

Mindful Practices Data Review

North Allegheny School District

Overview

- During the 2016-2017 school year, the North Allegheny identified specific areas contributing to student stress. One of these areas was a lack of stress coping skills instruction for students and staff.
- In 2017-2018 the District partnered with *Healthy Body Peaceful Soul* to create a training plan for all teacher in the area of mindful practices. It was hoped these practices would reduce teacher stress and in future years would be incorporated into student activities.

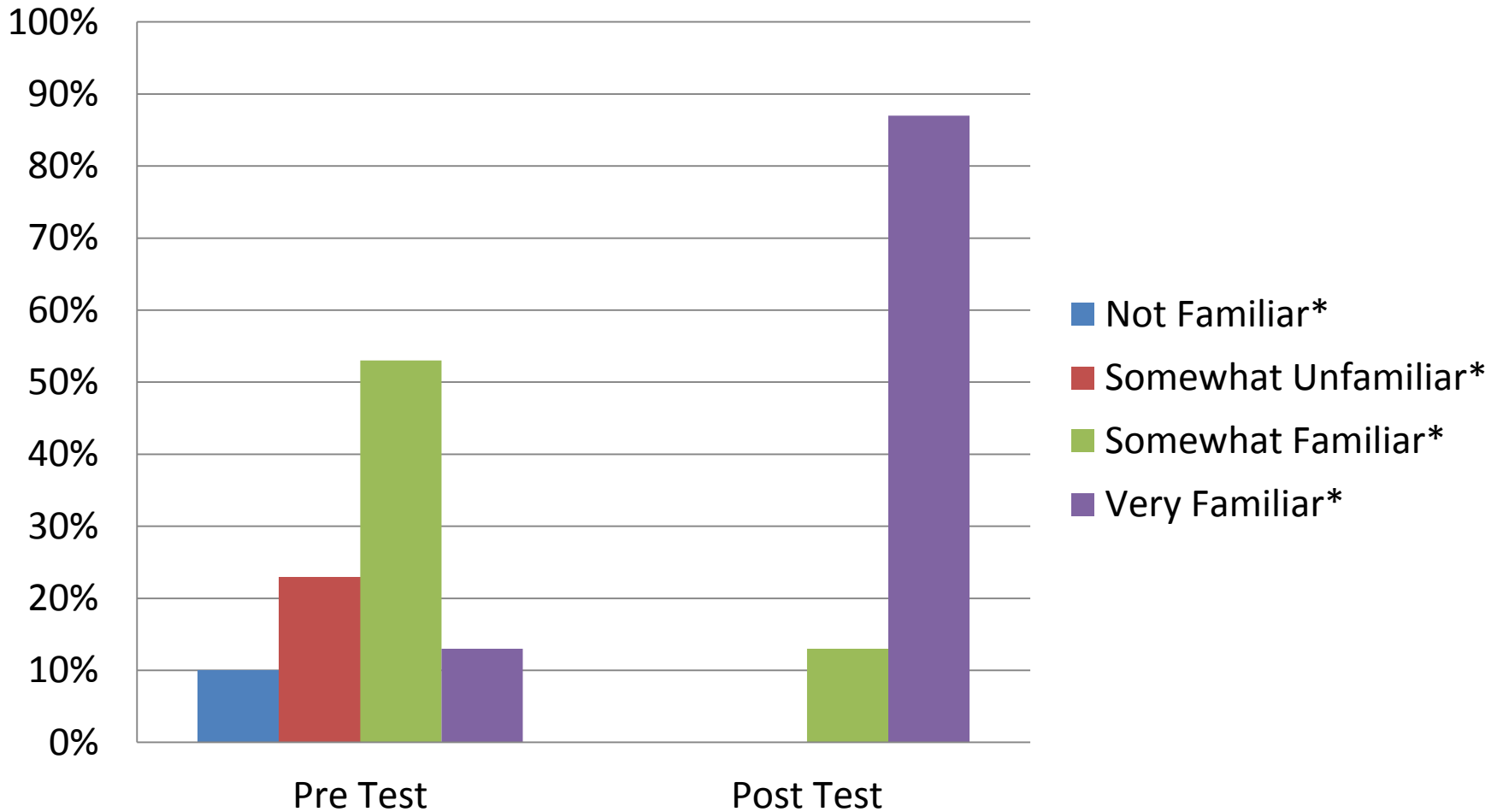
Overview Cont.

- The District utilized a train the trainer model to provide instruction to the 650 teachers and 120 para-professionals in the District.
- To accomplish this, the District enlisted a Core Team of teachers and school counselors in a site based model so that building level trainings could be conducted with staff at each school. The District also provided training to building and District administrators throughout the year.

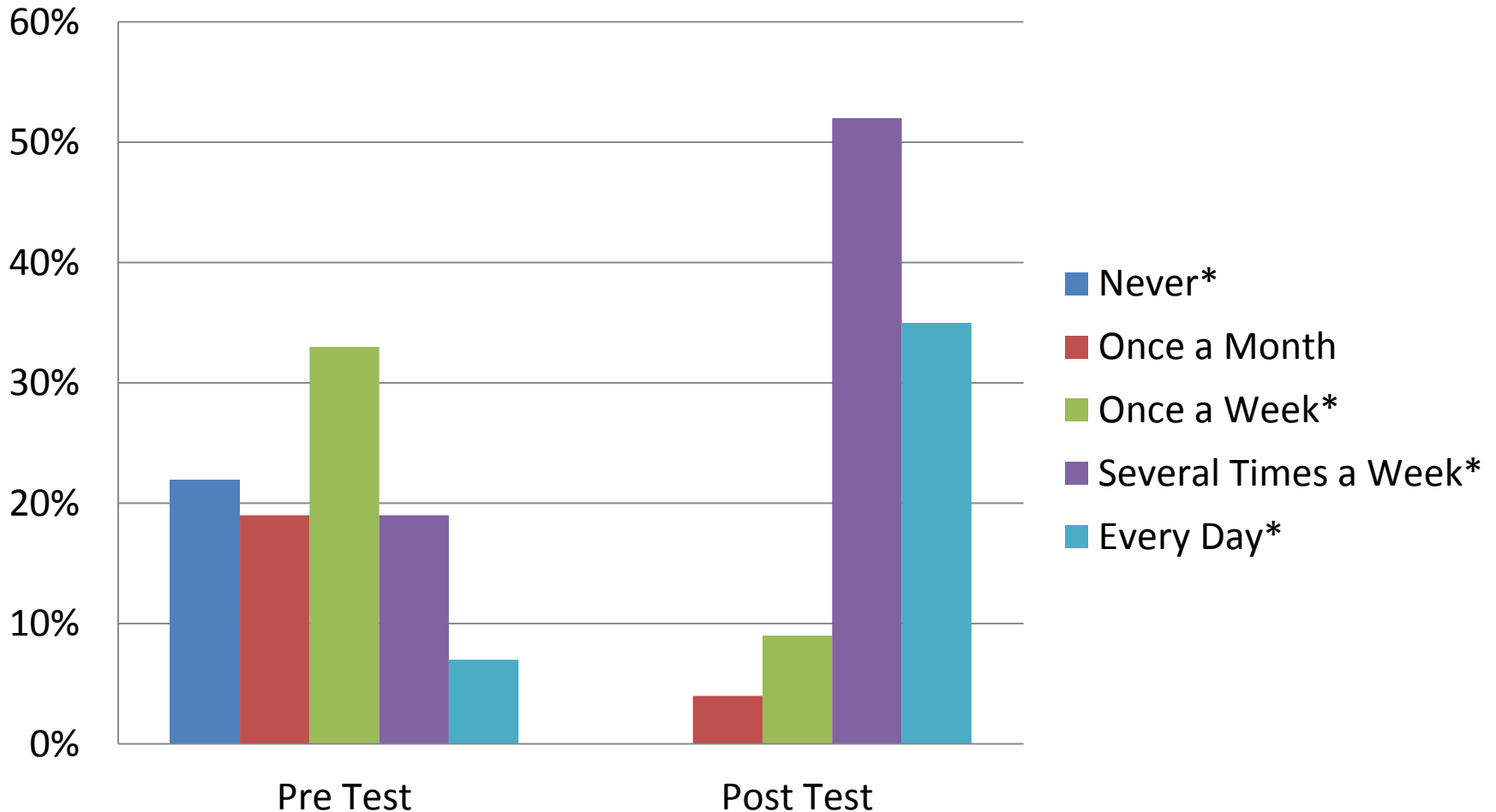
Core Team Members

- Core team members were chosen from volunteers from each building. Most buildings had a teacher and a school counselor who participated, but there were two buildings where two teachers participated without a counselor.
- Core team members met two times per month through the fall and one time per month through the spring. They were tasked with providing two professional development presentations at their buildings during the year. Between 23 and 30 individuals answered each survey question.
- Headings that are starred were found to be statistically significant $p > .05$.

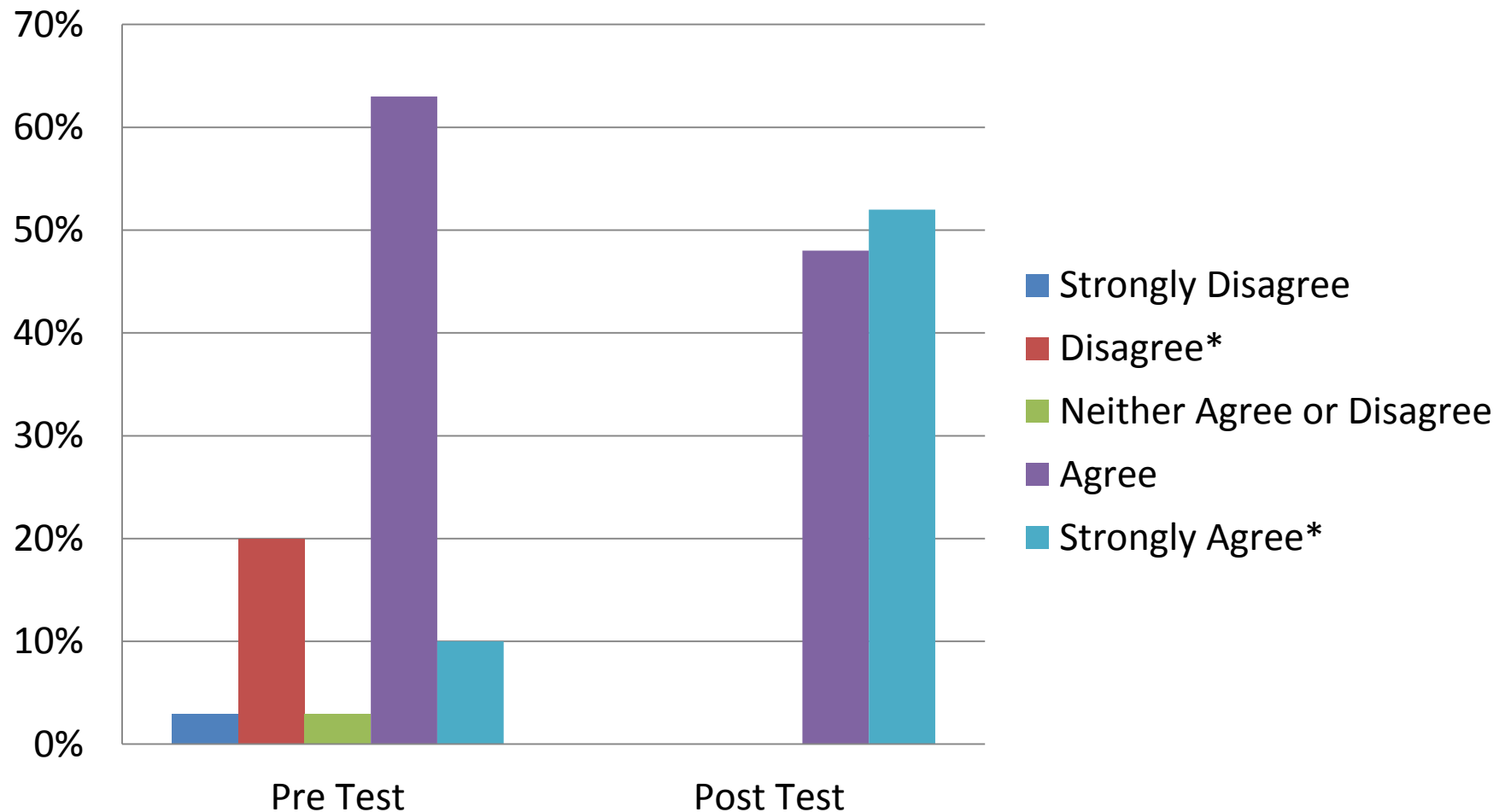
CTM: How familiar are you with the concept of mindfulness?



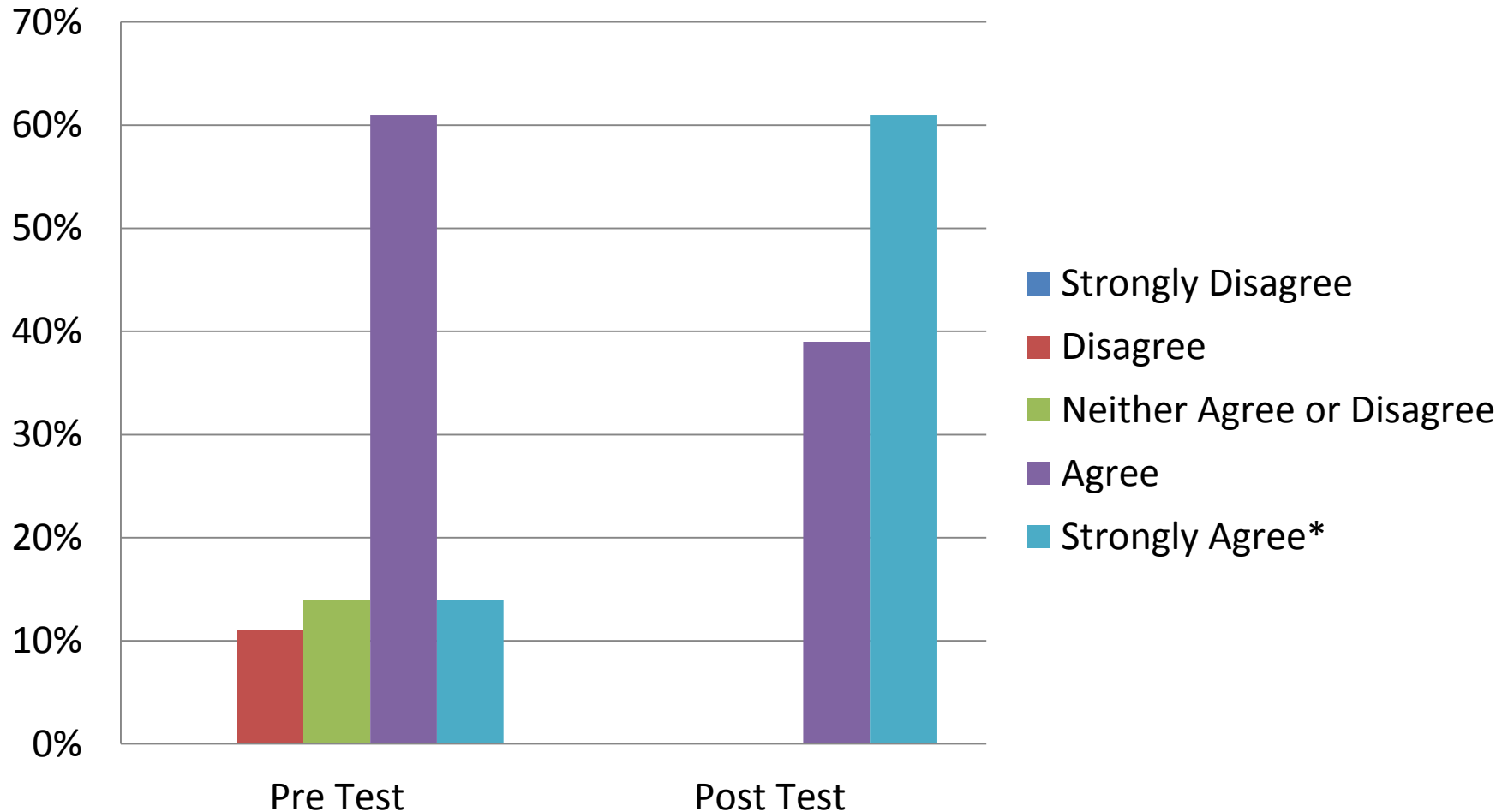
CTM: How often do you purposefully engage in mindful practices or activities?



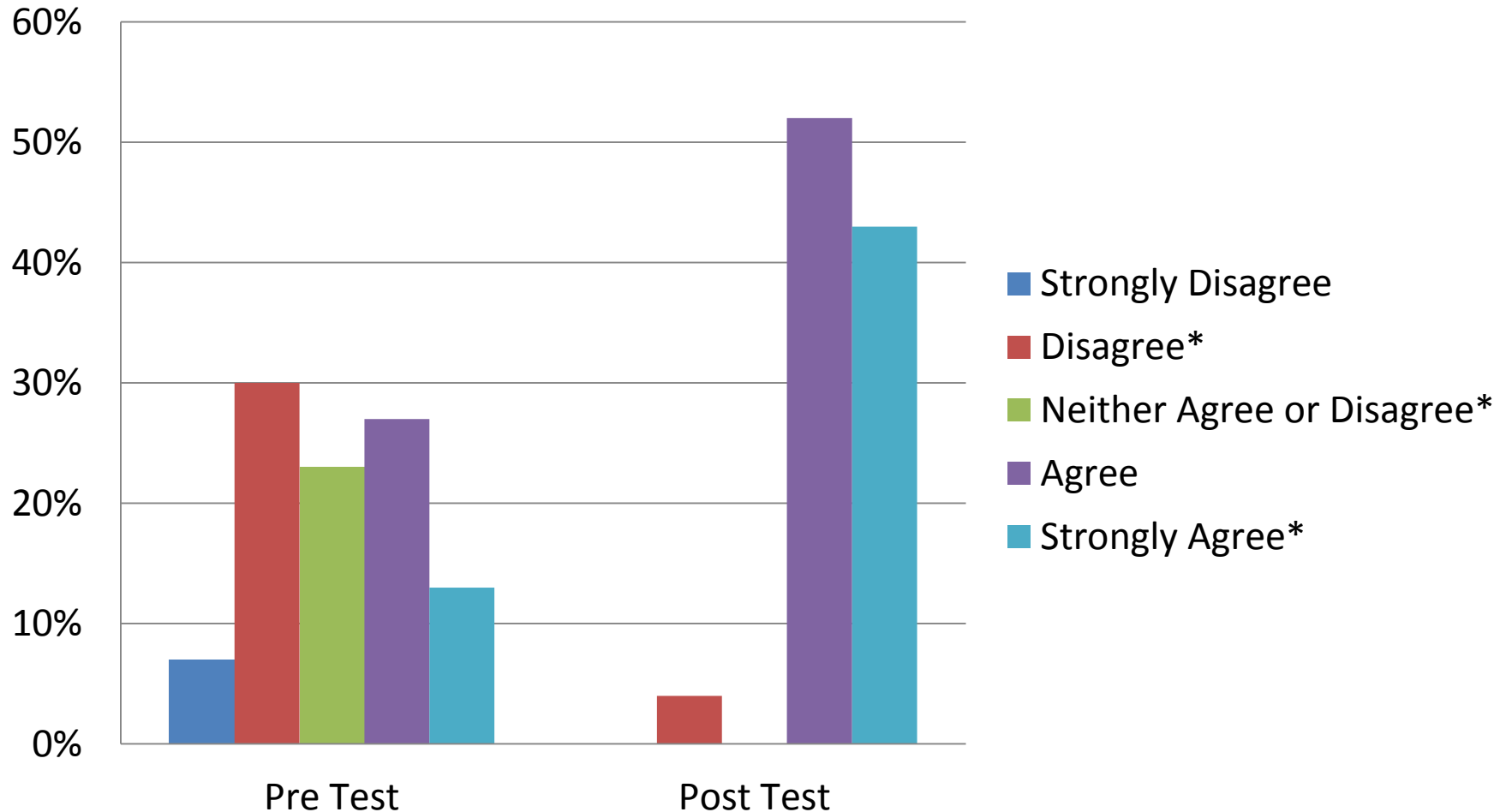
CTM: I have a set of mental tools that I can use during moments of high stress.



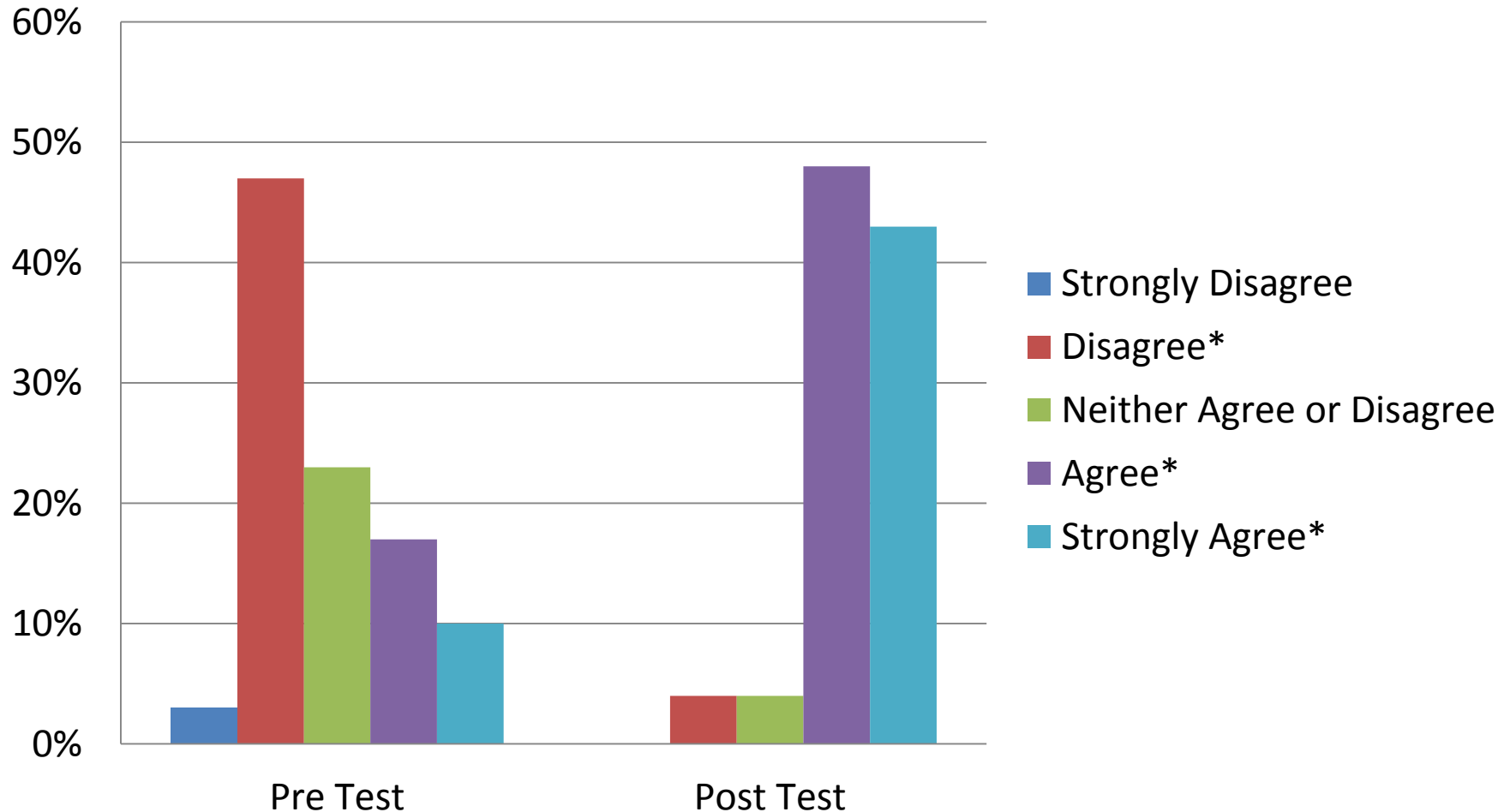
CTM: I understand the psychological benefits of mindfulness.



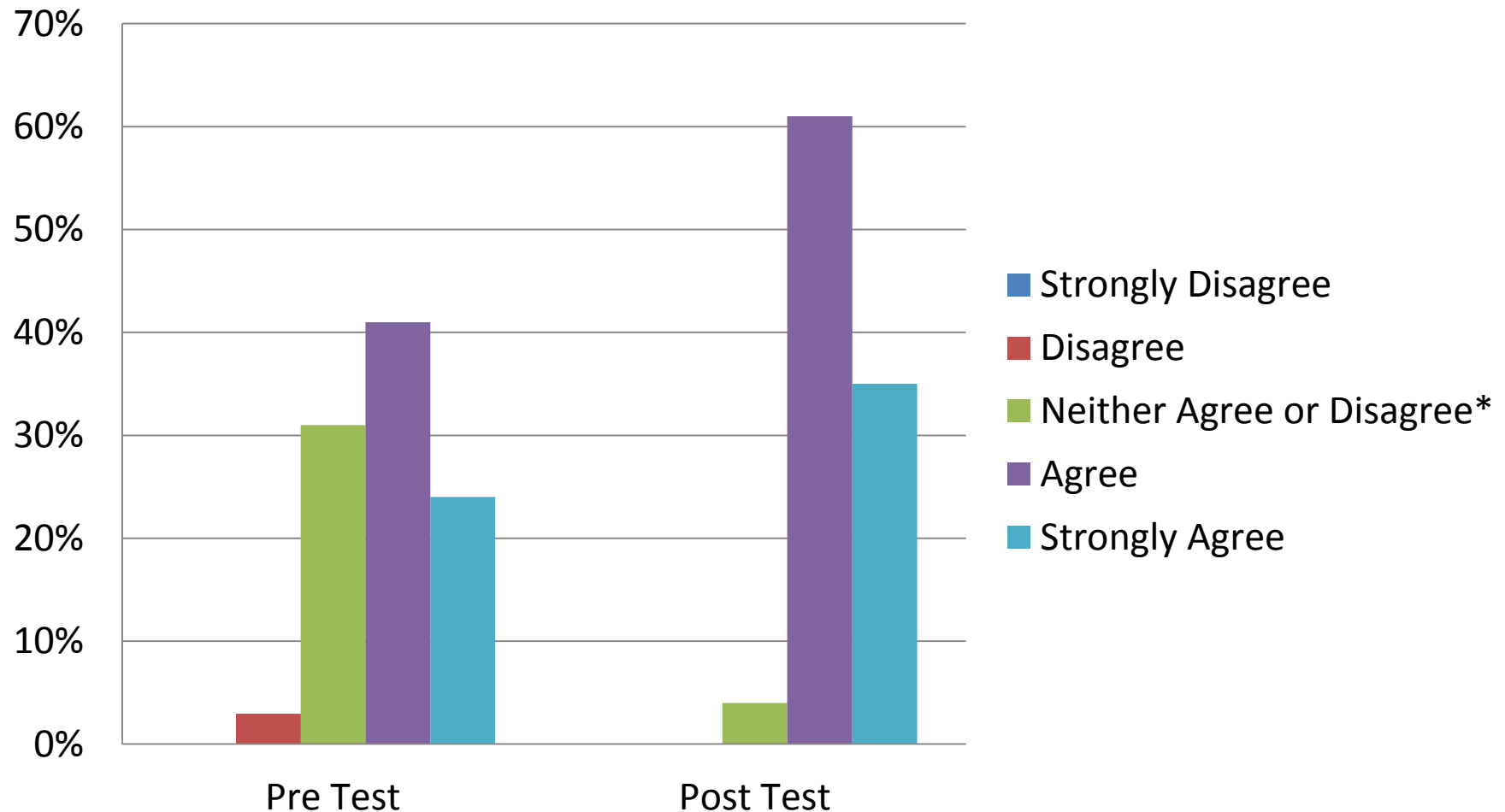
CTM: I can explain the psychological benefits of mindfulness.



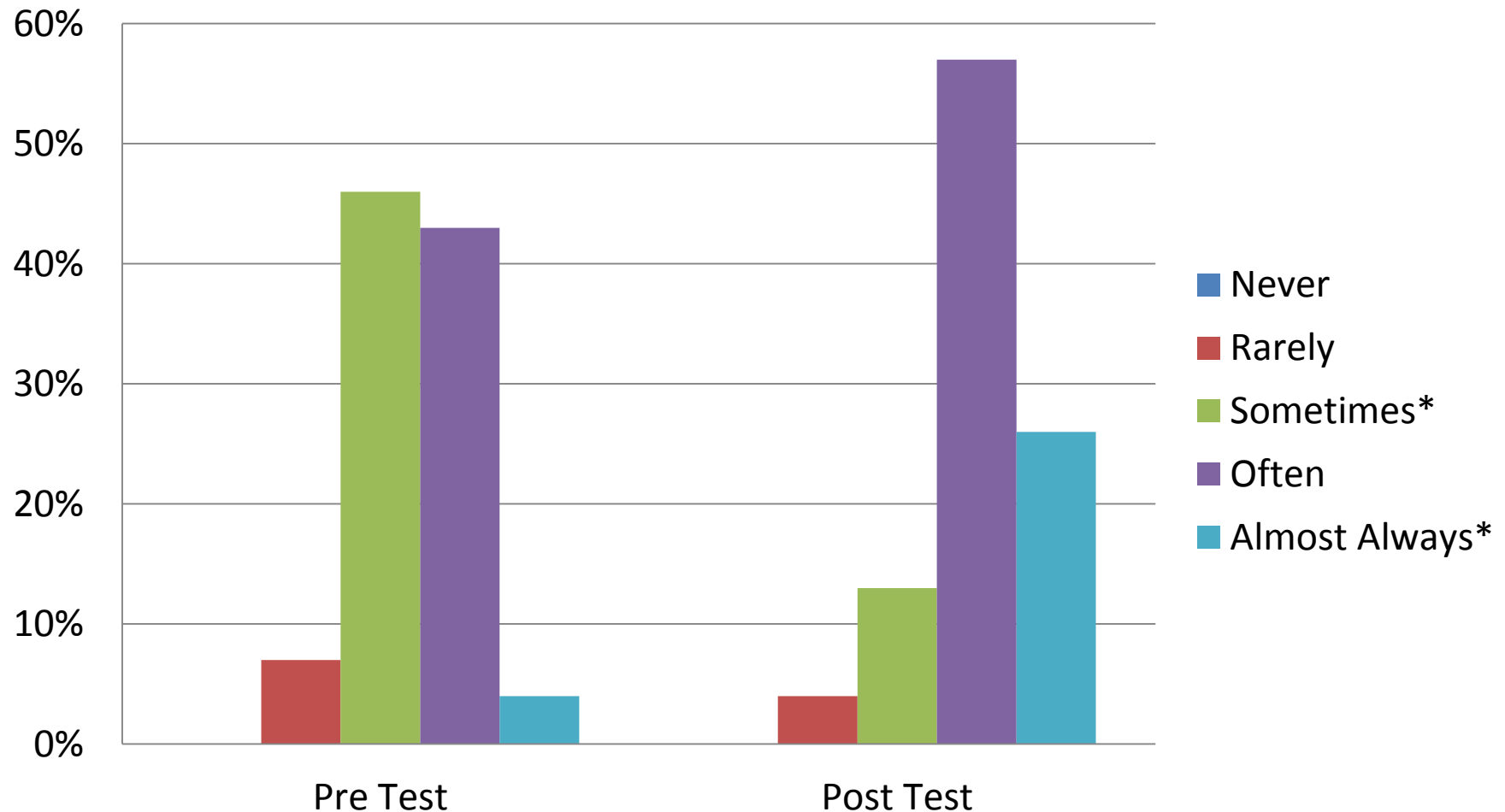
CTM: I feel comfortable answering questions from others about mindfulness.



CTM: I have strategies that I can use to help myself focus during stressful times.



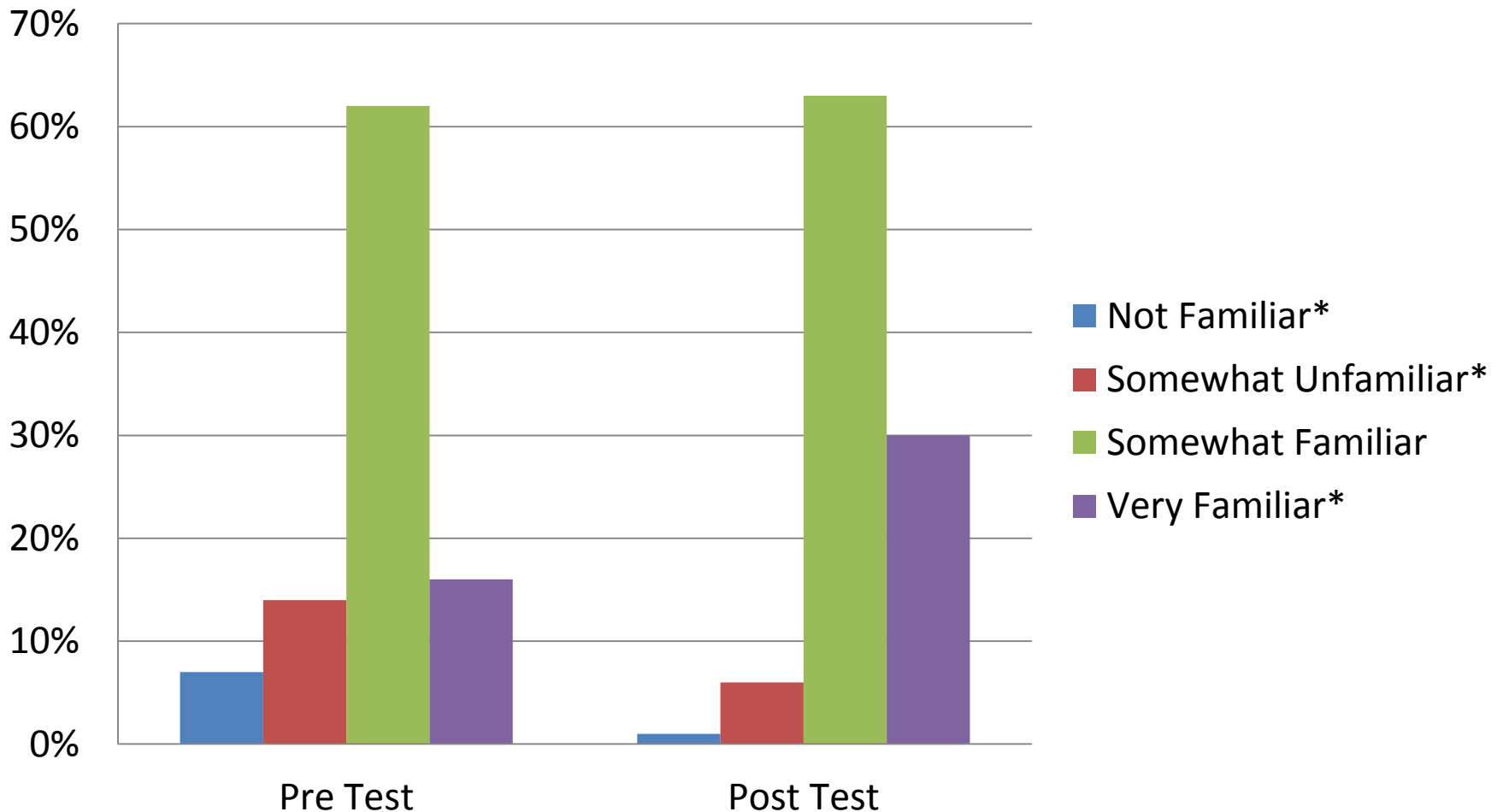
CTM: I am able to recover quickly from a stressful event or experience.



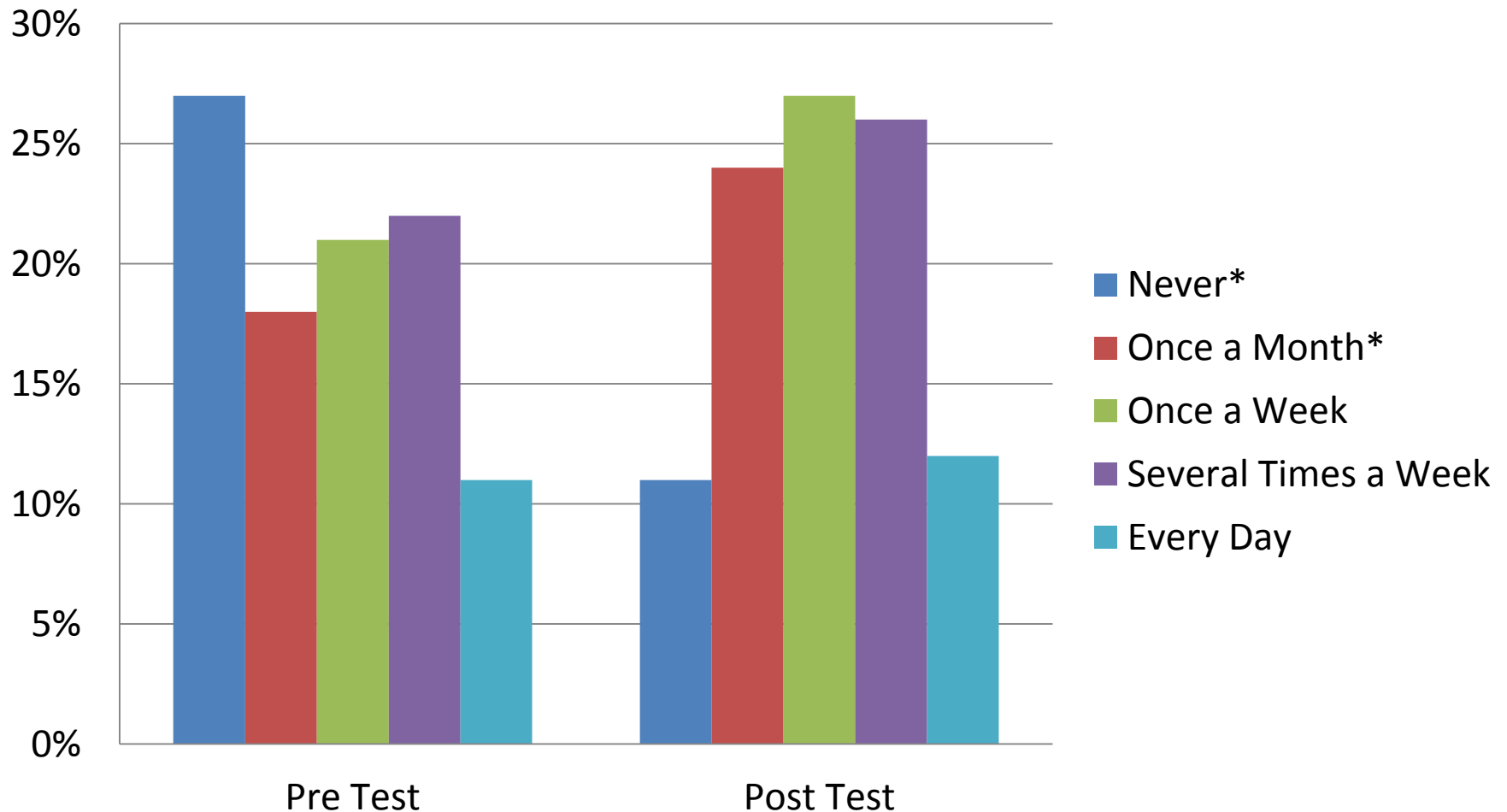
Teacher and Para-Educators

- All teachers and para-educators were provided with a training in January conducted by Core Team Members. Prior to the training teachers and para-educators were both surveyed using a pre test.
- All teachers were given a second training in April and were given the post test after that training. (Due to other requirements, para-educators did not receive the second training and were not surveyed.) 459 teachers were surveyed both times.
- Headings that are starred were found to be statistically significant $p > .05$.

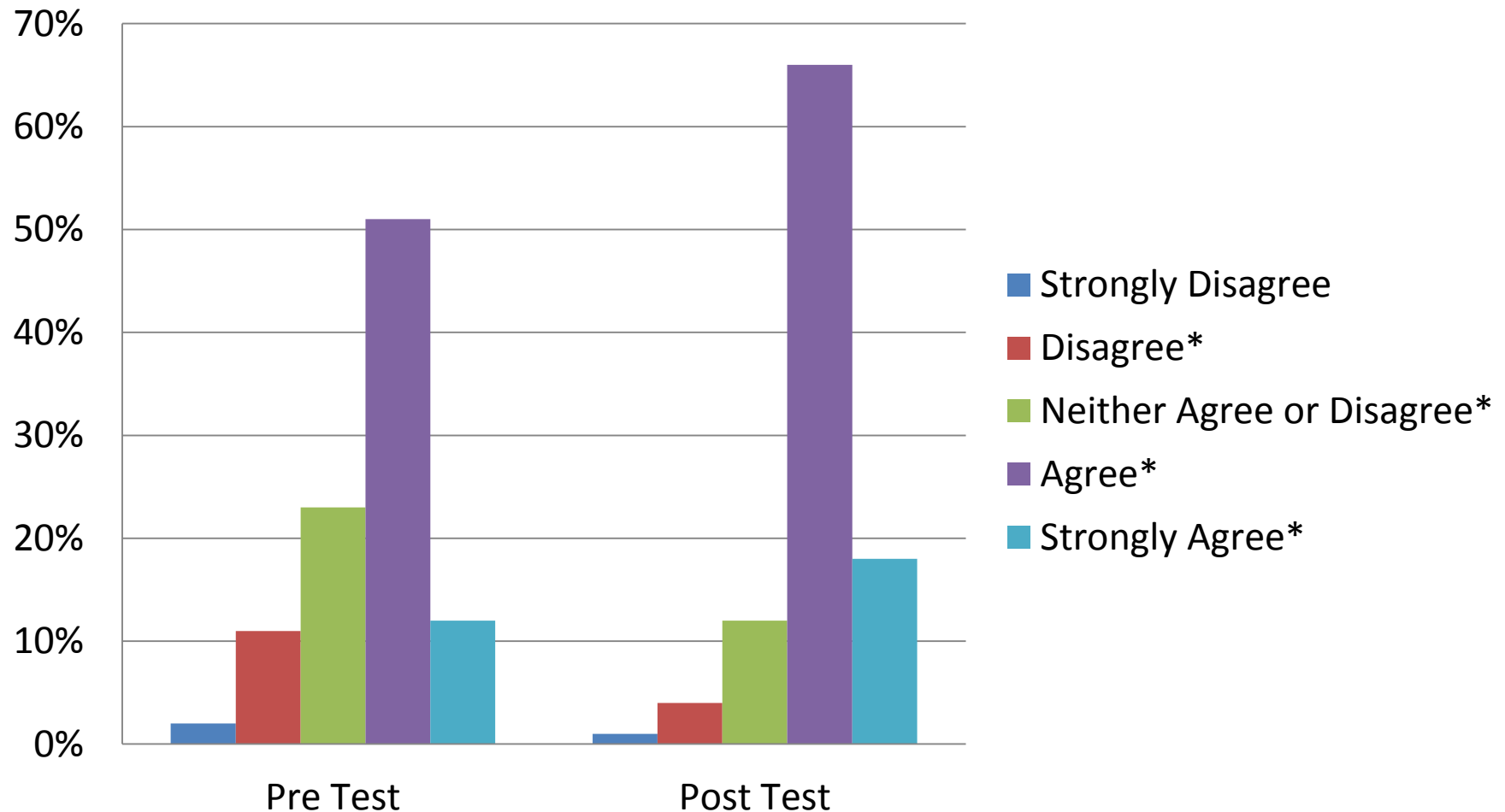
How familiar are you with the concept of mindfulness?



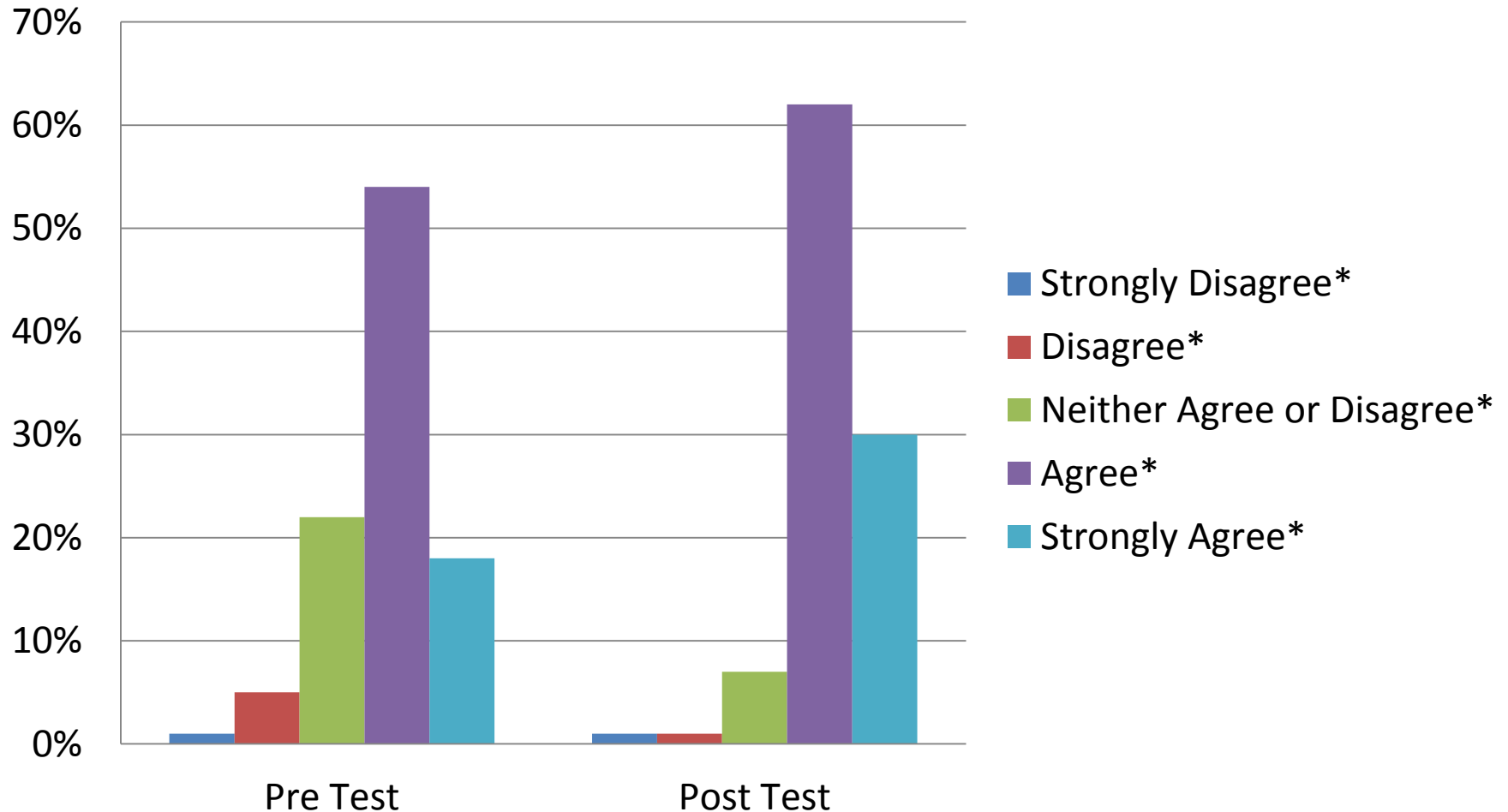
How often do you purposefully engage in mindful practices or activities?



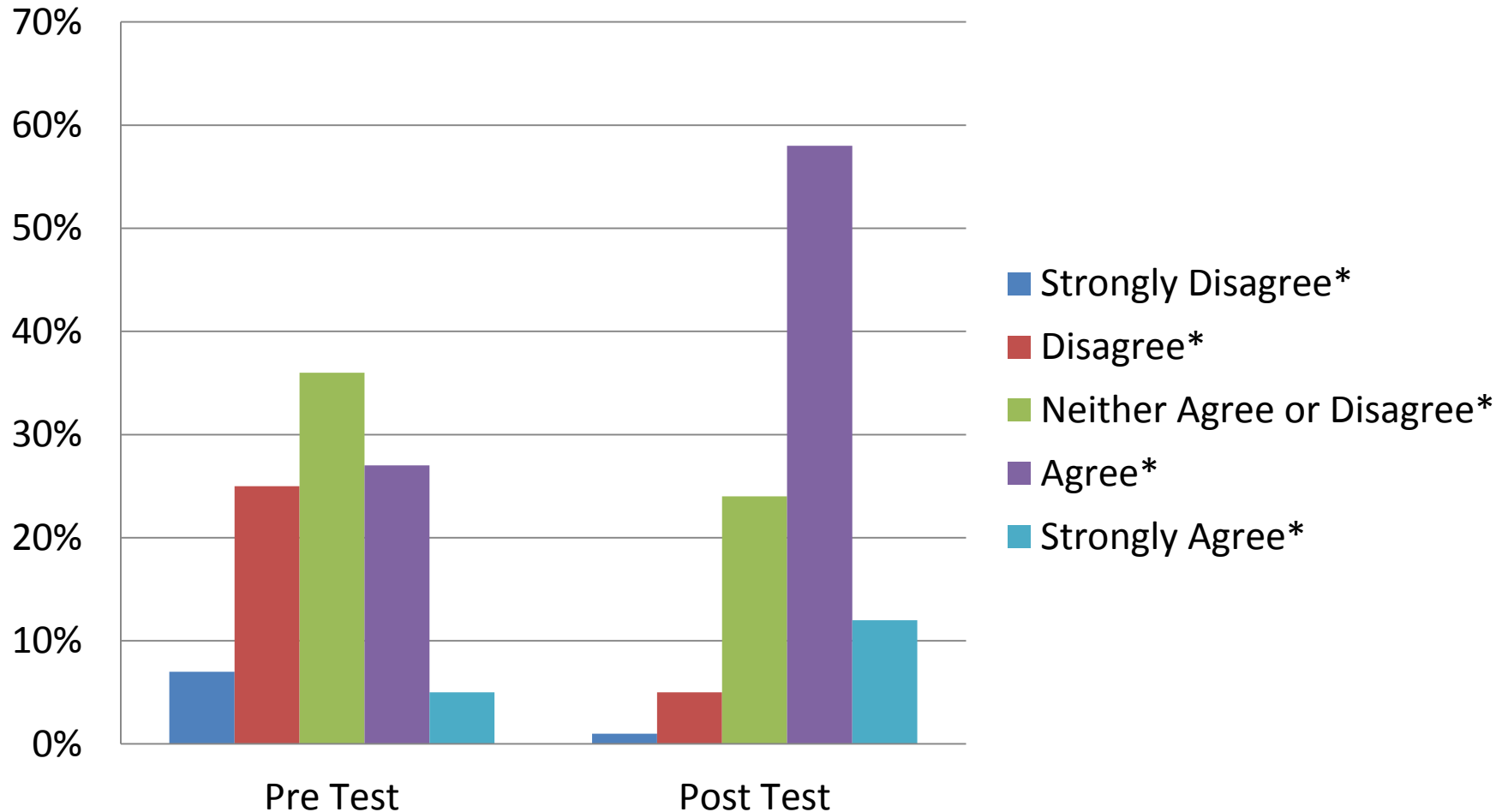
I have a set of mental tools that I can use during moments of high stress.



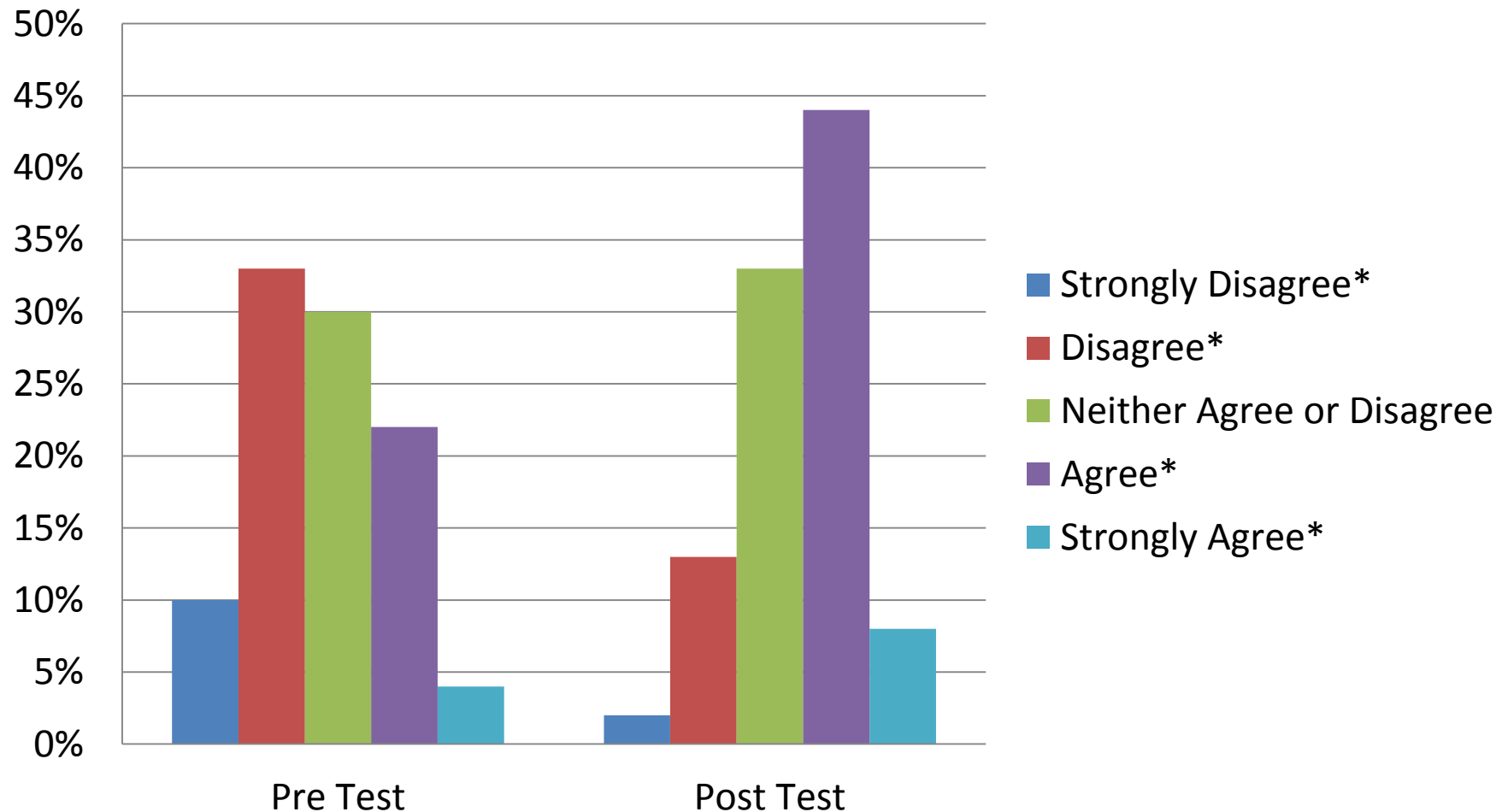
I understand the psychological benefits of mindfulness.



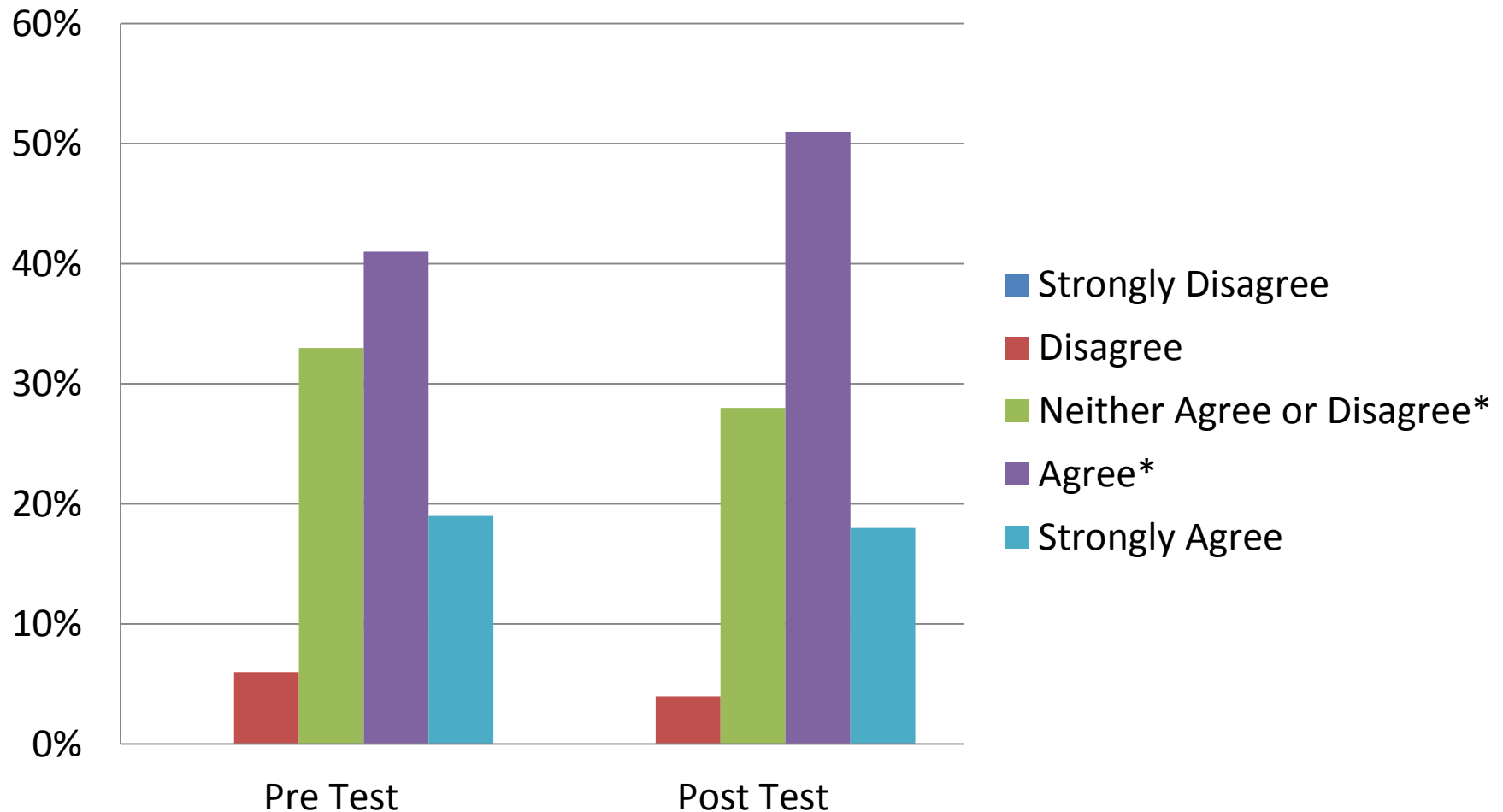
I can explain the psychological benefits of mindfulness.



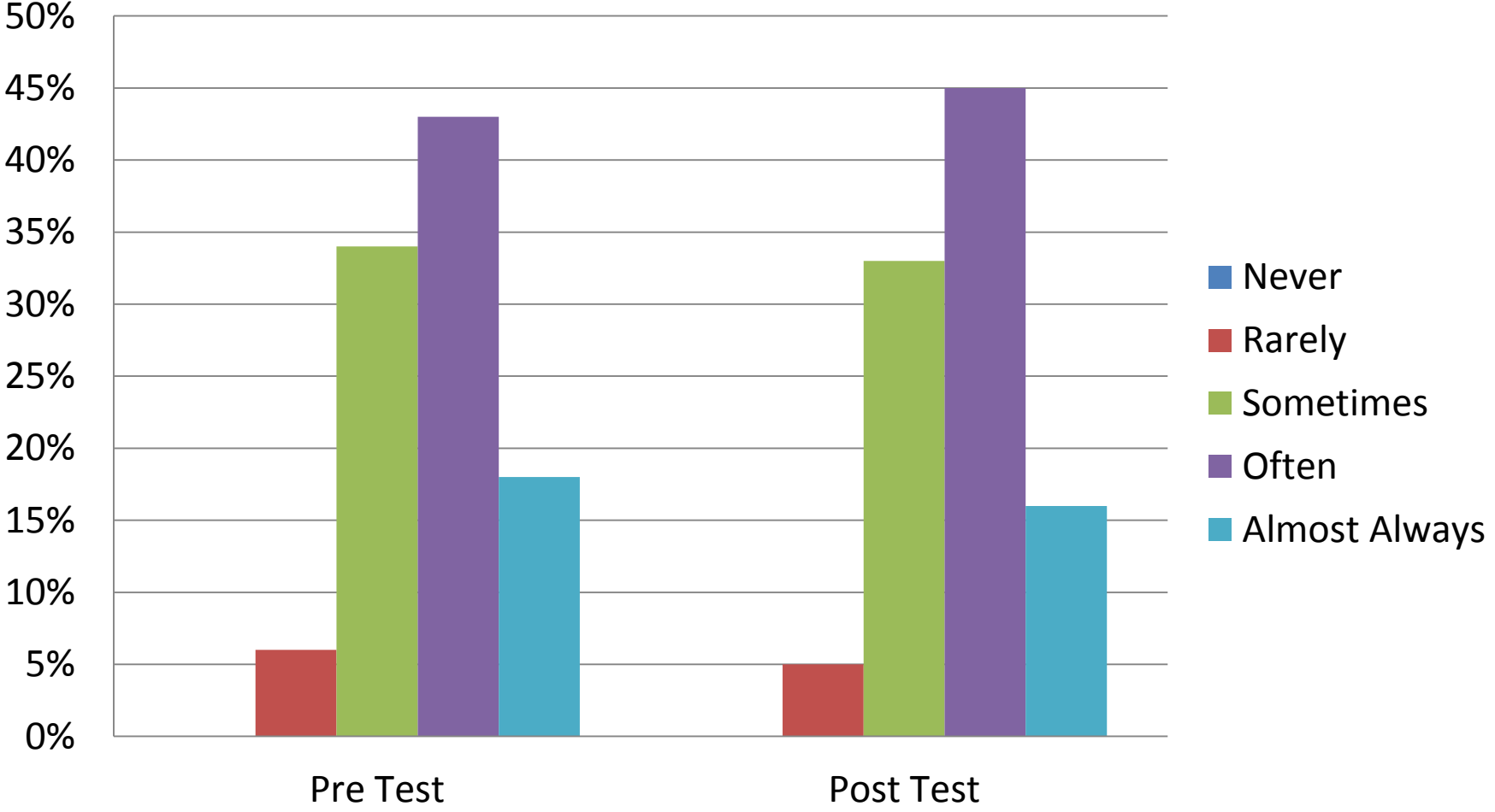
I feel comfortable answering questions from others about mindfulness.



I have strategies that I can use to help myself focus during stressful times.



I am able to recover quickly from a stressful event or experience.



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