

Plugged Into Mindfulness

Supporting Mental Health and Social-Emotional Learning

Proposal for Professional Development & Additional Offerings

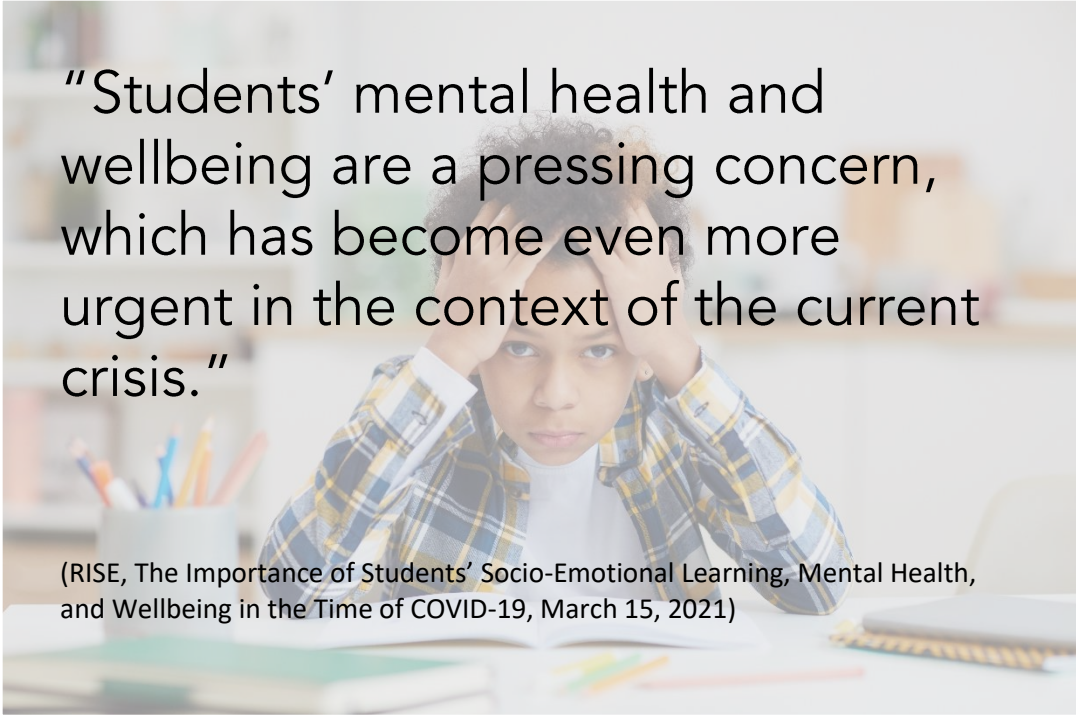
2022 - 2023

When school leaders are dedicated to mental and emotional well-being, everyone benefits. Research shows that educators, counselors and administrators who learn mindfulness not only reduce their own stress levels and minimize burnout, but are more attentive, empathetic, emotionally regulated, and effective in the classroom.

Students who learn mindfulness reap the benefits of improved attention, greater social-emotional skills, and a reduction in anxiety, stress, and depression. They learn healthy coping skills and respond skillfully to challenge.



COVID-19 - THE IMPACT ON MENTAL HEALTH and SOCIAL-EMOTIONAL LEARNING



“Students’ mental health and wellbeing are a pressing concern, which has become even more urgent in the context of the current crisis.”

(RISE, The Importance of Students’ Socio-Emotional Learning, Mental Health, and Wellbeing in the Time of COVID-19, March 15, 2021)

The pandemic has exacerbated the already-growing mental health crisis:

24% increase in mental health emergencies for children aged 5-11*

30% increase in mental health emergencies for children aged 12-17*

38% of teachers report that the stress of teaching during the pandemic has made them consider changing jobs. **

“The pandemic has pushed many faculty members to the verge of burnout.”

-- Debra Frey, HEAD OF TAX-EXEMPT MARKETING AND ANALYTICS AT FIDELITY INVESTMENTS



WHY PLUGGED INTO MINDFULNESS BY HBPS?

Our Work is Evidence-Based

Our program has been proven to:

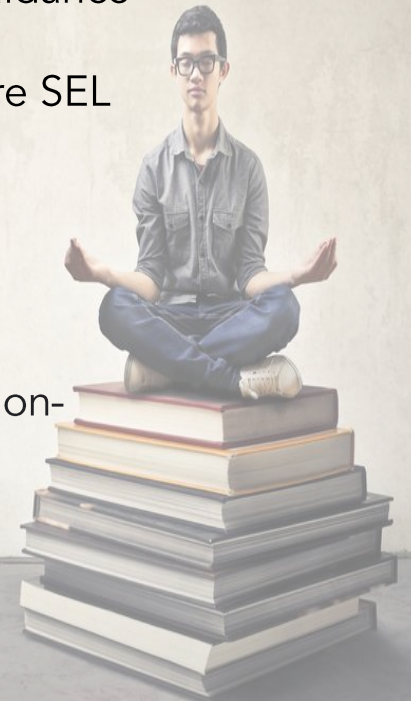
- Reduce feelings of fatigue or “burnout”.
- Improve self-efficacy around stress management.
- Increase feelings of compassion towards oneself and others.
- Improve ability to recover from stressful events, and/or be more flexible in dealing with challenging situations.
- Improve overall personal well-being.

Research confirms that mindfulness practices:

- Improve focus and attention
- Increase resilience (improving and protecting mental health)
- Create positive social/emotional outcomes

We Meet Standards

- Approved for Act 48 credits in Pennsylvania
- Aligns to CASEL SEL guidance (focus area 3)
- Adheres to the Five Core SEL Competencies:
 - Self-Awareness
 - Self-Management
 - Social Awareness
 - Relationship Skills
 - Responsible Decision-Making.
- PaTTAN-recognized MTSS intervention



Emphasis on the Positive Trickle-Down Effect

Emotional energy trickles from the top down within any system, whether it's a corporate, family, or educational system. That is why we emphasize training of administrators, counselors, and educators in the mindfulness mindset and techniques: so they can gain greater focus, emotional regulation, and resilience. With such positive outcomes in educational leaders, students are positively impacted before they even learn the first concept of mindfulness. As students learn from their teachers and practice regularly, eventually the whole district climate shifts toward greater awareness, self-management, and better behavior and decision-making.

We Use a Trauma-Sensitive Approach

Plugged into Mindfulness creator, Joni Sturgill, LPC, NCC, ERYT, draws on her training with Daniel Libby, PhD., RYT (creator of Mindful Resilience for Trauma Recovery), and Bessel Vander Kolk (Trauma researcher and author of *The Body Keeps the Score*), to include a trauma-sensitive approach in the curriculum, creating a safe and inclusive environment for all.

Our Program is Customizable and Personable

While the Plugged into Mindfulness Professional Development training is most ideal to create lasting change throughout your school district, other options and supports are available. Plus, our offerings aren't ONLY online, but we offer face to face sessions, which are important for creating greater focus, engagement and more mindful communication/better relationships.



Plugged Into Mindfulness Professional Development

Purpose:

This 10-session course in mindfulness training for educators serves three purposes:

1. **Learning self-care.** Educators are at a great risk for chronic stress and burnout. This negatively impacts mental and physical health and can have negative consequences for the learning environment (Shapiro, S. et al, 2016). Research shows that mindfulness training offers educators stress management tools and facilitates an overall increase in self-care, increasing educator well-being as well as their efficacy in the classroom.
2. **Becoming a more mindful teacher.** "Mindfulness practice is associated with qualities that are critical to effective teaching, such as attention, empathy, and emotion regulation." (Shapiro, S. et al, 2016. P. 86.)
3. **Developing a foundation for offering mindfulness instruction to students.** Self-care and the embodiment of mindfulness practices are essential to teach the practices to others.

Course Aims and Outcomes:

To understand in theory and research, and to embody in practice, mindfulness and breathing techniques with the intention of developing:

Attention Skills

- Greater ability to concentrate (spatial, temporal and suppression assumption)
- Finding clarity (having discrimination through detection and intense focus)
- Experiencing equanimity (a balanced internal state regardless of circumstances)

Social-Emotional Outcomes

- Self-awareness
- Self-management / emotional regulation
- Social awareness & Improved relationship skills
- Responsible decision-making

Resiliency

- Self-confidence
- Flexibility in the face of challenge
- Emotional resilience (recovery from stressful event)
- Trust in self and others



Plugged Into Mindfulness Professional Development

Professional Development Course Details:

Available in-person, zoom or hybrid

Includes:

- A manual and course book
- 10 one-hour sessions with lead trainer
- Training video access for one year
- Planning and email support
- One community outreach session
- Custom options are available

Program Cost

10 session training cost is \$14,500. This includes planning, customization, curriculum, live training sessions, books, manuals, community outreach session, email support.

If assessment/evaluation is desired, I will obtain a quote based on the needs of the district, with my 3rd party evaluator, in addition to the above cost.

Specific Learning Outcomes:

By the end of this course, participants will learn:

- The basics of mindfulness & breathwork training
- Techniques for managing active and stressful thoughts
- Techniques for managing challenging emotions
- Practices that cultivate positivity, gratitude and compassion
- The research that supports mindfulness and the common myths around mindfulness
- Support for creating your own daily sitting practice
- How to teach the practices to both peer groups and students, individually and in groups



Additional Offerings

Keynotes

Joni is available for engaging customizable keynotes, addressing burnout, stress, leadership, parenting, and resilience through the lens of mindfulness and the practice of equanimity. Specific content is customizable, and can kickstart programming

- **Cost for School Keynote Talk: \$800**

Community (or Faculty) Outreach Sessions

In this talk, Joni presents the science of stress and mindfulness, offers a few simple techniques and allows plenty of time for Q&A.

- **Cost per Community Outreach Session: \$425 (1 hour) or \$550 (1.5 to 2 hours)**

Student Sessions

Sessions for student groups are available. These classes can introduce the topic of mindfulness to students as a way of kickstarting a teacher's guidance. Discussion, practice time, and homework are offered. Sessions are most often 30 minutes in length. Cost covers planning time with teacher and follow-up.

- Student programming must be scheduled in either one session, half-day, or full-day increments, with discounts offered for doing more sessions grouped together.
 - **\$500 for one session, \$1100 for a half day, 3 sessions, OR \$1500 for a full day, 6 sessions.**
 - **If pre-post survey evaluation is desired, a quote for the cost for 3rd party assessment will be obtained.**



Additional Offerings

Certified Yoga Teacher Training Program

Studies show that yoga programs in schools help children recover their self-esteem and confidence, restore their mental health, promote positive attitudes, improve concentration and reduce stress and anxiety. Not to mention that educators themselves are at a great risk of chronic stress and burnout and a yoga training program offers a method positive mental and physical health

This 200 hour, Yoga Alliance certified Yoga Teacher Training course for educators takes a secular, research-based approach to

- Yoga postures
- Breathing exercises
- Relaxation and meditation training
- Positive psychology practices
- Mindfulness Philosophy & personal growth

The training takes place at the school on a schedule that works for the building and participants, spread out over the course of the school year. Some online content is included, as well as a course manual.

Cost

Our program, assuming the use of school space, will be discounted to **\$1,900 per teacher, plus the cost of textbooks, with a minimum of 5 participants in order to hold the training.** If permission is given to open the training up to other educators from other schools, an additional \$100 discount per educator will be applied, assuming we have more than 5 participants.



Potential Funding Sources for Plugged into Mindfulness

Source	Description	Allowable Uses	More Info
ESSER III (from the American Rescue Plan)	The American Rescue Plan provides \$123 billion for K-12 education for COVID-19 pandemic relief for schools (March 2021)	<p>American Rescue Plan Section 2001 (e) (1):</p> <ul style="list-style-type: none"> Address learning loss through the implementation of evidence-based interventions...[to] respond to students' academic, social, and emotional needs and address the disproportionate impact of the coronavirus <p>American Rescue Plan Section 2001 (e) (2):</p> <ul style="list-style-type: none"> Activities to address the unique needs of low-income children or students, children with disabilities, English learners, racial and ethnic minorities, students experiencing homelessness, and foster care youth Providing mental health services and supports, Addressing learning loss among students ... implementing evidence-based activities to meet the comprehensive needs of students 	Congress.gov
Title I (Part A)	Providing for support to help all children meet state academic standards	<p>Section 1114, Schoolwide Programs:</p> <p>(A) counseling, school-based mental health programs, specialized instructional support services...and other strategies to improve students' skills outside the academic subject areas;</p> <p>(B) implementation of a schoolwide tiered model to prevent and address problem behaviors and support early intervention services, coordinated with similar activities and services as carried out under IDEA.</p> <p>Section 1115, Targeted Assistance Schools:</p> <p>(A) a schoolwide tiered model to prevent and address problem behaviors and support early intervention services, coordinated with similar activities and services as carried out under IDEA;</p> <p>(C) integrated student supports</p>	USDE OESE PART A



		(D) professional development necessary to assist teachers, specialized instructional support personnel, other staff, and parents in identifying and meeting the comprehensive needs of eligible children.	
Source	Description	Allowable Uses	More Info
Title I (Part D)	Prevention and Intervention Programs for Children and Youth who are Neglected, Delinquent, or At-Risk	Section 1414, State Plan and State Agency Applications: (A) Professional development for teachers and staff Section 1423, Local Educational Agency Applications: (C) Coordination of health and social services for such children, including day care, drug and alcohol counseling, and mental health services.	USDE OESE PART D
Title II (Part A)	Providing for the preparation, training, and recruitment of high-quality teachers and principals to improve the academic achievement of all students.	Section 2101 (1) increase student academic achievement through strategies such as improving teacher and principal quality and increasing the number of highly qualified teachers in the classroom and highly qualified principals and assistant principals in schools	USDE Title II
Title IV (Part A)	Student Support and Academic Enrichment (SSAE) This fund supports well-rounded education for all students.	Section 4108 Implementing programs that support a healthy, active lifestyle (nutritional and physical education) 4108 funds can be used for programs that support student health and wellness, and professional development training for teachers and staff.	USDE Title IV (Part A)
Title IV (Part B)	The purpose of this fund is to provide resources for 21st Century Community Learning Centers	Sec. 4201: (2) Offer students a broad array of additional services, programs, and activities, such as youth development activities, drug and violence prevention programs, counseling programs, art, music, and recreation programs, technology education programs, and character education programs, that are designed to reinforce and complement the regular academic program of participating students	USDE Title IV (Part B)



REFERENCES

**Dickler, J. March 1, 2021. More Teachers Plan to Quit as Stress Overwhelms Educators. [CNBC.com](https://www.cnbc.com)

*Leeb, R.T., et al, Mental Health–Related Emergency Department Visits Among Children Aged <18 Years During the COVID-19 Pandemic — United States, January 1–October 17, 2020. [cdc.gov](https://www.cdc.gov). Nov. 13, 2020.

Shapiro, S., Rechtschaffen, D. and de Sousa, S., (2016). Mindfulness Training for Teachers. In Schonert-Reichl, K and Roeser, R. (Ed.), Handbook of Mindfulness in Education, Integrating Theory and Research into Practice, (pp.83-97). Springer-Verlag: New York.

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ABOUT

Joni Sturgill is a licensed professional counselor and a nationally-certified counselor, holds a MS in Psychology, BA in Communication, earned the advanced yoga teaching designation of ERYT-500, and also studied at the Institute for Integrative Nutrition. Through her business, Insight with Joni, she shares ideas and practices for mental, emotional and physical wellness to corporate populations, cancer patients, caregivers, therapists, educators, students of her training programs, and other various groups and individuals. Joni's Plugged into Mindfulness professional development program has been adapted for school districts, counselors working in addiction, first responders, and the corporate world. She is a member of the Vistage Speaker's Bureau, an Amazon best-selling-author, as well as a proud mother of two sons.

