Comprehensive Wellness Program for Broward County Public Schools

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www.cmbm.org

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• Founded in 1991 by James S Gordon M.D., Professor of Psychiatry and Family Medicine at Georgetown Medical School and Chairman of the White House Commission on Complementary and Alternative Medicine Policy under Presidents Clinton and G.W. Bush

• 10,000 health professionals, educators, and community leaders trained in CMBM’s pioneering models of mind-body medicine (self-care, self-awareness, group support) and nutrition

• A worldwide leader in making self-care, group support, and community building central to healthcare

• An international faculty of more than 160

• Programs for healing population wide trauma and stress in: Kosovo, Israel, Gaza, Haiti, Southern Louisiana after Hurricane Katrina, Houston after Hurricane Harvey, Jordan with Syrian refugees, south Dakota on the Pine Ridge Indian Reservation, US Military and Veterans at 30 military bases and VA facilities
Mind-Body Medicine

The understanding that mind and body are inextricably connected and all of us can use tools and techniques of self-care to:

• Relieve stress
• Enhance resiliency
• Reverse the damage that trauma does
• Restore hope
3 Kinds of Meditation

Concentratrative
Mindfulness
Expressive

- The brains of typical western meditation practitioners (about 2-6 hours weekly) were compared to those with no experience of meditation
- Brain regions associated with attention, interoception (perception of internal sensation) and sensory processing were thicker in the meditation group
- Among those who meditate cortical thickness increased with years of meditation

CMBM Model:
Self-Care is the Heart of All Health Care

Self-awareness and self-expression
- Journals & narratives
- Drawings
- Movement & Dance

Relaxation

Autogenics and biofeedback

Meditation
- Concentrative
- Awareness
- Expressive
CMBM Model:
Self-Care is the Heart of All Health Care

- Imagery/self-hypnosis
- Prayer
- Nutrition
- Exercise
Social Support is the Single most important “treatment” for trauma
Post Traumatic Growth

Post traumatic growth (PTG) is the positive change experienced as a result of the psychological and cognitive efforts made in order to deal with challenging circumstances.

Richard Tedeschi, mid-1990’s

Transforming Post Traumatic Stress in Kosovar High School Students

• First ever RCT published on any intervention with children with post-war PTSD
• 82 adolescents meeting PTSD criteria using the Harvard Trauma Questionnaire
• 12 session mind-body group
• Significant decrease in PTSD symptom scores (90%)
• Maintained at 3-month follow up
• Paper published in Journal of Clinical Psychiatry, Fall 2008
• Results replicated with war traumatized children, teenagers, and adults
Post Traumatic Growth Meta analysis

• Found 57 qualitative studies spanning 32 years of publications.
• The four key themes to emerge were:
  • reappraisal of life and priorities
    • prioritizing happiness, relationships, new values, and relinquishing control; new appreciation of life,
  • trauma equals the development of self
    • Maturity, increased empathy, sense of identity, humanitarianism
  • existential re-evaluation
    • Finding meaning in illness, greater awareness of vulnerability and mortality, increased spirituality
  • a new awareness of the body – new health behaviors

At the invitation of the Broward County Superintendent of Schools

Comprehensive Wellness Program to bring post traumatic growth to Broward County Public Schools

- **Community Workshops** (Six over two-weeks with more than 200 attendees) - May/June 2018
- **Mind-Body Medicine Training Program** (Four-days for 180 attendees) - July 2018
- **Advanced Mind-Body Medicine Training Program** (Four-days for 106 attendees) - August 2018
- **Ongoing Supervision** for Training Program alumni leading mind-body skills groups and workshops and working with individual students, teachers, and parents. - September 2018 - May 2019
- **Workshops** for MSD & Westglades teachers and staff (Two-days for 150 attendees) - August
- **Leadership Training** for 20 Training Program alumni to lay the groundwork for sustainability of the program - Spring 2019
“This has been the most beneficial training and experience I've had with Broward County Public Schools. I hope it becomes essential, required-training for all district employees” - Kevin O'Connor, BCPS/ Diversity Prevention Intervention

“The Advanced Training was so amazing and the development of my own self awareness, growth and deepened intuition about how this model “mind-body medicine” can help the whole community of SBBC, and Broward County as a whole, move from trauma to recovery and being once again a safe place.” - Margaret Arnold, MSW-LCSW, SBBC-Family Therapist, Broward County, FL

“My experience with this (two-day) workshop was incredible. I liked the fact that we were given several different types of tools or methods to use for self care and to incorporate in our classrooms with our students. I really loved it and have never experienced anything like it. I want to go through the whole training!” - Marilyn Rule, Social Science BA MS Ed, Teacher at MSD
Coming Up:

Peer Counseling Program

Marjory Stoneman Douglas High School

• One year training for 140 MSD peer counselors who will integrate the knowledge and skills they learn into classroom presentations and one-on-one peer counseling sessions for the entire MSD student body.

  Skills Taught: Breathing, Autogenics & Biofeedback, Meditation, Guided Imagery, Movement & Exercise, Nutrition, Journaling and Drawings, Mindful Listening

• IRB Approved Research Study to test the effectiveness of the model of mind-body education for peer counselors and lay the groundwork for expansion to other schools in Broward County
Looking Ahead

Deepening our work at MSD & Westglades

- Ongoing education and mentorship of 140 peer counselors
- Introductory workshops for key groups, including Wellness Center Staff, Westglades Peer Counselors, Principals and Administrative staff, and SROs
- Follow up and consultation with teachers and staff from August workshops to help them continue to develop their knowledge and skills

Meeting the county’s needs through ongoing, intensive training, mentorship, and support

- Further comprehensive trainings and mentorship programs which focus on key groups that provide services to many schools, including school counselors, social workers, school nurses, SROs and law enforcement, peer counseling instructors, media center directors, engaged parents, and administrators.
- Special attention to communities in Broward County which have experienced ongoing violence
- Integrate CMBM’s model throughout BCPS