

HeartMath® Institute Student Mental Health Initiative

Educator Reports: Implementing HeartMath® Programs and Technology



Wilbur D. Rowe Middle School, Milwaukee, Oregon

Submitted by Harry Apelbaum, School Social Worker

Thank you for the generosity and opportunity to utilize HeartMath® tools in our school.

Since getting approved and acquiring the software and sensors, I have been holding group and individual sessions. The group sessions include HeartMath skills teaching, and the individual sessions involve tracking progress with **emWave® Pro**. I am in the process of implementing **Smart Brain Wise Heart™** with additional groups as well.

The growth observed by students' investment is evident, and not surprisingly, they are very interested in learning and practicing with me. It's only been a few months, and I have engaged with about 18 students. A handful of them not only participate during sessions but come to me at other times of the day to tap in and practice (typically when experiencing stress). **It has been a gift to these students and has been a joy to witness their growth around self-awareness, mindfulness, and emotional regulation, all contributing to increased happiness.**

I am excited about growing the support and interventions for the remaining year and even more so next year.

Thanks again for the opportunity.