

Mindfulness Based Social Emotional Learning



Mindfulness First

How are you?

Let's take a moment to relax.

Who Are Mindfulness First?

We are a 501c3 Non-Profit; established in 2013.

Our mission is to offer scientifically-informed programs based in Mindful Awareness and Social Emotional Learning which provides children and adults with tools to manage stress and navigate life's challenges.

We are:

Non Hierarchical, Collaborative, Mental Health Workers, Social Workers, School Teachers, Curriculum Writers, Mindfulness Specialists.

What We Do

ONLINE: Train classroom teachers in Trauma and MBSEL.

ONLINE: Provide proven curriculum resources for classroom teachers.

ON CAMPUS: Train students in Trauma Informed MBSEL.

ON CAMPUS: Provide Trauma and MBSEL PD for teachers.

Also work with parents, community members and businesses.



Mindfulness Based Social Emotional Learning

Skills For Life

- We are learning foundational life-skills to get in the driver's seat of our own biology.
 - Understanding of our own mental health.
 - Emotional and social self-regulation.
 - When we measure a school's **mental health** FIRST, then all the other desired achievements naturally come.
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Why Prioritize Mental Health In Schools?

Over 100 years ago, Physical Education became a compulsory subject in schools. Schools help children to stay physically fit with exercise, hygiene and nutrition education.

The absence of attention to mental health and wellbeing, and the hyper-focus on test scores and achievement, have become all too apparent in statistics surrounding youth depression, anxiety, addiction, violence and suicide rates.

FACTS: Health and Wellness In Students

- Nationally, Arizona has the **second highest prevalence of youth with mental illness** and second lowest access to care.
 - AZ's student to counselor ratio is the worst in the nation, with an average of **905 students for every counselor in our state** (the national average is 455 to one).
 - AZ is highest in the nation for teen suicide.
 - AZ is highest in the nation for kids with 2 or more ACE's
 - In the U.S., **suicide is the second leading cause** of death for youth ages 10-24.
 - In the US, half of all **new drug users** are under 18.
 - In the US, in 2019 alone we have had **13 school shootings**.
We have had 230 since Columbine.
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How To Support Children's Mental Health, In Every Classroom

Step 1: Become Trauma-Informed



Trauma

What is a “Trauma” in psychological terms?

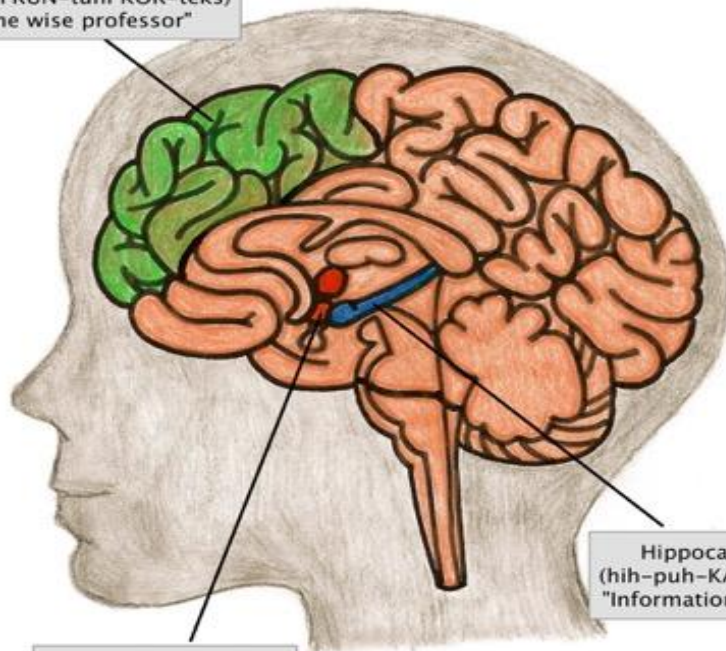
- 1) ACE's, Adverse Childhood Experiences.
- 2) How we are “programmed” as kids. How the things that happen in our lives, shape who we become.
- 3) Not what happens to us, but how we react to what happens to us.
- 4) An unresolved, unprocessed huge emotion that causes an adaptation in how we behave.

Step 2: Learn, Model and Teach Mindfulness Based Social Emotional Learning



Mindfulness and Your Brain

Prefrontal Cortex
(pree-FRUN-tuhl KOR-teks)
"The wise professor"



Hippocampus
(hih-puh-KAM-puhs)
"Information Station"

Amygdala
(uh-MIG-dul-luh)
"The caretaker"

How The Stress Reaction Works To Keep Us Safe:

1. Emergency hormones start to rush through the body to help you fight, run or hide. Detrimental to our health when frequent.
2. Blood rushes to your extremities to help you fight or run. Think of the tension you feel in your shoulders etc.
3. Blood supply is cut off to your stomach (no time to digest!). Think of your 'upset stomach' feeling when you are stressed.
4. Immune system is suspended (no time for healing) Why stress is a killer.
5. Big emotions, feelings, memories are created around the event.

What is MINDFULNESS?

“Mindfulness is noticing what is happening INSIDE and OUTSIDE of your body, right now”

INSIDE: A series of easy to follow exercises and practices that help us to get to know our thoughts, feelings, emotions, senses and physical/mental impulses to develop self-awareness and self-regulation

OUTSIDE: so we have the necessary skills to be socially aware, develop and maintain healthy relationships and make responsible decisions.

What is Mindfulness-Based Social-Emotional Learning (MBSEL)?

Social-emotional learning (SEL) is the process of developing the self-awareness, self-control, and interpersonal skills that are vital for school, work, and life success. *MBSEL is when we learn these life-skills with a grounding of noticing what is happening inside and outside of the body.*



Example Of How We Use MBSEL To Nurture Good Mental Health

Mindfulness Of Emotions

- **Step One:** Learn how to relax the nervous system and amygdala through mindful breathing in a mindful body. *This involves understanding the biology behind the stress reaction and repeated practicing of mindful breathing/mindful body.*
- **Step Two:** Spend time in a mindful body, thinking about some different emotions such as happy, sad, angry, etc. Notice all sensations, temperatures, feelings surrounding this emotion. Where it starts, how it proceeds.
- **Results:** When practiced repeatedly, we begin to understand our emotions intimately and are able to see them before they even start. They become messengers letting us know what's going on, and we become the driver of our own biology.

Trauma-Informed MBSEL Supports Mental Health Wellness

- When we understand ACEs/trauma, we understand where behaviors come from.
- Mindfulness Based Social Emotional Learning provides “Protective Factors” to nurture mental health wellbeing, coping skills and resilience.
- When teachers personally have these skills and understandings, then they impart this information through modeling.

“SAFETY”

PBIS Structure?
Consider Mindfulness Based PBIS

Supporting Social Competence & Academic Achievement

Supporting
Staff
Behavior

Supporting
Decision
Making

OUTCOMES

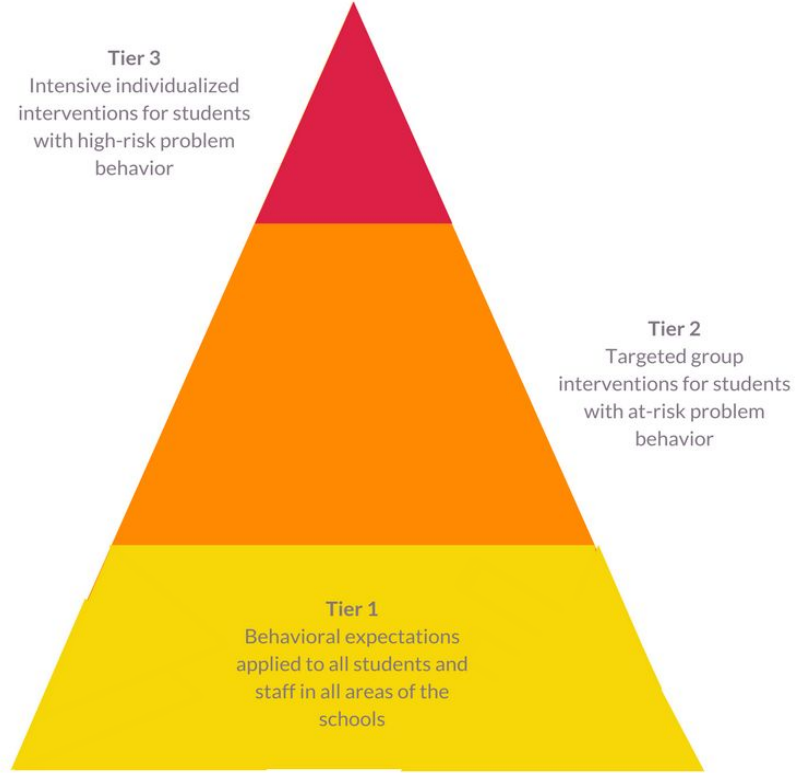
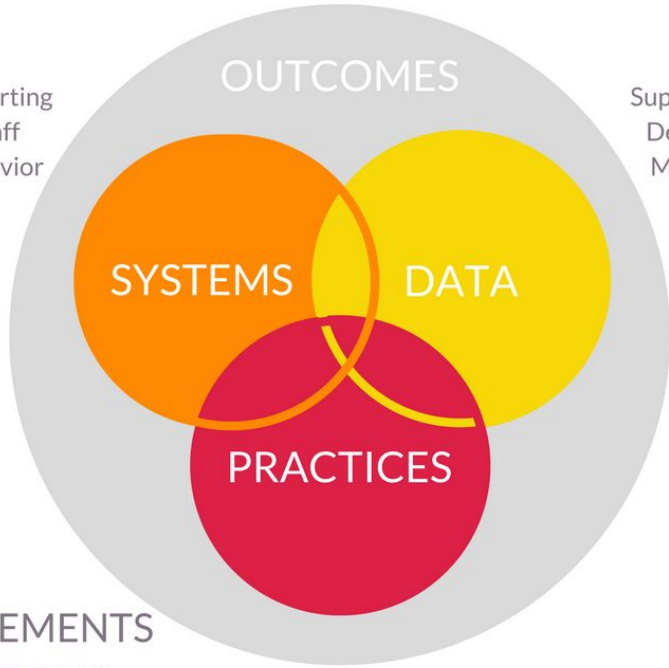
SYSTEMS

DATA

PRACTICES

4 ELEMENTS
OF PBIS

Supporting Student Behavior



Tier 3
Intensive individualized
interventions for students
with high-risk problem
behavior

Tier 2
Targeted group
interventions for students
with at-risk problem
behavior

Tier 1
Behavioral expectations
applied to all students and
staff in all areas of the
schools

Benefits of Mindfulness Based PBIS

- The benefits of a mindfulness program seamlessly translate to a mindfulness-based PBIS.
- Utilizing all tiers of support, mindfulness allows schools to create a positive culture of mindfulness and respect.
- The ultimate goal of PBIS is to improve student's quality of life (PBIS supports). PBIS and mindfulness tools go hand-in-hand to help students find mindful movement throughout the day, increase confidence, improve how they relate to others, and support self-sufficiency.

Trauma and Mindfulness integrate with PBIS

- ADULT MINDFULNESS
 - Adult regulation and self-care
 - Consistency (responses and accountability)
- ENVIRONMENT Tier 1
 - Routines - predictability
 - Rituals - practices
 - Boundaries and Trust
- TIER 2
 - Student regulation strategies
 - Managing emotions

Mindful Response - Trust

The Attunement acronym-John Gottman <https://www.gottman.com/blog/trust/>

A- Awareness of the emotions

T- Turning toward the emotion

T- Tolerance of the emotional experience

U- Understanding the emotion

N- Non-defensive listening to the emotion

E- Empathy toward the emotion

Caring For Teachers

Supporting Students Begins With Supporting The Staff

You can't pour
from an empty cup.



Take care of yourself first.

Facts: Health & Wellness In Educators

- 1 in 5 adults in the USA will struggle with mental health.
 - Teachers report experiencing job stress, low pay, low autonomy, low recognition.
 - 61% of teachers report being 'stressed out'
 - 58% of teachers say their mental health is 'Not Good'
 - 27% of educators said they've been threatened, bullied, or harassed.
 - 86% feel disrespected by the current Secretary of Education.
 - 44% of teachers leave teaching within the first 5 years.
 - In Arizona teacher turnover is 24%.
 - In Arizona we have a 23% teacher shortage.
 - In Arizona 15% of teachers are leaving teaching every year.
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Practical Self-Care: Mental & Physical Wellbeing

Trauma-Awareness and Mindfulness as a foundation:

Understand your inner world and how to manage it.

IDEAS:

- Drinking water, nourishing the body.
- Intentional pausing to settle the nervous system.
- Taking medications on time.
- Therapy.
- Friends: talking, relaxing.
- Movement: with friends, or alone.
- Routines.

Training With Mindfulness First

17 Week Online Course

<https://mindfulness-first.teachable.com>

YOUR LESSON: 20 minutes per week personal development lessons

CURRICULUM FOR YOUR STUDENTS: All the curriculum resources we have created - lifelong access.

95% of participants would recommend it to a colleague

Curriculum Themes For Students and Teachers

1. What is Mindfulness?
2. The Brain Science and Biology of Stress.
3. Mindfulness of the Body.
4. Mindfulness of Senses.
5. Mindful Eating.
6. Mindful Art.
7. Mindfulness of Emotions.
8. Mindfulness of Thoughts.
9. Mindful Heart: Gratitude
10. Mindful Heart: Kindness
11. Mindful Heart: Generosity

EXAMPLE: Crockett Elementary, A 5 Year Project

In Balsz District: America's 5th most economically segregated district.

Homeschool for UMOM homeless and domestic violence shelter.

Large population of Somali refugees.

Overall high instances of trauma/high ACEs.

MBSEL implemented as a foundational skill at the school.

We also support their Boys and Girl's Club and have provided services at UMOM.

Crockett: A Mindful Culture

All Teachers Are Trained In Trauma and MBSEL

Coaching teachers to facilitate/integrate mindfulness lessons into classrooms

Mindfulness is infused in other areas in the school: Library, PE, Lunchroom

Each student practices Mindful Moments 3 times a day

A Mindful Moment is like a “brain break” that can be done by oneself or with a teacher or parent.

Students apply simple skills that can be used at most times throughout the day – at school or at home

To feel calm or to calm down, Improve focus, Greater ability to concentrate, Pay attention, Self regulation

Crockett Outcomes

ACADEMICS:

Received a B Grade
(all other schools in the
district received a D)



SUSPENSIONS

2014-2015: 45 suspensions
2015-16: 28 suspensions
2016-17: 17 suspensions
2017-18: 3 suspensions



It starts with us

Can you give 20 mins a week to the program?

Is there space in your life to self-reflect and are you willing to self-reflect?

Scholarships

www.mindfulnessfirst.org