

# HeartMath® Institute Student Mental Health Initiative

Educator Reports: Implementing HeartMath® Programs and Technology

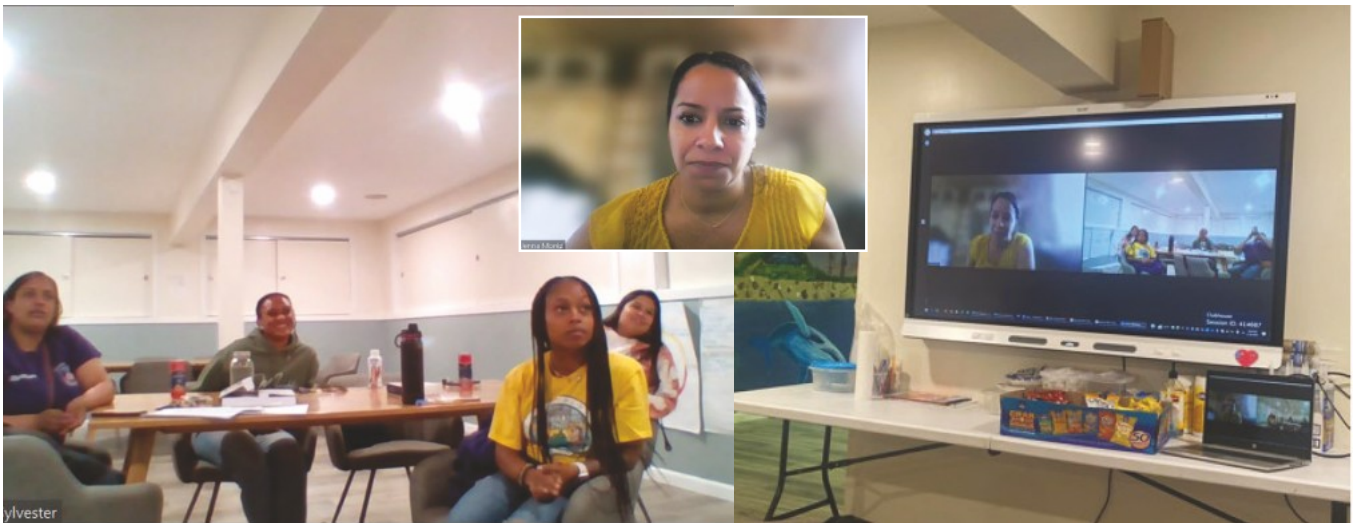


**Boys & Girls Club, Shinnecock Nation, New York**

Submitted by Dyashwa Sylvester, Director

The Boys & Girls Club of Shinnecock Nation, New York, serve 115 elementary and middle school students in their after-school program. They have begun using the Smart Brain Wise Heart® curriculum with students and have learned how to use the emWave® Pro in order to incorporate the individual measurement of individual coherence over time.

We have conducted two professional development trainings with the staff who have become familiar with the functionality and how to measure their own coherence over time. We have discussed the importance of self-regulation and co-regulation as the adult and tone-setter in the space. After becoming familiar with the HeartMath techniques and usage of the emWave Pro, they will begin using it with individual students this summer during their summer camp sessions.



They will also incorporate the understanding of heart patterns into their existing curriculum that builds students' understanding of the Shinnecock culture and traditions. They will also utilize their existing Shinnecock practices and techniques and use HRV and coherence measurements to measure their individual coherence over time.