole person.

Where will it be located?
The center will be centrally situated on campus, between Benner House and Bulfinch Hall, a location convenient to the vast majority of the Andover community.

Who is leading the project?
Dr. Amy Patel, Andover’s medical director, will oversee the project in partnership with Larry Muench, director of facilities. With Muench’s engineering background and knowledge of the physical plant and Patel’s expertise and professional partnerships, PA will deliver a vastly improved health and wellness experience for students.

What will the facility look like?
The architectural firm Shepley Bulfinch of Boston was chosen from many competitive bidders. The firm has designed several campus buildings, including the Oliver Wendell Holmes Library.

What types of programs are planned?

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What will the facility look like?
Shepley Bulfinch has designed a two-level, 17,000 sq. ft. building set into the hillside. To make the wellness center accessible and welcoming, glass will be used extensively to lighten the internal environment. The upper floor will house traditional medical services; the garden level will include counseling services, educational programming, and complementary and alternative treatments.

Among the programs and services offered will be psychological counseling, yoga, meditation, and personal health assessment. Two large multi-purpose rooms will be available for presentations, team meetings, and community health discussions. The building’s environmental features, such as geothermal wells for heating and cooling, may also serve as resources for the academic program.

Sound Mind, Sound Body

GROUNDBREAKING
September 2014

DOORS OPEN
December 2015

ESTIMATED BUDGET
$12 million (more than 50% raised to date in cash and pledges)

FUNDRAISING GOAL
Additional $5.5 million needed (as of January 2014)
Statement from Dr. Amy Patel, Medical Director, and Carol Israel, Associate Director, Graham House Counseling Center

The Rebecca M. Sykes Wellness Center will be the heart of a program focused on each student’s individual growth and intellectual development—a facility fully integrated into the educational and residential life of the school. It will be designed for the future, with sustainability features and the flexibility to allow the Academy to adapt to the changing needs of the community.

For nearly a decade, Andover has been reviewing the effectiveness of its support services and cocurricular programming. With the guidance of the Health and Psychological Services Visiting Committee, an independent group of medical and psychological professionals, Andover has been focusing more attention on a comprehensive health education curriculum.

The committee’s recommendations include combining health services and psychological services in one facility and enhancing collaboration among Graham House Counseling Center, Isham Health Center, and the Dean of Students Office. The 2011 New England Association of Schools and Colleges Visiting Committee endorsed the Academy’s recommendation that it develop “a comprehensive health education program that articulates the ways in which current and new programs will work together and fit into a four-year curriculum.” An integrated wellness center with dedicated educational programming supports this recommendation.

While there is a sense of urgency on the structural front due to the deteriorating condition of Isham, there is an equal sense of programmatic urgency. Societal changes have increased stress on all adolescents. In recent years, we have seen an increase in students seeking support for psychological, medical, and social issues; this adds a layer of complexity to our students’ educational experience. To meet these challenges—and to complement academic support services—the Academy must now focus greater attention on the biopsychosocial components necessary for students’ success.

The wellness center will offer the medical and psychological services that are crucial to maintaining the health of Andover’s students. It also will be a center for collaborative learning with multipurpose spaces for classes, meetings, and training sessions. Each room will include multimedia features, resource libraries, and settings for interactive learning.

The Integrated Health and Wellness Model

The current model of care at Phillips Academy can cause difficulties in coordination and efficiency. Students currently receive medical and psychological care in different locations, each on the periphery of campus. Additionally, because student problems often combine both psychological and physical issues, students are forced to go from place to place for care.

A student-centered approach, the proposed model emphasizes wellness and connects comprehensive healthcare under one umbrella. In 2012, the Council on School Health of the American Academy of Pediatrics defined the “medical home” as “a model of delivering primary care that is accessible, continuous, comprehensive, family centered, coordinated, compassionate, and culturally effective to all children and youth.” Adopting a similar approach at Phillips Academy means coordinating care around the student, Andover aspires to provide and exceed best practices and to implement a model that is the new standard in independent school health and wellness delivery and education.

Building Design and Location

The wellness center will be a green building, highlighting the link between sustainable features and a healthy environment. The current design supports geothermal energy, a green roof, and the use of locally sourced materials and other features with the aim of LEED certification. An “energy dashboard” will highlight the facility’s green features and educate the community about their importance.

Moving health and wellness services to a prominent location on the main campus will demonstrate the importance of Andover’s commitment to educate the whole child. Additionally, the services provided in the wellness center will be more closely aligned with other services, including athletic training, academic skills, and residential life.

Programming

Wellness is a proactive, holistic approach to care that includes more than the absence of disease and illness, emphasizing the achievement of good health through education and motivation. The Rebecca M. Sykes Wellness Center will provide educational programming—some of which is highlighted below—that supports lifelong healthy habits.

- PACE (Personal and Community Education) and health education classes
- CPR/First Aid/AED training
- Yoga, meditation, and other mindfulness activities
- Flexible fitness options
- Health and wellness presentations
- Massage therapy
- Personal health assessment modules
- Library of health information resources
- Interdisciplinary team meetings
- Workshops highlighting health topics of interest to the community

The wellness center will be more closely aligned with other services, including athletic training, academic skills, and residential life.
**Naming Opportunities**

**$1,000,000**

**A Greener Blue:** The wellness center will feature geothermal energy, a green roof, and LED lighting, among other eco-friendly features. This naming opportunity represents support for the Academy’s commitment to a sustainable environment.

**Psychological Services Wing:** Services offered in this wing will support the academic, social, and emotional development of students.

**$500,000**

**Main Lobby:** This welcoming, naturally lit area will be the entry point for all visitors. It will include the check-in kiosk, a waiting area, the sustainability education display, and the reception/nurses station.

**Extended Stay Wing:** This area will provide comfortable space and privacy for those students requiring more than a brief visit.

**Clinical Wing:** This area will be dedicated to the delivery of health services, including routine, urgent care, and subspecialty treatments.

**$250,000**

**Level One (First Floor)**
- Reception/Nurses Station
- Triage Room

**Garden Level**
- Fatigue/Sleep Room
- Conference Room
- Counseling Center
- Waiting Area
- Community Wellness Activity Room
- Education/Resource Room

**$150,000**

**Level One (First Floor)**
- Patient Rooms (7)
- Exam and Treatment Rooms (8)
- Radiology Suite (1)

**Garden Level**
- Counseling Offices (5)
- Staff Lounge (1)
- Office of the Medical Director (1)

**$100,000**

Donors who support the wellness center with gifts of $100,000 or more will be acknowledged on a plaque prominently displayed in the new facility’s lobby.

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January 2014
A Building That Runs Itself
Geothermal wells drilled 500 feet into the earth will greatly reduce the need for traditional fossil fuel energy. A system of heat pumps and piping will then absorb the building’s heating or cooling load, eliminating the need for a traditional gas-fired heating system or electrically driven air conditioning system.

LEED Certification
The wellness center is on track to receive LEED (Leadership in Energy & Environmental Design) Silver certification from the U.S. Green Building Council.

A Living Ceiling
The center will join Bulfinch Hall and the Addison Gallery of American Art in the Academy’s growing roster of buildings sprouting green roofs (covered with living vegetation). Among other benefits, the wellness center’s green roof will make drainage more efficient by reducing storm water runoff.

Glass and Sun
A glass-enclosed atrium will be a signature feature of the center, allowing natural light to enter the main lobby, medical floor, and garden level. A glass “chimney” will add to the areas improved by daylight and will have an illuminated lantern quality at night.

Local and Recycled Materials
Throughout the center’s construction, Shepley Bulfinch’s project design team will rely on regional and recycled materials, and rapidly renewable products whenever possible. Andover also will require the construction team to hit very aggressive targets for recycling and waste salvage during the construction process.

For more information please contact Gail Mansfield at 978-749-4290 or at gmansfield@andover.edu