

# Measuring WholeSchool's Impact In Cape Elizabeth



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## Staff are at Risk

Rising rates of stress and anxiety affect educators across the U.S. In the Cape Elizabeth, pre-program survey data found:



**Staff anxiety risk has increased 7% from October 2020**

**Staff depression risk has increased 15% from October 2020**

## Cape Elizabeth Implemented a Mindfulness Director in its community for the first time in Fall 2020.

The implementation of the Mindfulness Program at Cape Elizabeth Middle School was highly successful in the first half of its inaugural year. Mindfulness Director, Erica Marcus, integrated mindfulness programs for 150+ students into the existing curriculum, for staff across the district in bi-weekly workshop, and for parents in multiple workshop during the Fall Semester. A survey was distributed to students, staff, and caregivers in January 2021 to evaluate program satisfaction and impact of program on participant well-being. This report reflects the responses from 355 participants who responded to the survey.

## Impact Report

Pilot data suggests that WholeSchool's approach is having a strong impact on the students, staff and caregivers involved in the program.

### Students



**90% of students report mindfulness helped them manage stress.**



**55% of students say mindfulness helps them focus**

### Staff



**100% of staff were highly satisfied with the mindfulness program**



**96% of staff believe Erica was a helpful resource to support mental health**

### Caregivers



**90% of caregivers report mindfulness helped them manage stress.**



**60% of caregivers report increased resilience**



**Erica Marcus**  
Mindfulness Director

Erica Marcus (she/her) has lived her calling to work with youth as a wilderness youth therapy field guide in Utah, and outdoor educator in Maine, a middle school English teacher in DC, and a mindfulness educator based out of Portland, Maine. I am currently serving as a Guiding Teacher for Mindful Schools.

As a lover of adventures, from hiking the John Muir Trail to more currently raising a toddler and newborn. Erica is drawn to contemplative practices—mindfulness, silent retreat, yoga, journaling, reading, music, and art—in which we create space to closely and unguardedly behold our experience of the world.

### Student Quotes

*"She has helped me feel better about myself because i have been self conscious about myself lately. And the mindfulness lessons help me notice that i don't have to compare myself to other people."*

*"Mindfulness helps me reflect and stay calm when I'm feeling frustrated."*

*"In fifth grade when Mrs. Marcus came into class, I felt calmer for the rest of the day."*

### Staff Quotes

*"This position has allowed us to bond together as staff, even by taking small moments out of a pd workshop to relax and breath. I think it is an important position that for our health and well being."*

*"Erica is an invaluable resource for our school community. She brings a fresh perspective to both student and staff groups that leaves a positive and lasting impact in our school environments."*

*"We need to make this a permanent program/position and commit to the importance of mindfulness practice in our school community and culture. The teaching, learning, and living that takes place in our school will be enhanced and our students, their families, and all of us will be better because of it."*

*"Erica has provided opportunities to connect with other staff members. She brings calmness and focus to our meetings. This is true even through a ZOOM setting."*

### Caregiver Quotes

*"I loved participating in the intensive parent class and would love to participate more. It truly helped me to find some peace and comfort during a particular stressful time with the start up of remote learning, parenting in mists of pandemic stress and also the stress of the election."*

*"I believe mindfulness training should be an essential part of the school community and budget. Kids who need this resource should have access to it in order to have an equal opportunity in their educational system."*