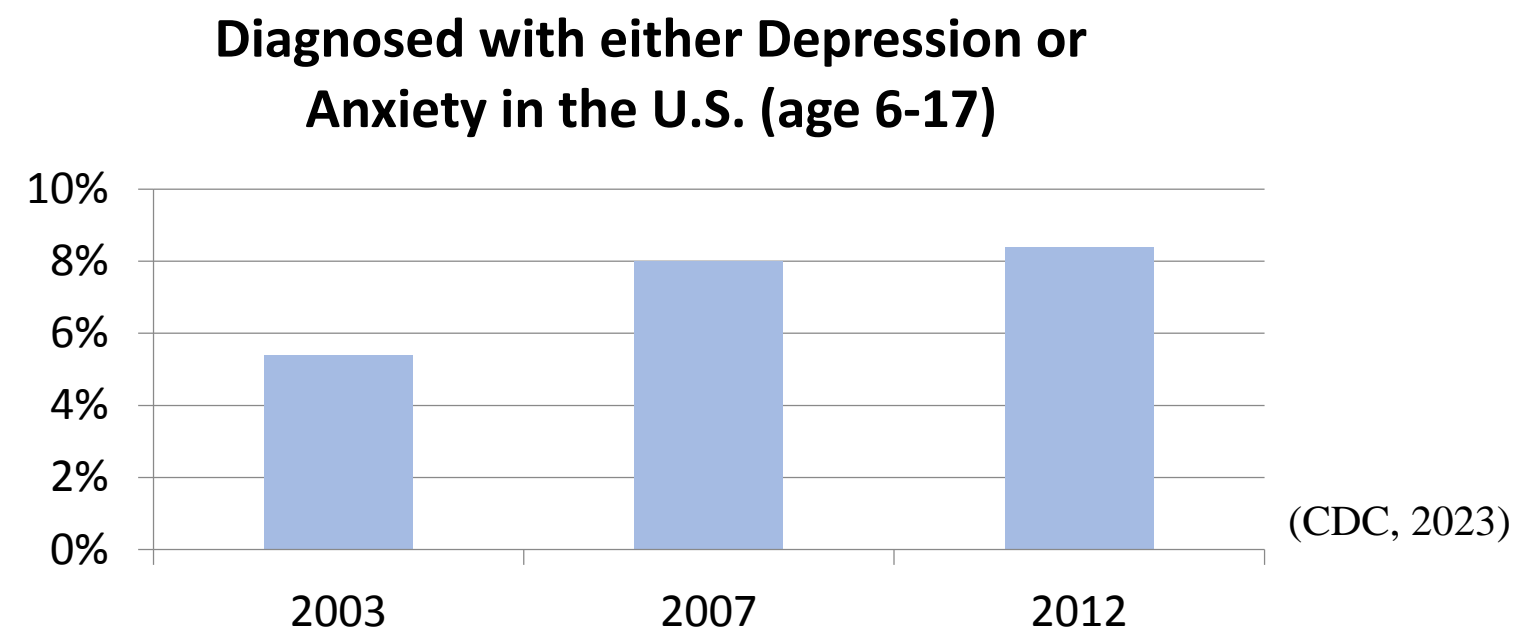
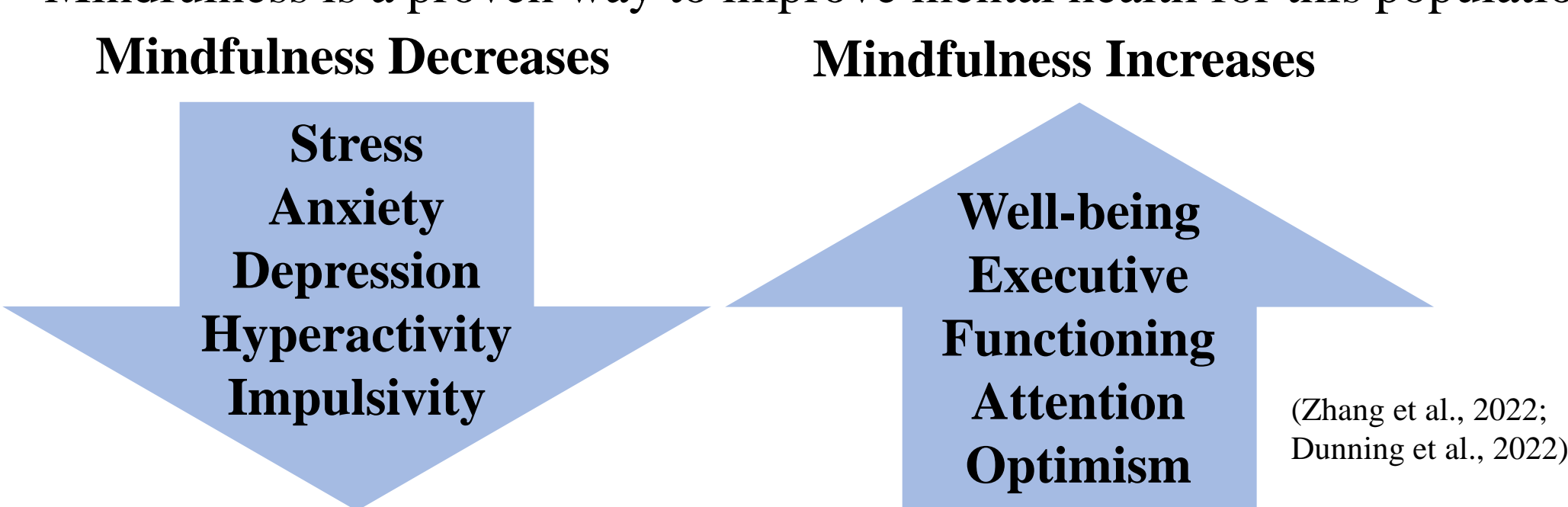
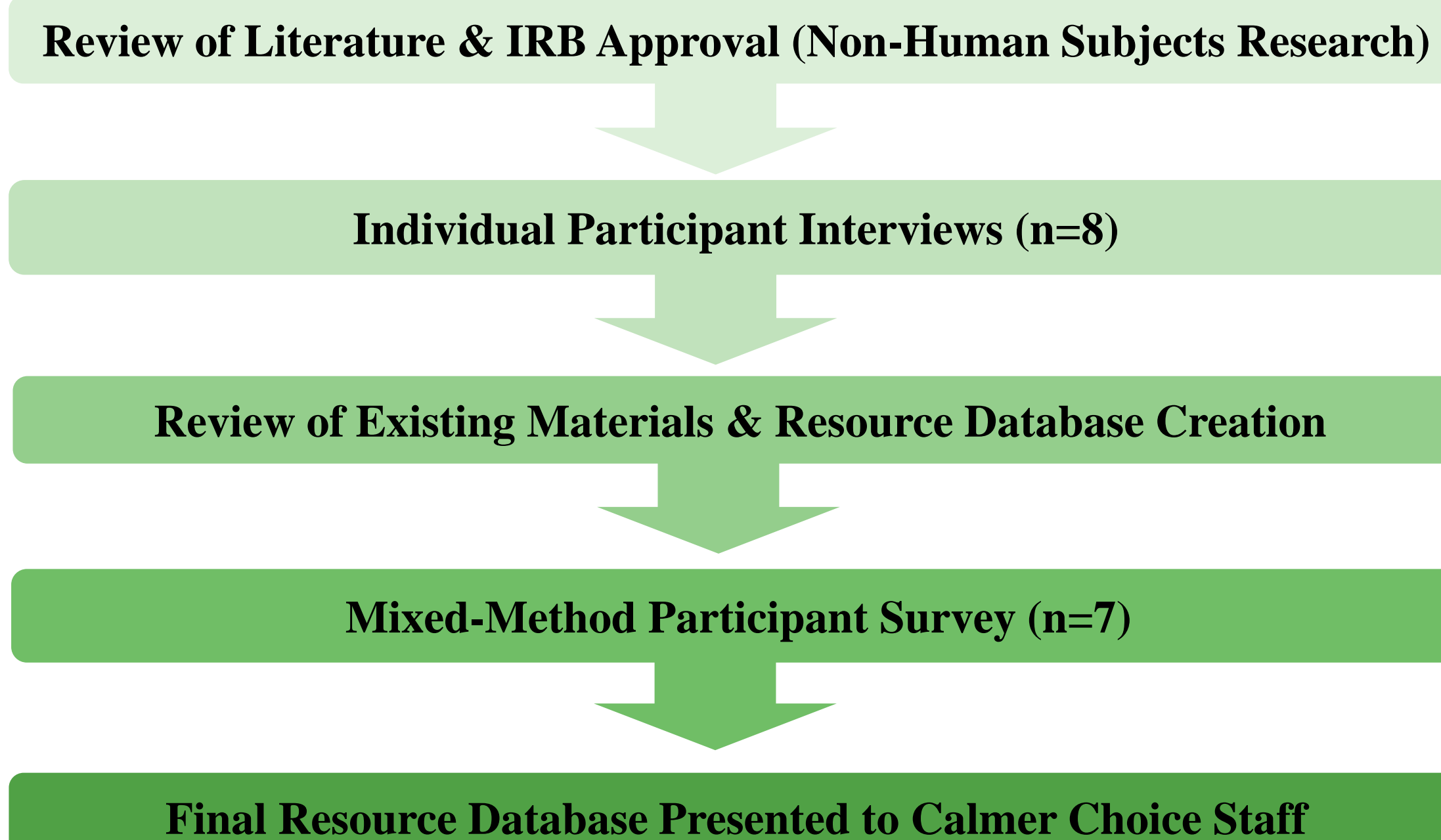


## Introduction

- Mental health diagnoses are increasing in children and adolescents.
- 
- Mindfulness is a proven way to improve mental health for this population.
- 
- Calmer Choice: Evidence-based & School-based mindfulness** non-profit organization
  - Gap:** In-person programming is limited to children and adolescents in Cape Cod; other reliable mindfulness resources are inaccessible without mindfulness expertise.
  - Project Purpose:** Increase the accessibility of mindfulness resources.
  - Project Aim:** Develop an evidence-based online resource database to increase accessibility of mindfulness resources to those outside of Calmer Choice's in-person reach.

## Methods



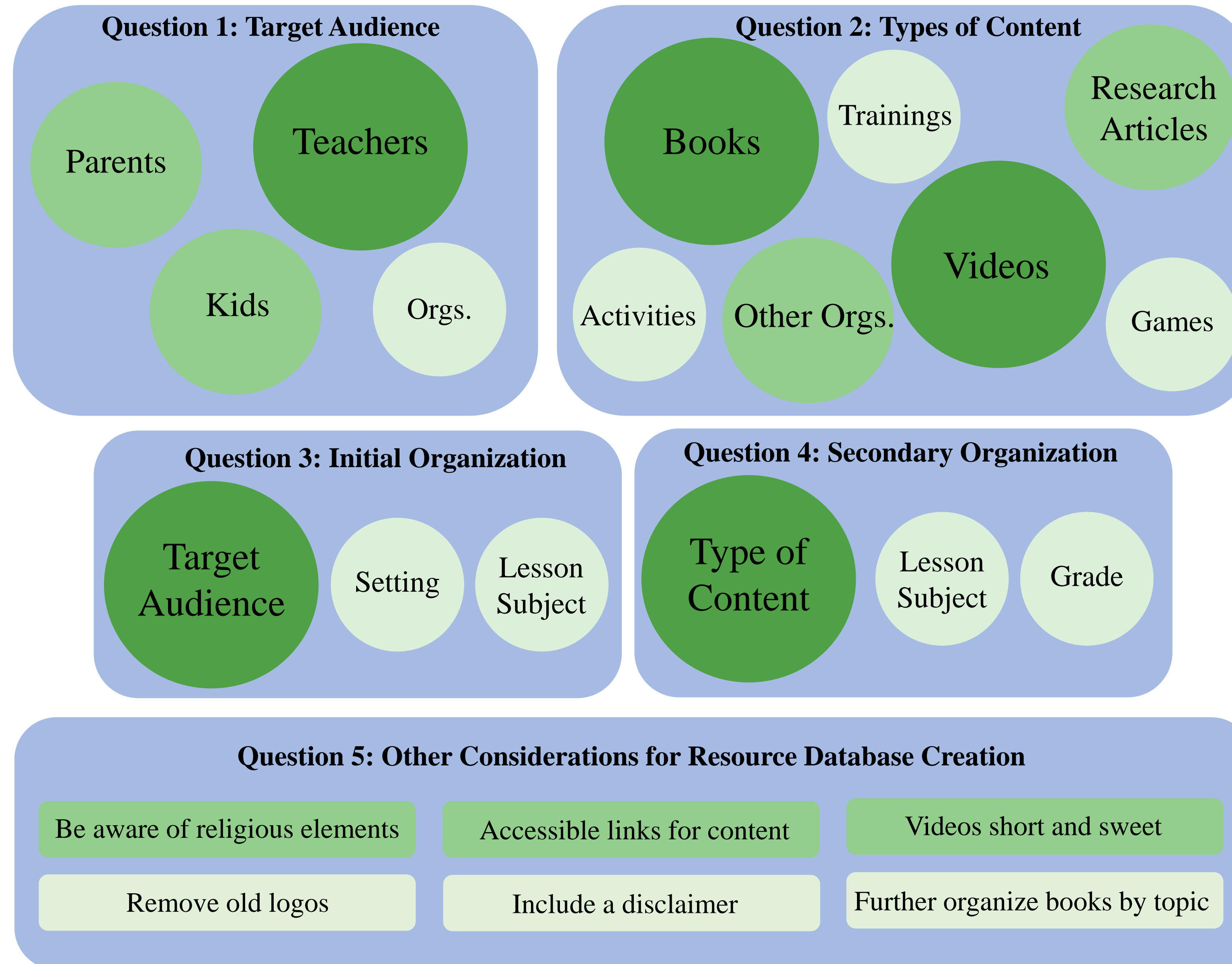
## Participants

- Calmer Choice staff (n=4), and Consumers (n=4) using snowball sampling
- Consumers: school administrators, educators, and staff who use Calmer Choice in their schools and classrooms

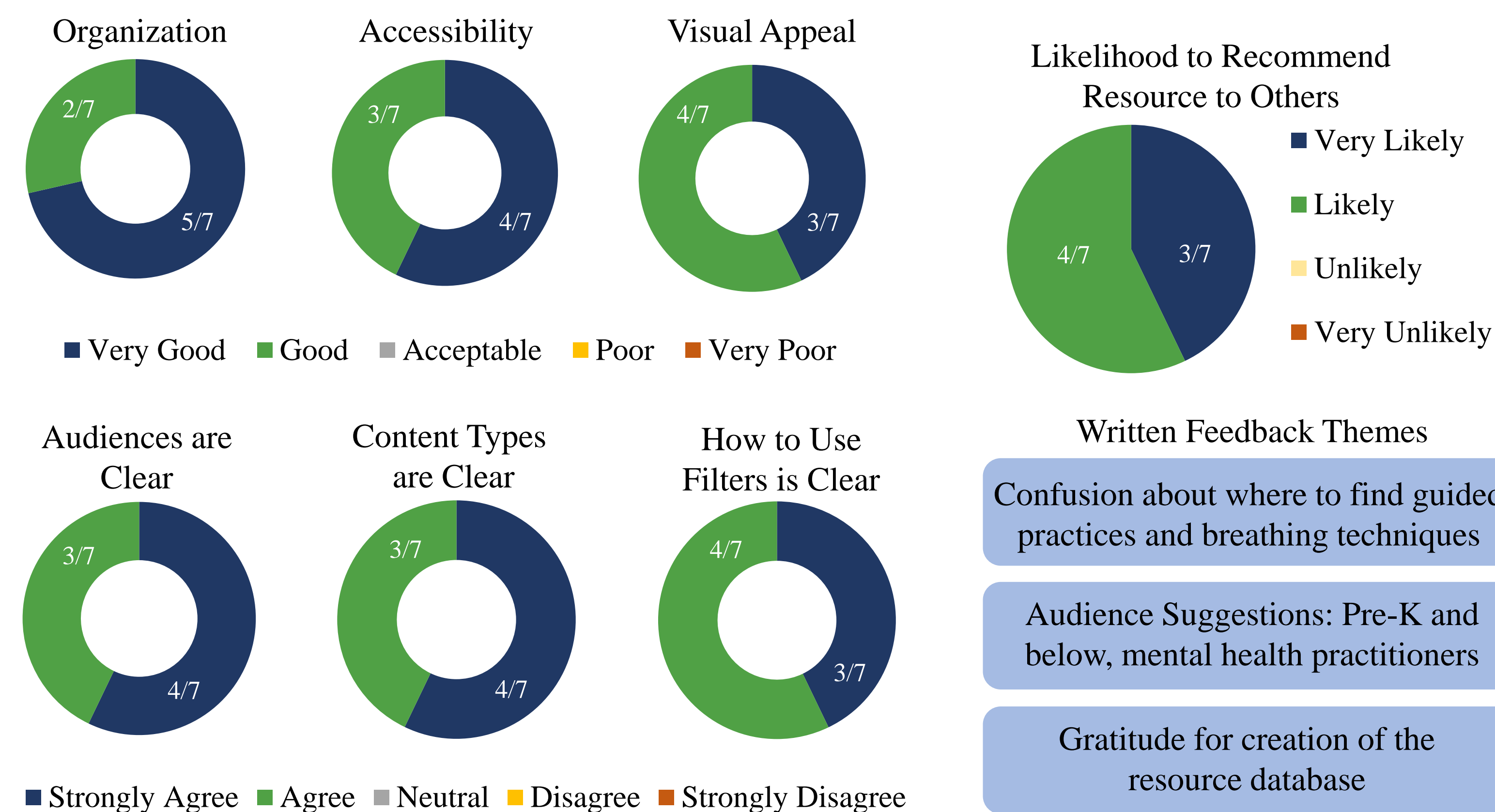


## Results

### Individual Participant Interview Results (n=8)



### Mixed-Method Participant Survey Results (n=7)



## Discussion

- New resource database incorporates findings from individual participant interviews:
  - Directed towards educators, parents, children, and adolescents
  - Includes books, videos, activities, research articles, links to other organizations, trainings, and games
  - Organized by target audience and then filtered by type of content
- Final mixed-method participant survey showed:
  - Organization, accessibility, and visual appeal were rated "Very Good" or "Good" by all participants
  - Statements about the clarity of the audiences and content types were rated as "Strongly Agree" or "Agree" by all participants
- This resource:
  - Increases accessibility of mindfulness materials to people within Calmer Choice's reach and others seeking mindfulness materials
  - Offers content for different learning styles and abilities
  - Highlights key research on the benefits of mindfulness
- Increasing accessibility through the resource database may create greater opportunities to practice mindfulness, leading to improved mental health and well-being of educators, children, and adolescents (Barlett et al., 2019; Carsley et al. 2018; Zhang et al., 2022).

Scan here to view the Mindfulness Resource Database on Calmer Choice's website!!



## Conclusion

- Mindfulness resource database is completed and published** on Calmer Choice website
- Relevance to **occupational therapy**
  - Occupational therapists work in schools and mental health settings where mindfulness can be used as a tool to improve mental health and well-being
  - Occupational therapists are **advocates for accessibility** and equity of resources
- Future Directions
  - Research is constantly changing and evolving; resource database will need to be maintained and updated to remain relevant and evidence-based
  - Accessibility improvements
  - Ensure diversity in books and other resources provided
  - Advertise database to ensure use
    - Staff picks book of the month on social media



## Contact Information and References

**Contact:**  
Olivia Sabol  
[Olivia.Sabol@tufts.edu](mailto:Olivia.Sabol@tufts.edu)  
Katelyn Loring  
[katelyn.loring@tufts.edu](mailto:katelyn.loring@tufts.edu)

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### References



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