

# 2021 ANNUAL REPORT

Helping During a Time of Great Need



EVIDENCE-BASED MINDFULNESS SERVICES FOR CHILDREN AND ADULTS



## Message from the Executive Director

2020 has been a remarkable year in so many ways. Parents, teachers, and children across the country have felt high levels of burnout and stress. Surveys conducted throughout the country suggest that the mental health of America's educators is in crisis. The need for mindfulness training and services became more relevant than ever.

In our own communities, people were looking for ways to reconnect, refocus, and recharge. With the support of our community partners and the dedication of our talented staff, I am proud to say that we were able to step right in to provide the services and support needed. The Shanthi Project team quickly adjusted and developed new programs and resources for our school and business communities throughout the Greater Lehigh Valley.

We couldn't have done this important work without the generous support of our funders. Please see the full list at the end of this report.

As the value of mindfulness work continues to gain worldwide attention, our work also drew attention, especially during a year when many organizations are dropping back or closing down. We received wide exposure in television and print media and through presentations to businesses and organizations, sharing stories about the strong results of our mindfulness work.

I'm pleased to share a few highlights of our year with you in this report.

Maureen Wendling  
Executive Director

*“Our staff's experience with Shanthi Project has been a springboard for offering mindfulness programs to adult, adolescent, and child survivors as part of our own counseling services. The ripple effect of this new collaboration will allow us to continue to promote self-care as a priority for ourselves as well as survivors.”*

Lori Sywensky, Executive Director, Turning Point of Lehigh Valley, Inc.



## Developing Resources for Communities and Families

We created resources for school communities and families to help them during a time of unprecedented change.

### MINDFULNESS FOR ALL FAMILIES

In addition to helping teachers manage stress and burnout during a difficult year, we developed a new online program focused on families. Our Mindfulness for All Families program includes robust content—including videos, a workbook, and bonus resources—to help families begin a mindfulness practice, increase self-awareness, and manage their busy days with less stress. Our website takes families through the program in a relaxed and fun way, with each lesson including instruction, “on-the-go” activity, and opportunity to capture responses to questions in a workbook.

### THE ZEN ZONE

Surveys conducted throughout the country suggest that the mental health of America’s educators is in crisis. In a joint report, American School Counselor Association and National Association of School Psychologists urged districts to provide “psychological triage” not just for students, but for staff, to address trauma and intense stress caused by the pandemic. Teachers reported that they worry about making sure their mental health doesn’t interfere with their ability to teach. In response to this growing need, the Shanthi leadership team, with a generous grant from Air Products, collaborated with community organizations to create a place for teachers at Bethlehem’s Donegan Elementary School to recharge and refocus. The Zen Zone is a quiet space with soothing colors and comfortable furniture and mats that enables staff to recharge during the school day and intentionally focus on self-awareness and self-regulation.

### Mindfulness For All Families

#### LESSON INDEX



*“The Zen Zone is a shining example how the collaboration of non-profits and businesses provide transformational improvements benefiting the community of our schools.*

Dr. Joseph Roy, Superintendent, Bethlehem Area School District



## Contributing to Growing Research on the Benefits of Mindfulness for Children

### STUDY PUBLISHED IN NATIONAL JOURNAL

We are proud to be contributing to the growing research around the effects and benefits of providing mindfulness training and support for school children. A study we conducted in collaboration with Muhlenberg College's Psychology Department, published in the "Journal of Child and Family Studies (2021)," showed conclusive evidence that Shanthi Project's Calm+Kind+Focused classrooms program is effective for helping students decrease difficult behaviors. This results in healthier, less disruptive classrooms, which in turn builds kinder, more empathic classroom environments. Results from this study suggest that finding ways to better involve classroom teachers in the mindfulness curriculum would enhance the effectiveness of mindfulness-based programs like this. Teachers may also benefit from greater training in how to develop their own mindfulness practices. Future studies by Shanthi Project and Muhlenberg College Professor Mark Sciutto and his student researchers will examine the extent to which mindfulness practices can be integrated into the broader school climate, with a goal of creating an "ecosystem" where the social and emotional skills developed in these programs are integrated throughout the school.

#### IMPACT →

**1,800 students**  
**120 classrooms**  
**3 School Districts**





## Financial Overview

JULY 1, 2020 to JUNE 30, 2021

### **Total Revenue and Support: \$347,855**

Private, Corporation, and Government Grants	\$ 277,308
Program Service Fees	\$ 32,500
Contributions	\$ 38,047

### **Total Expenses: \$228,263**

Program Services	\$ 172,376
Salary and Administration:	\$ 55,887

## Board of Directors

Kathleen Papageorgiou, Community Volunteer - Board President

Tiffany Noll Yurasits, PHR, SHRM-CP, UKG - Vice President

Cheryl Kienzle, MD, Lehigh Valley Physicians Group, retired - Secretary

Kristie A. Strubeck, CFP®, CRPC®, Raymond James & Associates - Treasurer

Angie Andresen, MA, Pinebrook Family Answers

Karim Mendoza Brown, Allentown School District

Dave Erickson, BSI Corporate Benefits

Kelsey Gasper, MPH, St. Luke's University Hospital

Subhajit Ghoshal, Air Products

Angie Gutekunst, Holistic Journey Counseling

Shonda Moralis, MSW, LCSW. Mindful Empowerment Coaching and Psychotherapy

Venkataramanan Ravi, Air Products

Denise Veres, Shanthi Project Founder - Board Member Emerita

## Special Thank You to our FY 2020 - 2021 Funders



**J.B. & Kathleen Reilly Fund**

**2 Anonymous Gifts**

