

Wellness Works in Schools™ - Kinder Associates LLC

Mindful Awareness Program Research in Schools 2009 - 2010

Millersville University (PA) Evidence-Based Research

Cheryl Desmond, PhD, Professor, Educational Foundations, Millersville University has published findings of two research studies on the effectiveness of a school-based program of mindful awareness (*Wellness Works in Schools*™) on students in an urban, low income public middle school in Lancaster, PA

- **Observational Study of Middle School Special Education Students, 2008 - 2009** - The study examined six students' behavioral responses during a series of seven to nine lessons of mindful awareness practices of *Wellness Works* lessons. The findings "...strongly support the positive effects of mindful awareness teaching (*Wellness Works*) on student cognitive, physical and social behavior".
- **Randomized Control Study of Sixth Grade Students, 2009 - 2010** - This research project evaluated the effectiveness of the school-based program of mindful awareness on the self-regulation and the executive functions skills of 40 sixth grade students in an urban middle school in Lancaster. The study findings concluded "...treatment students (participated in ten *Wellness Works* sessions) maintained or improved executive function skills while the skills of control students regressed."

Sampling of Kinder Associates Outcome-Based Results (2009 - 2010)

	<u>Reading School District</u>				<u>School District of Lancaster</u>		
	<u>Alt. Ed.</u>		<u>Special Ed.</u>		<u>Special Ed.</u>	<u>2008 Detention</u>	
	<u>Elem.</u>	<u>HS</u>	<u>Elem.</u>	<u>MS.</u>	<u>MS</u>	<u>HS</u>	<u>Youth Int. Cent.</u>
<u>Student Evaluations</u>							
Sample Size	18	24	21	16	17	20	35
<u>"How does <i>Wellness Works</i> make you feel inside/emotionally?"</u>							
• Calm & Engaged	72%	72%	71%	75%	78%	90%	97%
<u>"How does <i>Wellness Works</i> make you feel about yourself?"</u>							
• Good or Great	89%	67%	65%	83%	77%	95%	80%
<u>"Should other students your age take <i>Wellness Works</i>?"</u>							
• Yes	100%	67%	77%	65%	89%	95%	97%

***Wellness Works* helps me": (top 6 listed)** Use my breath to calm myself; Focus and pay attention; Manage my emotions; Be and do my best; Gain self-control; and Feel less stress

Administrator/ Teacher Evaluations

- **Alternative Education Elementary Teacher:** "Thank you. *Wellness Works* is allowing us to establish a wellness vocabulary within our classrooms and school settings. When students have reached the escalated state you have helped expand upon our de-escalation strategies with students."
- **Middle School Principal:** "I do not know of any program which works so quickly, with students, for them to begin to take control of their lives and begin developing an internal locus of control."
- **High School Assistant Principal of Alternative Education:** "As a result of *Wellness Works*, students seem more interested in their school work and take more time to process what's happening before they react."