



Crim Mindfulness Initiative

SUMMARY OF IMPACT

YOUTH AND EDUCATION SECTOR

Funding to support Flint youth, educators and care givers generously provided from the Community Foundation of Greater Flint - Flint Kids Fund.



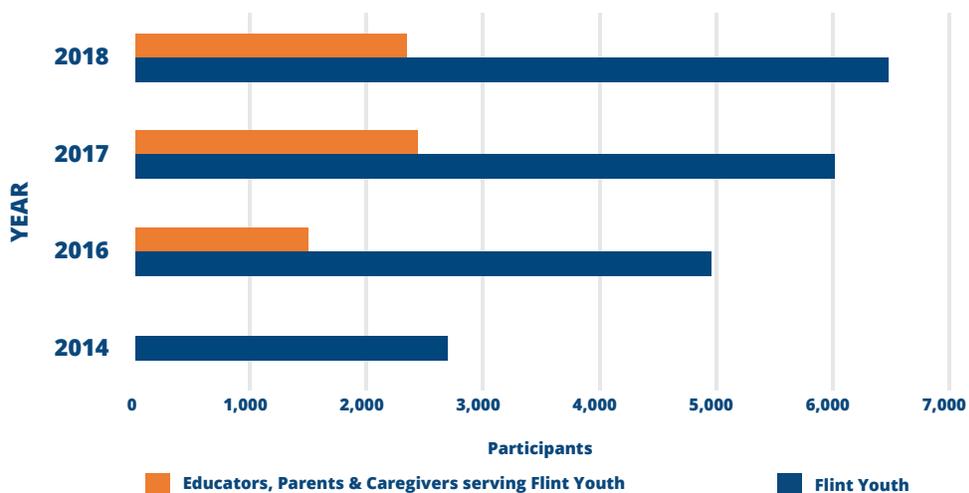
WHY MINDFULNESS?

The Crim Mindfulness Initiative supports individuals to develop stress resilience, grow as leaders, and increase well-being through the daily practice of mindfulness. It aims to create the conditions for all Flint residents to thrive. The work funded by the Flint Kids Fund is utilized to support Flint youth impacted by the Water Crisis, and their parents, caregivers, and educators with evidence-based programming to build resiliency and mitigate the impact of toxic stress and trauma. Many Flint youth are at high risk for poor developmental outcomes due to high rates of poverty, crime, poor nutrition, domestic violence, and racial discrimination. The additional burden of lead exposure added significant challenges impacting learning, behavior, and social difficulties; requiring long term support to support resiliency.

GOAL

The Crim Mindfulness Initiative: Youth and Education Sector aims to ensure Flint youth, particularly those most impacted by the Water Crisis and other Adverse Childhood Experiences (ACES) thrive with a growing toolbox of trauma-informed strategies to develop mindful awareness, emotional intelligence, and compassionate leadership. It aims to support Flint youth to be healthy and successful at home, at school and in life.

PARTICIPANTS SERVED 2014 - 2018



Our statewide test scores have increased significantly and our suspension rate is down thanks to our partnership with the Crim Mindfulness Team.

Principal Kevelin Jones
Doyle Ryder Elementary School in Flint Community Schools

SCHOOL PROGRAMMING

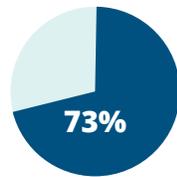
The Crim Mindfulness team provides during and afterschool mindfulness programming for Flint youth. Training, workshops, and community classes are provided to the educators, parents and caregivers that serve Flint youth.

EVALUATION AND IMPACT

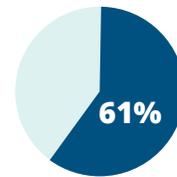
Dr. Julia Felton and Dr. Karin Pfeiffer provide local evaluation for the Education and Youth sector efforts of the Crim Mindfulness Initiative.

STUDENT IMPACT

In 2017, an MSU survey of 4th graders completing 12-weeks of mindfulness lessons found that:



73% OF STUDENTS FELT MINDFULNESS HELPED THEM FOCUS AND MAKE BETTER DECISIONS

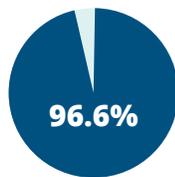


61% OF STUDENTS SHARED THAT MINDFULNESS HELPED THEM AVOID FIGHTS

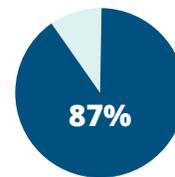
In 2018, data collected from parents and teachers regarding behavior changes of K-3 youth suggest continued trends in a positive direction for students outcomes of interest, specifically *pro-social behavior and emotion regulation skills*.

EDUCATOR IMPACT

In 2017, MSU evaluators conducted a survey and 112 from Flint and neighboring districts serving Flint youth reported:



96.6% REPORTED THAT MINDFULNESS IS A VALUABLE PRACTICE FOR THEIR STUDENTS



87% PRACTICE MINDFULNESS IN THE CLASSROOM WITH THEIR STUDENTS

In 2018, data collected from educators in Flint attending 16-hours of Crim Mindfulness training showed strong and statistically significant increases in teacher's level of mindfulness, which in turn were associated with greater increases in well-being.

LEVERAGING RESOURCES TO MAXIMIZE SUPPORT FOR FLINT YOUTH

The Crim Mindfulness Initiative provides programs directly for Flint youth - and intensive training and support for the parents, educators, and caregivers who support them.

A small, highly skilled team at the Crim provide support for a growing cadre of interested adults who care for Flint youth - empowering them to share mindfulness directly with youth. This strategy supports sustainability and is lowering costs overtime while serving more youth each year.

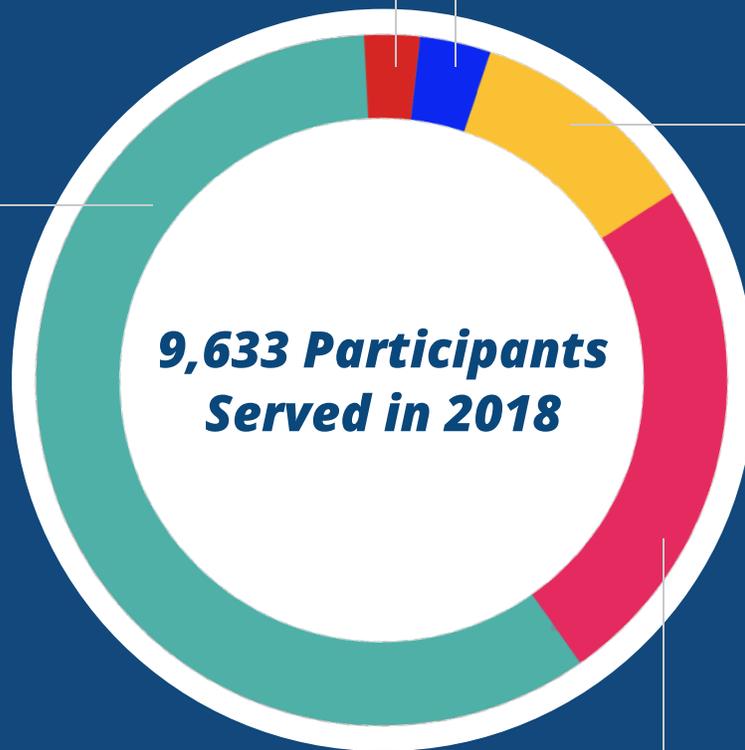
In 2018, just 5 Crim staff were funded by the Flint Kids Fund to support 98 Mindfulness Ambassador volunteers who engaged in intensive mindfulness and leadership training to lead this work in Flint schools. Another 768 educators serving Flint youth have completed a minimum of 8 hours of training to be able to share mindfulness with youth in their classrooms. Additionally, 2,329 parents, educators, caregivers and community members attended workshops, classes and events in 2018.



5 Crim staff train, mentor and support:

98 Mindfulness Ambassadors volunteer to engage in intensive training (up to 80 hours of training) and participate in quarterly meetings to lead this work in Flint

Reaching 6,433 Flint Youth with trauma-informed mindfulness programming in 2018



9,633 Participants Served in 2018

768 Flint Educators completed a minimum of 8 hours of training to share mindfulness with youth

2329 Parents, Caregivers, Educators and Community Members attend workshops, classes and events to be more mindful caregivers and better support the Flint youth in their lives

ABOUT THE CRIM MINDFULNESS INITIATIVE

The Crim Mindfulness Initiative aims to contribute to healthier, more mindful and thriving communities. Mindfulness supports health and well-being for all. When the water crisis hit Flint, the positive impacts of mindfulness became even more important as Flint youth were now also confronted with the potential of ongoing cognitive difficulties due to prolonged lead exposure. Research suggests mindful practices may stimulate growth and connectivity in some of the brain structures and neural networks that can be impacted by lead exposure.

The Crim Mindfulness Initiative supports individuals to develop stress resilience, grow as leaders, and increase well-being through the daily practice of mindfulness. It aims to create the conditions for all Flint residents to thrive; especially those most impacted by the water crisis, by providing evidence-based, trauma-informed mindfulness trainings, events, and programming.

Building resilience and mitigating the impact of chronic stress, trauma, and lead exposure with and for Flint youth, families and educators since 2011, The Crim Mindfulness Initiative aims to create more mindful communities.

Learn more at www.crim.org/mindfulness

