

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



practices
1.15.15

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 ‘mistakes’





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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

Organization

Authenticity

(inner direction?)

Innovation

(new X? Problem resolution?)

Self Awareness

(Emotional regulation, Resilience, Mindfulness)

Productivity

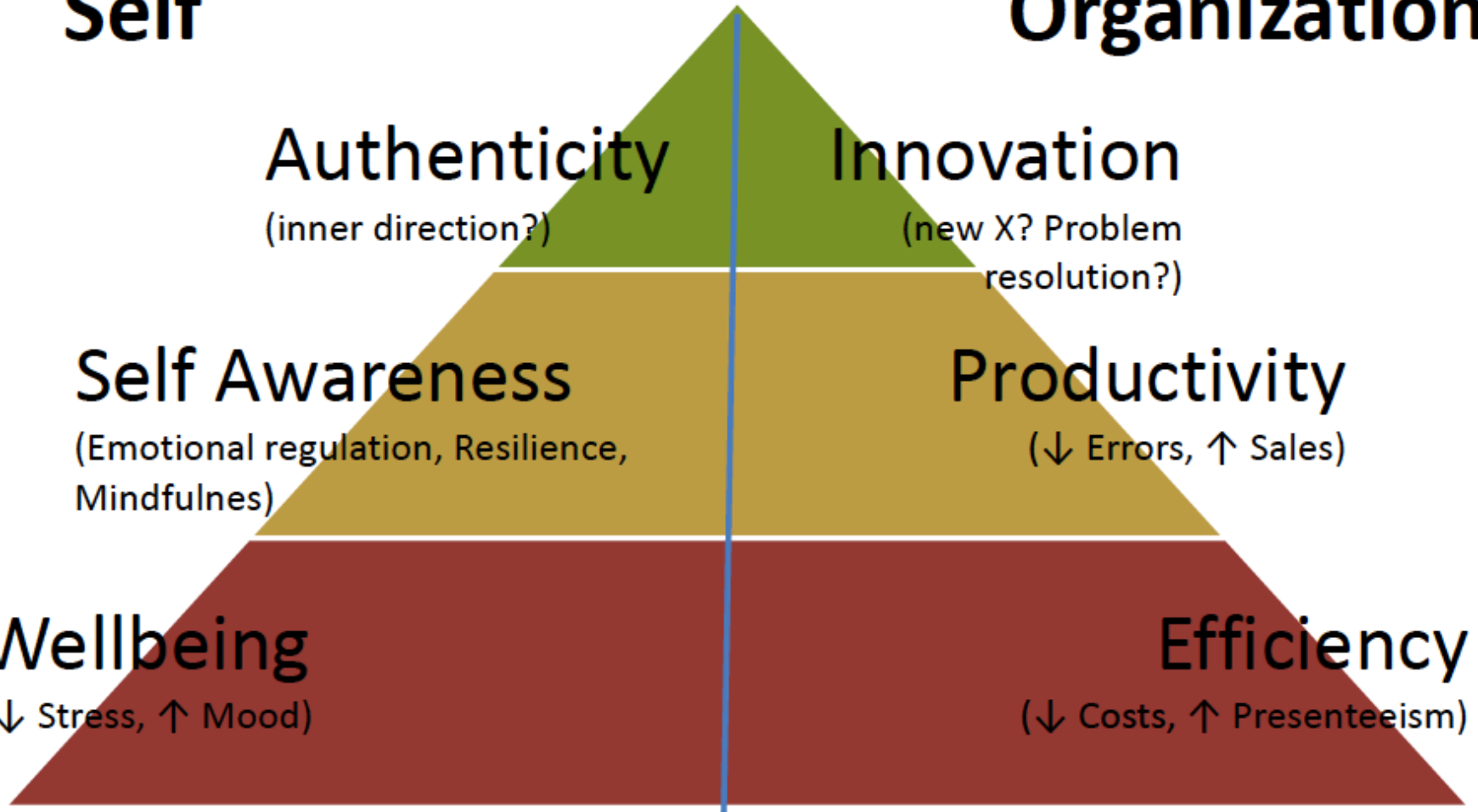
(↓ Errors, ↑ Sales)

Wellbeing

(↓ Stress, ↑ Mood)

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)**





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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**

YOGA at CDPC

“ 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.



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Let's take a Moment Together

○ **Breathe**

○ **Relax**

○ **Feel**

○ **Watch**

○ **Allow**

“BFRWA”

Visual Explorer



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

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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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