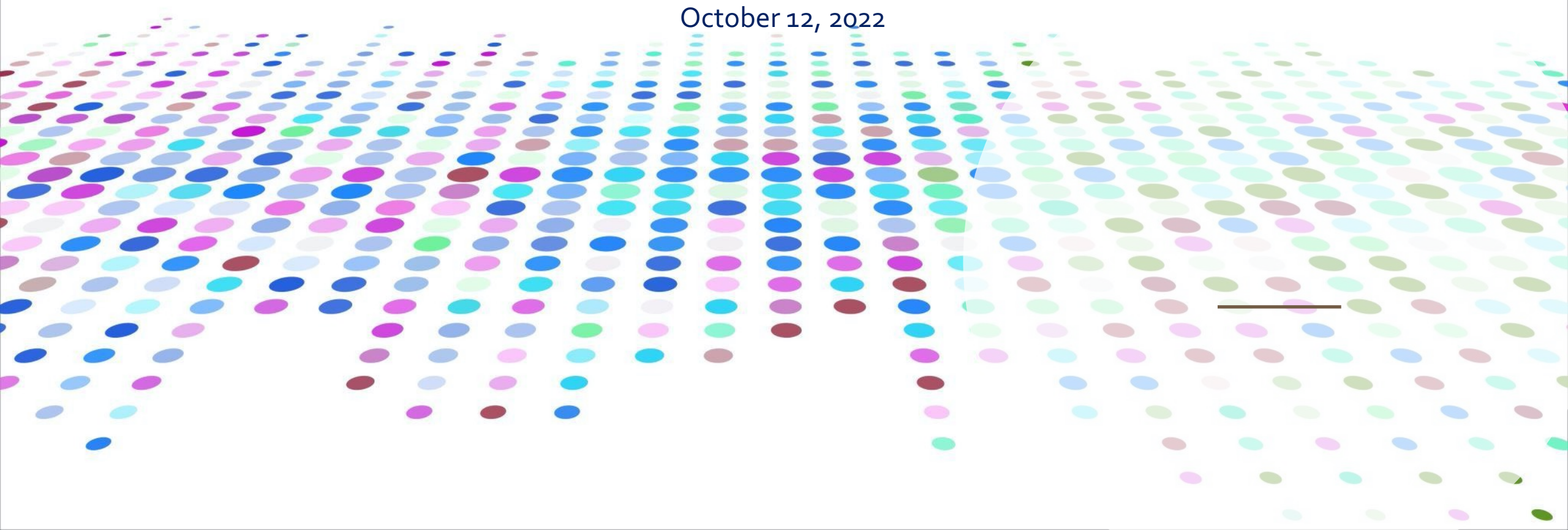




Mindfulness in DCPS an Initial Analysis

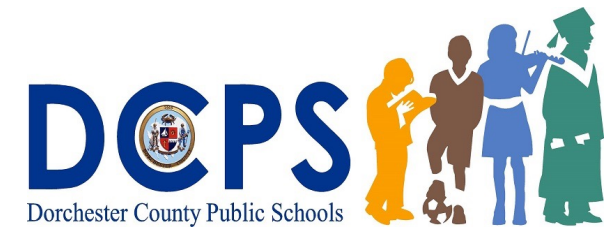
October 12, 2022



DCPS Mindfulness Initiative

- Initiated from a Board of Education request
- Researched and reviewed in 2018-2019
- Partnership with Holistic Life Foundation
- DCPS staff conducted site visitations in schools implementing mindfulness as a restorative and proactive intervention
- Implemented beginning 2019-2020
- All schools provided training
- Mindfulness rooms implemented in all schools by 2021-2022
- Staff member designated (initially provided under Student Services)
- Monitored by School Principals and Student Services Mental Health Coordinator

DCPS Mindfulness 22/23 SY



- Mindful Moments Room staff members participated in PD at beginning of the school year to review expectations and go over processes
- Mindful Moments Room staff members participate in 1x monthly, hour long PD, facilitated by Holistic Life Foundation
 - Review practices, discuss benefits, receive support, and ask questions.
- Mindful Moments Room staff members throughout the county also have the opportunity to meet via teams 1x a month for 30 minutes to share what is going well, discuss areas of improvement, and share ideas
- Site visits are conducted bi-monthly to review Mindfulness Rooms at each school to ensure things are going smoothly

Holistic Life Foundation & The Mindful Moment Program

- The Holistic Life Foundation (HLF) is a registered non-profit 501(c) (3) in Baltimore, Maryland
 - HLF Seeks to improve social, community, educational and emotional outcomes in low-income, underserved communities by providing multi-faceted programming (including yoga, mindfulness, and human and environmental health) that empowers youth, families, and adults.
- The Mindful Moments Room is an in-school program (designed by HLF) for students and staff that integrates mindfulness into the school day and provides a space for students who need to calm down and regain control of their emotions.



HOLISTIC LIFE FOUNDATION

What Does Mindfulness look like/mean in schools?

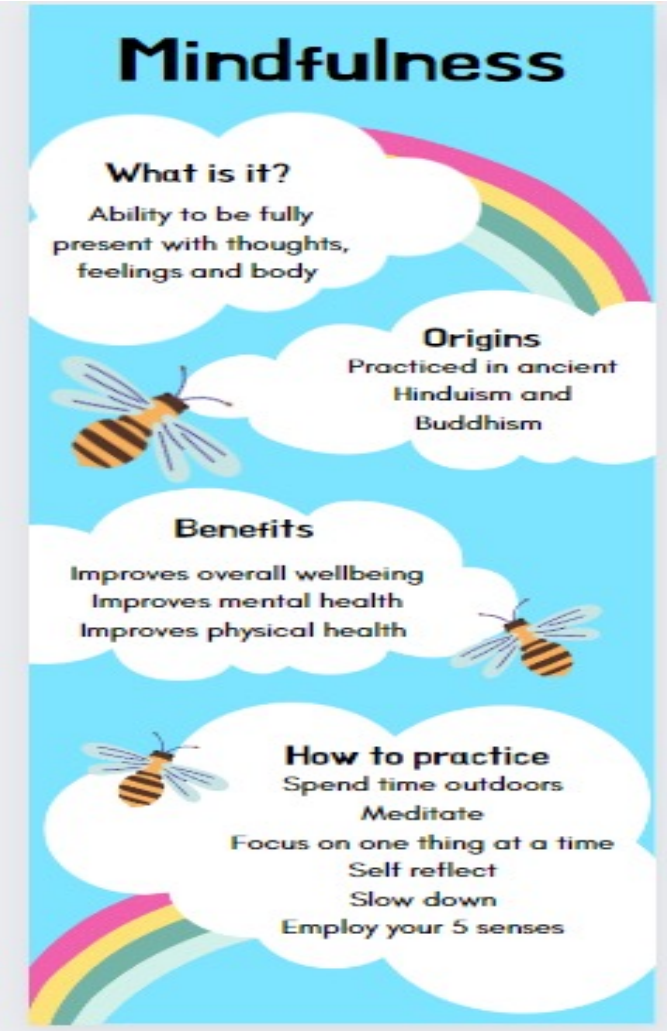
Mindfulness

What is it?
Ability to be fully present with thoughts, feelings and body

Origins
Practiced in ancient Hinduism and Buddhism

Benefits
Improves overall wellbeing
Improves mental health
Improves physical health


How to practice
Spend time outdoors
Meditate
Focus on one thing at a time
Self reflect
Slow down
Employ your 5 senses



FEELINGS

Feelings can be complicated. Sometimes it's hard to say how we are feeling. We can always start by identifying if we feel good, or bad.


FEELING GOOD?



When you feel good, you might also say, I feel _

- happy
- joyful
- confident
- proud
- calm
- excited

FEELING BAD?



When you feel bad, you might also say, I feel _

- sad
- angry
- frustrated
- scared
- worried
- mad

ALL OUR FEELINGS ARE OKAY!

Mindfulness Instructors By School 2022-2023

School	Instructor/Staff	Position/Level
CES	Ms. Jackson	Instructional Assistant/Also assists with substituting
HES	Ms. Crismond/Ms. Oneil	Educational Specialist/Instructional Assistant
MES	Mr. Wilson and Mr. Chester	
SDS	vacant	
SHES	Ms. Charnock	Educational Specialist/Also assists with substituting
VES	vacant	
WES	vacant	
MLMS	Ms. Green	Educational Specialist
NDMS	Ms. Thompson	*started Oct. 3 in this position*
CSDHS	Ms. Purnell	Educational Specialist/Student Support Monitor
NDHS	vacant	
DCTC	vacant	
NDLA	vacant	

2022-2023 Mindfulness Visits

- For the month of September 2022, there were a total of 435 student visits to Mindfulness.
- 101 were students who visited more than 1 time per month

Month	Total Number of Student Visits	Total Number of Students with Repeat Visits
September	435	101
October		
November		
December		
January		
February		
March		
April		
May		
June		
Total:	435	101



Number of Males	Number of Females
102	74

2022-2023 Mindfulness Visits

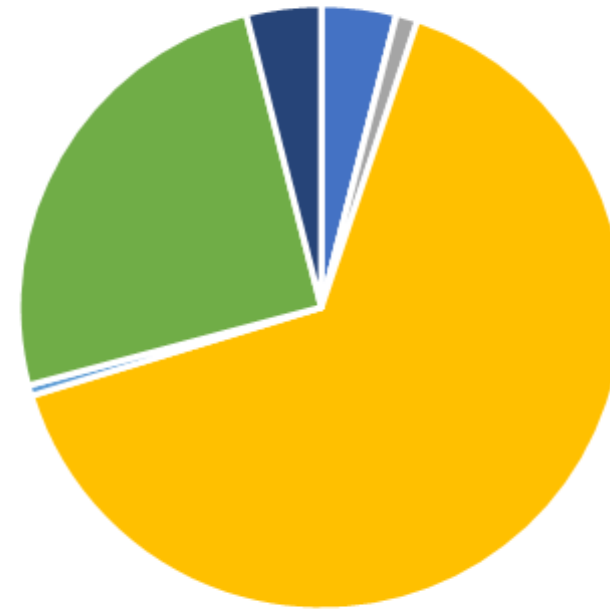
- For the month of September 2022, the total by gender
- **Does not reflect repeat visits*

Grade Level Mindfulness Visits SY 22-23

Number of Pre-K Visitors	Total Number of K Visitors	Total Number of 1st Grade Visitors	Total Number of 2nd Grade Visitors	Total Number of 3rd Grade Visitors	Total Number of 4th Grade Visitors	Total Number of 5th Grade Visitors	Total Number of 6th Grade Visitors	Total Number of 7th Grade Visitors	Total Number of 8th Grade Visitors	Total Number of 9th Grade Visitors	Total Number of 10th Grade Visitors	Total Number of 11th Grade Visitors	Total Number of 12th Grade Visitors
7	14	10	28	16	19	6	24	59	17	0	18	49	22
7	14	10	28	16	19	6	24	59	17	0	18	49	22

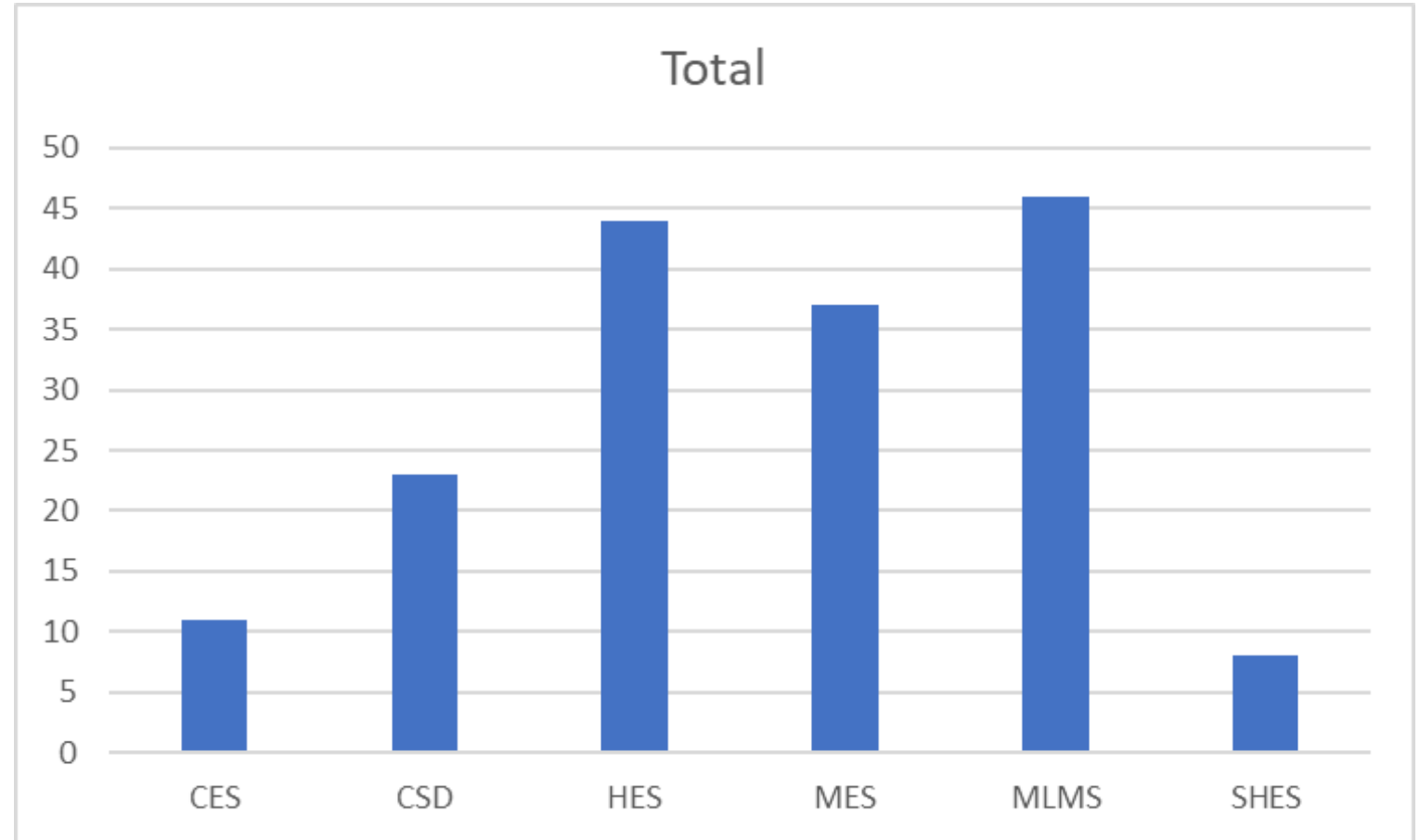
*Numbers do not reflect repeat visits

Demographic
Mindfulness
Visits SY 22



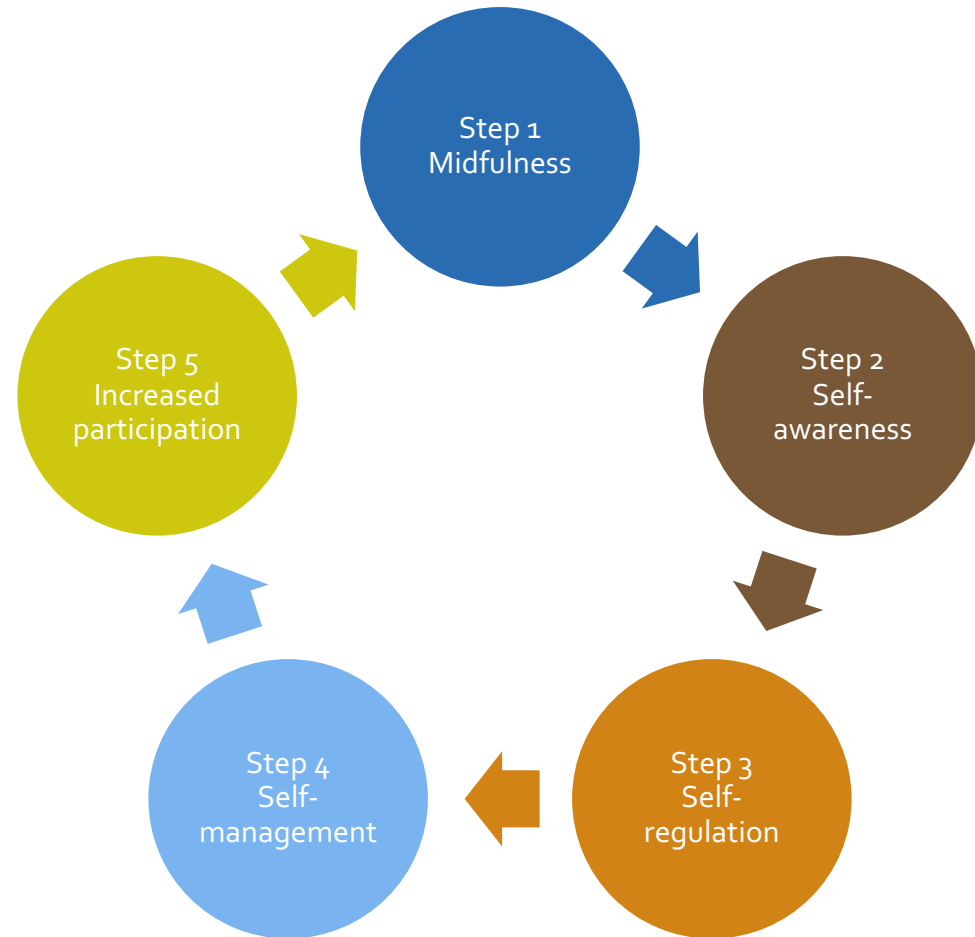
■ Hispanic ■ American IND ■ Asian ■ Black ■ Hawaiian ■ White ■ 2 or More

**By School
Mindfulness
Visits SY 22**



Initial Observations for SY 2022-2023

- Due to staffing issues, not all schools have data to report
- Secondary schools may be an outlier/not enough schools reporting to fully compare
- The reporting elementary schools with higher levels of utilization for mindfulness have lower rates of suspension



Mindfulness SY 2021-22

Data Review



Total Number of Mindfulness Visits by Month SY 21-22

Month	Total Number of Student Visits
September	121
October	119
November	109
December	82
January	65
February	148
March	221
April	178
May	183
June	71
Total:	1,297

CSDHS Total Mindfulness Visits 2021-2022

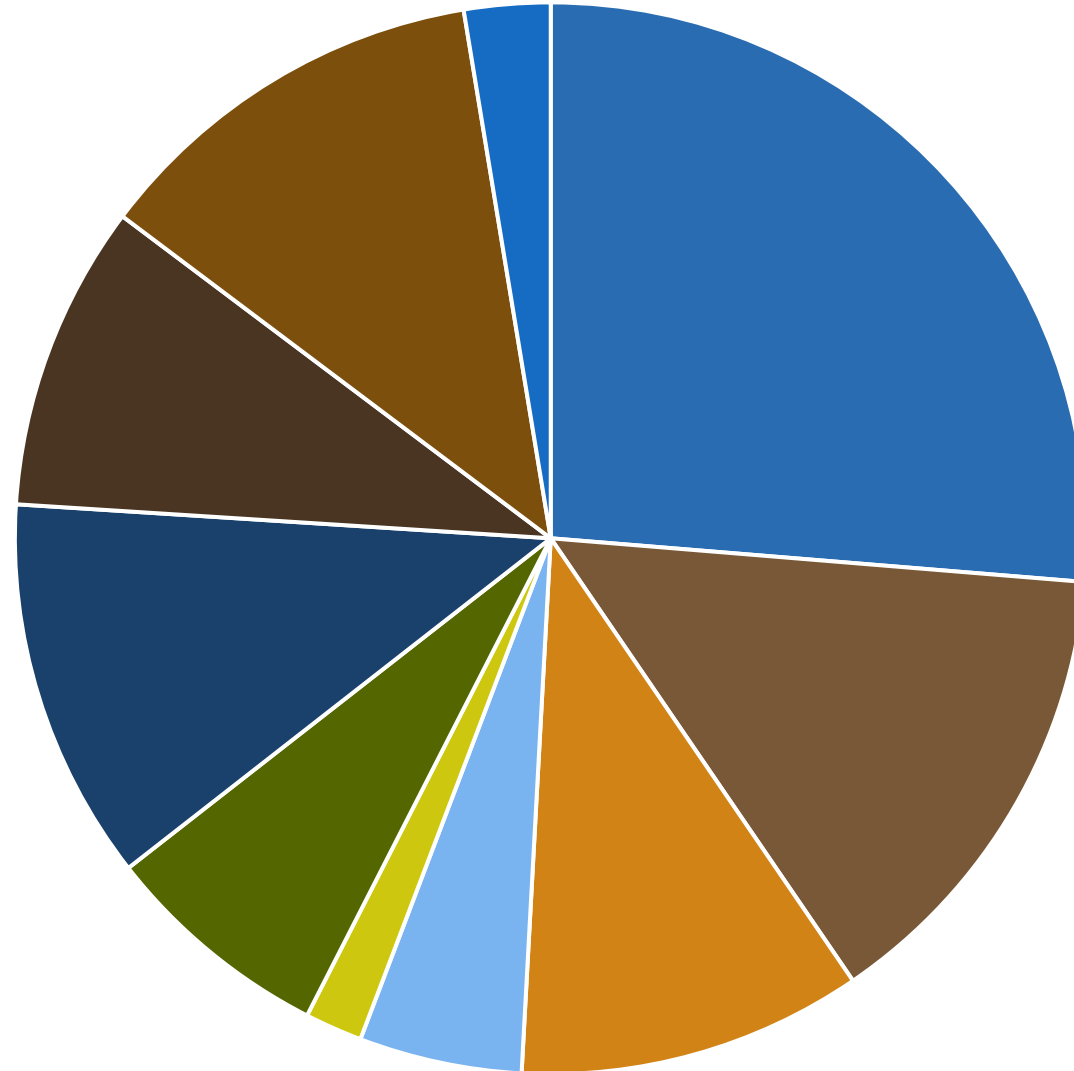
Month	Total Number of Student Visits	Number of Students with Repeated Mindfulness Visits
August	0	
September	91	
October	49	
November	36	
December	17	
January	6	
February	24	
March	40	
April	32	
May	42	
June	9	
Total	346	64
Summary:	137 students accessed the mindfulness room 346 times in the school year of 2021-2022	





CSDHS Total By Month

Total Number of Student Visits by Month



■ August ■ September ■ October ■ November ■ December ■ January ■ February ■ March ■ April ■ May ■ June



CSDHS Total By Grade

9th Grade	10th Grade	11th Grade	12th Grade	Male Students	Female Students	Other Students
80	25	16	16	75%	25%	0%

NDHS Total Mindfulness Visits 2021-2022

Month	Total Number of Student Visits	Number of Students with Repeated Mindfulness Visits
August	0	
September	2	
October	9	
November	0	
December	0	
January	6	
February	3	
March	7	
April	2	
May	0	
June	0	
Total	29	2

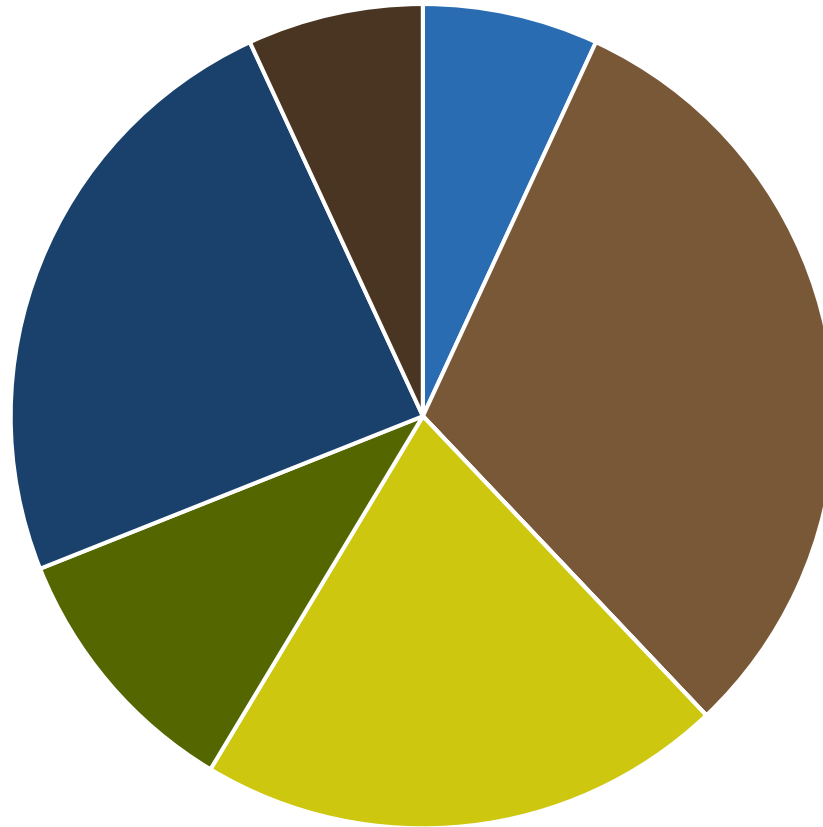


Summary: 27 students accessed the mindfulness room 29 times in the school year of 2021-2022



NDHS Total By Month

Total Number of Student Visits by Month



■ August ■ September ■ October ■ November ■ December ■ January ■ February ■ March ■ April ■ May ■ June



NDHS Total By Grade

9th Grade	10th Grade	11th Grade	12th Grade	Male Students	Female Students
14	6	7	0		
14	6	7	0	22%	78%

***No set mindfulness instructor; SSW Ms. Fuchs and SSW Intern Ms. Young used the room with students**

CES Total Mindfulness Visits 2021-2022

Month	Total Number of Student Visits	Number of Students with Repeated Mindfulness Visits
August	0	
September	3	
October	8	
November	11	
December	9	
January	5	
February	0	
March	0	
April	0	
May	0	
June	0	
Total	36	5



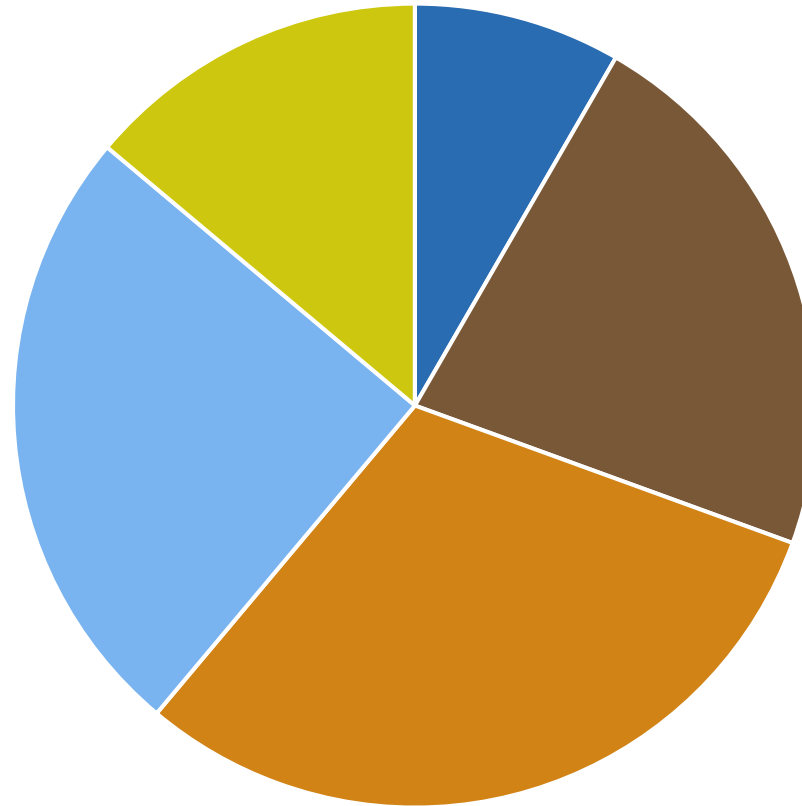
Summary:

137 students accessed the mindfulness room 346 times in the school year of 2021-2022

CES Total By Month



Total Number of Student Visits by Month



■ August ■ September ■ October ■ November ■ December ■ January ■ February ■ March ■ April ■ May ■ June



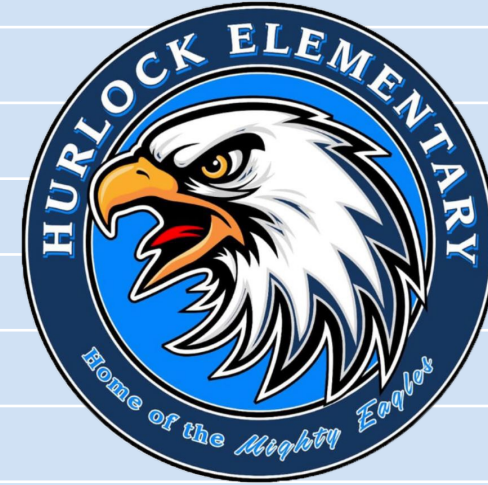
CES Total By Grade

Pre-k	K	1st Grade	2nd Grade	3rd Grade	4th Grade	5th Grade	Male Students	Female Students	Other Students
0	0	1	4	2	6	3	75%	25%	0%
*Does not include repeated visits	*Does not include repeated visits	*Does not include repeated visits	*Does not include repeated visits						

Mindfulness instructor: Ms. Jackson

HES Total Mindfulness Visits 2021-2022

Month	Total Number of Student Visits	Number of Students with Repeated Mindfulness Visits
August	0	
September	25	
October	53	
November	62	
December	56	
January	48	
February	121	
March	174	
April	144	
May	141	
June	62	
Total	886	83



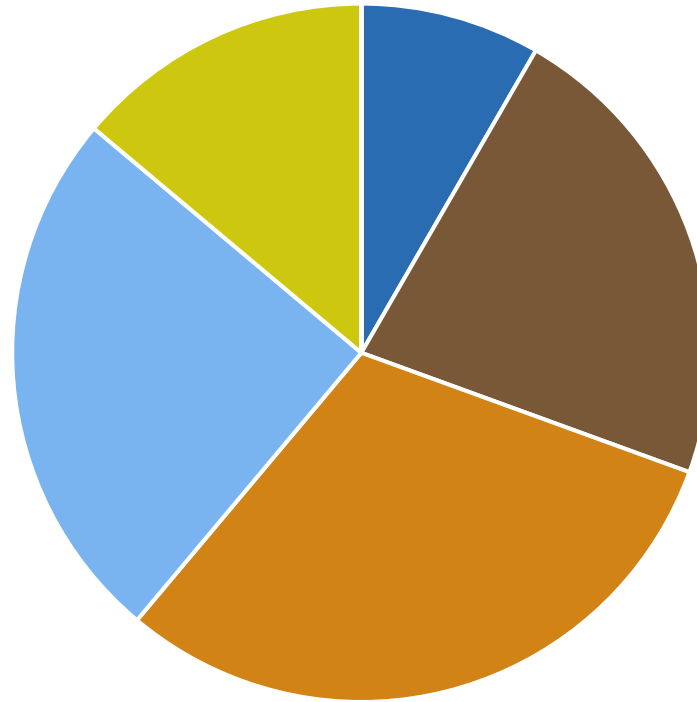
Summary:

91 students accessed the mindfulness room 886 times in the school year of 2021-2022

HES Total By Month



Total Number of Student Visits by Month



■ August ■ September ■ October ■ November ■ December ■ January ■ February ■ March ■ April ■ May ■ June



HES Total By Grade

Pre-k	K	1st Grade	2nd Grade	3rd Grade	4th Grade	5th Grade	Male Students	Female Students	Other Students
0	1	11	15	30	14	20			
0	1	11	15	30	14	20	55%	45%	0%
*Does not include repeated visits	*Does not include repeated visits	*Does not include repeated visits	*Does not include repeated visits						

***Mindfulness instructor: Kim Crismond/Patricia O'Neil**

Mindfulness Instructors By School 2021-2022

School	Instructor/Staff	Position/Level
CES	Ms. Jackson	Instructional Assistant/Also assists with substituting
HES	Ms. Crismond/Ms. Oneil	Educational Specialist/Instructional Assistant
MES	Ms. Glessner (part of the year)	Instructional Assistant/Transitioned to long term sub
SDS	Rotating staff as needed	No data collected for SY 21-22
SHES	Ms. Pusha	Educational Specialist
VES	Rotating staff as needed	No data collected for SY 21-22
WES	Rotating staff as needed	No data collected for SY 21-22
MLMS	Ms. Green	Educational Specialist
NDMS	Ms. Harrison	Educational Specialist/Also assist with intervention room – No data collected
CSDHS	Mr. Singleton	Educational Specialist/Also assists with intervention room
NDHS	Ms. Fuchs/Ms. Young	Social Worker/Social Worker Intern – As Needed
DCTC	Vacant	Room Vacant -No data collected
NDLA	Mr. Ross	Educational Specialist/No data collected