



Increasing High School Teachers Understanding of Pain, Substance Addiction, and Healthy Self-Care

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Training
Opportunities
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Occupational
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A Little About Me

- Post-Doctoral Fellow at Merrimack College: Current
- PhD in Kinesiology with a concentration in Adapted Physical Activity from Oregon State University : 2017-2022
- Master of Public Health from Oregon State University: 2019-2021
- Doctorate of Physical Therapy from Florida International University: 2012-2015
- Bachelors in Psychology from Hampton University: 2008-2012

Special Thanks



Dr Sharna Prasad. PT, DPT



Overview

Describe	Easy-A Curriculum
Discuss	Easy-A Discuss Implementation
Discuss	Findings of Program Evaluation
Discuss	Deviations & Limitations
Discuss	Future of Easy-A

What is Easy-A?

- A curriculum created by a team of health professionals to help individuals support and manage their health
 - Started out as a pain education program led by a physical therapist
 - Currently focused on educators because of the recognized need during COVID-19

4 Avenues of Support

- The curriculum was designed to support participants in 4 key-ways:
 - promoting the ability to self-assess physical, mental, and emotional health
 - exploring potential causes behind exhaustion, loss of motivation, and manifestation physical pain
 - experimenting with different self-care practices to see which ones are more effective at healing participants physically, mentally, and spiritually
- creating a community of people looking to improve their own well-being

Easy-A Content

- Whole School, Whole Community, Whole Child framework created to address health in schools.
- Center of Disease Controls Framework for addressing health in schools.



Easy-A Content Cont.

Currently there are 11 modules that were delivered in person:

Module #1: The Titanic Model

Module #2: Social Determinants of Health

Module #3: Internal Compass

Module #4: Teeter Tottering with Lions

Module #5: Might as well admit it, you're addicted to...

Module #6: Making Sense of it All

Module #7: Catch some Zzzz

Module #8: Medicine Cabinet in the Body

Module #9: Fueling our Bodies

Module #10: Handful of Health

Module #10: Handful of Health

Easy- A Pilot Implementation

- A coach held trainings at a school in Western Oregon with nine educators working through the Easy-A curriculum for 9-weeks
- After the trainings concluded the educators provided feedback via a questionnaire and focus group
 - Participants included 5 educators (3 female, 2 male)
 - The educators who took the course consisted of teachers and teacher's aides

Program Evaluation: Questionnaire

- Delivery of Content
 - **Disagreement on delivery of content**
- Knowledge attainment
 - **5/5 agreed that they acquired knowledge**
- Asked about quality of instructor
 - **5/5 agreed that the instructor was knowledgeable and engaging**
- Asked about content
 - **Disagreement on purpose and alignment of content**

Program Evaluation: Focus Group

- Audio was recorded with consent from all participants
 - Audio transcribed, and a content analysis was conducted to find major themes on ways to improve the delivery of the Easy-A curriculum
- Findings:
 - The curriculum is important, and the instructor is extremely knowledgeable and engaging
 - Participants did not feel comfortable engaging in some of the curriculum with their co-workers
 - difficult to engage in the curriculum during the school year
 - were confused about curriculum's intent at times

Deviations and Limitations

The most notable deviation was we were not able to do a baseline assessment

- Unable to track actual health behaviors

One major limitation was getting consistent buy-in from educators

- Due to time constraints of the educators



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WE RECEIVED A GRANT
LAST YEAR TO FURTHER
TEST THE CURRICULUM
WITH A BROADER
AUDIENCE OF
TEACHERS IN OREGON



WE ARE
ATTEMPTING
CREATE A
PLATFORM
FOR THE
CURRICULUM



BROADEN THE
CURRICULUM
TO OTHER
PROFESSIONAL
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The Future of Easy-A

Thank you!

Contact us if you have interest or question about anything involving Easy-A

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