TARGET AUDIENCE

This program is for teachers of kindergarten through 12th grade students.

SUMMARY

The Cultivating Awareness and Resilience in Education (CARE) for Teachers program is designed to minimize teachers’ stress; improve teachers’ performance, well-being, motivation, self-efficacy, and mindfulness; and enhance the classroom learning environment.

EVIDENCE

Posttest results from one internal randomized controlled trial of the CARE for Teachers program demonstrated significant improvements for intervention participants in well-being, efficacy, burnout/time-related stress, and mindfulness compared to control participants. Results from a second internal cluster randomized trial indicated that teachers in the intervention condition reported higher levels of adaptive emotion regulation and mindfulness and lower levels of psychological distress and time urgency and provided higher levels of emotional support at posttest compared to teachers in the control condition.

COMPONENTS

CARE for Teachers offers participants resources and tools that can help relieve pressures, prevent burnout, rejuvenate their teaching, enhance mental concentration and emotional awareness, and create a positive classroom atmosphere. The program focuses on three content areas:

- Emotion skills instruction - Enhance self awareness and minimize reactivity in the classroom by recognizing and understanding one’s emotional patterns and habits.
- Mindfulness/Stress reduction practices - Learn to regulate one’s attention and practice non-judgmental awareness by using brief periods of silent contemplation and bringing mindful attention to everyday activities, such as walking, standing, and being in front of a group.
- Caring and listening practices - Foster compassion and empathy by engaging in caring practice and attentive listening.

The program includes direct skills instruction, opportunities to practice skills, individual reflective writing activities, large and small group discussions, and additional activities to be completed at work or home.

PREVIOUS USE

CARE for Teachers was created in 2007 and has been pilot tested in California, Colorado, New York, and Pennsylvania. The program has been modified for teachers and staff at schools for children who have experienced trauma.
## TRAINING

No training is necessary as this program is implemented by the Garrison Institute.

## CONSIDERATIONS

Considerations for implementing this program include acquiring participant buy-in, ensuring that participants attend one of the implementation options, and understanding that costs for attendance and travel could be substantial.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email clearinghouse@psu.edu

## IMPLEMENTATION

If you are interested in implementing CARE for Teachers, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email clearinghouse@psu.edu

CARE for Teachers is delivered in 4 full-day sessions over a period of 4 to 5 weeks. There are coaching sessions via phone and internet in between sessions. The program is also delivered each year as a 5-day retreat. For more information, please contact the Garrison Institute using the information in the Contact section.

Implementation costs were not located.

## EVALUATION PLAN

To move CARE for Teachers to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least one year from the beginning of the program or at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email clearinghouse@psu.edu

## CONTACT

Contact the Clearinghouse with any questions regarding this program. Phone: 1-877-382-9185 Email: clearinghouse@psu.edu

You may also contact the Garrison Institute by mail Rt. 9D Glenclyffe, Garrison, NY 10524, phone 1-845-424-4800, or email info@garrisoninstitute.org or contact Christa Turksma by email turksma@gmail.com or visit www.care4teachers.org/contact/

## SOURCE