Measuring WholeSchool’s Impact In MetWest High School

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
- 100% found this program helpful

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.”

https://wholeschoolmindfulness.org

https://www.cdc.gov/nchs/covid19/pulse/mental-health.htm