



mental health matters

promoting resilience for chippewa valley youth

FOR IMMEDIATE RELEASE

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Mental Health Matters Provides Mindfulness Training in Bloomer

SEPTEMBER 6, 2019 – After a competitive application process, the School District of Bloomer has been selected to receive mindfulness training during the 2019-2020 academic year. Thirty staff will receive training through Mental Health Matters.

Mindfulness is paying attention to the here and now. The benefits of practicing mindfulness are being able to better manage stress, improve focus, and be more compassionate. The goal of the mindfulness training is to create a positive school environment that supports student social and emotional learning and development.

The School District of Bloomer is excited to receive mindfulness training. “We look forward to learning this life skill now and being able to easily access it whenever we need it. And it’s universal. It’s not just for elementary staff and students, or middle/high school staff and students, it’s for everybody. Mindfulness fits right in with our school motto ‘reach all to teach all.’” says Angela Raymond, Bloomer Middle School Instructional Aide and Mindfulness Champion.

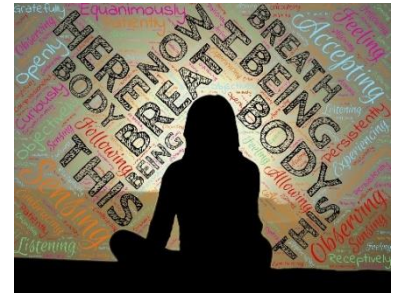
Staff will first participate in a six-session mindfulness training course. They will then work together to determine the best ways to integrate mindfulness practice for other school staff and students.

The long-term goal of teaching mindfulness practice in schools is to reduce behavioral challenges, and improve attendance, motivation, and focus at school. This will ultimately lead to improving student academic achievement and social and emotional wellbeing.

Mental Health Matters aims to support up to two schools each year to implement mindfulness in Chippewa and Eau Claire counties. The School District of Cadott and Eau Claire Memorial High School were past participants for this initiative. Applications will be available September 16 and due October 25 for schools to be considered for a January 2020 start. For more information, visit:

<https://cvmentalhealthmatters.org/>

Mental Health Matters is a partnership of more than twenty multi-sector organizations in Chippewa and Eau Claire counties who are working together to improve mental well-being for middle and high school youth. The partnership supports mindfulness as a way to improve mental well-being. The Mental Health Matters project is funded by the Advancing a Healthier Wisconsin Endowment at the Medical College of Wisconsin.



“This is life changing. This has real power and I think all of our teachers and students in our district would benefit from mindfulness training. I am very appreciative to have participated.”

Previous School Staff Participant

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