

SEL4NM - Dr. Soña Saiz, Dr. Amy
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Retreat, Recharge and
Refocus: A Qualitative Study
about Wellness Spaces on
NM PK~12 Campuses



“Within yourself is a stillness
and a sanctuary to which you
can retreat at any time and
be yourself”



"The high value put upon
every minute of time, the
idea of hurry-hurry as the
most important objective of
living, is unquestionably the
most dangerous enemy of
joy."
— **Herman Hesse**



Introduction to the Research



Background



Definition of wellness
space



Literature review

Goal of the Research

- Share content knowledge and expertise
- Create a shareable deliverable



Research Process

Qualitative research approach

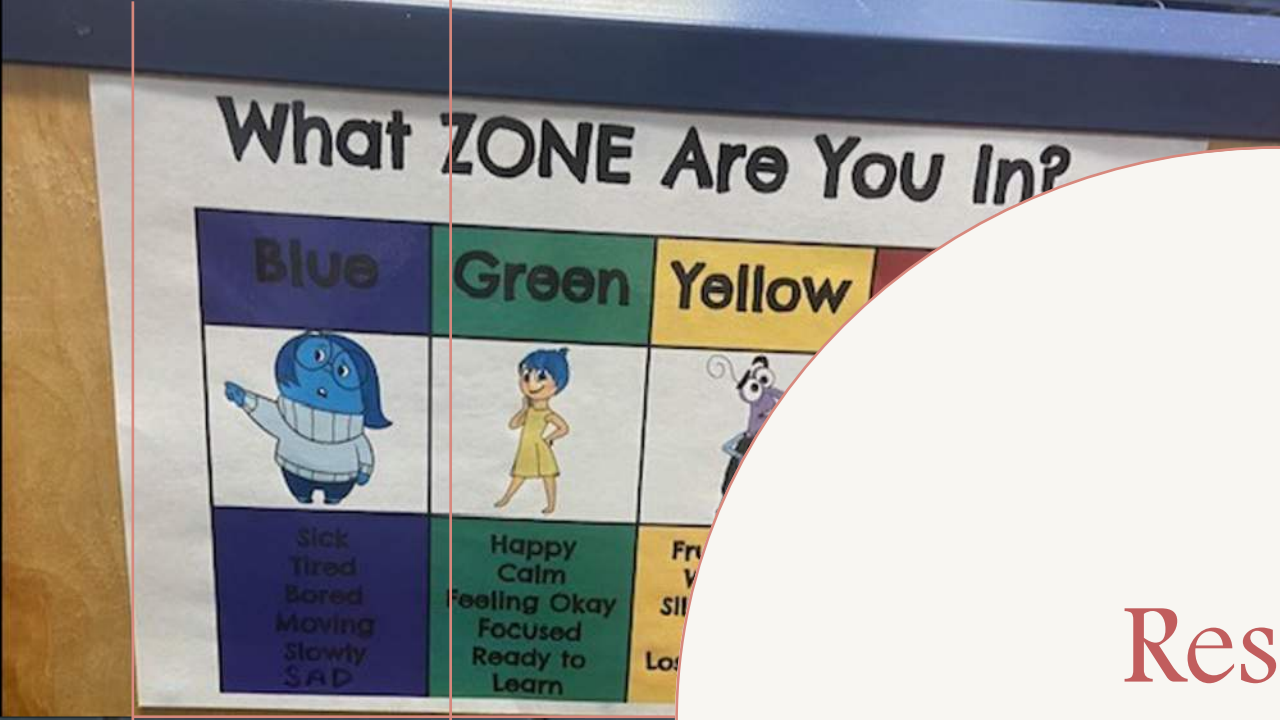
29 semi-structured interviews on 21 spaces

Farmington, Cuba, Taos, Pojoaque, Santa Fe, Albuquerque, Alamogordo, and Las Cruces

Participants

- Students
- Teachers
- Behavioral health (counselors, social workers, school psychologists)
- Principals
- District and state educational leaders
- Community partners





Results

Purpose

Implementation and Operation

Strengths

Challenges

Recommendations

Deliberation of
Purpose and
Establishment

Continuum of
Implementatio
n

Operation and
Funding

Share What You Know

- In break out rooms we would appreciate hearing your experiences with wellness spaces and/or questions you may have about wellness spaces. One SEL4NM representative will be in each room to facilitate the conversation.



Thank You

Still Water

We can make our
minds so like still water
that beings gather about us that
they may see,
it may be, their own images,
and so live for a moment with a
clearer,
perhaps even with a fiercer life
because of our quiet.

William Butler Yeats

