

Measuring WholeSchool's Impact In MetWest High School



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Staff & Students are at Risk

Rising rates of stress and anxiety across the U.S. interferes with teaching and learning. MetWest pre-program survey data found:



57% of Staff were at risk for anxiety related disorders

50% of students were at risk for Poor Well-Being

MetWest Implemented a Mindfulness Director in its community for the first time in Fall 2020.

The implementation of WholeSchool's Mindfulness Program in MetWest High School was highly successful in the first half of its inaugural year. Mindfulness Director, Enrique Collazo, offered a variety of programs that included two 8 week programs, drop-in courses, personal development for teachers, and mindfulness in advisory class. 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 39 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



83% of students say they feel better about themselves

85% of students agreed that Enrique made the school a better place



73% of students say they think and act more kindly towards others

Staff



100% of staff reported feeling more resilient

100% of staff stated that the Mindfulness Director had a positive effect at MetWest



66% of staff reported better focus, improved communication with others, and a greater sense of purpose.

Caregivers



100% were satisfied/highly satisfied with the program

100% agreed Enrique is a helpful resource to support mental health.



100% would like to participate in more programs like this

Student Quotes

"I love this class!"

"My mindfulness teacher helped me channel my emotions and control them"

"...the environment that he made in his class made me feel comfortable and at home."

"...whether it's a good day or bad it has helped me in so many ways after meditating I just feel good afterwards..."

Staff Quotes

"I'd just love more time with Enrique for my students."

"In every interaction or session Enrique brings such a powerful and impactful mindfulness expertise."

Caregiver Quotes

"The class I participated in helped me finish up the day by being more calm and present with my kids that evening."

"[Enrique gives] students a healthy way to deal with their problems."



Enrique Collazo
Mindfulness Director

Enrique is a new generation Mindfulness meditation teacher. Born and raised in Los Angeles and has been teaching and living in the Bay Area for the last 8 years. His passion is teaching the practice of mindfulness to teens and young adults.

He is well-loved and respected for the inspirational work he did with Challenge Day during the school year where he facilitated social and emotional learning workshops for thousands of young people all over the country. Enrique's skill with teens has led to teaching internationally for Inward Bound Mindfulness Education. He is on the Guiding Teacher Counsel and Equity and Interdependence Committee for iBme.