Mindfulness Intervention for Urban Youth

TARGET AUDIENCE

This program is for youth who are living in areas that are considered underserved and urban.

SUMMARY

Mindfulness Intervention for Urban Youth, a school-based program, is designed to enhance participant's self-regulatory capabilities and improve their responses to stressful situations and feelings.

EVIDENCE

Posttest results from one pilot randomized controlled trial indicate that the program was successful in reducing participant's involuntary stress responses including rumination, intrusive thoughts, and emotional arousal compared to the control group. There were no significant impacts on depressive symptoms, positive or negative emotions, or relationships with peers or school.

COMPONENTS

This program intends to strengthen participant's abilities to respond to stress by cultivating capacities for focused attention and awareness. Through the practice of mindfulness, participants can develop compassion for self and for others and can increase their feelings of self empowerment. Intervention components include the following:

- Yoga-based physical activity: Begin with several minutes of quiet breathing to calm the body and mind and then practice active yoga-inspired poses and movement series (i.e., bending, stretching, fluid movement series) to improve muscle tone and flexibility;
- Breathing techniques: Practice breathing exercises to soothe the mind and focus attention; and
- Guided mindfulness practices: Lie quietly for several minutes and focus one's attention on something specific, such as following the breath; sending out positive energy to others; or imagining staying calm while doing something stressful, such as taking a test.

Before the guided mindfulness practice, instructors engage the class in a brief discussion period about topics, such as identifying stressful triggers, forming positive relationships, and maintaining a healthy body and mind. Participants are encouraged to practice the skills they learn outside of class.

PREVIOUS USE

Previous use information for the Mindfulness Intervention for Urban Youth program was not located; however, the Baltimore-based Holistic Life Foundation has been teaching yoga and mindfulness for more than 10 years.

www.militaryfamilies.psu.edu
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TRAINING
On-site and off-site training are available. Please email Ali Smith ali@hlfinc.org or visit the first website listed in the Source section for more information.

CONSIDERATIONS
Considerations for implementing this program include acquiring school administration, teacher, and student buy-in; ensuring instructors receive training; making time during the school day for classes; and locating space that is large enough to accommodate a yoga mat for each participant.

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 Mindfulness Intervention for Urban Youth program, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

This program is held during school hours and consists of four 45-minute sessions per week. Program length can vary and can be determined by each school.

Implementation costs were not located.

EVALUATION PLAN
To move Mindfulness Intervention for Urban Youth 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 Holistic Life Foundation by mail 2601 North Howard Street, Suite 140, Baltimore, MD 21218, phone 1-410-235-4300, or fax 1-410-235-4305 or contact Fredine Sifford-Smith, Director of Programs, by email fssmith@hlfinc.org or visit http://hlfinc.org/contact/

SOURCE