

Center: Mindfulness, Compassion and Resilience at ASU

Summary and Goals (2015 – 2018)

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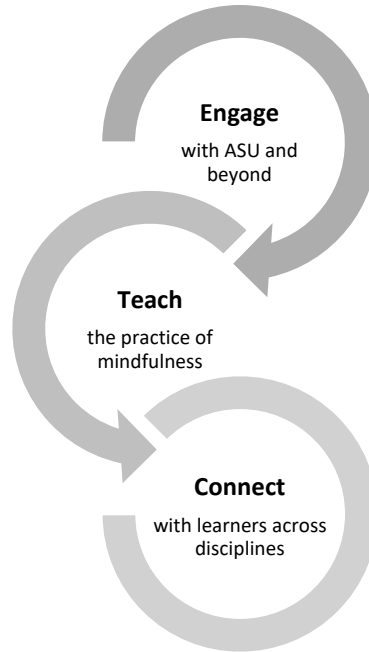
1. **Mission:** Build an ASU-wide center that connects global researchers, scholars, teachers, practitioners, and learners around the concepts of mindfulness, compassion and resilience. ASU will be known for a vibrant and forward-leaning community that embodies and models mindfulness as context for learning, 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.



3. Center Start-Up and Development

- Quarterly Mindfulness Gatherings held since 2015 (increase from 10 people in 2015 to **167** in 2017)
- Established Design Group which consisted of internal and external content experts as well as potential philanthropic investors.
- Conducted Design Charrette in Spring of 2015
- Dean Teri Pipe named [Chief Well-Being Officer \(CWO\)](#) at ASU
- Center approved and [established](#) in Fall 2016 and ASU centrally funded
- Priority area for Campaign ASU 2020
- \$1.1 million donation acquired for Center
- Executive Nurse Fellow Research Grant Awarded to Dean Teri Pipe as Principal Investigator by the Robert Wood Johnson Foundation (2014-2017) for \$35,000. Individual Project: Building Center for Mindfulness, Compassion and Resilience at ASU. Created [“In the Moment”](#) video and three publications (listed in section 6b) based on this project.
- Center [Grand Opening](#) held at Desert Botanical Gardens on May 3, 2017

- Staff lines hired: Senior Program Coordinator, 2 Management Interns, Student Outreach Coordinator, [Executive Director](#)

4. Accomplishments to Date

- Reached **7,487** (up from 6,720 in November) students, faculty, staff, community members and stakeholders through **68** events, Mindfulness Gatherings, meetings, speaking engagements at conferences and workshops from January 2017 – December 2017
- **459** people on the Mindfulness listserv (up from 300 in November)
- **267** members (up from 225 in November) of the [Center: Mindfulness, Compassion and Resilience Facebook page](#)

4a. University Engagement

- EdPlus Speaker Series pilot on August 2, 2017. Second session occurred on Sept. 7, the third on October 10. The series will renew with a kick-off event in the beginning of February 2018.
- Led presentation lecture with ASU Prep employees in January
- Led Communications Strategy Workshop for Center website
- Led Barrett Summer Scholars mindfulness course from June 19 – 30, 2017
- Think Tank sessions with students
- Consultation with Barrett Honors College
- Consultation with Design Department
- Proposal for co-funding a pilot project with Obesity Solutions

4b. Community Engagement

- RWJF Request for Information (RFI) through ASU Health Futures Councils
- Led Dharma Talks at Desert Song Healing Arts on April 12, 2017

5. Staff Development

- New Center staff onboarded and trained, with ongoing professional development including an 8-week MBSR program through Desert Song Health Arts Center in February 2018
- Center, Marketing and Communication, Development staff as well as ASU staff members from the Pat Tilman Veterans Center, the Hispanic Mother-Daughter program and local organizations such as Maricopa Public Health trained in science and practice of mindfulness through 3 separate Mindfulness Intensives class hosted by Dean Pipe
- Strengths Finder team builder with Center staff

6. Communications

- Mindfulnesscenter.asu.edu website launched May 2017. These are the metrics for mindfulnesscenter.asu.edu main page between May and Dec 2017:
 - **3,725 pageviews** (number of times a page has been viewed or “visited” by a User)
 - **2,694 unique pageviews/sessions** (number of sessions in which the page was visited. Lower than the pageviews because a User may have visited the main page two or three times during a single session but it is only counted once)
- Dean Pipe featured in semester-end [Facebook Live](#)
- Center featured in Cronkite student [video project](#)
- Center noted in January/February issue of [Modern Luxury Scottsdale](#) magazine
- Center featured in the [ASU Now](#) story, “3 ways to transform your outlook through mindfulness”
- Dean Pipe hosted a PSA after the Las Vegas shooting on Oct 2, 2017 (over 1,000 views)

- Center featured in the [ASU Now](#) story, “High performance, excellence and accountability”
- Video on Personal Self-Care created for ASU students in collaboration with Sustainability Department
- Center featured in the [ASU Now](#) story, “Finding resilience is a lifelong journey”
- Dean Teri Pipe featured in [Arizona PBS](#) and [Phoenix 3TV/CBS5](#) special
- Created video [“What is Mindfulness?”](#) for university-wide engagement
- Mindfulness Gathering [Facebook](#) closed group created and live

6a. Keynote and Conference Presentations by Dean Teri Pipe

- Presenter at the Organization of Nurse Leaders of MA, RI, NH and CT on Mindfulness in Burlington MA on December 8, 2017
- Keynote Address and Presentation at the General Session of 2017 Planetree International Conference on Patient-Centered Care in Baltimore MD “Well-Being of Providers as the Fourth Component of a “quadruple aim” for health care” October 16-18, 2017.
- Presenter at the Conference on Integrated Health “The Healer Within” on Mindfulness in Charlotte NC on October 4, 2017
- Presenter on Mindfulness and Mindfulness Eating at the AzNA Convention, Scottsdale AZ, September 28, 2017.
- Presenter at the 2nd Annual Nicklaus Children’s Hospital Raising the Bar: Pediatric Nursing Conference on Integrating Mindfulness to Leadership within Healthcare Context in Miami FL on September 19-20, 2017
- Panelist at the ASU Design School to Design and Biomimicry students and faculty on the benefits of mindfulness on September 28, 2017
- Presenter at the Health Communication Initiative (HCI) members and members of the Hugh Downs School, on the Center for Mindfulness, Compassion and Resilience at the Hugh Downs School of Communications, ASU Tempe on August 28, 2017
- Presenter at University of Nebraska College of Nursing Executive Council Retreat in Omaha on “Enhancing Well Being While Leading Change,” on August 9, 2017. (Keynote Address)

- Presenting CEO Talk on Mindfulness at Arizona State University at the Phoenix Children’s Hospital Foundation, Phoenix AZ on June 27, 2017.
- Presenter on Mindfulness at the Mercy Gilbert Medical Center’s Monthly Physicians Clinical Council, Gilbert AZ, June 27, 2017.
- Presenter of Mayo Clinic Care Network Webinar on Mindfulness in Nursing Practice on June 20, 2017.
- Trainer for three-day Resiliency Training Workshop at Guthrie Robert Packer Hospital, Sayre PA, June 13-15, 2017.
- Presenter on Resilience and Leadership at Dignity Health/St. Joseph’s Medical Center, Phoenix AZ, “The Resilient Leader” May 16, 2017.
- Presenter on Mindfulness for Nurses Week at Phoenix Children’s Hospital, Phoenix AZ, May 10, 2016.
- Presenter for Wolters Kluwer Speaker Series Webinar on “Compassionate and Effective Leadership Practices” on April 13, 2017 in Phoenix AZ.
- Presenter on Mindfulness at the End of Life Nursing Education Consortium “Nurse Wellbeing and Resilience for Nurses” at Mayo Clinic Hospital in Phoenix AZ, April 3, 2017.
- Plenary speaker on Mindfulness at the AONE Conference “High Performing Leadership: Mindfulness in Action” in Baltimore MD, March 31, 2017.
- Presenter on Mindfulness Leadership at the Center for Creative Leadership Conference, St. George UT, February 27, 2017.
- Keynote Speaker on Mindfulness at The Healthy Brain Expo “The Science of Mindfulness” at the FCF-Holland Community Center, Scottsdale, November 12, 2016.
- Presenter on Mindfulness at the Nursing Management Congress “Why Does Mindfulness in Leadership Really Matter?” in Las Vegas NV, November 8, 2016.
- Keynote Speaker on Mindfulness at the Maricopa County Association of Family Mediators monthly meeting “The Science of Mindfulness” in Phoenix AZ, October 25, 2016.
- Presenter on Resilience and Mindfulness Training at Dignity Health, in San Francisco CA, October 13, 2016.

- Keynote Speaker at the 6th Annual Kaiser Permanente Caritas Consortium on “Leading Self and Leading Others with Compassion, Mindfulness and Presence”, Self-care, in San Ramon, CA, September 29, 2016.
- Keynote Speaker at TRANSFORM: Make Change Possible: Thriving in an Ecosystem for Health Symposium, “Change is Hard, Where, and How, Do We Begin?” in Rochester MN, September 14, 2016.
- Keynote Speaker “A Taste of Mindfulness: Bringing More Joy and Productivity to Your Days” to the ASU Preparatory Academy Administrative Leadership Team of academic and operational directors and officers at SkySong, Scottsdale AZ, July 12, 2016.
- Keynote Speaker “A Taste of Mindfulness: Bringing More Joy and Productivity to Your Days” at the HonorHealth Rehabilitation Hospital staff, Scottsdale AZ, July 6, 2016.
- Presenter at Arizona State Bar’s Annual Convention in Chandler AZ, June 16, 2016.
- Co-panelist on the West Campus Panel: “Creating the Health Workforce of the Future”, ASU West Campus, April 25, 2016.
- Co-presenter at the Dignity Health Physician Symposium of Plenary Session on Building personal resiliency into our lives during Personal Illness, Las Vegas NV, October 2, 2015.
- Presentation to the ASU Barrett Women’s League (BWL) on Dr. Pipe’s Path to Success, the Benefits of Collaboration and How to Work in Group Settings, Tempe AZ September 1, 2015.
- Co-led presentation on Resiliency at the Mayo Clinic Symposia for Cancer Patients and their Loved Ones, Phoenix AZ June 11, 2015.
- Keynote Speaker at the Colloquium: Emotional Intelligence: An overview of resilience, emotional intelligence and mindfulness, with presentation of practical examples and practices. Gila River Health Care Nurses Day remote broadcast from Hu Hu Kam Memorial Hospital Conference Room, Sacaton, AZ, May 5, 2015.
- Keynote Speaker at the Collaborative Leadership of the ASU Undergraduate Student Government (USG) at their Leadership Summit for USG Senators and the College Council Executives, Tempe AZ, February 28, 2015.
- Keynote Speaker on “Learn how to reduce stress through Mindful Living techniques”, at Mayo Clinic, Scottsdale, AZ, August 9, 2011.

- International: “Mindfulness Based Stress Reduction correlates with frontal lobe changes during mood induction fMRI” presented at the Organization for Human Brain Mapping Annual Meeting, Hamburg, Germany, June 8-12, 2014.
- National: Invited Co-presenter, Dignity Health Physicians Symposium, Las Vegas NV, October 2, 2015.

6b. Full Length, Peer-reviewed, Original Articles:

- Pipe, T., Doucette, J., Cotton, A., FitzPatrick, K., Arnow, D. (2016) “The Mindful Nurse Leader: Improving Process, Outcomes, and Restoring Joy in Nursing” in Nurse Manager. DOI-10.1097/01.NUMA.0000491135.83601.3e
- FitzPatrick, K., Doucette, J., Cotton, A., Arnow, D., Pipe, T. (2016) “The Mindful Nurse Leader: Advancing Executive Nurse Leadership Skills Through Participation in Action Learning” in Nurse Manager. DOI-10.1097/01.NUMA.0000499567.64645.f9
- Doucette, J., Cotton, A., Arnow, D., Pipe, T., FitzPatrick, K. (2016) “The Mindful Nurse Leader: Key Take-away: Go Slow Before You Go Fast” in Nurse Manager. DOI-10.1097/01.NUMA.0000502802.29800.61
- Braden BB, Pipe, TB, Smith R, Glaspy TK, Deatherage BR, Baxter LC. Brain and behavior changes associated with an abbreviated four-week mindfulness-based stress reduction course in back pain patients. Brain and Behavior, March 2016, doi: 10.1002/brb3.443.
- Pipe, T., (2016) “Mindfulness Strategies that Revitalize Internal Awareness and Self Care” in The Arizona Geriatrics Society.

7. Fall 2017 Goals

- a. *Center Development*
- b. *University Engagement and Community Engagement*
- c. *Staff Development*
- d. *Communications*

7a. Center Development

- Women in Philanthropy Roundtable event on Nov 7, 2017 – 88 members attended this event to promote Center

- Maintain open line of communication with Health at ASU Development team regarding updates and Center developments - ongoing
- Join Health at ASU Development team members on meetings with prospective and current donors - ongoing
- Work with Health at ASU Development team on communications that will communicate the impact of Center to prospective and current donors – ongoing
- Create a revenue-generating “menu” of Center Signature Events - complete
- Create intern and student employee job descriptions - complete
- Proposal submitted to Women in Philanthropy to fuel ASU student innovation and creativity in relation to implementing well-being and mindfulness efforts at ASU and throughout the community: “Photovoices of well-being: Engaging students through technology to infuse mindfulness and compassion into ASU”
- Donor Stewardship event planned for January 2018 at Paradise Valley Country Club

New Center Development items:

- Joint proposal written with [Obesity Solutions](#) to create marketing and videos linking the benefits of mindfulness and healthy body image, healthy eating styles – video production scheduled Jan 25, 2018

7b. University and Community Engagement

- Center hosted “Mindfulness in the Park” in the Downtown Civic Space on Tues, Sept 26th. Mini-sessions of meditation, breath work, yoga, Qi-Gong, and Rei Ki brought a crowd of approximately 70 people ranging from local high school and ASU students to faculty, staff and community members.



- Center is on the [Faithful City's](#) Taskforce to build Trauma-Informed Communities and sat on the panel of the movie "Resilience" on September 27, 2017
- Center is collaborating with Educational Outreach and Student Services (EOSS) and the Council of Religious Advisors (CORA) on mindfulness efforts throughout the university. The Mindfulness Partners group will meet quarterly to leverage each other's efforts.
- Center will bring Dr. Barry Kerzin, personal physician to the Dalai Lama, to ASU for a speaking engagement at the Center annual conference, scheduled for April 23-24 to coincide with his visit. He will be the Keynote Speaker.
- The Center for Mindfulness, Compassion and Resilience is co-hosting an event with Trinity at ASU Downtown to bring adoptable puppies from the Humane Society to the ASU Student Patio at the Post Office on Wednesday, Oct 4th from 8-10am

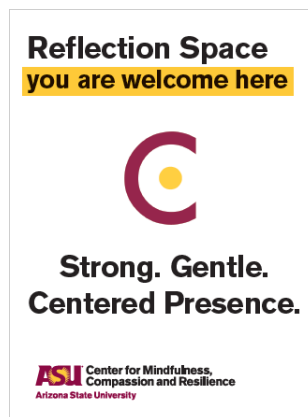


- Maricopa Worksite Wellness Program – possible collaboration on engaging local workplaces to contract with Center to provide mindfulness courses for their employees to be considered as healthy worksites.

- Environmental Strategies for Mindfulness Engagement
 - ASU students, faculty, staff and community members painted rocks with inspirational words at the Mindfulness in the Park event. Painters were encouraged to gift their rocks to scale the message of compassion to their friends and community members.

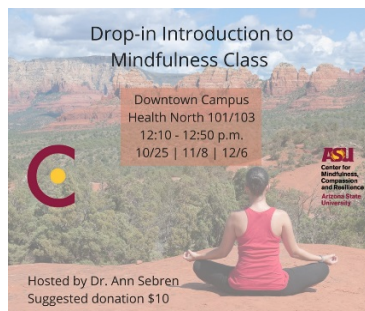


- 25 Center plaques created and printed through ASU Print Lab. Plaques are displayed in Center offices, CONHI and SDFCs across all four locations.



- Consultations with departments to incorporate mindfulness into their areas – ongoing
- Think Tanks with students – held 11 Think Tank sessions with students to date
- 3 Mindfulness Gatherings held in 2017
- EdPlus Speaker Series - ongoing, 3 sessions complete and 3 scheduled for 2018
- Sponsorship of The Museum of Walking for 20 participants
- The Arizona Veterinary Association and Solano Elementary School will sign up for mindfulness workshops in the spring

- Mindfulness resource is available through the Institute for Healthcare Improvement Open School. This [free module](#) is co-authored by Dean Teri Pipe and led by her Robert Wood Johnson Executive Nurse Fellow colleague, Dr. Kate FitzPatrick. The purpose of the module is to give "real world" examples of how to incorporate mindfulness into clinical practice. This course was voted “Best of 2017.”
- Ten students entered into the Mural Competition on Nov 18, 2017, with one winning \$100 prize
- Engagement with Keep the Beat Women’s Basketball game on Nov 18, 2017
- 170 students played with adoptable dogs at Puppies in the Park #2 on Nov 29, 2017
- Student Outreach Coordinator collaborated with ASU student groups and support services (the Well Devil Ambassadors, The Art of Living/YesPlus, the Council of Religious Advisors (CORA) to lead Mindfulness “Pop-Up” events at Barrett Honors College – 6 separate events were held during Fall 2017 Finals Week (2 per day for 3 days, one at Hayden Lawn and one at Barrett patio). 20 students attended.
- Design Charrettes conducted on November 9, 2017 to map student success, well-being and mindfulness – these Charrettes provided ASU leadership to determine barriers to student success through Empathy Mapping. Follow-up meeting will be held in March 2018.
- Speaking engagement at Maricopa Public Health (42 people on Nov 15) and Webinar on Mindfulness in Leadership held for Maricopa Public Health (23 people on Dec 14)
- Speaking Engagement held for 18 Access ASU Coaches
- Three Mindfulness Drop-In classes were held in Fall 2017 for a suggested donation of \$10



7c. Staff Development

- Student Outreach Coordinator and Student Outreach Intern attended a 4-day YesPlus Leadership retreat through the International Association for Human Values to integrate wellbeing, self-awareness and social connection into dynamic leadership and service to better design wellbeing programs at ASU
- Development staff and key partners attended condensed 8-week MBSR (Mindfulness Intensive) course led by Center staff.
- Center staff attended conferences – travel to the [Association for Contemplative Mind in Higher Education \(ACMHE\) conference](#) and [Mindfulness Based Stress Reduction training at Omega Institute](#) in October
- Foundational Team Building with Carlette Patterson scheduled for Spring 2018
- One intern (unpaid) began working at Center in September 2017

7d. Communications

- Created document of bios for all Mindfulness Gathering members for internal distribution
- Create Year-1 communications and marketing strategy to promote Center events and services, including video content

8. 2018+ Goals

- a. Center Development*
- b. University Engagement and Community Engagement*
- c. Staff Development*
- d. Communications*

8a. Center Development

- Formed a Research Council to shape a research agenda, create a mechanism for connecting Student and Faculty Affiliates - researchers/students in scientific community and design a way to catalogue the list of scientific and scholarly efforts occurring at ASU

Dr. Mary Davis named Research Advancement Chair

Research Advisory Board Mission and Values:

The Center Research 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. The foci of research at Center will range from “neurons to neighborhoods,” including projects addressing questions at the level of basic bench science, individual and family functioning, and community and global well-being. Among our most important values are: providing opportunities for *mentorship of young, developing scholars*; embracing *an attitude of inclusion* that invites diversity among our scholars as well as the individuals and communities with whom we are partnering; addressing questions with *real-world implications*, including for underserved individuals and communities; and *disseminating findings* to both scientific and lay communities.

- Explore forming an Advisory Board
- Recruit a Volunteer Coordinator
- Form a volunteer group
- Write Center Design Aspirations
- Complete hiring process for Data Manager and Community Organizer

8b. University and Community Engagement

- Train cadre of instructors in 8-week Mindfulness Based Stress Reduction (MBSR) course so that they may go on to teach mindfulness at ASU and community
- Develop MBSR Program for university and community engagement
- Create “Tools for Instructors” to provide them with tools, strategies and exercises to incorporate mindfulness into their classes
- Recruit interns and student employees
- Develop mindfulness pilot program at Barrett Honors College in conjunction with interns and student employees
- Consultations with departments to incorporate mindfulness into their areas
- Think Tanks with students
- Mindfulness Gatherings

- Speaker Series for various departments, including EdPlus
- Host and lead annual mindfulness conferences at ASU
- Center mindfulness spaces with logo to be located in various ASU and community buildings (i.e., Phoenix Children’s Hospital, ASU Health Services, Sun Devil Fitness Complex)
- Continue Mindfulness “Pop-Ups,” especially during midterms and finals week

8c. Staff Development

- Continue to engage in daily mindfulness meditation practice
- Onboard new student staff and professional staff with 8-week MBSR mindfulness training
- Attend national mindfulness conferences

8d. Communications

- Monthly newsletter to be sent to listserve
- Begin implementing communications and marketing strategy developed in 2017 (including webinars, website development, social media)
- Create a “think map” of connections made through Center
- Create and disseminate interdisciplinary series of communications including videos, photography, tool kits, stories with Obesity Solutions, Design School, etc.