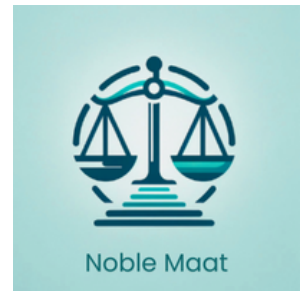


NMC PROGRAMS



ABOUT US

The Noble Maat Collective (NMC), is a Black-owned, woman-strengthened, organization engaging visionary, compassionate and driven teams and families ready to create a culture of care.

VISION

NMC argues that by providing families, caregivers and the educators that support them tools for improving their own emotional wellness we can break the intergenerational cycle of adverse childhood experiences (ACE's) and childhood trauma for our youngest and most vulnerable learners. By working with children in isolation on mental health and well-being, we will not get to the root causes of these issues. Through trauma-informed mindfulness and family strengthening practices, NMC contributes to increased mental health and wellbeing for critical caregivers and adults in a child's ecological system, thus increasing protective factors for children and their entire family system.

PROGRAM OBJECTIVES

- To provide trauma-informed mindfulness sessions to parents/caregivers and educators
- To support the development of best practices around the Five protective factors for strengthening families (parental resilience, social connections, concrete support in times of need, knowledge of parenting and child development, and social and emotional competence of children).
- To provide the entire school community with common knowledge and practices around mindful dialogue, mindful serve and return relationships with children, and teacher and caregiver emotional well being.

THE RESEARCH BEHIND OUR APPROACH

- According to a report written by the ECIN and its partners at Children's National Hospital, there is an alarming new onset of behavioral and emotional health concerns for families since March 2020 (98% of respondents), with 64% of respondents observing signs and symptoms of anxiety in their children, 60% reporting onset of irritability, and 52% voicing concerns about their children's social health.
- Recent studies also show that approximately 22% of children (ages three to seventeen years) in DC, which represents over 20,000 individuals, have a mental, emotional, developmental, or behavioral concern and 47% of DC's children (less than eighteen years old) have had adverse childhood experiences (ACEs).
- Numerous studies show that practicing mindfulness reduces stress and increases a positive sense of well-being. Specifically, researchers found that the participants who experienced mindfulness classes had significantly less anxiety, depression and somatic distress compared with the control group (Farb et al., 2010). Similarly, for educators and practitioners, studies suggest that mindfulness promotes empathy.
- Further evidence of children's high risk of exposure to violence was found by the 2019 DC Youth Risk Behavior Surveillance (YRBS), which noted that almost 50% of middle school students have seen or heard people where they live be violent or abusive in the past year. Trauma-informed mindfulness interventions have been applied to students in the classroom, women in prisons, and survivors of violence, and significantly improved participants' healthy coping, decreased stress-related symptoms, and enhanced participants self-regulation skills (Kelly & Garland, 2016; Rousseau, Long, Jackson, & Jurgensen, 2019; Sibinga et al., 2016).

PARTNERSHIP PATHWAYS

THE ANCHOR PACKAGE \$4000

- NMC will engage Families (20 per class) in a 10-week module, consisting of weekly 90-minute sessions.
- NMC will offer an interactive, four session mindfulness professional development module to teachers and staff.
- NMC will conduct pre- and post-tests and provide a report at the conclusion of the modules to show program impact on families and educators.

THE CAPACITY BUILDING PACKAGE \$7,000

- Everything included in the Anchor Package, plus:
- Initial planning meetings that engage school, parent, and teacher leaders in the co-design and outreach process for the program, thus getting buy-in early and increasing parent and teacher leadership capacity. Meetings held at times and in locations convenient for parents and caregivers.
- A 30-minute interactive presentation on mindful parenting and starting the year off successfully at Open House / Back to School Night / Curriculum Night.
- A 2-hour PD session on trauma-informed mindfulness practices and the Five Protective Factors for strengthening families during teacher In-service/summer PD Days.

THE PROGRAM ASSESMENT PACKAGE \$10,000

- Everything included in the Capacity Building Package, plus:
- A half-day planning session with school leaders to present the Standards of Quality for Family Strengthening and conduct the Standards of Quality Program Assessment.
- A report with recommendations for improvement based on the Standards of Quality Self-Report Program Assessment.
- Up to three planning meetings with Academic Coaches and/or Family Engagement Specialists to support implementing mindfulness practices into team meetings, lesson planning and family engagement events.

LEADERSHIP & STAFF RETREATS

- A custom created half-day or full-day retreat for Board members, school leadership, teachers, or families combining items a la carte from all of the above-mentioned packages.
- Co-planning with school leaders to achieve desired objectives
- Self-Leadership training for emerging leaders.

WHY CHOOSE US?

- “Noble Maat” means “highest truth”. The word “Maat” is a Kamitic term from the Ancient Egyptian ancestral lineage of Black and Brown people. The Noble Maat Collective is a Black-owned organization, uplifting the highest truth of mankind- everything is interconnected.
- Mindfulness, emotional health and wellbeing practices, and family education are the tools we use to remove the harm that childhood trauma does to us and reclaim a culture of care for ourselves and our communities.
- NMC is committed to bringing a culture of care to the people that drive organizations and schools and to the families they serve.

CONNECT WITH US TODAY FOR A CONSULTATION!

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