Integrating Yoga into Community

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Integrative Leadership Practices
A Compassionate Response

- Leadership challenges in implementation of recovery based practices, person-centered approaches
- REGAINING OUR SHARED HUMANITY
- Staff training in evidence-based holistic care
- Stress & Trauma response – individual and systemic
Workshop Goals

Yoga Program Development stories

1. rural behavioral health organization
2. urban state psychiatric facility

Practice YOGA and other movements

Visual Explorer - creative activity

Share Resources - Research on Yoga and mindfulness
Welcome & Stories

Hope: to understand the capacity we have to find balance in our personal body-mind and how this inspires wellbeing for all

Introductions with a partner

Why are you here? What matters to you now?

Share with a gesture.
The Power of Mindful Action
Purposeful Innovation

YOGA – a mind body “Up-Shift”

- Mind - Body - Spirit integration = whole systems change
- Holistic Learning – whole person + RESEARCH
- Anti Stigma – consciously addressing internalized bias
- Letting go of jargon, fear-based labels, welcome systems change, even if power and identities must shift
- Embrace entrepreneurial innovation strategies and deliberate creative problem solving – RISK making ‘misteaks’
G.R.A.C.E
Embodied Presence

Ground, Relax, Aware, Center, Energize

(Journey: Relational Grounding – 360*)
WAKE UP & BE AWESOME.
Where to Start

- New Freedom Commission – Crossing the Quality Chasm – data about stigma, need for peer leadership
- Systems Transformation – Recovery Model
- ‘Capacity Expansion’ as leadership goal
- Research Orientation
- SAMHSA - Evidence Based Practices
- Electronic Medical Records – QA focus
Yogic Strategies for Optimal Mental and Societal Health

- **Emotional fitness** is the capacity to balance intrusive thoughts, feelings, and sensations with mindful and aesthetic actions that help you reach your goals in living, learning, working, and loving. (Self-esteem, S-efficacy, S-regulation)

- **Science** is proving that practicing ancient techniques from yoga and other wisdom traditions is a convenient way to sustain optimal health and **wellbeing**

- It is a innovative **leadership practice** because as you learn to practice health giving strategies, it gives others permission to do the same, aka, **collective intelligence**.
Cultivating Positive Mental States

Five factors of mindfulness

1. Observing
2. Describing
3. Acting with awareness
4. Non-judging of inner experience
5. Non-reactivity to inner experience

Personal Body & Social Body
Measuring Yoga Benefits

Self
- Authenticity (inner direction?)
- Self Awareness (Emotional regulation, Resilience, Mindfulness)
- Wellbeing (↓ Stress, ↑ Mood)

Organization
- Innovation (new X? Problem resolution?)
- Productivity (↓ Errors, ↑ Sales)
- Efficiency (↓ Costs, ↑ Presenteeism)
Mind-Body Interventions

- Yoga as a systems transformation tool
- Helps reduce stress of change
- Brings people together in community
- Increases creative capacity for mindful conversations to embrace and optimize shared challenges – prototyping
Changing Social Hierarchy?

- How might we deploy assets for health and systems transformation?
- Sustainable integration strategies
- Wellbeing measures = cultural change
- Person centered practices
- Front line providers as models
Expanding Energy = Resilience
Science on Practice of Yoga

- Yoga for Mood Management – deeper yoga practices
- Reduces symptoms of anxiety and depression
- Research - evidence based protocol
Opening Space for Energy to Flow

- Challenges of constricted prana/life force, mistaken belief of separation

- **Dukha** = suffering, literally means obstructed space

- **Sukha** = Happiness, literally means unobstructed space
Meeting the Mood 1

Rajasic state – in emotional terms, this is anxiety or anxiety-based depression, mania, hypomania.

Meet the state with vigor, then move to more calming practice.
Meeting the Mood 2

Tamasic state – in emotional terms, this is dysthymia (mild chronic depression), lethargy, major depression.

Meet the state with a slow restorative practice, then build to a more energizing practice.
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YOGA in Rural

- Community Mental Health Association – covering two NYS rural counties – history of progressive programs
- Team development via Pre-PROS readiness design and planning – implementation of RECOVERY practices
- BU psych rehabilitation training to staff
- OMH training and implementation of EBPs: Vocational Rehab/IPS, Wellness Self-Mgmt, Peer leadership & mentoring (WRAP, PCP, etc)
Where the magic happens

Your comfort zone
NYAPRS Involvement
Other Supporters

- Coordination with peer leadership, systems transform
- Adopt Recovery model
- Also input from NYSMHA, NAMI, Cornell/DBTAC, OMH, BU, OTDA, DSS
- Community business supporters, families
- Local artists, practitioners
Adopting a Mindful Integration Strategy

- Training in BU Psych Rehab, SAMHSA/OMH EBP, EMR, QA
- Establish competencies in Strengths-based approaches, Wellness Self Management and person–centered planning
- Ground peer values of autonomy & independence in program design & development
- Model exemplary and stable creativity- resonant leadership
- Help make it FUN TO CHANGE – purposeful innovation to increase resilience
Kripalu Yoga Grant

- SEEDING the initiative: Won grant to implement yoga in programs
- CDT, IPRT, Voc Rehab, Social Clubs, peer run programs
- Weekly staff yoga
- Individual consultation
“Incorporate a program to facilitate physical and mental wellness through yoga.”
CDPC Yoga Program
Objectives

1. Reduce likelihood of falls and injuries
2. Reduce and relieve discomfort and/or pain
3. Improve psychological status
4. Improve general physical health
Yoga Benefits

1. Balance, endurance, flexibility, bone health and density
2. Increased joint mobility, improved range of motion
3. Stress relief, self awareness and feeling connected to surroundings, mindfulness, symptom relief/reduction, improve breathing patterns, community participation
4. Appetite control, lower blood pressure, improve gastrointestinal function, improve body posture/spinal alignment
CDPC Yoga Schedule

- Tuesdays – 3 hrs total
- 10 -11am – full class for staff and all community
- 12:30-1pm, 1-1:30, 2-2:30 (3 locked units)
- ½ hr consultation w chief psychologist
- Outcome measurement TBD
Yoga as a Healing Holistic Modality

INNOVATIONs are happening at CDPC
  Tapping, drumming, DBT, other holistic programming being encouraged

Aligning need for research and team practices to support peer leadership, recovery model innovations, community development;

  Learning integration and wellbeing strategies together.
Let’s take a Moment Together

- Breathe
- Relax
- Feel
- Watch
- Allow

“BFRWA”
Visual Explorer

live your dreams
Creative Activity with Images

Choose a card that represents your desired FUTURE

Share your image & story with two others
Reflection

◇ What inspired you?
◇ What challenged you?
◇ What surprised or delighted you?
◇ What moved you deeply?
Unleash Possibility!

While we dance around the circle and suppose
The secret sits in the center and knows…
……Robert Frost’s shortest poem

...an extra miracle, extra and ordinary:
the unthinkable can be thought...
……W. Szmborska
*Integrative Leadership Practices*

Inviting mindful collaborations for individual & team development, helping transform how we live and work.

Research-based embodiment practices to enhance emotional intelligence, creative potential and performance in organizations. LifeForceYoga & Meditation retreats.

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