

**Integrating Yoga into Community**

Allie Middleton JD LCSW E-RYT 500  
Integrative Leadership Practices

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**A Compassionate Response**

- Leadership challenges in implementation of recovery based practices, person-centered approaches
- **REGAINING OUR SHARED HUMANITY**
- **Mind body “Up-Shift”**
- Staff training in evidence-based holistic care
- Stress & Trauma response – individual and systemic

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**Workshop Goals**

Yoga Program Development stories

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

Practice YOGA and other movements

Visual Explorer – a creative activity

Share Resources - Research on Yoga and mindfulness

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## 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.

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## The Power of Mindful Action



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## Purposeful Innovation Yoga-based practices

- 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 'mistakes'

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**Lifestyle Management  
& Yoga-Based Practices**

- WHO = “top risk factors are from life style diseases”:
  - Diabetes
  - Heart disease
  - Cancer
  - Respiratory - related

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**Low Cost Remedy:  
Yoga Therapy**

- Prevention and education in wellness/wellbeing
- Reduce ETOH, tobacco, sodium
- Increase physical activities, holistic approaches
- Quality control issues - certified teachers
- Safety of participants -across continuum of care
- Evaluation and measurement as system transforms

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### Recovery Model Step by Step

- Innovative whole person care requires self-reflection, observation, self-acceptance & compassion, curiosity, empathy courage and creativity
- Lots of follow-through and rigorous adaptation
- As the systems transform, these practices are no longer an alternative, they are an imperative
- **And Breath by Breath....**

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### G.R.A.C.E Embodied Presence

Ground, Relax, Aware, Center, Energize

*(Journey: Dan Siegel's Mindsight: Wheel of Awareness  
Relational Grounding - 360\*)*

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### Where to Start

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

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### 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
- **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**

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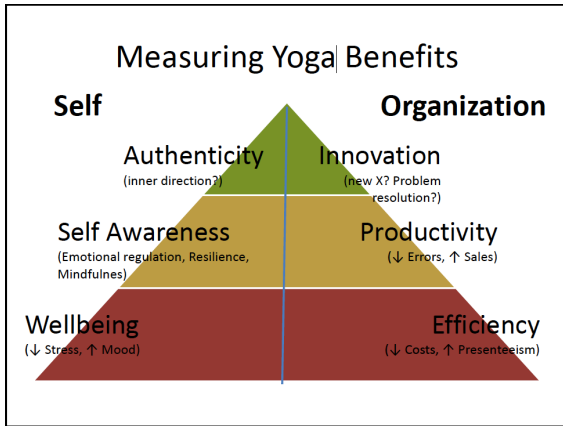
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### Changing Social Hierarchy?

- How might we deploy assets for health and transformation?
- Sustainable integration strategies
- Wellbeing measures = cultural change
- Person centered practice
- Front line providers as models

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### 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 Awareness  
Emotional & Social Intelligence

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### Expanding Energy = Resilience



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### Science on Practice of Yoga

- Yoga for Mood Management – deeper yoga practices, MH focus
- Reduces symptoms of anxiety and depression
- Research - an evidence based protocol

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### Opening Space for Energy to Flow

- Challenges of constricted Prana, mistaken belief of separation
- **Dukha** = suffering, literally means obstructed space
- **Sukha** = Happiness, literally means unobstructed space

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### 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

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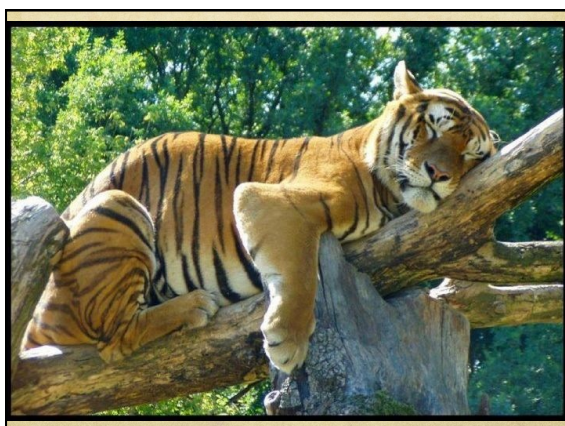
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### Meeting the Mood 2

- **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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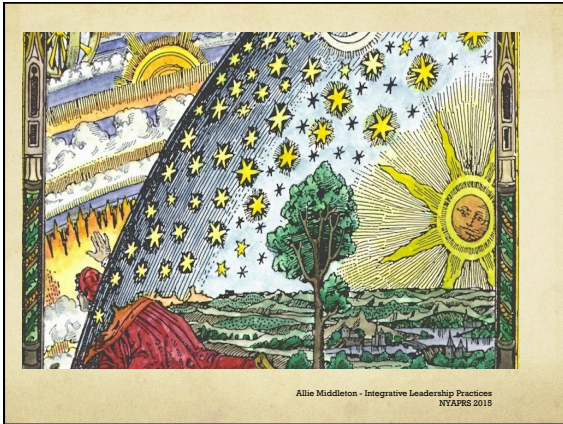
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## YOGA in Rural

- 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)

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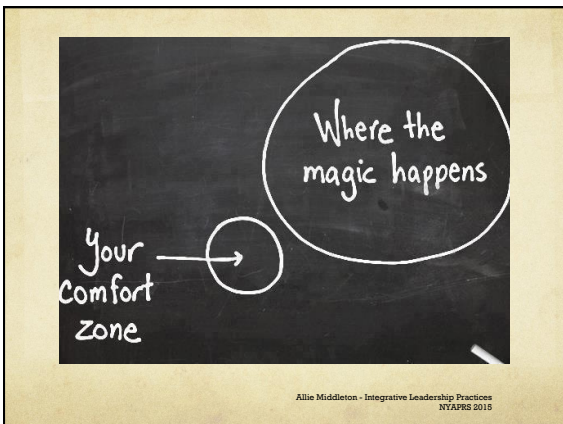
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### NYAPRS Involvement Other Supporters

- Coordination with peer leadership, other systems integration specialists
- Adopt Recovery model
- Also input from NYSMHA, NAMI, Cornell/DBTAC, OMH, BU, OTDA, DSS
- Community business supporters, families
- Local artists, practitioners

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### Adopting a Mindful Integration Strategy

- Training and coaching: BU Psych Rehab, SAMHSA/OMH EBP, EMR, QA focus
- 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 strategies and deliberate creativity tools to increase resilience

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## 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

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## YOGA at CDPC

“ Incorporate a program to facilitate physical and mental wellness through yoga.”

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## 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

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## 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

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## 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

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## 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.**

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## Mind-Body Interventions

- Yoga as a systems transformation tool
- Helps reduce stress of change
- Brings people together in community
- Increases potential for mindful conversations

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## Let's take a Moment Together

- Breathe
- Relax
- Feel
- Watch
- Allow
  
- "BFRWA"

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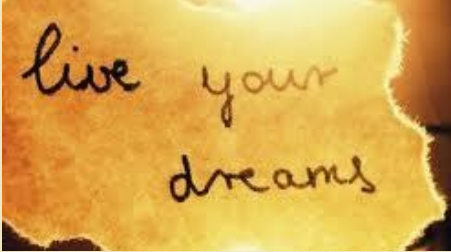
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### Visual Explorer



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### Creative Activity with Images

- Choose a card that represents your desired **FUTURE** (personal or professional)
- Share your image & story with two others

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### Reflection

- ◇ What **inspired** you?
- ◇ What **challenged** you?
- ◇ What **surprised or delighted** you?
- ◇ What **moved** you deeply?

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**Unleash Possibility!**

...an extra miracle, extra and ordinary:  
the unthinkable can be thought...  
...W. Szmborska

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**\*Integrative Leadership Practices\*** - consulting partner @ newandimproved.com, ewlcoaching.com

*Inviting mindful collaborations using yoga based tools for individual & team development. Helping others transform how we live and work. Research-based embodiment practices to enhance emotional intelligence, creative potential and performance in organizations. Theory U specialist, LifeForceYoga® educator & Meditation retreats.*

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