

Date: \_\_\_\_\_

## Mindfulness in Davis County Schools

### *Secondary Schools Implementation Agreement*

Agency: Davis Behavioral Health

School: \_\_\_\_\_

#### **Davis Behavioral Health will provide:**

- Funding for school personnel to attend the Foundation Training MBSR course, provided by Davis Behavioral Health
- Funding for personnel to be trained in the Learning to Breathe curriculum
- A faculty presentation at your school
- Monthly conference/consultation calls for those teaching Learning to Breathe
- An in-person Preparing to Teach workshop
- Ongoing support through consultation via phone, email, or in-person meetings

#### **School Commitment & Responsibilities**

- Identify school personnel to complete a mindfulness foundation course & curriculum training

Name	Foundation Training	Curriculum Training
	<input type="checkbox"/> MBSR (in-person)	<input type="checkbox"/> Learning to Breathe (in-person)
	<input type="checkbox"/> MBSR (in-person)	<input type="checkbox"/> Learning to Breathe (in-person)
	<input type="checkbox"/> MBSR (in-person)	<input type="checkbox"/> Learning to Breathe (in-person)
	<input type="checkbox"/> MBSR (in-person)	<input type="checkbox"/> Learning to Breathe (in-person)

- Provide support in holding a faculty presentation
- Encourage ongoing mindfulness practice, led by classroom teachers, in between and after completion of the mindfulness lessons
- Support data collection efforts

#### **Trained Personnel (Trained through Curriculum Training)**

- Participate in MBSR foundation course
- Participate in Learning to Breathe Curriculum Training
- Develop a personal mindfulness practice
- Attend a DBH-sponsored Preparing to Teach workshop
- Commit to teaching Learning to Breathe in the school
- Participate in monthly conference calls
- Complete data report and end of program survey

**Classroom Teachers (if different than the mindfulness instructor)**

- Actively participate during the 15-minute lesson (not a time for grading, lesson planning, disciplinary action, phone calls, emails, or free time)
- Learn and do the mindfulness practices with the students
- Allow the mindfulness instructor to manage class without intervening during lessons
- Prepare the classroom for mindfulness lesson
- Carve out the full time for mindfulness lesson
- Fill out a follow-up survey

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Davis Behavioral Health Representative

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Personnel to be trained – through Level 2

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School Administrator

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Personnel to be trained – through Level 2

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Personnel to be trained – through Level 2

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Personnel to be trained – through Level 2