

FACT SHEET

Developed by the DLC together with UBC's Human Early Learning Partnership (HELP), the Heart-Mind Index (HMI) provides a population-level snapshot of Heart-Mind well-being of young children in British Columbia communities. The HMI draws on the work HELP has led over the past 12 years with the Early Development Instrument (EDI) – a population-level developmental survey that is used with kindergarten children in British Columbia every year. The Index analyses EDI data in a new way to provide deeper and more specific indications of social and emotional development.

SIGNIFICANCE OF HEART-MIND WELL-BEING

- Children who develop social and emotional skills have better attitudes about themselves and others and better social interactions.
- Aggressive behavior and emotional distress are reduced.
- Students who receive Social and Emotional Learning (SEL) instruction improve an average 11 percentile points on standardized achievement tests compared to students who do not receive such instruction.
- We can successfully create conditions in schools, communities and families that build the capacity of children to recognize their emotions, to understand and empathize with others, and to make constructive choices.
- We can foster positive human qualities such as compassion, altruism and confidence, and help children manage emotions such as fear, hatred, anger, and anxiety.

FIVE DOMAINS OF HEART-MIND WELL-BEING

The Index measures Heart-Mind well-being according to five positive human qualities, which are anchored in evidence-based research related to the social and emotional development of children:



GETS ALONG WITH OTHERS – reflects qualities such as being communicative, respectful, responsible and co-operative.

COMPASSIONATE AND KIND – reflects qualities such as helping others, saying kind things, helping a hurt child and being inclusive of others.

RESOLVES PROBLEMS PEACEFULLY – reflects qualities that allow a child to maintain “outer peace,” including the ability to avoid conflict, resolve conflict and create peace.

SECURE AND CALM – reflects a quality of “inner peace,” including the ability to deal with stress and worries without being overwhelmed and to bounce back from difficulties.

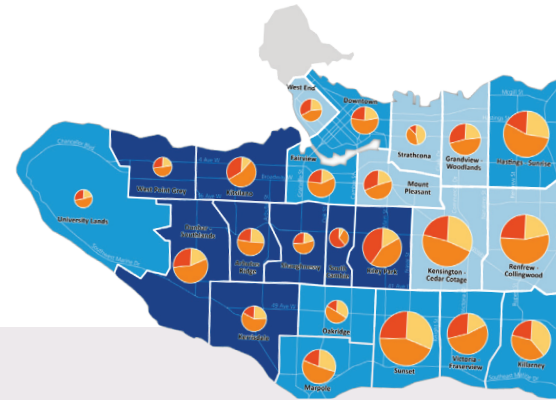
ENGAGED – reflects an ability to stay calm, focused and alert; to slow down and think before he/she acts while taking into account the world around.

the
HEART-MIND
index



NEIGHBOURHOOD MAPS

Using the HMI data, the Dalai Lama Center and HELP are developing maps of neighbourhoods throughout the province which reflect the domains of heart-mind well-being.



COMMUNITY CONSULTATION

The HMI has been presented to selected communities in the Lower Mainland and on Vancouver Island with an overwhelming support for the concept of Heart-Mind well-being and for the importance of focusing on the social and emotional development of children. There has been general agreement that the Index is essential to shine a light on issues of social and emotional development and provide concrete data from which decisions can be made about policy, programs and allocation of resources.

GUIDING ACTION

HMI offers valuable information to help monitor the impact of programs and policies designed to improve the Heart-Mind well-being of children in their early years. It allows community members and policy makers to focus their learning and action on the most effective interventions to address specific challenges in their communities. It can also support communities, educators, governments, and health professionals to make evidence-based decisions. The Index has the potential to act as a stimulant toward improving the social and emotional well-being of B.C.'s children.

NEXT STEPS

Based on the outcomes of the community consultations, planning is currently underway for the release of the Index for community use. Written and online resources will be developed to provide communities with neighbourhood-specific Heart-Mind data and access to an in-depth repository of research information about the domains of the HMI and practical guidance on how to use it. The strategy will also involve facilitated community training and support in utilizing the HMI.

SUPPORT FOR THE HEART-MIND INDEX

The Heart-Mind Index is supported by a number of the leading researchers on population health and child development.



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