

**Impact Report: January - December 2018**

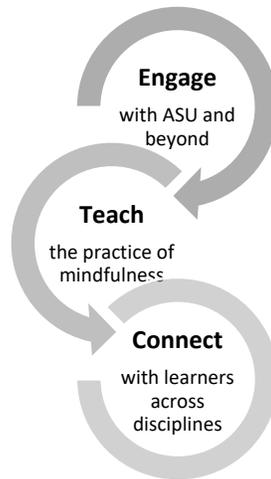
1. Mission: Build an ASU-wide center that connects global researchers, scholars, teachers, practitioners, and learners around the concepts of mindfulness, compassion and resilience. ASU will be known for a vibrant and forward-leaning community that embodies and models mindfulness as context for learning, connecting and thriving. Our work is aligned with the ASU Charter and will accelerate the innovative leadership culture of caring that is foundational to The New American University. We will be known not only for what we do, but how we do it.

2. Center Core Focus Areas:

**Engage:** Center will bring together a vast array of interests in order to best honor the needs of the university's diverse population. We will promote and connect mindfulness efforts currently underway as well as inspire and support future endeavors across ASU campuses, within Phoenix and the surrounding communities.

**Teach:** Center will train instructors in Mindfulness-Based Stress Reduction (MBSR) in order to provide opportunities for ASU departments, colleges, institutes and community organizations to develop a mindful lifestyle.

**Connect:** Center will serve as a convening vehicle for students, faculty, staff and community members to learn about mindfulness initiatives at ASU to connect global researchers, scholars, teachers, practitioners, learners and the community around the concepts of mindfulness, compassion and well-being.



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### Innovative Initiatives

**Equitable Mindfulness:** This initiative examines the intersection between mindfulness and social transformation, with a goal to create a more equitable world through sustained practice of compassion and mindfulness through three focus areas: 1. Personal protection, 2. Mindful Activation, Systematic Change & Sustainability of Practice, 3. Robust programming with the population in mind

**Mindfulness and Sustainability:** We are embracing the sustainability movement in an attempt to broaden our mindful awareness to include care for our natural environment. With this in mind, we are committed to making Center an environmentally conscious organization by investing in ways we can reduce our environmental footprint from the office setting and mindset to sustainable event planning.

**Mindfulness Leadership Professional Development certificate:** 98 people completed the workshop on how to bring mindfulness to yourself and those you serve. Participants leave with an Action Leadership Plan (ALP) on enacting mindfulness concepts.

**Health and Wellness Series:** In conjunction with the Mayo Clinic and EdPlus, Center has launched two in a series of five online health and wellness courses, available through [ASU's Continuing and Professional Education site](#).

**Mayo Medical Student Selective:** Proposal accepted teach 20-hr Mindfulness course to Year 2 Mayo medical school students. Participants received knowledge-building well-being skills, hearing from 14 different skilled professionals and community members on topics such as:

- Koru Mindfulness
- Utilizing mindfulness for realizing implicit biases within their practice
- Building Trauma-Informed Communities in their workplace
- Listening to a panel of people in recovery from drug and alcohol addiction relay their experiences with physicians

**Justice and Praxis 19-week LSAT Prep for American Indian Studies** (as a pathway to law school and a legal career for high stake, high stress, underrepresented undergraduates). Testimonial from a student: *“I no longer try to go into the exam room thinking of a score that I want to achieve. Instead, I want to celebrate the small victories, like the moment where I am sure of an answer and stick to my original answer instead of changing it at the last second – moments like that. I believe the meditation sessions and breathing exercises in class have been key to my ability to manage stress and anxiety before this LSAT. I did not want to only practice the testing strategies that pertain to the LSAT but also the tools that are used to maintain a healthy mental and emotional state. Of all the things I practiced and studied in the week of this this exam, mindfulness is what I am most proud of working on.”*

**Mindful Eating:** Co-funded video project with Obesity Solutions at ASU: [“Mindful Eating” video](#) and [“9 types of hunger”](#) aims to promote self-compassion for nourishment



### Signature Events

**Mindfulness Gathering:** Under Center’s core value of “Connection,” we bring together students, faculty, staff and community members for a gathering every semester

**Puppies in the Park:** Adoptable Humane Society puppies are brought to Civic Space Park to help reduce loneliness and isolation

**Mindfulness in the Park:** Mini-sessions of meditation, breathing exercises, and yoga in Civic Space Park

**Silent retreat:** *“What a FABULOUS experience this has been. You created a magical, nurturing space for us all. With each of your unique contributions, the fantastic drama of the weather this weekend, the beauty of the nature setting, and the silent support of the community was beyond refreshing and rejuvenating. Kudos to you for all your hard work. May many people benefit in years to come as you hopefully turn this into an annual event. Much gratitude to you all!”*

### Annual conference:

- **2018** - “Mindfulness Summit and InterActive Dialogue” (Keynote: Dr. Barry Kerzin)
- **2019** – “Water and Stone: The Power of Mindfulness for Social Change” (Keynotes: Rhonda Magee and Dr. Kamilah Majied)

### Sustainable Mindfulness Events:

- “Mindful Present Making:” mindful present-making with recycled goods
- “Express/Decompress:” art competition (“What is Well-being?”) plus clothing swap



### Development

- Foundation: In 2018, Center secured \$65,500 in donations through the Foundation team (this includes \$5,000 for the first annual conference and \$10,500 for sponsorship for the second)
- Staff:
  - **Teri Pipe** now full-time in Chief Well-Being Officer (CWO) role
  - **Tiara Cash** promoted from Coordinator Senior to Program Manager
  - **Nika Gueci** graduated with her EdD in Leadership and Innovation and won Outstanding Graduate



### Collaborations and connections

*In 2018, Center reached 6,197 students, faculty, community members and stakeholders through 142 events, presentations, consultations, Think Tanks and lectures.*

#### Internal

- **Collaborations with ASU departments**
  - **Mary Lou Fulton Teachers College:** Character Initiative support, presentations
  - **First Annual Innovation Day at ASU:** [a video about how mindfulness relates to innovation](#), Nov 2018
  - **Team Leadership Academy:** Content experts, panelists
  - **Sexual Violence Prevention Team** programming for Relationship Violence month
    - Developed trauma-responsive “Survivor Mantra” with funding from CounterAct SEED grant
  - **Recovery Rising** programming
    - Invitation for panel of those in recovery to speak to Mayo Medical students during Selective
    - Co-host “Sun Devils Rising: A Celebration of Community, Academic Success and Resilience” graduation
  - **ASU Women’s Basketball Team:** pre-season mindfulness sessions 2x/mo.
  - **Sun Devil Fitness Complex:** weekly meditation classes held Tempe and Downtown
  - **College of Law Lodestar Dispute Resolution Center:** co-hosted the visit of Venerable Gelong Kalsang Rinpoche, who serves as the Abbot of the Kunkhap Wosal Thonkdol Choeling monastery in Nepal and travels worldwide to assist in areas of conflict.
  - **Autism in College Students** with Dr. Blair Bradden mindfulness intervention grant
  - **Open Door Downtown:** Mindfulness through the Senses exhibit
- **Academic support for students**
  - **Dissertation students:** “think tanks” with 6 doctoral students working on mindfulness research. Topics include the intersection between mindfulness and: 1.) self-efficacy 2.) leadership 3.) engineering 4.) athletics 5.) addiction recovery 6.) breast cancer support
  - **Barrett Honors:** thesis support (“Mindfulness and Architecture,” SP18 and “Descriptions of Resilience” FALL18)
  - **Internship program:** Provided internship opportunities to Thunderbird, CONHI, School of Social Transformation, Sustainability and Barrett (7 students)
  - Advisement on mindfulness practices during **Hispanic Heritage Month** (Sept-Oct)
- **Academic support for faculty**
  - 14 consultation sessions held to advise faculty on best practices

#### External

- **Phoenix Art Museum:** co-hosted College Night to showcase art to students. Center’s part of the event included an introduction to mindfulness, meditation, and a walking meditation through the museum
- **Koru Mindfulness for Emerging Adults:** Training hosted for first cohort of 32 teachers in April, scheduled again for January



- **“Yoga and Jazz Experience:”** monthly community art project in the Civic Space park through Dirty Yoga’s Neighborhood Arts Grant awarded by the City of Phoenix: Office of Arts and Culture
- **Tempe Union School District:** Center staff will host the Mindfulness Leadership Certificate workshop for teachers
- **University of Wisconsin:** Center staff will host the Mindfulness Leadership Certificate workshop for 100 university staff and community members
- **Creative Catalysts**, an initiative of Mesa Arts Center: commissioned to work in their new program called The Collective, which uses creativity to activate leadership skills and enhance innovation across sectors.
- Center listed as a member in the Harvard Resilience Consortium

### Conference Sponsorships

- Messy Motherhood- The Power of Self-Compassion & Mindfulness with Dr. Shauna Shapiro
- Search Inside Yourself Leadership Institute (SIYLI)
- Mind and Life International Symposium for Contemplative Research (7 students received a scholarship to reduced price admission)
- Mindfulness in Law Society
- Museum of Walking at ASU

### Press

- **Equitable Mindfulness initiative**, State Press
- **Mayo Selective course**, ASU Now and Mayo’s In the Loop
- **Justice and Praxis 19-week LSAT Prep for American Indian Studies**, ASU Now
- **Messy Motherhood** conference, Arcadia News
- First annual conference **“Mindfulness Summit and InterActive Dialogue,”** ASU Now
- **Mindfulness in the Park**, ASU Communications
- **Finding Peace in the ER**, ASU Now
- In this **blog post**, Tiara shares what drives her work at Center: *"There have been many times where I've been the only person of color in the room, not to mention the only black woman. It is important to me that others see that WE do this and that mindfulness is a practice that benefits all human beings."*
- **ASU, Mayo build on partnership with wellness courses**, Phoenix Business Journal
- **ASU, Mayo launch health and wellness series**, ASU Now
- **“ASU promotes mental health and wellness through unplugging,”** State Press
- Center featured in **The Foundation for Living Medicine** newsletter
- **ASU center introduces community to ‘mindfulness through the senses’** at Open Door event, ASU Now

### Presentations and Publications

*Center staff presented to 65 different groups and published materials for national audiences in 2018.  
Notable among them are:*

- Dr. Teri Pipe’s presentations and keynotes:
  - Entrepreneurship and Innovation (E&I) series



- Executive Fellowship in Innovation Health Leadership
  - ASU Enterprise Partners
  - Launching Leaders Program
  - Legacy Nursing Leadership
  - Arizona Hospital and Healthcare Association
  - Arizona Department of Health Services
  - Maricopa Institute for Learning and Instruction 3rd Annual Contemplating Holistic Dialogue Day
  - Dignity Health for clinician well-being
  - 4<sup>th</sup> Trimester Conference
  - Audio presentation through the Institute for Healthcare Improvement on March 8<sup>th</sup> “Mindfulness and Patient Safety”
  - Wellness and Self-Care webinar, American Organization of Nurse Executives
- Dr. Teri Pipe’s articles/book chapter:
    - Creating a Clearing: Preparing for Leadership Transition
    - Textbook chapter “Lead Like a Nurse: Leadership in Every Healthcare Setting” has been published
  - Dr. Teri Pipe’s Robert Wood Johnson (RWJF) final project for her Executive Fellowship (a video entitled “In the Moment, Stories of Mindfulness in Nursing”) was accepted to the National Academy of Medicine’s new art collection focused on clinician wellbeing and resilience
  - Tiara Cash presentations/keynotes:
    - Symposium presentation on athlete resilience for the International Conference on Mindfulness (ICM)
    - “Athlete Activism and Intersectionality” has been accepted for the Tenth International Conference on Sport & Society, at Ryerson University
    - Presentation for Vestar bi-annual retreat
    - Webinar on Self-care for the Busy Professional for Maricopa County Health
    - CounterAct Convening guest speaker for 2018 summit
  - Hanna Layton’s presentations:
    - Mindfulness workshop at American Indian Support Services
    - Mindfulness presentation to MLFTC Character Initiative conference
    - Mindfulness presentation to GPSA
    - Meditation “Pop-Ups” across campus and weekly mindfulness sessions at SDFC
  - Dr. Nika Gucci presentations:
    - “Mindfulness, Leadership and Sustainability,” Arizona Veterinary Medical Association
    - Sanford School Retreat
    - Marcos de Niza High School (Tempe Union School District) Nurses
    - panel expert to teamLA Briefing
    - “Interview with an Expert” with Dr. Lisa Smith
    - Professional Skills in Sustainability at ASU, guest speaker
    - “Toward an advanced understanding of CRPs: Identifying student needs and employee roles” has been accepted for oral presentation at the BHAC National Summit on Building Cultures of Well-Being to be held in Columbus, Ohio
    - “Elevating Collegiate Recovery Programs: Understanding Student Needs and Employee Roles” has been accepted for oral presentation at the American College Health Association’s annual conference in Denver, CO



- Dr. Nika Gueci's articles:
  - "Collegiate Recovery Program (CRP): Student Needs and Employee Roles," Building Healthier Academic Communities journal
  - "The Power of Narrative and Vulnerability in Self-Disclosure," Recovery Campus Magazine
- Tiara and Nika's presentations/keynotes:
  - Mindfulness presentation to E&I team retreat
  - "Mindfulness, Leadership and Sustainability for Self-Care" Sexual Violence Prevention Symposium
  - "Mindfulness, Leadership and Sustainability: Self-Care for Busy Professionals" workshop at the Commission on the Status of Women (CSW) conference.
  - "Mindfulness and Self-Care" at the Tempe Coalition "Be the Change" conference

### **Center Affiliates, Research Advancement Council, and Social Justice Council**

**Center Affiliates** are faculty, staff or students who collaborate and make a difference through their research on mindfulness:

- Edward T. Creagan, MD FAAHPM, Professor of Medical Oncology, Mayo Clinic College of Medicine, John and Roma Rouse Professor of Humanism in Medicine Palliative Care Consultant, Past President, Mayo Clinic Faculty, Distinguished Clinician Mayo Clinic
- Angela Ellsworth, Associate Professor, School of Art at ASU
- Dara James, Graduate Research Associate CONHI Sponsored
- Sophia Town, M.A., Jeanne Lind Herberger Fellow, Ph.D. Student, Organizational Communication at ASU
- Michelle Villegas-Gold, Ph.D., MPH, MC, University Innovation Fellow, Office of University Initiatives
- Mark Huerta, PhD Engineering, Co-founder and director of 33 Buckets

**Center Research Advancement Council** aims to facilitate the development of collaborative cross-disciplinary research projects on themes related to increased understanding, application, and sustainability of mindfulness, compassion, and resilience.:

- Mary C. Davis, PhD, ASU Psychology: Chair of Research Advancement
- Leslie Baxter, PhD, Neuropsychology, Barrow Neurological Institute
- Linda Larkey, PhD, CONI
- Sari Roth-Roemer, PhD, Health Psychologist in community practice

**Center Social Justice Council** is a think tank to discuss ways of bridging the gap between mindfulness and social transformation through a programming and event collaboration at ASU and the surrounding community.

- Tiara Cash, Program Manager – Center for Mindfulness, Chair of Social Justice Council
- Nika Gueci, Executive Director for University Engagement – Center for Mindfulness
- LaDawn Haglund, Associate Professor of Justice & Social Inquiry – School of Social Transformation
- Charles Lee, Associate Professor of Justice & Social Inquiry – School of Social Transformation



- Mary Fonow, Professor of Women & Gender Studies – School of Social Transformation
- Julie Rousseau, Ph.D Candidate – Human Systems Engineering
- Kimberly Marshall, Professor – School of Music
- Mary Davis, Professor – Department of Psychology
- Mary Fonow, Professor of Women & Gender Studies – School of Social Transformation
- Yesenia Cortez, Student - CONHI

