

Class of 1993 25th Reunion

Our 25th Reunion in June 2018 is a special milestone. We share memories of our time at Williams, renew friendships, visit familiar places and forge new connections. It is a defining moment for the Class of 1993 – the opportunity to create a lasting legacy through our 25th Reunion Class Gift.



As we reflect on what a Williams education means to us, we have the opportunity to ensure the future for generations of students to come. This year our 25th Reunion Class Gift counts toward *Teach It Forward: The Campaign for Williams* and supports the most important priorities of the college.

Our gift has two parts: **the Alumni Fund** and the **Class of 1993 Fund for Integrative Wellbeing**. We ask that you help us make this milestone reunion a success by making a gift to both the Alumni Fund and to the Class of 1993 Fund for Integrative Wellbeing. Be it a one-time gift or a five-year pledge, the 25th Reunion is one of the times when we join together to express our appreciation to Williams as a collective class. Our 25th Reunion Class Gift is transformative for students and is our investment in the future of Williams.

The Alumni Fund

The 25th Reunion class is the cornerstone of the Alumni Fund. We owe Williams' existence and its excellence to the support of alumni and parents. Our time at Williams was supported by the generations of alumni who came before us, and now it is our turn to support the students of today and tomorrow, ensuring that the best and brightest students have access to a world-class Williams education. Together, our collective influence will help shape the Williams of the 21st century.



Gifts to the Alumni Fund may be unrestricted – and used to help Williams meet its highest priorities – or designated to support financial aid, faculty excellence, sustainability, the arts, student life, or athletics.

The Class of 1993 Fund for Integrative Wellbeing

Williams has always been a dynamic educational community that provides remarkable freedom and resources for all its students, thanks to the generosity of alumni. Now there is an opportunity for Williams to take a leadership role in reimagining the purpose and reach of college mental health services – to shift from reacting to proactively focusing on wellbeing and thriving as the goal for all students. Williams is at the leading edge of a visionary transformation that will give us national prominence on an urgent issue on campuses across the country.

A rigorous institution, Williams is the ideal leader to cultivate services, education, and practices that empower young people to flourish. We aim to develop a robust array of programming where rigor and vigor are mutually supported. Students, during their time on campus and after they graduate, should be able to work hard, engage fully, and thrive.

The College's goal is to make *integrative wellbeing* a core competency for graduates, working with students to help them develop resilience and skills for self-care that will buoy them not only during their college career but beyond.

Integrative Wellbeing comprises five key areas of impact:

- Continue the mental health assessment and treatment services that Williams already provides to over 60% of Williams students – crisis and walk-in counseling, individual and group psychotherapy, medication management and more.
- Expand integrative wellbeing education and skills development to help students learn how to take care of themselves. Offer workshops and short term educational groups that teach them to recognize and address issues before, during and/or after they start to struggle.
- Develop skills practice opportunities where students can routinely put into action the skills they have learned and gain support from peers and professionals while developing further.
- Expand Williams' existing training program for post-graduate fellows and MSW and doctoral interns – preparing a workforce to take this new paradigm to other schools as they complete training.
- Collaborate with other campus departments such as the Davis Center, Chaplain's Office, and athletics to create change and advocacy projects that enhance thriving for everyone at Williams.

Beyond the direct benefit for Williams students, the multi-disciplinary training program for mental health professionals at Williams has the potential to impact young people on college campuses across the country, through the expanded training for mental health professionals who work with this population. The expansion of clinical services training means a cadre of counselors will take Williams' Integrative Wellbeing model and spread it to other campuses.

We are the first 25th Reunion Class to support an endeavor like this at Williams, and we are excited to provide an opportunity for Williams to lead in yet another critical arena.

How You Can Help

Please help by supporting this initiative in honor of our 25th Reunion. In the upcoming weeks, one of our class volunteers will call to ask for your generous support of our 25th Reunion Class Gift.

Reunion is a chance to reconnect with what we value most about Williams. It is an opportunity to leave a legacy that ensures not just the wellbeing of future Ephs but also helps Williams lead the nation in teaching students the whole range of skills they need to make a positive impact on the world.



We need your help to achieve this worthy goal. Please respond generously when called upon by your classmates.

Your 1993 Leadership Committee Chairs and Head Agents:

Jonathan

Jonathan Coleman

Mika

Mika Wood Frechette

Nadine

Nadine Block

Matt

Matt Smith