

Jun 16th, 3:30 PM - 4:45 PM

Fostering Community Health and Well-Being through the Development of a Mindfulness Program and Meditation Space at the University of Miami Libraries

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**Fostering
Community Health
and Well-Being:
Developing a
Mindfulness Program
and Meditation Space
at the University of
Miami Libraries**

June 16, 2022

IATUL 42nd Annual Conference

Speakers



Kelly E. Miller, Ph.D., Associate Dean for Learning and Research Services, University of Miami Libraries, and Certified Mindfulness Meditation Teacher (MMTCP)



Scott L. Rogers, J. D., Lecturer in Law and Founder and Director of the Mindfulness and Law Program, University of Miami



Vera Spika, M.L.I.S., Librarian for Nursing and Health Studies, Biology, Psychology, and Public Health, University of Miami Libraries



University of Miami Context

- [University of Miami \(UM\)](#)
 - Private R1 university
 - 12,000 undergraduates
 - 7,000 graduate students
 - 17,000 faculty and staff members
- [University of Miami Libraries \(UML\)](#)
 - Learning Commons (2015-): coordinated, co-located academic services
 - Subject librarians assigned to support each discipline
- [Mindfulness-in-Law Program \(UM Law School\)](#)
 - In 2011 Miami Law established the country's first [Mindfulness in Law Program](#). The program is led by Scott Rogers, an internationally recognized leader in mindfulness in law.
- [UMindfulness](#) (College of Arts and Sciences, UM)
 - An inter-disciplinary collaboration that brings together brain research and contemplative practice training; co-directed by Amishi Jha, Director of Contemplative Neuroscience and Professor of Psychology, and Scott Rogers

Mental Health Crisis on University Campuses in the U.S.

- Students are experiencing unprecedented levels of anxiety and depression
- Suicide is the second-leading cause of death among college students
- Covid-19 pandemic has exacerbated mental health challenges
- College presidents have consistently identified student and staff mental health as a top concern
- Counseling centers on campuses are straining to meet the needs of students

Libraries and Well-being



Learning Commons, Richter Library

“Many university libraries [...] are **expanding their service offerings to include student wellness initiatives**” (7)

“...We can expect to see **new services and expertise developed by libraries** as our profession rises to this challenge.” (9)

Source: *Student Wellness and Academic Libraries: Case Studies and Activities for Promoting Health and Success*. Edited by Sara Holder and Amber Lannon. Chicago, Illinois: Association of College and Research Libraries, 2020.

What is mindfulness?

- Present-moment awareness
- Purposeful, intentional
- With attitudes of kindness, curiosity, openness

In mindfulness meditation, we cultivate awareness of:

- Breath
- Body
- Sensory experiences (sound, sight, touch, taste, etc.)
- Feelings, emotions
- Thoughts, images (mental phenomena)
- Aspects of reality: impermanence, etc.

Formal meditation postures:

sitting, walking, lying down

Integration into daily life:

Any moment of life can be a mindful moment.

Research on mindfulness

Categories of research on mindfulness include:

- Symptom Reduction
- Biological Markers
- Neuroplasticity
- Decreasing Bias

Examples:

- Reduction in anxiety and depression symptoms
- Improvement in quality-of-life outcomes for patients
- Lowered cortisol measures in those with high stress
- Increased ability of brain to change in response to life circumstances
- Decreased negativity, racial, gender bias



Conference Room, Third Floor, Richter Library

Launch of Mindfulness Program

2016 –

Weekly mindfulness sessions offered in Richter Library

Facilitated by Scott Rogers

Library provides advertising and promotion

30-minute sessions

Introducing the fundamentals of mindfulness

5 minutes of gathering and readying for practice

15 minutes of lightly-guided practice

10 minutes of quiet discussion (Q&A)

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MINDFULNESS
AT RICHTER

The graphic features the text 'MINDFULNESS AT RICHTER' in a dark blue serif font, centered within a white rectangular box with a dark blue border. The box is set against a background of blurred, light blue-green water ripples. Small decorative floral motifs are placed above and below the text.

Evolution of the Mindfulness Program: Adding expertise

2019 -

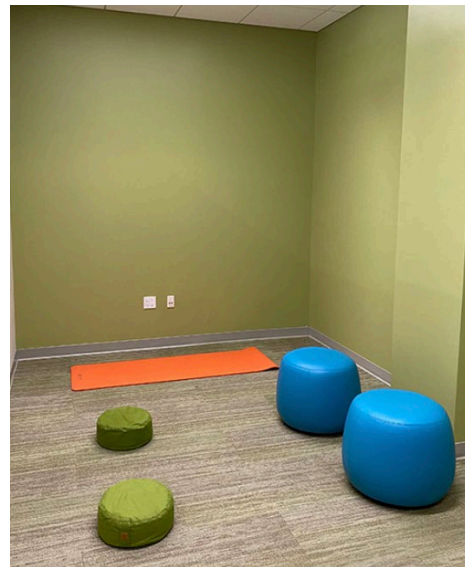
Weekly sessions continue to be offered in Richter Library

Kelly Miller enrolls in a two-year Mindfulness Meditation Teacher Certification Program (MMTCP) and begins to facilitate sessions

Experimentation with extending length of sessions to 45 and then 60 minutes

Evolution of the Mindfulness Program: Meditation Room and Virtual Sessions

- 2020 —
 - A dedicated **Meditation Room** opens in Richter Library as part of a partial second-floor renovation
 - Mindfulness sessions shift to virtual format due to pandemic



Meditation cushions and yoga mats are available for mindful movement



Meditation Room, Second Floor, Richter Library, with chairs for seated meditation

Attendees

Snapshot Assessment: Fall Semester 2020

ATTENDEES PER	SESSION
AUGUST 19	30
AUGUST 26	22
SEPTEMBER 2	22
SEPTEMBER 9	19
SEPTEMBER 16	19
SEPTEMBER 23	21
SEPTEMBER 30	18
OCTOBER 7	21
OCTOBER 14	42
OCTOBER 21	24
OCTOBER 28	21
NOVEMBER 4	28
NOVEMBER 11	23
NOVEMBER 18	30
AVERAGE	24

- 14 online sessions offered
- 24 people/session average
- 340 people attended total

- Participants included:
 - Students
 - Employees
 - Faculty
 - Community members

- Participant feedback gathered via:
 - Online program feedback
 - Online teacher evaluations

Thematic Collection of Online Library Resources

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FEATURED LISTS / Lists by Subject /

Mindfulness Resources

Curious to learn more about mindfulness and the research that supports it? Explore these e-books, audiobooks, and other resources. Join an online mindfulness session hosted by the UM Libraries nearly every Wednesday at 4 p.m.: <https://www.library.miami.edu/learn/mindfulness.html>

Sort items by Relevance Search

Items in this collection (31) View: [Grid] [List]

- MEDIATYPE.BOOK**
The craving mind : from cigarettes to smartphones to love - why we get hooked and how we can break bad habits
- MEDIATYPE.BOOK**
Self-compassion : stop beating yourself up and leave insecurity behind
- MEDIATYPE.BOOK**
Mindfulness : a practical guide to awakening
- MEDIATYPE.BOOK**
Good morning, I love you : mindfulness and self-compassion practices to rewire your brain for calm, clarity, and joy
- MEDIATYPE.BOOK**
Peak mind : find your focus, own your attention, invest 12 minutes a day
- MEDIATYPE.AUDIO**
- MEDIATYPE.BOOK**
Mindful Race
- MEDIATYPE.BOOK**
Trauma-Sensitive Classroom
- MEDIATYPE.BOOK**
The Telomere Effect

Library Support:

- Advertising and Promotion
- Technology Support
- Physical Meeting Space
- Trained Facilitator - Librarian
- Access to Scholarly Research
- Access to Online Resources, including audio books, guided meditations, etc.



Suggested Reading

- Hanson, Rick. *Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence*. New York: Harmony Books, 2013.
- Jha, Amishi P. *Peak Mind: Find Your Focus, Own Your Attention, Invest 12 Minutes a Day*. HarperOne, 2021.
- Kabat-Zinn, Jon. *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. 2013, rev. and updated edition. NY: Bantam Books.
- Magee, Rhonda V. *The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities Through Mindfulness*. TarcherPerigee, 2019.
- Rogers, Scott. *The Elements of Mindfulness: An invitation to explore the nature of waking up to the present moment . . . and staying awake*. Mindful Living Press, 2017.
- Wolf, Christiane and J. Greg Serpa. *A Clinician's Guide to Teaching Mindfulness: The Comprehensive Session-by-Session Program for Mental Health Professionals and Health Care Providers*. Oakland, CA: New Harbinger, 2015.

Thank you!

Questions?

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Image: Richter Library, U. of Miami