

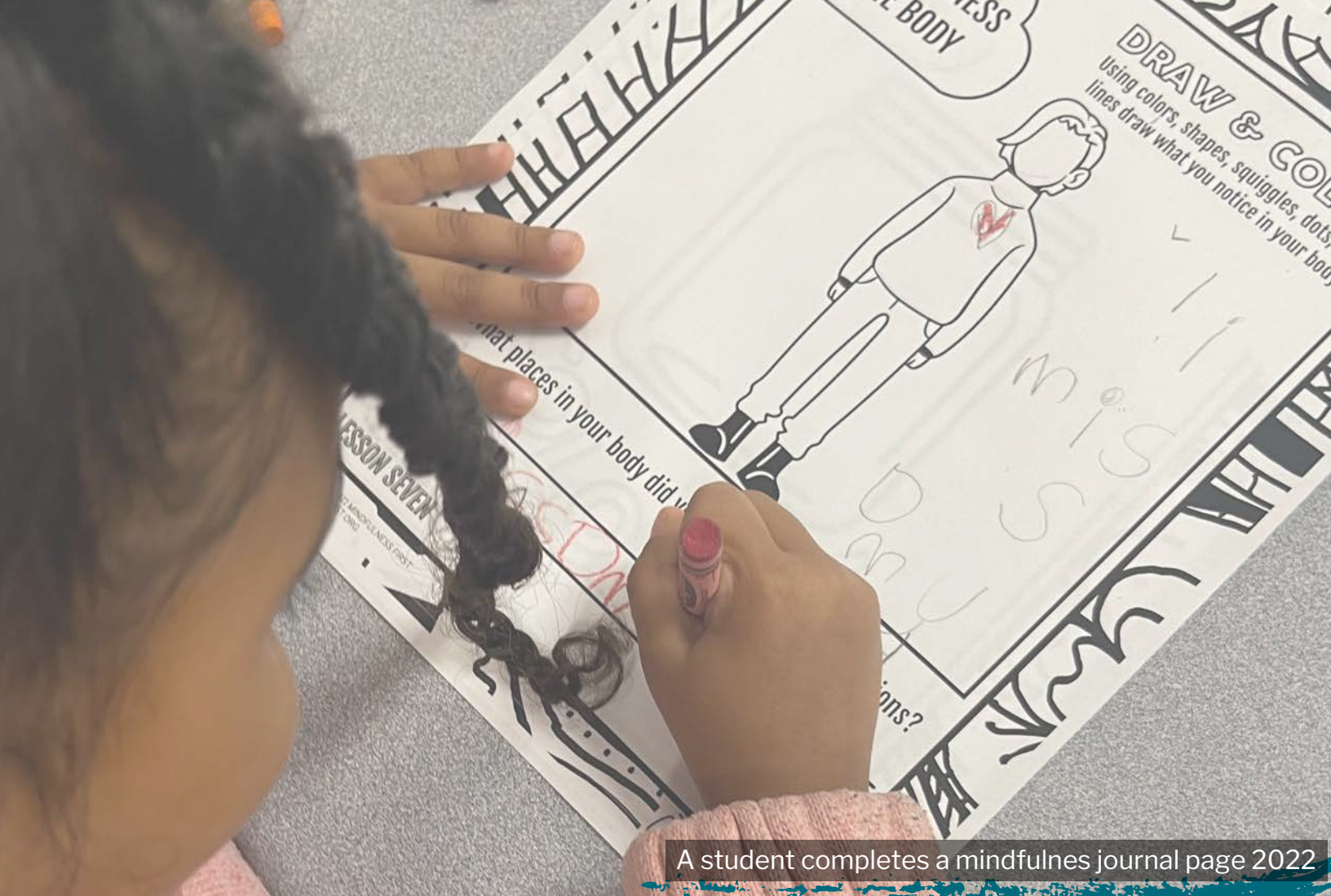


Photo: Crockett Elementary Students, 2022

# Our Community Impact

2022-2023





A student completes a mindfulness journal page 2022

# What's Inside

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# Dear Mindful Partner,

We are very proud to publish our 2022-23 Annual Impact Report and share that we have been able to positively impact the mental health of more children and adults than ever before.

The increase in our impact matters. Scientific studies in addition to humanity's experience with a global pandemic have shown us that without good mental health, our physical health and lives are detrimentally affected. Statistically we know that here in our home base of Arizona, suicide has become the leading cause of death for people aged 10-24 in the past year. "Globally, nearly one billion people worldwide suffer from some form of mental disorder, according to latest UN data – a staggering figure that is even more worrying, if you consider that it includes around one in seven teenagers."

Our Report highlights how impactful and meaningful just one well-adjusted and caring adult can have in a child's life. When an adult who works with children learns strong mental health life-skills, they then model and teach what they have learned to the children in their care. This year we have trained 3,121 teachers to offer those services and we ourselves have provided steady consistent services to 2,310 students.

We want to express deep gratitude to all of our volunteers, our Board of Directors, our incredible team, and above all our donors and grantors for making this impact possible. Thank you for this incredible year of impact.

With heartfelt gratitude,

*Sunny Wight*

*Kimberly Narde*

**Sunny Wight & Kimberly Narde**  
Co-founders, Mindfulness First



# Our Mission

We teach children and adults the practical skills and knowledge needed for lifelong mental health and wellbeing

## Our Daily Work:



### ONLINE COURSES: SELF-PACED & COHORTS

**Intro to Mindfulness:**  
Open to anyone starting a personal mindfulness practice.

**Teaching Mindfulness 1 & 2:**  
Curriculum for K-12 educators to create a safe & regulated classroom environment.



### MODELING & CONSULTING

Our instructors provide **in-class modeling** for teachers to learn the skills & tools they can use in their classrooms from day one.

**Sustainability Consulting** to ensure the longevity of a school or business' mindfulness program.



### WORKSHOPS FOR BUSINESSES

Prioritizing the mental health wellbeing of your workforce, increases productivity, decreases sick days, improves turnover rates, lowers burnout, and increases communication.

No matter the industry, size, or budget, we create custom learning solutions.

*We envision a cohesive society where humankind is supported by equitable tools for self-efficacy and mental health and wellbeing through systemic changes for stronger, safer, and more connected communities.*

# The missing piece in education

## Arizona

*2nd* highest prevalence of youth  
with mental health issues

**SUICIDE**  
is the **leading** cause of death  
for youth ages 10-24

AZ student-to-counselor ratio 716:1

*The worst in the nation*

**Lowest** access to care

*Mental health education, like  
physical education, is vital.*

Post-pandemic, we're collectively experiencing the highest student suicide rates, skyrocketing fatal school shootings, & 90% of schools are reporting disrupted socio-emotional development for their students, impacting learning and behavior.

*‘Mindfulness means being present and thinking about your actions before you make them in order to be more positive and to make the world better for yourself and others around you.’*

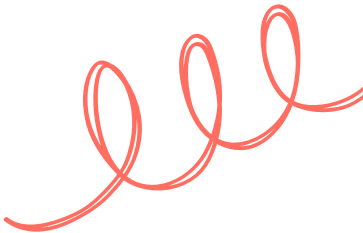
*— a Mindfulness First Student*





Balsz Students practicing mindfulness, 2022

10 years



OF MINDFULNESS

500K+ people Impacted

**Mindfulness First has provided mental health life skills to children and adults since 2013**

424  
*schools*

193,498  
*students*

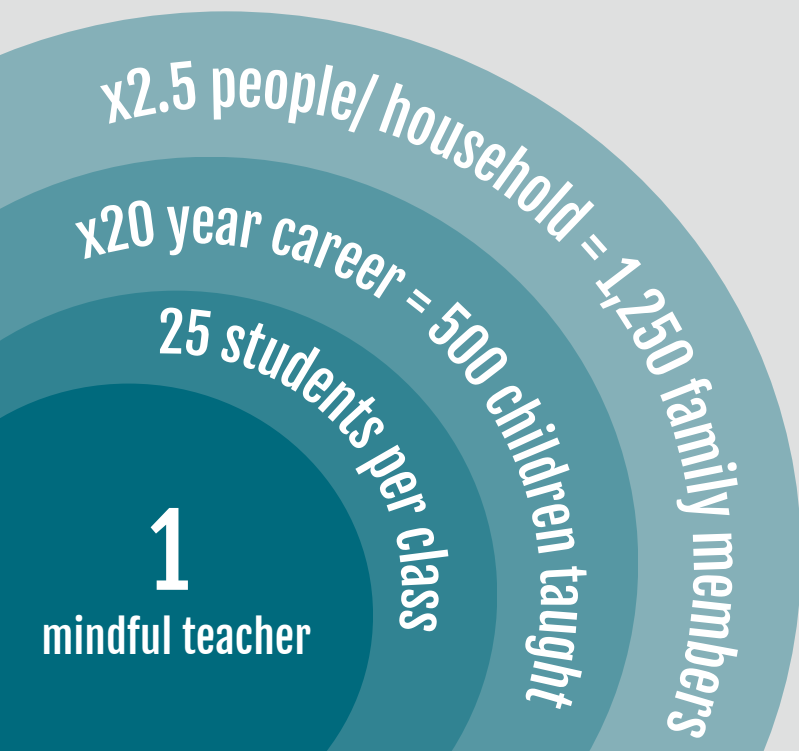
13,600  
*staff*

# The ripple effect of one caring adult

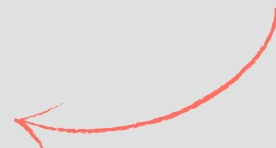
We know that Mindfulness is not just a passing trend; it is a powerful tool that can positively impact the lives of both educators and students alike.

It's been our mission for 10 years to help educators create safe and supportive classrooms that nurture resilience and wellbeing through trauma-informed mindfulness and social-emotional learning practices.

By prioritizing mindfulness and social-emotional learning, educators have the opportunity to shape a generation of individuals who are self-aware, compassionate, and equipped with the skills necessary to navigate life's challenges successfully.



**JUST ONE TEACHER  
CAN SHAPE A  
NEIGHBORHOOD**



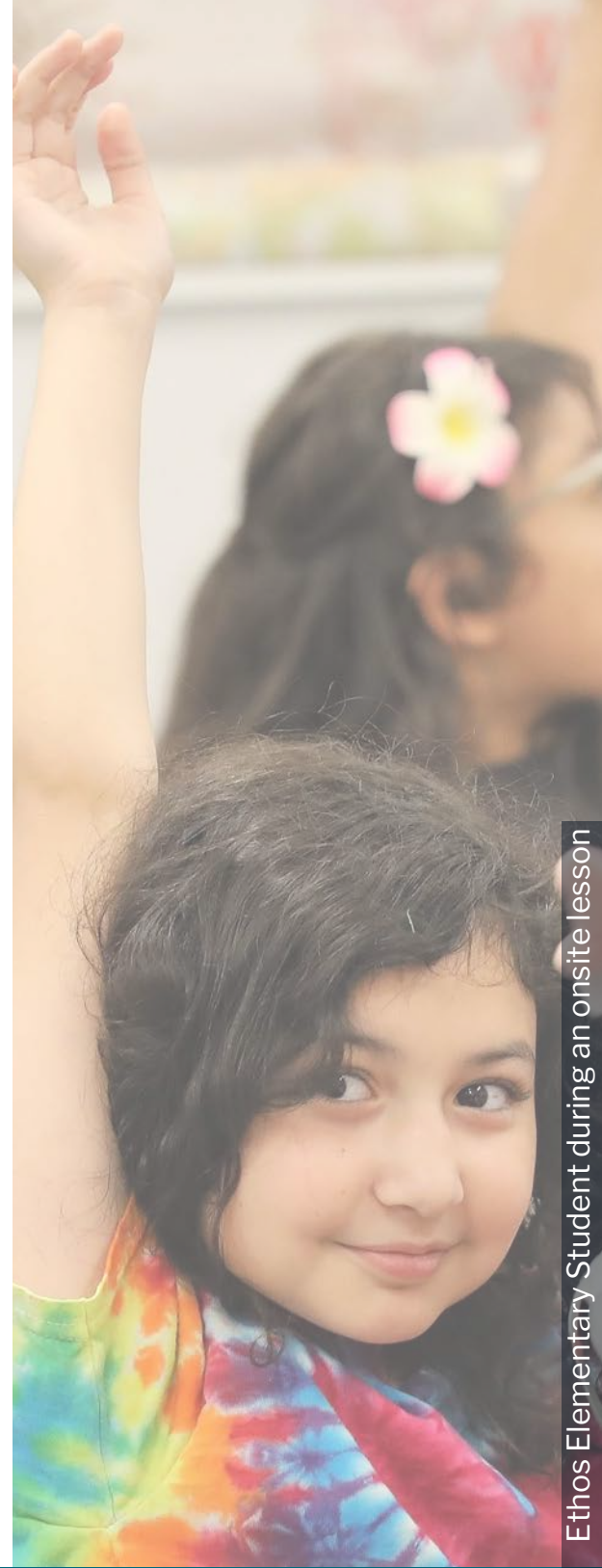
# Mindful Students

Through mindfulness and life skills exercises, we teach students the science of their brains, nervous systems, their brain/body connection, and strategies that help each of us to manage & regulate our thoughts, emotions, physical and mental impulses, & information from our senses.

When students are self-aware, self-regulated, capable of responsible decision making, and have appropriate relationship skills, we can ensure more instruction time, less disruption and greater capacity to learn.

## **Mindfulness First students surveyed in 2023 reported:**

- better understanding of themselves and others.
- being able to 'de-stress' in difficult situations.
- mindfulness helped with lost skills from isolation during the pandemic.
- that their good mental health contributed to their physical health.



Ethos Elementary Student during an onsite lesson

**2,310**

students received a full 16 weeks of on-site mindfulness instruction in 2022-23

**77K**

students were immediately impacted by our 2022-23 teacher trainings





Sunrise Elementary School K-12 teachers during PD Workshop 2022

# Providing Teachers with *real* support



We empower teachers to establish focused classrooms, imparting emotional control directly to students. Our techniques optimize instructional time, enhancing retention and test-taking skills.

**305** Teachers received full online training + lifetime access in 2022-23

Additionally, we equip teachers to comprehend trauma's impact on behavior and guide them in addressing it through accountability. Our training offers practical relaxation techniques to counter burnout and minimize turnover.

**3,121** educators supported this year  
*(243% more than last year!)*

## 2023 ASU Research on Mindfulness First's work showed:

- 94% of teachers affirmed that mindfulness has been helpful for themselves and their students in classrooms.
- 96.4% responded affirmatively that mindfulness has benefitted their interactions and communications with students in the classroom.

## 2023 Mindfulness First Internal Survey showed:

- 97.9% of K-12 teachers surveyed said they will continue practicing mindfulness after taking this course.

# *Sustainable* school impact

**223** schools impacted

260% increase from last year

**128,968** estimated students & staff supported



Mindfulness First Instructor team at Brunson Lee Elementary School, 2022

“Students and teachers understand how the brain is wired for flight or fight. This understanding allows both teachers and students to realize when mindfulness is needed in a situation before things may turn into a behavior problem.” - A teacher comment from ASU’s 2023 research report on our work

## Mindfulness can be infused throughout an entire school district



Mindful morning announcements to begin each day



Mindful eating experiences to notice all 5 senses



Supportive training & curriculum for teachers



Opportunities to take mindful walks during class to reset & focus



Spontaneous Mindful Moments breaks in class & cafeteria to reset



Leadership support & check-ins during every staff meeting

# Thomas M. Knoles Jr Elementary School

## School Case Study: Knoles Elementary

We are in our third year of supporting Thomas Knoles Elementary School in their 5 year plan to create a 'Trauma-Informed School Blueprint' that they plan to use across Coconino County.

Knoles Elementary School specifically requested our services because they were spending 75-80% of administrative time on disciplinary issues and were experiencing considerable compassion fatigue. During the past academic year, after having trained teachers and staff in the previous year, we trained any new teachers and staff, plus we provided modeling services in all classrooms at Knoles.

Staff and teachers express gratitude for the change in behaviors as it makes their job easier and more successful, keeping students in classrooms and preventing disruptions.



Office referrals decreased from a few times daily to just 73 for the 180 day school year



Absenteeism dropped by 19%



The school's State Accountability Grade increased from a C to a high B since 2018-2019 academic year



Students effectively use mindfulness with their peers & family

*'One of the great joys of teaching with Mindfulness First was when I would enter the classroom and an excited student would come up to me and tell me how they used one of their techniques to calm themselves down or diffuse a stressful situation. Students would also tell me how they would bring their techniques they learned back to their families, their parents, grandparents and siblings. I feel that **this is such an added benefit from Mindfulness First being in schools, bringing life changing techniques into the home, into our community!**'*

—Eric Brown, Mindfulness First Instructor at Knoles



# Business & Community

**3,649** adults received professional development in schools, businesses, & communities

Mindfulness First provided Business and Community Services in 2022-23, reaching adults and parents. This work also provides funding to support our efforts in schools.

## Case Study: Points International

**Last year, we served the Points International team to manage stress during a critical merger. This is a snapshot & testimonial about our work:**

"Myself along with the HR Team at Points, thought a lot on how COVID affected so many of the global working groups after the (Mindfulness First) video I pitched for an annual initiative "Pitch for Good" had such an impact on those that viewed it. We learned as things were getting back to normal per se, we discovered how people didn't want to come back into the office as well as more seeing than hearing how isolation really took a toll on people's mental health. It was decided, perfect timing actually, we needed more as a company on how better can we invest in our employee's mental health, and also not feel so alone or vulnerable since we're investing company wide. Since we're a technology company, it takes a few of the sessions for this to sink in as most of the employees live in the logical/scientific space, whereas Mindfulness is more in the "gray" space.

We did take a lot of action based on the engagement survey feedback and will be doing a DEIB survey and engagement survey in the upcoming weeks and months."

**Beth McCormick Dupree**  
Senior Manager, Partnerships.  
Points International

### POINTS IMPACT

387  
EMPLOYEES  
TRAINED

8  
COUNTRIES

1  
MERGER/  
ACQUISITION  
SUPPORTED

# Our Partners in 2022-23

## The AZ ACEs Consortium:

As members of the consortium we sat on the Resilience Coordinating Council and assisted with the AZ Trauma-Informed Schools Symposium, and we also sat on the AZ Health Improvement Plan Mental Health and Trauma Committee.

## The AZ Department of Education (ADE):

As our key funder, ADE supported and tasked us with being part of the plan to mitigate post-pandemic trauma for Arizona's K-12 students.

## Vitalyst and TAPAZ:

As a sponsored project of the Technical Assistance Project of Arizona, we are grateful to Vitalyst and TAPAZ for all that they do to help us be a sustainable nonprofit.

## Funding Partners:

The Presidential American Rescue Plan, Elementary and Secondary School Emergency Relief Fund, Lululemon, The Whiteman Foundation, The Mollie Blank Foundation, Infosol, Points International, Blue Cross Blue Shield, Fidelity Charitable, The Molly & Joseph Herman Foundation, Arizona Community Foundation, Analytical Biological Services, State Farm Insurance.

## Leadership

Executive Director

**Sunny Wight**

Executive Administrative Director

**Kimberly Narde**

Director of Philanthropy

**Jarrett Ransom**

Program Directors

**Zenia Birdie and Cayla Vertreese**

Program & Development Manager

**Madicyn Quiroz**

## Board of Directors

Ken Hunt, Chair

Andrew Chi

Alex Koupal, Treasurer

Tiana Hill

Tony Williams

Erin Golden

Beth Dupree

Dr. Bryan Sandweiss

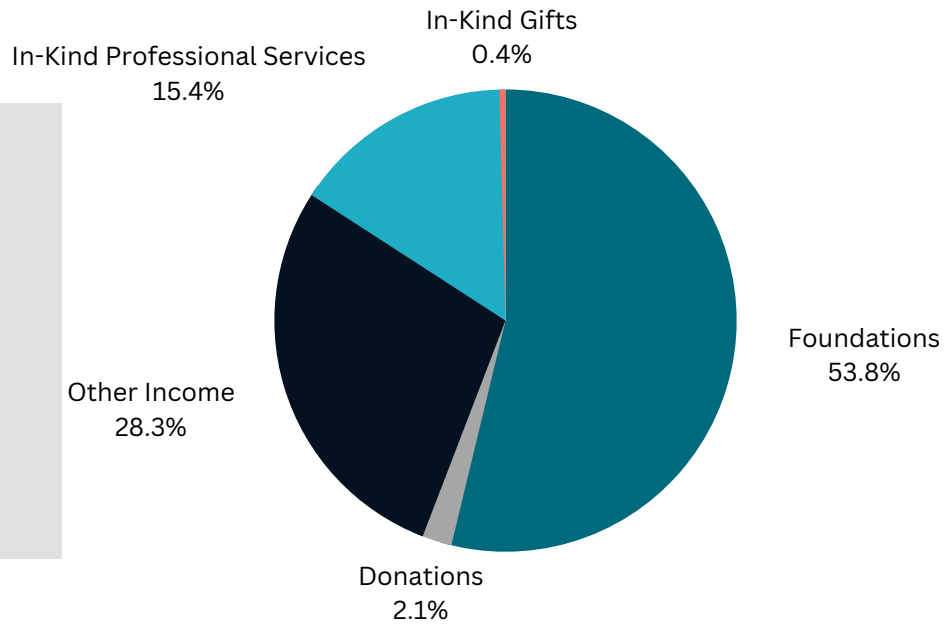
Stephanie Meyer

Victoria Barone

# 2022-23 Finances

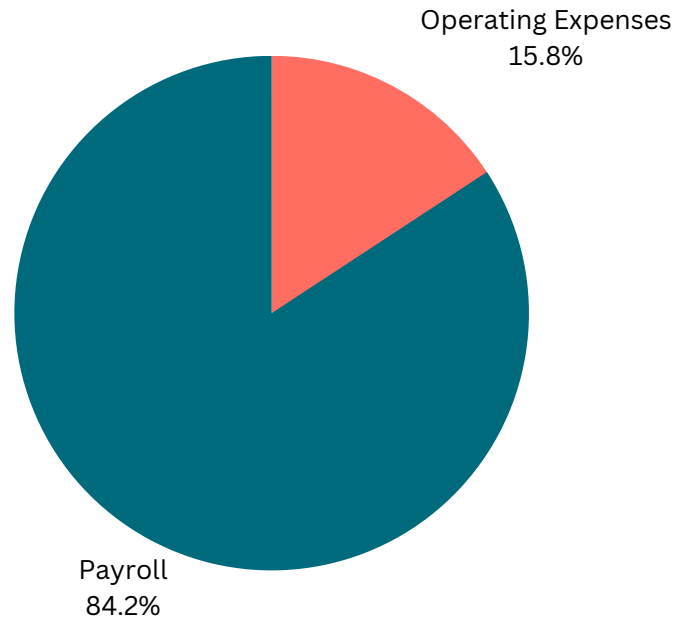
## Revenue

Foundations	\$563,681.13
Donations	\$21,677.48
Other Income	\$296,745.24
In-Kind Professional Services	\$161,859.00
In-Kind Gifts	\$4,414.00
<b>TOTAL REVENUE</b>	<b>\$1,048,376.85</b>
Cash Revenue Growth	48.69%



## Expenses

Operating Expenses	\$75,462.00
Payroll	\$403,188.76
<b>TOTAL EXPENSES</b>	<b>\$478,650.00</b>



## The Gift of Time

**16** dedicated volunteers

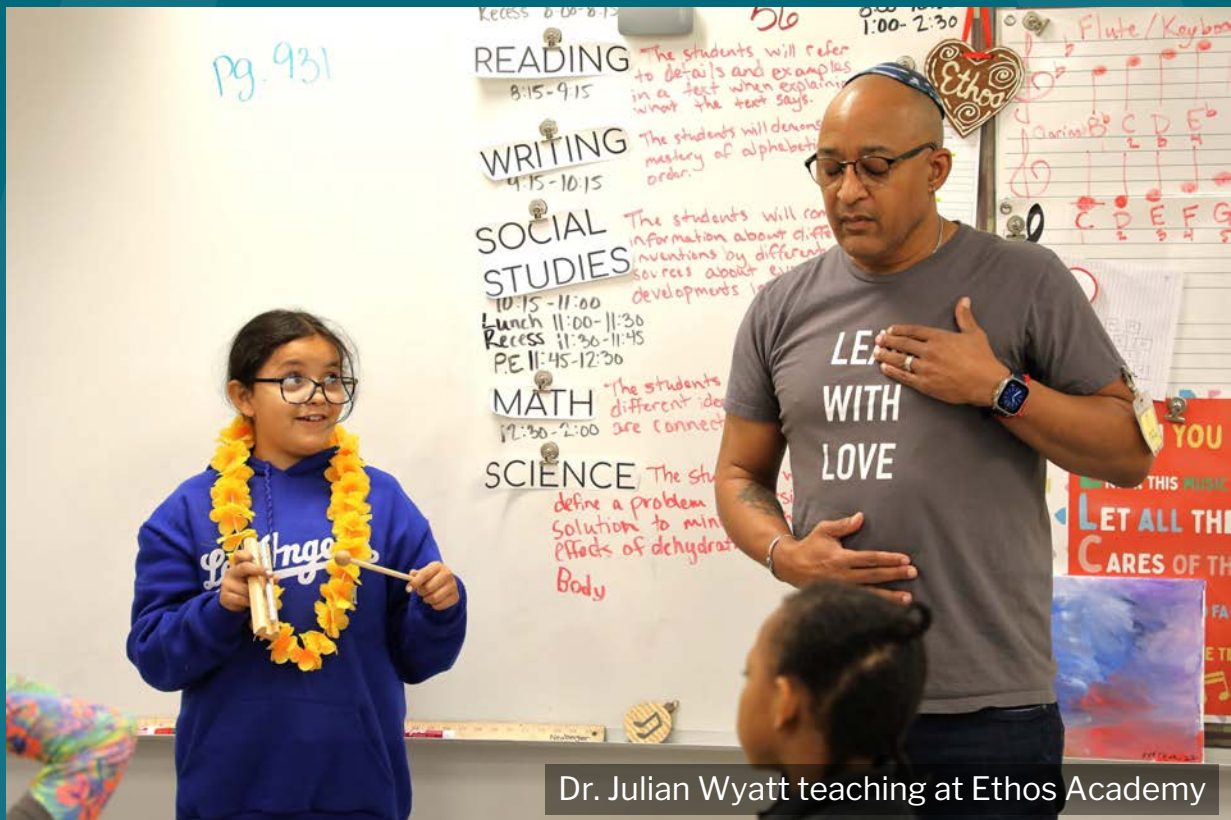
**2,110** volunteer hours

**\$161,859**

total value of time volunteered



# We'd like to thank all our donors for your generous support



Dr. Julian Wyatt teaching at Ethos Academy

Lifelong  
mental health  
skills for all



Your donation to Mindfulness First has the power to support and create mindful teachers who will inspire and guide students on a transformative journey towards resilience.

**Together, we can create mindful students who will carry these invaluable skills throughout their lives.**

Mindfulness First  
PO Box 26045  
Scottsdale, AZ 85255



SCAN TO GET  
INVOLVED



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