**KIM AND MARION LEONARD**

**Mindfulness Health Care Scholarship**

**Award Criteria and Guidelines**

**Overview:** Among healthcare professionals, mindfulness training can reduce psychological and physiologic stress, emotional distress and burnout while improving empathy, job satisfaction and sense of well-being.

**Purpose:** The purpose of the Fund shall be to support UPMC Western Maryland by supporting healthcare professionals interested in mindfulness training. Preference will be given to nursing and administrative staff who have demonstrated an interest in mindfulness training to include integrative mind-body-spirit wellness and who want to further their training in authenticity, self-awareness, self-acceptance, self-compassion, self-responsibility, vulnerability, openness, trust, listening and respect.

These components of emotional intelligence and “Authentic Leadership” of self and others are experientially learned through awareness of self, awareness of others (intrapersonal & interpersonal awareness) and expressed through respectful, collaborative and compassionate communication and leadership skills.

This award will be available for credit or professional development by training with certified instructors and or completing certified programs. Examples of relevant training topics are listed in the National Institutes for Health (NIH) National Center for Complementary and Alternative Medicine (NCAM). {*Source of reference*: [*http://nccam.nih.gov/health/whatiscam*](http://nccam.nih.gov/health/whatiscam)*}* (Some examples may include: various meditation techniques, yoga styles, mindfulness based stress reduction programs, deep-breathing exercises, guided imagery, hypnotherapy, progressive relaxation, qi gong, tai chi, etc.)

**Application Requirements:**

* Resident of Allegany County, MD; Garrett County, MD; Somerset or Bedford County, PA; or Mineral County, WV
* A staff or medical staff member at WMHS
* Applicant enrolls in a training program taught by certified teachers.
* Applicant chooses training that is listed in NIH Center for Complementary and Alternative Medicine.
* Applicant demonstrates that his/her/schedule permits attendance and completion of coursework.
* Applicant agrees to earn course certification or obtain a letter of completion from certified instructor.
* Applicant must submit a written essay that will include:
* How applicant will take a leadership role that would further the integration of mind-boy-spirit wellness skills in healthcare
* Description of what experience or training he/she has in the area
* A plan for measuring the successful integration of mind-body-wellness skills into their professional career. The plan will include how the applicant will take a leadership role in this area.

**Preference:** Frostburg State University and Allegany College of Maryland past or current students.

**Continuation of scholarship**: Scholarship recipients who fulfill training as agreed upon may reapply in subsequent years.

**Scholarship Distribution:** This scholarship fund will be available year round to applicants meeting criteria.

**Amount per Award:** Varies

**Award Criteria and Guidelines:**

1. Applications will be accepted year round.
2. Award amounts are dependent upon funding available and donor preference, as determined by the WMHS Foundation and donor.
3. Successful applicants will supply a self-reflection report, including a summary of any applicable research studies, to the WMHS Foundation within 30 days of completion of training. The WMHS Foundation will provide a copy of this report to the donor.