

Muse Meditation

at the Mental Health Center of Denver

Leveraging Muse meditation technology is an innovative way to promote well-being and address compassion fatigue. Engaging in meditation can decrease stress and promote personal and professional development. When staff quiet their mind, they are more present in their work. When staff are resilient it helps them provide a higher quality of trauma-informed services to individuals and families. Trauma-informed care and staff well-being are complimentary goals and high organizational priorities.

INNOVATION

In the first organizational intervention of its kind

100%

of staff said they learned at least one new skill, attitude, or idea

STAFF

said they would recommend the 10-week course to colleagues

92%

"I wish that I could give to others what this experience has given to me." - Dr. Carl Clark

PROGRESS

Compassion satisfaction scale increased on average

ProQoL

Burnout and secondary traumatic stress scales decreased between the pre- and post-measures

ALL IT TAKES

"...even one minute to focus on breathing will help process stress"

1 Minute

"Any meditation is helpful and less can be more."
- Staff participants