

PEACE OF MIND 2025 ANNUAL REPORT

Equipping Educators to Create Peaceful, Thriving Classrooms

www.teachpeaceofmind.org | @teachpeaceofmind

LETTER FROM THE EXECUTIVE DIRECTOR

Dear Friends,

When I joined Peace of Mind in 2024, I was just leaving the classroom after a decade of teaching, the last seven years as a high school English teacher. In those years, I watched students arrive from all different backgrounds and different homes — but with shared experiences. Born into a world that doesn't put their mental health before their academics, that doesn't protect them from gun violence at school, in their communities, or simply traveling on the metro. They also have an enormous amount of access to information. My students were brilliant. They were driven. And yet they still feared a world that felt unpredictable and overwhelming.

When I decided to leave the classroom, I knew it had to be meaningful. My path led me to Peace of Mind, and I had the opportunity to build relationships with people at schools across the DMV, across the country, and around the world. What Linda created and Cheryl built is remarkable — and I thought, this is exactly the type of learning my high schoolers needed from me.

When I became Executive Director, I knew I had big shoes to fill — and shoes of my own to break in — all while centering those closest to the problem we are trying to solve. Students are showing up every day carrying portions of their worlds, and we want them to have tools that are transformative for the moment and beyond the moment.

This year, we took bold steps forward. We expanded our curriculum to high school, bringing Peace of Mind to students who need it most at one of the most critical stages of their lives. We deepened the way we train educators and engage directly with students and communities. And we created a program, Peace for All that ensures schools can access Peace of Mind even when money is a barrier.

We are just getting started, and we are so glad you are along for the journey.

Cheers to peaceful minds, hearts full of love for ourselves and for humanity, and gratitude for the good little things happening in our lives every single day.



— Ashley Brown,
Executive Director

LETTER FROM THE BOARD CO-CHAIRS

Dear Peace of Mind Friends,

As new Board Co-Chairs, we are deeply encouraged by the remarkable growth of Peace of Mind and the expanding impact it continues to have on students, educators, and communities in the Washington, DC area, and around the world.

What began at Lafayette Elementary School in Northwest Washington, DC in 2003 has evolved into a far-reaching effort to support young people at every developmental stage, now extending well beyond its local roots.

At a time marked by global conflict and uncertainty, this work feels urgent. Today, Peace of Mind brings mindfulness-based social and emotional learning to more than 15,000 students across 180 schools, supporting over 700 educators, and reaching communities in all 50 states and 44 countries.

In these pages, you will see examples of how Peace of Mind is meeting this moment with innovation and purpose. Under the dynamic leadership of our new Executive Director, Ashley Brown, Peace of Mind launched an updated early learners curriculum, extending its impact to our youngest students. At the same time, Peace of Mind is preparing to pilot a high school curriculum to support older students as they continue to develop critical skills in peaceful conflict resolution, emotion regulation, and mindfulness.

Peace of Mind remains firmly grounded in equity and inclusion. By expanding the Peace for All access program and removing financial barriers for Title 1 and under-resourced schools in the Washington, DC area, Peace of Mind ensures that these essential supports are accessible to all.

The stories and data shared in this report speak to a vibrant and dedicated team that is deeply committed to student well-being, educator support, and equitable access to programs that are needed now more than ever.

None of this would be possible without you. To our Peace of Mind community – your partnership, generosity, and belief in this work sustain and inspire us. We are profoundly grateful and look forward to continuing this important work together.

Darrel Jodrey



Elizabeth Hoffman



— Darrel Jodrey and Elizabeth Hoffman, Board Co-Chairs

OUR MISSION & VALUES

Mission: To educate students about mindfulness, brain science, conflict resolution, and social justice so they can strengthen their own well-being and become peacemakers in their communities.

Values: By Educators, For Educators | Mindfulness for Self and Others | Open Access | Compassionate Curiosity

Vision: A world where every child has the skills to meet life's challenges — and the world's challenges — with kindness, courage, and compassion.

Peace of Mind®





YEAR AT A GLANCE

14,000+
students received Peace of Mind lessons.

180+
schools are using Peace of Mind in varied ways.

700+
educators trained on the Peace of Mind curriculum.

NEW
play-based curriculum for our youngest learners aged 2-5.

50 states & 44 countries
We bring mindfulness & emotional support to students around the world.



EDUCATOR IMPACT

Teachers and school staff who implemented the Peace of Mind curriculum in 2025 reported meaningful changes in their classrooms and in themselves.

92%
of educators would recommend Peace of Mind to a colleague.

92%
report Peace of Mind contributed substantially or tremendously to positive change in their learning community's well-being.

90%
report it helped students become more aware of their emotions.

91%
of Grades 3–8 educators report the curriculum helped students empathize more with others.

75%
of early childhood educators rated the curriculum "Very Helpful" for meeting students' social and emotional needs.

75%
rated it "Very Helpful" for creating a kind and inclusive classroom.



PROFESSIONAL DEVELOPMENT

93%

of educators who completed a Peace of Mind professional development course said it met or exceeded expectations.

93%

of educators who completed a Peace of Mind professional development course would likely or very likely recommend the course to a colleague.



RESEARCH & RECOGNITION

In 2025, Peace of Mind was featured in two independent peer-reviewed studies.

A study published in Prevention Science found that Peace of Mind ***ranked among the highest of 12 school-based mindfulness curricula*** for interpersonal mindfulness practices — particularly compassion, kindness, and mindful communication.

School-based mindfulness: Application of the PARiHS framework to contextualize implementation
Deborah L. Schussler a,, Sebrina L. Doyle Fosco b, Melia A. Brown c*

a Education Policy and Leadership Department, 351 Catskill Building, University at Albany, Albany, NY 12303, United States
b Human Development and Family Studies Department, 204 HHD, Pennsylvania State University, University Park, PA 16802, United States
c Education Policy Studies Department, Pennsylvania State University, University Park, PA 16802, United States

A companion study in the Journal of School Psychology found that whole-school implementation of Peace of Mind ***produced the greatest improvements in students' behavioral regulation***, and that educator buy-in deepened significantly once teachers experienced the curriculum firsthand.

Unpacking the Black Box: Exploring Differences in Practices, Skills, and Knowledge Taught in School-Based Mindfulness Programs

Sebrina L. Doyle Fosco1 · Deborah L. Schussler2

IMPACT STORIES



"Participating in Peace Class has allowed me to develop a deeper sense of self-awareness, emotional regulation, and the ability to navigate conflicts with empathy and compassion for others. When I have a conflict with a friend, a classmate, or even my parents, I am able to recognize not only my emotions, but also how others' may feel, making it easier to find a solution."

— Ella Hunter | College Sophomore | Former Peace of Mind student



STUDENT VOICE

SELF-AWARENESS

Recognizing emotions & inner states

82% know the emotion they are feeling

81% know when their emotions are taking over

75% notice what their body does when nervous or mad

SELF-MANAGEMENT

Regulating emotions & behaviors

64% can calm down when upset

66% can refocus attention when distracted

55% use Peace of Mind skills outside of school

SOCIAL AWARENESS

Empathy & perspective-taking

77% know what to say to help someone who is worried

74% speak up when they see someone being bullied

70% are usually welcoming to students they don't know well

RELATIONSHIP SKILLS

Building healthy connections

87% get along with their classmates

81% apologize for their part in a conflict

66% speak up when someone hurts their feelings

RESPONSIBLE DECISION-MAKING

Solving problems constructively

65% can help stop a conflict from growing

57% say PoM helped them solve conflicts peacefully

61% say PoM helped them understand how their brain works

PROGRAMS OVERVIEW

Peace of Mind meets learners at every stage — from their first days in school through high school graduation.

FLAGSHIP

Peace of Mind Curriculum

PreK – Grade 8

Our signature mindfulness-based SEL curriculum — covering brain science, conflict resolution, and social justice. Designed by educators, for educators.

NEW IN 2025

Early Learners Curriculum NEW

PreK – Kindergarten

A play-based curriculum built for our youngest learners — big emotions, small hands. Age-appropriate tools for self-regulation and kindness.

NEW IN 2025

High School Curriculum NEW

Grades 9 – 12

Expanding Peace of Mind to adolescents — equipping teenagers to navigate stress, identity, and relationships with intention and compassion.

Available Soon

EDUCATOR TRAINING

Professional Development

In-person, virtual & school-based

Workshops, online courses, and coaching so educators can deliver the curriculum with confidence — because you teach what you practice.

ACCESS PROGRAM

Peace for All NEW

No school should be left out because of budget. Peace for All removes financial barriers so Title I and under-resourced schools can access everything Peace of Mind has to offer. Because open access isn't just a value — it's a commitment.

Open Access



FINANCIALS

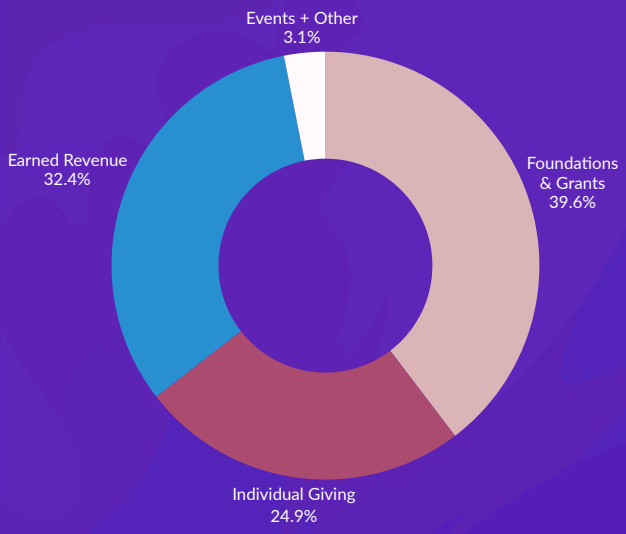
Total Revenue
$482,011

Total Expenses
$451,360

Net Surplus
+$30,651

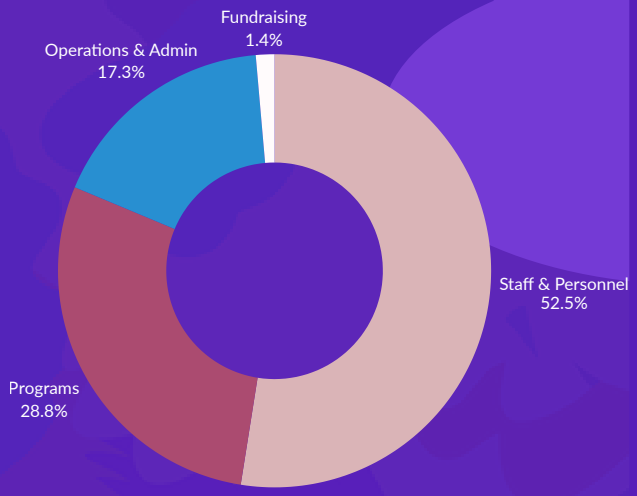
81%
of every dollar went directly to mission-critical work - programs and people

Revenue Sources



- Foundations & Grants
  $191,100 - 40%
- Individual Giving
  $119,843 - 25%
- Earned Revenue
  $158,292 - 32%
- Events+Other
  $12,776 - 3%

How We Spent It



- Operations & Admin
  $82,354 - 17%
- Programs
  $137,063 - 29%
- Staff & Personnel
  $249,797- 53%
- Fundraising
  $6,601 - 1%

Peace of Mind generated $482,011 in revenue in 2025 and maintained strong financial stewardship, closing the year with a net surplus of $30,651. This reflects a year of intentional growth and investment in programming, staffing, and organizational infrastructure.

THANK YOU

Peace of Mind's work is made possible by the generosity of foundations and organizations who believe every child deserves the tools to thrive. We are deeply grateful to our 2025 funders.

"We don't do this alone. Every gift is an act of belief in children and in peace."

- **Adobe Community Fund**
- **The Bender Foundation**
- **Bernstein Family Foundation**
- **Healthier Greener Kinder Foundation**
- **Holy Trinity Catholic Church Social Justice Committee & Tithe**
- **The John G. and Jean R. Gosnell Foundation**
- **The Morris and Gwendolyn Cafritz Foundation**
- **The Rhoda and Henry Frank Family Foundation**
- **Su Pau Fund**
- **Trust for the Meditation Process**
- **Walter A. Bloedorn Foundation**

We also extend our heartfelt gratitude to every individual donor, volunteer, and school partner who invested their time, talent, and treasure in Peace of Mind this year

Want to support Peace of Mind in 2026?

Visit or at www.teachpeaceofmind.org/donate or Givebutter.com/peaceofmind

Our Team

STAFF

AB Ashley Brown
Executive Director

CR Cheryl Dodwell
Curriculum Editor

CR Courtney Ralls
Communications Manager

JB Jameliah Blount
Accountant

JW Janna Williams
HR Consultant

JP Jelena Popovic
Programs Manger

LR Linda Ryden
Curriculum Writer

SD Shawn Donnelly
Culture Keeper

BOARD OF DIRECTORS

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FROM THE PEACE TEACHER AT LAFAYETTE ELEMENTARY SCHOOL

Three years ago I saw Linda Ryden speak at a conference on spirituality in education. She was presenting the story of Peace of Mind, from its origin to its whole-school implementation. I had difficulty believing what she was sharing; second graders are talking about 'flipping their lids', third graders are explaining their brain's negativity bias, and fifth graders are leading mindful moments for every classroom at Lafayette, DC's largest public elementary school. WHAT?

Mindfulness, brain science, and conflict resolution are perspective-changing subjects to learn in isolation, let alone in combination. I learned them only as a religion major in college. Seven year-olds can pronounce the word amygdala and understand its functionality - that sometimes it helps us, but sometimes we have to help it? Nine year-olds know how to train their minds to change their brains so they can better use their pre-frontal cortexes to choose the path of peace? Mindful mentors model conflict resolution and community building? WOW! Linda had created something special.

Every lesson I had taught before Peace of Mind felt futile in supporting my mission in the classroom; to help students manifest the perfection already within them. Peace of Mind equips children and adults with life skills and language to better steward peace within themselves and their community. Peace of Mind is socially significant; children leave each lesson with a transformed mindset of their autonomy and responsibility in our world. Peace of Mind strengthens our inner spirit and our outer society.

From the THiNK Test to breathwork, Peace of Mind fortifies a child's social-emotional foundation. When hurtful words and hateful wars threaten my own mental stasis, I go to students, my peace teachers, for grounding and hope. After all, most of them have been learning peace longer than I've been teaching it.

Why do we learn and practice peace?

"To give us tools to be calm in this crazy world," said Emily, a fifth grader.

What kind of tools are you talking about?

"Mindful breathing and thinking techniques. There's gravity hands, take five, peaceful place visualization, daily rewind, web of gratitude and a lot more."

So, how does practicing mindful breathing help you calm down?

"It gives me time to relax. When I'm more relaxed I notice my feelings more. Then, I can manage my emotions better and avoid conflict with others."

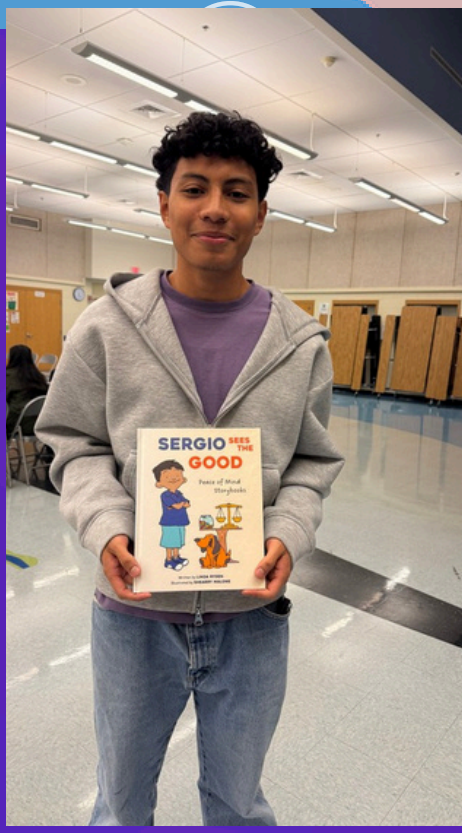
Emily sounds just like Margaret Cullen, a recent guest on the "How to Train a Happy Mind" podcast. Feel more, react less. And Emily's not the only one with this wisdom. Come visit Emily and the other 899 students at Lafayette sometime to see it for yourself.

In peace and partnership,
Elie



Peace of Mind®

LOOKING AHEAD



01

From Classroom to Communities

We're building the infrastructure to bring Peace of Mind to every D.C. student who needs it - expanding our team in order to deepen partnerships, and remove barriers to accessing social-emotional wellness.

02

A New Chapter: High School

Adolescence is when mental health challenges intensify and resilience matters most. Our new high school curriculum meets teens where they are - using brain science, conflict resolution, and mindfulness to equip them with tools that last a lifetime.

03

Credentialing Practitioners

Great curriculum needs great facilitators. Our new three-tier credentialing pathway will transform educators into certified Peace of Mind practitioners, creating a sustainable movement of trained leaders who can carry this work into every corner of the city.

04

Peace for All Expansion

We grow our access program to reach more Title 1 and under-resourced schools — ensuring that budget is not a barrier to bringing Peace of Mind into a classroom.

05

National Recognition, National Reach

Pursuing CASEL Program Guide listing positions Peace of Mind among the nation's gold-standard SEL programs - validating our impact for districts and funders nationwide and opening doors to scale beyond D.C.

The best is yet to come and we are just getting started.

Join us — www.teachpeaceofmind.org | @teachpeaceofmind