

# NEWSLETTER

## Introducing Our Calming Corner!



To offer our youth a wide range of support, we have designed a Stress Management and Resiliency Training Lab (SMART Lab - Calming Corner), utilizing Smart Brain Wise Heart (HeartMath Institute). This evidence-based social and emotional learning program empowers youth to make smarter decisions, gain greater self-control and navigate life's academic and social dimensions more successfully. The lab is designed to teach the efficacy of stress management and resiliency skills.

Research has recognized emotional regulation as a skill that can be considered a building block to potentially support youth who reported symptoms of stress/anxiety and those who have experienced trauma. Often students vape or utilize other unhealthy coping mechanism. In our calming corner, youth will practice emotional regulation strategies using biofeedback software. We are providing a prevention and intervention resource for youth who are experiencing dysregulation. The intent is for youth to build the social-emotional skills that enable them to be successful.

## FLY House utilizes HeartMath emWave Pro Technology

The emWave Pro is a scientifically validated heart-rate monitoring system that facilitates learning techniques to create an optimal state in which the heart, mind, and emotions operate in sync and balance. This is achieved through a patented process that displays heart rhythm patterns in real-time, showing our youth when they are in this high-performance state – this is called coherence.

The emWave Pro helps youth achieve coherence and alignment through simple-to-learn exercises and a rich graphical interface. Using a pulse sensor plugged into your USB port, emWave Pro collects pulse data and translates coherence information into user-friendly graphics displayed on the computer screen. Through coherence techniques, interactive exercises, and gameplay, emWave Pro helps bring the heart and mind into a coherent state, building resilience, increasing energy, and promoting focus, mental clarity, and emotional balance.



### Meet our Child and Adolescent Psychiatric Nurse Practitioner (NP) Anna Hung-Chan, Psychiatric Mental Health NPr, ANCC / Family NP, AANP

Anna Hung-Chan earned her Bachelor of Art from the Ohio State University, Bachelor and Master of Science in Family Nurse Practitioner from Mount Carmel College of Nursing, and Master of Science in Child and Adolescent Psychiatric Nurse Practitioner from the University of Cincinnati. Anna brings with her a vast wealth of knowledge and many years of experience. But most importantly, she understands and has a heart for our youth!.

*"Youth have a special place in my heart. I want to use my skills and talents to make a difference in their lives." ~Anna*