

# ANOTHER LAYER OF SUPPORT

*Meet Corinne Limbach, University's new director of health, wellness, and leadership, who joined UHS in August 2018. Corinne is responsible for promoting the mental and physical well-being of all students and leading trainings on relevant topics for the school community, including faculty and staff, the forty junior and senior peer advisors, and student leaders.*

Corinne's areas of expertise define her new role: sexual health and consent, substance abuse, sexual identity, gender identity, and mental health are all hot, and vital, topics for today's students. Corinne also incorporates the HD course material for ninth- and tenth-graders into her work as the point person supporting junior and senior peer advisors—for instance, training them as they prepare to deliver the HD curriculum in clusters.

Corinne comes to us from Huckleberry House, where she spent four years focused on crisis remediation and crisis intervention for teens from all walks of life. Relationships with clients could last just a single day or continue for as long as three weeks.

"I found myself searching for the ability to develop long-term lasting relationships with teens, wanting to nurture and witness their growth throughout their adolescence," Corinne says. "I kept returning to my own high school experience, as a peer health educator. That work was fundamental for me, and, in fact, made me want to be a doctor. But after two years studying osteopathic medicine at



Western University of Health Sciences, I realized that I wanted to have more intimate client relationships than I could have as a physician."

Corinne started her professional career as an AmeriCorps National Service Volunteer with Bay Area Youth Agency Consortium, working with youths who had been deeply impacted by stressors and obstacles. "Working in settings with youths in crisis taught me to engage with youths and families on a deep and genuine level, because authenticity gets youths to buy in.

That skill translates to teens from every background, and as a proud alumna of the College Preparatory School, I instinctively understand the culture of a small, independent secondary school like UHS."

As part of the interview process, Corinne met in a group setting with UHS peer advisors. Corinne heard firsthand that students "want someone who will speak with them openly and honestly about sex, mental health, and drugs," and she's up to the challenge.

"I am extremely impressed by the Human Development curriculum at UHS," says Corinne. "We take for granted how difficult it is to talk to teenagers about sex, substances, mental health. UHS HD faculty are already talented communicators who have self-selected for their role and have gone on to master the skills to have challenging real-life conversations. I am proud to be joining the team."