

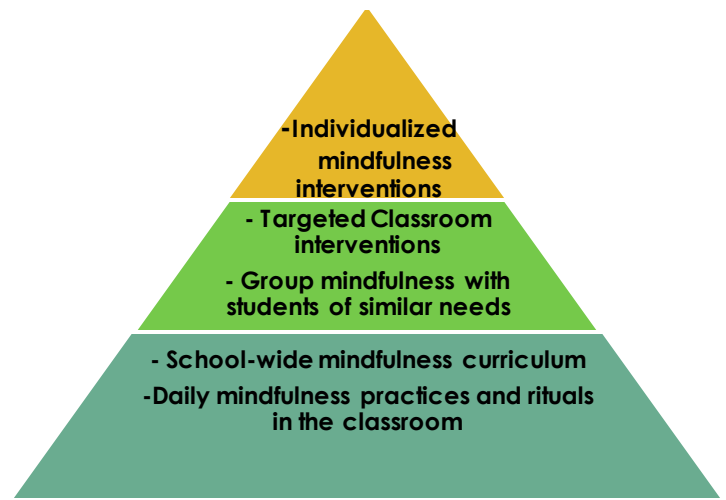
A Three Tiered Prevention-Intervention School Based Mindfulness Program

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Tier 1: Universal Interventions

- Incorporating mindfulness into new or existing school-wide social-emotional learning curricula including self-awareness, self-management, Social awareness, relationship skills, responsible decision making.
- Stand-alone mindfulness programs
 - Mindful Schools
 - Mindful Life Project

Tier 2: Targeted Interventions

- Small group interventions tailored to the student's needs
 - Internalizing problems
 - Externalizing behaviors
 - Executive Functioning problems
 - Learning disabilities
- Targeted classroom interventions
 - Skills building based on the needs of the student
 - Prompting

Mindful Activities

- Breathing exercises
- Body scan
- Guided meditations
- Exploration of senses
- Thought bubbles
- Freeze and feel
- Memory activities
- Mindful walks

Tier 3: Intensive Interventions

- Appropriate for students with high level needs
 - Aggressive behavior
 - School refusal
 - More intense internalizing problems
 - ADHD
 - PTSD
- Implemented by School Psych or other mental health provider/one on one support
- Pull out services individually tailored to presenting concern
- Intensive mindfulness-based psychoeducation and interventions
- Experiential practice, roleplays, and feedback
- Research-based curriculums:
 - o Soles of the Feet
 - o Acceptance and Commitment Therapy (ACT)