**Project Title:**

Program Evaluation of Mindful HEART: Healing and Embodied Awareness to Recover from Trauma

**UCSF Osher Center Key Team Members:**

[Kennedy M. Blevins, PhD](https://osher.ucsf.edu/people/kennedy-blevins) | Project Lead | Postdoctoral Research Fellow

[Selena Chan, DO](https://osher.ucsf.edu/patient-care/patient-care-team/selena-chan) |Collaborator | Integrative Psychiatrist, Associate Director of Clinical Programs

[Nichole Proffitt, SEP, CMT-P](https://osher.ucsf.edu/public-classes/instructors/nichole-proffitt) |Collaborator | Integrative Mindfulness Instructor

[Shelley R. Adler, PhD](https://osher.ucsf.edu/people/shelley-r-adler) | Project Advisor | Director, UCSF Osher Center

**Budget Overview**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Personnel  |   |   |   |   |   |
| Project Role  | Name  | Effort %  | Yr Hrs  | Wk Hrs  | Total  |
| Project Lead  | Kennedy Blevins  | 6.1%  | 116 | 2.44 | $5,152 |
| Collaborator  | Nichole Proffitt  | 2.6%  | 50  | 1.0  | $3,535  |
| Collaborator  | Selena Chan  | 1.0%  | 19  | 0.4  | $3,421  |
| Project Advisor  | Shelley Adler  | 1.25%  | 20  | 0.5  | No Cost  |
| Finance Administration  | Calvin Tse  | 1%  | 19  | 0.4  | $1,520 |
| Non-Personnel  |   |   |   |   |   |
| Participant Incentives  | Interviews and Surveys  | n/a  | n/a  | n/a  | $1,250  |
| Administration  | UCSF Recharges  | n/a  | n/a  | n/a  | $122 |
|   | Total  |   |   |   | $15,000 |

### **Budget Justification**

This proposal seeks support for key personnel contributing to the design, implementation, and evaluation of the Mindful HEART program. *The proposed support would enable protected time for project team members contributing distinct clinical, curricular, and operational expertise.* Dr. Blevins would lead all evaluation activities, including coordinating program activities and gathering and compiling class participant feedback. Dr. Chan would provide clinical advisement to ensure trauma-informed alignment between course infrastructure and evaluation design, drawing from her direct experience providing integrative psychiatric care. Ms. Proffitt would refine the course curriculum, assist with participant outreach, and collaborate on the implementation of evaluation activities. Mr. Tse would oversee financial operations to ensure the responsible and accurate use of grant funds. No salary support is requested for Dr. Adler, who is Dr. Blevins’s advisor, will support the project as the project advisor to ensure funds management and proper program evaluation protocols are conducted.

### **Personnel: Roles and Responsibilities**

[**Kennedy M. Blevins, PhD**](https://osher.ucsf.edu/people/kennedy-blevins) **– Project Lead**

Dr. Blevins is a postdoctoral researcher at the UCSF Osher Center with advanced training in health psychology and expertise in mindfulness, trauma theory, and compassion-based interventions. Her work is grounded in theoretical and cultural frameworks, with a focus on expanding access to integrative health for underserved communities. In the proposed project, she would lead the evaluation, including inviting class participants to provide feedback, developing surveys, conducting interviews, and synthesizing feedback to inform course refinement and lasting protocols for the Osher Center. Her role anchors the evaluation aims of this proposal. Dr. Blevins has been approved to lead this project by her academic advisor Dr. Shelley Adler.

[**Nichole Proffitt, SEP, CMT-P**](https://osher.ucsf.edu/public-classes/instructors/nichole-proffitt) **– Collaborator**

Ms. Proffitt is a certified mindfulness teacher and Somatic Experiencing Practitioner with over two decades of experience designing and facilitating trauma-sensitive mind-body programs. She is the founding instructor and sole author of the Mindful HEART curriculum and retains full rights to its content. While her teaching is currently supported through Osher’s public class structure, this proposal includes support for her continued refinement of course materials, collaboration on participant outreach, and consultation with the evaluation team to ensure alignment with somatic principles and participant lived experience. Ms. Proffitt has been agreed to teach this course for a second term and participate in this project and all planned activities have been approved.

[**Selena Chan, DO**](https://osher.ucsf.edu/patient-care/patient-care-team/selena-chan) **– Collaborator**

Dr. Chan is an integrative psychiatrist specializing in mind-body trauma recovery and currently provides direct patient care at the UCSF Osher Center. She co-developed the course infrastructure for Mindful HEART, including its clinical framing, delivery model, and alignment with Osher Center operations. In this proposal, she would serve as a clinical advisor on trauma-informed evaluation tools, participant engagement strategies, and clinical interpretation of findings to guide future integration into care pathways, equity efforts, and public education. This role is distinct from her existing role overseeing Osher’s public class operations.

[**Shelley R. Adler, PhD**](https://osher.ucsf.edu/people/shelley-r-adler) **– Project Advisor**

Dr. Shelley R. Adler is a medical anthropologist, Professor of Family and Community Medicine, and Executive Director of the UCSF Osher Center. She is an expert in integrative medicine and program evaluation and co-directs the Osher Center’s research fellowship program. For the proposed project, she will serve as academic mentor to Dr. Blevins through the TRIM postdoctoral fellowship, providing scholarly guidance on educational evaluation. Dr. Adler’s contribution is 1.25% FTE (donated time) at no cost.

[**Calvin Tse**](https://osher.ucsf.edu/people/calvin-tse) **– Project Finance Lead**

Mr. Tse is a senior financial analyst at the UCSF Osher Center with extensive experience supporting budgets for research and educational initiatives. Under this proposal, he would oversee financial operations for the project, including budget development, purchasing coordination, fund tracking, and ongoing fiscal management.

### **Non-Personnel**

**Participant Incentives**

For this project, we will invite 20 individuals from both MH1 and MH2 cohorts to complete post-course interviews, with a $50 gift card provided for a one-hour interview ($1,000 total). An additional 10 individuals enrolled in MH-2 will be invited to take pre- and post-course surveys to gather feedback on MH-2. To encourage individuals to complete both pre- and post-course responses, participants will receive $10 for the pre-test and $15 for the post-test, totaling $25 per participant ($250 total).

**UCSF Recharges**

A total of $115 is proposed to cover UCSF institutional service recharges, including IT support, Data Network access, and GAEL fees.