

The CHILL Project

A Compassionate and Mindfulness-Informed School Culture Transformation

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Serving students, staff and families of The West Jefferson Hills School District

Overview

A school consists of students, teachers, staff, administrators and caregivers. Current behavioral health services only seek to help students, missing-out on serving the other members of the school family. The CHILL Project addresses this gap through providing a comprehensive mindfulness-informed, skill-building program that serves the needs of the entire school community. Through systematically addressing the complex school community, the CHILL Project looks to increase the wellbeing of all members, ultimately leading to greater resiliency, student success, teacher wellbeing, connected caregivers, and a compassionate learning community that promotes healing and wellbeing.

Goals

Through preventative, compassionate, and mindfulness-informed services the aim is to:

- **Reduce:**
 - Students receiving out-of-school placements, higher levels of care, suspension, detention and expulsion
 - Teacher/staff/administrator turnover and absences
 - Non-preferred student behaviors
- **Increase:**
 - Student Resiliency
 - Teacher, staff and administrator well-being
 - Student, teacher, staff, administrator mindful-awareness

Services Provided

Students receive: school-based therapy, medication management, multiple daily groups, assemblies, mindfulness club, other skill-building opportunities, extended school-year programming

Teachers receive: Support groups, classroom consultations, professional development, other skill building opportunities

Families/guardians receive: Monthly family seminars

Experiential: Skill building sessions in the mindfulness room

For More Information, Please call 412-650-1100

