

HeartMath® Institute Student Mental Health Initiative

Educator Reports: Implementing HeartMath® Programs and Technology



Pickerington Central High School, Pickerington, Ohio

Submitted by Erin Stevens, School Counselor

The Student Mental Health Grant has been a welcome addition to Pickerington Central High School.

So far, we have served 20 students plus a number of staff members. We have a larger emotional health lab, but the addition of this grant has allowed us to take a smaller space and give students a place where they can go and access HeartMath® and the needed programs depending on the situation.

This grant has allowed us to have direct access to HeartMath for our resource room students

without having students move into a very visible place in the school in the middle of an episode. This allows them to walk into a room without being seen and allows the students to go through the steps in order to self-regulate and return to the classroom. The addition of this grant has also given staff a place to go if they so choose if they also need time and space to use HeartMath.

This grant has benefitted staff and students and we are thankful for this opportunity.