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

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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

<table>
<thead>
<tr>
<th>Describe</th>
<th>Easy-A Curriculum</th>
</tr>
</thead>
<tbody>
<tr>
<td>Discuss</td>
<td>Easy-A Discuss Implementation</td>
</tr>
<tr>
<td>Discuss</td>
<td>Findings of Program Evaluation</td>
</tr>
<tr>
<td>Discuss</td>
<td>Deviations &amp; Limitations</td>
</tr>
<tr>
<td>Discuss</td>
<td>Future of Easy-A</td>
</tr>
</tbody>
</table>
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
• Whole School, Whole Community, Whole Child framework created to address health in schools.
  • Center of Disease Controls Framework for addressing health in schools.
Currently there are 11 modules that were delivered in person:

<table>
<thead>
<tr>
<th>Module #1: The Titanic Model</th>
<th>Module #2: Social Determinants of Health</th>
<th>Module #3: Internal Compass</th>
</tr>
</thead>
<tbody>
<tr>
<td>Module #4: Teeter Tottering with Lions</td>
<td>Module #5: Might as well admit it, you’re addicted to...</td>
<td>Module #7: Catch some Zzzz</td>
</tr>
<tr>
<td>Module #8: Medicine Cabinet in the Body</td>
<td>Module #9: Fueling our Bodies</td>
<td>Module #10: Handful of Health</td>
</tr>
<tr>
<td></td>
<td>Module #6: Making Sense of it All</td>
<td></td>
</tr>
</tbody>
</table>
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
**The Future of Easy-A**

- **KEEP GOIN G!**
- **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 PROFESSIONALS**
Thank you!

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

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