

EXECUTIVE SUMMARY

Recommendation to Approve First Amendment to the Agreement AG20-035 – Comprehensive Wellness Program

Introduction

Responsible: Procurement & Warehousing Services (PWS)

This request is to approve the First Amendment to the Master Services Agreement with The Center of Mind-Body Medicine (CMBM). The School Board of Broward County, Florida (SBBC), is willing to continue its partnership with CMBM to receive a Comprehensive Wellness Program: A Coordinated Trauma-Relief, Stress-Management and Resiliency-Building Response (the “Services”). This First Amendment will start upon execution by all parties through August 21, 2022.

The Master Services Agreement and Statement of Work 1 with CMBM, were approved on the May 21, 2019, Regular School Board Meeting under item FF-1 for fifteen (15) months, expiring on August 21, 2020, with a spending authority of \$441,410.

The financial impact to the District will be \$1,200,000.

Goods/Services Description

Responsible: School Counseling & BRACE Advisement

CMBM will provide a Comprehensive Wellness Program: A Coordinated Trauma-Relief, Stress-Management, and Resiliency-Building Response (the “Services”).

Over two (2) years, CMBM will train and support a critical mass of three hundred (300) carefully selected service providers to integrate CMBM’s evidence-based model of trauma relief, stress management, and resiliency building into the ongoing operations of organizations serving children, adolescents, and families in Broward County and Broward County Public Schools (BCPS). Additionally, CMBM will provide refresher training for previous cohorts of facilitators, training for certain facilitators to receive advanced credentials, additional support for staff to integrate the skills into the classroom, and expansion of related youth leadership programs.

The focus will expand significantly beyond the Parkland/Coral Springs areas, particularly to targeted underserved communities across the county, so the Services will potentially reach approximately thirty-nine thousand five hundred (39,500) children, adolescents, and their family members during the grant period.

The CMBM will be using its model to teach a number of evidence-based techniques, including:

1. Several kinds of *meditation* (concentrative, mindfulness, and active) to quiet anxiety and anger, release tension and enhance energy, improve concentration, and gain perspective on traumatic experiences and troubling memories;
2. *Guided imagery* to explore problems and visualize solutions;
3. *Biofeedback* to gain awareness of and control over physiological responses;
4. *Genograms* to help children and adults draw on sources of strength in their families; and,
5. *Self-expression* through words, drawings, and movement to release and share emotions and memories of past distress.

**Recommendation to Approve the First Amendment of the Master Services Agreement
AG20-035 – Comprehensive Wellness Program
July 21, 2020 Board Agenda
Page 2**

6. *Genograms* to help children and adults draw on sources of strength in their families; and,
7. *Self-expression* through words, drawings, and movement to release and share emotions and memories of past distress.

As part of its Services, CMBM will conduct the following specific activities:

1. Principal Engagement Workshops
2. Additional Support to Five Champion Schools
3. Refresher Training to Strengthen and Support for the 2018-2019 and 2019-2020 Cohorts
4. Comprehensive Wellness Training Part 1
5. Comprehensive Wellness Training Part 2 - The Advanced Training
6. Intensive Supervision for Trained Facilitators to Implement Mind-Body Skills Groups, Self-Care Workshops and Individual, Family, and Classroom Sessions
7. Leadership Team Training
8. Certification Training
9. Peer Supervisor Training
10. Children's Workshop Training
11. Specialized Training for Peer Counseling and Teachers of Student Leadership Programs
12. MSD Commemoration Event Support

Procurement Method

Responsible: PWS

Pursuant to Purchasing Policy 3320 and the Department of Education, Rule 6A-1.012, 11(a), Florida Administrative Code as authorized by Section 1010.04(4)(a), Florida Statutes, and Purchasing Policy 3320, Section II, G, the requirement for requesting competitive solicitation for commodities or contractual services from three (3) or more sources is hereby waived for the purchase of professional services.

Financial Impact

Responsible: PWS and School Counseling & BRACE Advisement

The financial impact for the District will be \$1,200,000. The total cost of the twenty-four (24) month program is \$1,570,000; however, the Parties specifically acknowledge that the obligation by CMBM to render the Services is contingent upon the availability and receipt of funding from consulting services funded by Children's Services Council and community partners for \$220,000 and a contribution of \$150,000 by CMBM, each of whom has expressed interest and willingness to help fund this collaborative effort to bring the Comprehensive Wellness Program to help heal the population-wide psychological trauma and to build resilience and wellness in the BCPS and surrounding community where the program is being provided. SBBC is responsible for \$1,200,000.

**Recommendation to Approve the First Amendment of the Master Services Agreement
AG20-035 – Comprehensive Wellness Program**

July 21, 2020 Board Agenda

Page 3

Additionally, SBBC will be responsible for district staff compensation to complete professional development and service delivery to the thirty-nine thousand five hundred (39,500) participants. The estimated cost will be approximately \$275,000 annually.

The funds for this Agreement will come from the Mental Health Assistance Allocation Grant and the Antiterrorism and Emergency Assistance Program/Victims of Crime Act assistance fund.

The financial impact amount represents an estimated contract value; however, the amount authorized will not exceed the estimated contract award amount.