



Mindfulness Skills Training Opportunity for Schools

The Mental Health Matters Coalition aims to improve the mental health of middle and high school youth in Chippewa and Eau Claire counties by focusing on increasing resilience, or the ability to manage stress and function well even when faced with challenges, adversity or trauma. This mindfulness skills training opportunity provides resources to middle and high school staff to use mindfulness-based strategies with all staff and students.

Why mindfulness in schools and why this approach?

Research shows that a school culture based in mindfulness practice leads to a positive school climate and healthy student-teacher relationships. Focusing first on building school staff mindfulness skills is a best practice approach to achieving the positive outcomes associated with mindfulness strategies in schools.

Outcomes of using mindfulness strategies in schools include:

- Increased sense of well being and self-efficacy for teachers.
- Increased teacher skills to manage classroom behavior and to maintain supportive relationships with students.
- Decreased symptoms of stress, depression and anxiety in students, and protection against later development of depression like symptoms.

How do I apply to receive the mindfulness training for my school?

Applications for the Mental Health Matters mindfulness training opportunity will be available in January of each year. For more information, please contact Brenda Scheurer, Project Director, Mental Health Matters.

What is it?

Mental Health Matters is excited to offer mindfulness training for staff for one to two schools per year in Chippewa and Eau Claire Counties. Mindfulness is a strategy being used more often in schools due to emerging research linking it to many positive outcomes for those who practice it, including better focus, less stress, and more compassion.

Who is it for?

This training in mindfulness-based practice is for up to 30 teachers and staff from middle and high schools within Chippewa and Eau Claire counties, at schools that administer the Youth Risk Behavior Survey.

How long is it?

The mindfulness opportunity consists of two parts and occurs over two semesters. Part 1 is a six-session course facilitated by a Mindfulness Trainer and designed for staff to learn mindfulness skills and build their own practice. Each of the six sessions is 90 minutes in length, to be completed over a 6-12 week period. Part 2 begins the following semester, and focuses on how to apply mindfulness skills and practices at school. Part 2 is supported by a Mindfulness Implementation Coach.

How much does it cost?

This is a free opportunity for schools selected through a grant application process. Schools are encouraged to provide incentives for staff participation and support.

Who provides the training?

This mindfulness training opportunity is supported by the Mental Health Matters Coalition. Training is facilitated by Dr. Ann Brand, with implementation by Christy Langman.

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