



DAVID LYNCH FOUNDATION

ABOUT THE DAVID LYNCH FOUNDATION

The David Lynch Foundation was founded in 2005 to prevent and eradicate the all-pervasive epidemic of trauma and toxic stress among at-risk populations through promoting widespread implementation of the evidence-based Transcendental Meditation (TM) program in order to improve their health, cognitive capabilities and performance in life.

At-risk populations suffer from epidemic levels of chronic stress and stress-related disorders—fueling violence, crime and soaring health costs, and compromising the effectiveness of education, health, rehabilitation and vocational programs now in place.

Since opening its doors in 2005, the David Lynch Foundation, a 501(c)(3) organization, has helped to bring the stress-reducing TM technique to more than 500,000 children and adults around the world. We focus our efforts on underserved inner-city students, veterans with post-traumatic stress (PTS) and their families and women and children who are survivors of violence and abuse.

PROGRAMMATIC HIGHLIGHTS

UNDER-RESOURCED SCHOOLS: QUIET TIME

In low-income urban schools, traumatic stress is a reality for millions of children who grow up in an oppressive climate of poverty, violence, and fear. This stress impedes learning and undermines physical and mental health. 25% of teenagers suffer from anxiety disorders; 6.5 million children struggle from disabilities that impair their ability to learn; one in four high school students has been offered, sold or given illegal drugs on school property; nearly 3 million children receive medication for ADHD; and suicide is the third leading cause of death among teenagers.

High stress levels also damage teachers and educators, resulting in extremely high burnout rates.

The David Lynch Foundation's Quiet Time program is a practical, evidence-based approach to reduce stress and dramatically improve academic performance, student wellness and the school environment. Quiet Time provides students with two 15-minute periods of Transcendental Meditation each day to help balance their lives and improve their readiness to learn. This schoolwide program complements existing educational strategies by improving the physiological underpinnings of learning and behavior.

Groundbreaking research on schools with a Quiet Time program has found:

The David Lynch Foundation's Quiet Time program is a practical, evidence-based approach to reduce stress and dramatically improve academic performance, student wellness and the school environment. Quiet Time provides students with two 15-minute periods of Transcendental Meditation each day to help balance their lives and improve their readiness to learn. This schoolwide program complements existing educational strategies by improving the physiological underpinnings of learning and behavior.

Groundbreaking research on schools with a Quiet Time program has found:

- 10% improvement in test scores – and a narrowing of the achievement gap
- Increased creativity
- Improved retention and reduced teacher burnout
- Greater happiness, focus and self-confidence
- Reduced ADHD symptoms and symptoms of other learning disorders
- 86% reduction in suspensions over two years
- 40% reduction in psychological distress, including stress, anxiety and depression
- 65% decrease in violent conflict over two years

This approach has been adopted by hundreds of public, private and charter schools worldwide—with strong support from students, parents and educators.

VETERANS: 21 TO NONE

Over half a million U.S. troops deployed since 2001 suffer from PTS. Yet less than 20% will receive adequate care due to lack of effective treatments, fear of stigma or insufficient government resources. Half of those with PTS won't receive any care at all.

Left untreated, PTS cripples functioning and places veterans at great risk for violent and self-destructive behavior, including alcoholism or drug abuse, severe depression, anxiety or emotional numbness, family issues, employment problems and suicide.

Operation Warrior Wellness (OWW), a division of the David Lynch Foundation, offers the Transcendental Meditation-based Resilient Warrior Program, a simple, easy-to-learn, evidencebased approach to relieving symptoms of PTS and major depression and developing greater resilience to stress. TM scholarships are currently available to veterans and active duty military at VA hospitals in the New York City and Los Angeles areas.

Since its initial launch in 2010, the O W W initiative has partnered with leading veterans service organizations, Army and Marine bases and VA medical centers across the country to deliver the Resilient Warrior Program to veterans, active-duty personnel and military families in need. The initiative also partners with military colleges to create a new generation of more resilient officers.

COMMUNITY: SILENCE THE VIOLENCE

The Town Hall Education Arts Recreation Campus (THEARC) is located in an area known as "East of the (Anacostia) River" which is comprised of Washington D.C.'s Wards 7 and 8. It is managed by Building Bridges Across the River, a D.C.-based nonprofit 501(c)(3) organization. It is the largest social service, multisector, nonprofit collaboration in America. The David Lynch Foundation is a resident partner on THEARC's West Campus and operates The Meditation Center @ THEARC.

The Meditation Center (TMC) @ THEARC opened its doors in January 2018 to address the epidemic of stress and trauma which undermines the health and well-being of residents in Wards 7 and 8. TMC serves youth, adults, and seniors by offering Transcendental Meditation® (TM) courses.

In addition, TMC partners with the 13 other community service organizations at THEARC to train their staff and clients in the Transcendental Meditation technique. TMC @ THEARC is in full support of THEARC's mission of improving the quality of life of southeast Washington residents and revitalizing the whole community.