

Project: Understanding Barriers and Facilitators to Mindfulness-Based Program Implementation



Purpose: The purpose of this investigation is to better understand the challenges and supports educators experience when they decide to use the Peace of Mind curriculum in their schools.

Rationale: Studying “barriers” and “facilitators” to program implementation will help clarify what needs to be in place to help educators be successful in using Peace of Mind and other SEL/mindfulness curricula that are similar.

What is involved?

- **Six schools** will be invited to participate in a research study. The study team would like to include schools that have different experiences with the Peace of Mind curriculum, including schools that are new and more experienced.
- Educator stakeholders who are involved with Peace of Mind, either through making decisions about implementation or delivery of the curriculum, will be asked to engage in an **individual interview** or a **focus group** of no more than 6 people.
- Approximately **12 educators at each school** will be invited to participate in an interview or focus group.
- Interviews and focus groups will last approximately **60-90 minutes**.
- Interviews and focus groups will take place during **fall 2021** either in person (preferably) or through Zoom, depending on the public health landscape.
- Interviews and focus groups will be scheduled at a **time that is convenient** to the educators and does not interfere with the school day.
- In spring 2022, educators who participated in interviews will be asked to complete a **5-10 minute online survey**.
- Participation in the study is completely **voluntary**.

Additional Info

- **Confidentiality** – Participants will be given pseudonyms, and any identifying information shared during interviews will be removed.
- **Benefits** – Participation will provide educators with an opportunity to reflect on their use of the Peace of Mind curriculum and contribute to helping other educators who are considering implementing a mindfulness/SEL curriculum.
- **Thank You Gift** – Educators participating in an interview or focus group and the follow-up survey receive a \$25 Donors Choose gift card.
- **Our Team**
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