



2022

SHANTHI
PROJECT

ANNUAL REPORT

Over the past year, the need for social and emotional skills in every corner of the community has continued to grow—both youth and adults increasingly need tools to manage their anxiety and uncertainty. Your trust in our research-driven expertise, along with your financial support, means that we have been able to bring mindfulness tools to students of all ages, classroom teachers, social workers, counselors, and incarcerated youth.

I am pleased to share more details in the following report on behalf of our Board of Directors, staff, and teachers, all of whom worked tirelessly this year to make it possible for us to teach our community members the coping skills they need to face the challenges of today's world with resiliency.

Thank you! We are so grateful for the continued generosity of our many supporters, including all individuals, corporations, and foundations who make our work possible.

Maureen Wendling, *Executive Director*

OUR IMPACT

BASED ON THE 2021-2022 SCHOOL YEAR

177 CLASSROOMS | 4,000 STUDENTS
8 AFTER-SCHOOL PROGRAMS & 14 SUMMER CAMPS

19 SCHOOLS in 5 SCHOOL DISTRICTS

BETHLEHEM
EASTON
NAZARETH
NORTHERN LEHIGH
WARREN COUNTY



The mindfulness program is very beneficial. It provides a whole bunch of strategies to stay focused, calm down, deal with stress, and stay in a good frame of mind. The more I am exposed to it, the more I see the benefits of it. It also provides much-needed support and help for my students, which makes our day in the classroom go smoother. Overall, it's a great program and it is one that I hope can continue at our school in future school years.

Paul Cinoa, 4th Grade teacher at Ada B. Cheston Elementary School

2 UNIVERSITIES | 2 HOSPITALS
10 SHANTHI@WORK PROGRAMS
2 CONFERENCE PRESENTATIONS
15 MINDFULNESS FOR EDUCATORS PROGRAMS



Shanti Project is a wonderful organization that continues to meet our needs. I'm very appreciative to partner with them to provide the necessary tools to our staff to focus on improving their mental health. Our colleagues are our greatest asset, and they truly appreciate what Shanti Project does to help them.

Eilidh Lipp, Valley Health Partners Community Health Center



105 TRAUMA-INFORMED MINDFULNESS & YOGA CLASSES TAUGHT AT THE NORTHAMPTON COUNTY JUVENILE JUSTICE CENTER

This year, we continued collecting data from Calm+Kind+Focused in-class mindfulness sessions, allowing us to quantify our impact on the students we serve. Across three school districts, our data found big impacts of mindfulness practice on student social-emotional and behavioral skills, as well as on teacher wellbeing.

POST-PROGRAM, DATA SHOWED THAT...

Strength in **social and emotional competency** increased by 68% in students of **all** grades, races, & genders.

Teacher **burnout** decreased by 15% and teacher **self-compassion** increased by 31%.

Disruptive behaviors declined, meaning a decrease by 51% of students' **need for instruction** in social-emotional skills.

2022 HIGHLIGHTS

SOCIAL MISSION PARTNER

Shanthi Project was selected as Fig Lehigh Valley's 2022 Social Mission Partner. For this distinction, Fig dedicated a full-page spread in each of their four issues (including the one pictured) to our workplace wellness program Shanthi@Work. We also received 10% from their 2022 subscriptions.



REVIVE RETREAT

In May, we hosted Revive, a first-of-its-kind retreat for mental health professionals in the greater Lehigh Valley. Our workshops throughout the daylong event covered mindfulness techniques, therapist burnout, physical wellbeing, and more. We were proud to create a space for mental health professionals to destress and nurture their own self-care.



"Lisa gave us incredible tools, listened without judgement, and had a calming presence that made the hour feel like **the most important of the day!**"

*Farah Vallera,
Professor of Practice,
Lehigh University*

MINDFULNESS IN HIGHER EDUCATION

2022 was our first year working with college students! We developed a program entitled Mindfulness for Self-Discovery, which we brought to students, faculty and staff at Lehigh University and Moravian University. The curriculum focused on teaching participants valuable coping skills to manage stress, chronic pain, and anxiety through the experiential learning of mindfulness.

We are so thankful for our community supporters!



BOARD OF DIRECTORS

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Venkataramanan Ravi, Air Products
Denise Veres, Shanthi Project Founder, Board Member Emerita

2022 FINANCIALS

Total Revenue and Support	\$372,758
Private, Corporation & Government Grants	\$250,505
Program Service Fees	\$88,078
Contributions	\$30,200
Total Expenses	\$372,519
Program Services	\$304,208
Salary Administration	\$68,311

