

# HeartMath® Institute Student Mental Health Initiative

Educator Reports: Implementing HeartMath® Programs and Technology



**Children's Home of Reading, Pennsylvania**  
Submitted by Allison Collum, Licensed Clinician

**The grant awarded to Children's Home of Reading to help us afford the emWave® Pro biofeedback technology was GREATLY appreciated.**

We currently have five clinicians and two case managers trained in the emWave Pro biofeedback or HRV Technology. We have found it to be a great supplemental tool for our residential treatment programs.

We have three separate programs within our facility that serve male and female youth dealing with severe emotional, mental health, and behavioral issues. We have found that HRV training helps our youth improve their abilities to regulate their emotions. We have our clients practice this training weekly in their sessions. We have even had a family inquire about obtaining the materials themselves for when their child returns home.

Our hope is to continue implementing various biofeedback techniques into our program.

**We again thank you for the grant and for assisting us in our efforts to help serve this population and provide them with the tools to become safe, productive members of society.**

Thank You.