



## The Center for Mindful Awareness<sup>®</sup> (CMA) and its Signature SHINE Program

### Our Mission

To bring mindfulness into the lives of under-served people and the professionals who support them, in order to deepen self-awareness, build resilience, promote self-regulation, strengthen family attachments, and reduce stress.

### The Science Behind SHINE

- SHINE (Support **H**onor **I**nspire **N**urture **E**volve) is anchored in current cognitive neuroscience, thirty years of research, proven mindfulness teachings, and guiding principles of positive psychology.
- Each of SHINE's core components derives from evidence-based interventions that have been utilized and researched at The U. Mass. Medical School's Mindfulness-based Stress Reduction Program (MBSR), and ULCA's Mindful Awareness Research Center (MARC) at the Semel Institute for Neuroscience and Human Behavior.
- Mindfulness practice promotes secure attachment and the integration of the middle prefrontal cortex, as it strengthens the neural pathways that create changes in the brain, laying the foundation for new patterns of thinking, feeling and behaving.
- The capacity for resilience, self-regulation, and positive engagement with others appear to be strengthened through mindfulness practice, as demonstrated by changes in the brain's prefrontal cortex.

### Outcomes

SHINE helps people impacted by trauma by: increasing self-awareness, promoting self-regulation, building resilience, reducing stress, and decreasing anxiety. Participants are more able to make clear decisions in difficult situations.

### History of Service

Since 2000, SHINE has provided hundreds of workshops to more than three thousand under-served individuals and the staff members who support them. Our programs have been implemented at shelters and transitional programs, early childhood centers, community organizations, and educational institutions. Some of our community partners have included the Women's Housing Coalition, Mercy Hospital's Catherine's Hearth, the Safe and Sound Campaign, the University of Maryland Medical School and School of Social Work, the Johns Hopkins School of Nursing, and the Kennedy Krieger Institute.

The CMA has provided long-term services through ELDERSHINE to low-income seniors since 2005, and at the PACT Therapeutic Nursery for families who are homeless, their infants and toddlers, and the child-care staff who serve them, since 2008. In 2014, we launched a SHINE Facilitator Training Institute to expand the reach of this work throughout Baltimore.

### About Amy

Amy Bloom Connolly, MS., Founder and Director of the CMA, has worked with under-served families and communities for four decades. Before developing the CMA, she was Director of Training at The Family Tree, and worked for many years at the Maryland Committee for Children. To support her unique work, she has extensively trained in the principles and evidence-based practices of mindfulness at many institutions, including the Center for Mindfulness at the University of Massachusetts Medical School, UCLA's Mindful Awareness Research Center, and the Insight Meditation Community of Washington's two-year Meditation Teacher Training Institute, among others.