

## **Program Agreement**

**Wellbeing through mindfulness  
with Venerable Amaranatho**

**monk-in-residence program  
(23-28 November)**

### **Program information and agreement Armadale Health Service + Venerable Amaranatho**

#### **Background to concept**

In recent years, Armadale Hospital has undergone significant changes with physical expansion, new services and a changing staffing profile. This has put increasing demands on staff and services. It has been demonstrated that staff well-being, at the social, physical and mental level is a key determinant of the health of an organisation.

The monk-in-residence project intends to support staff wellbeing by providing an opportunity for a meaningful exchange of ideas and shared learning. A varied program has been developed to suit staff needs. The immersion will support Amaranatho to meet new people, understand the needs of staff and adapt the program as the residency progresses.

#### **What will be the key focus of the program ?**

The program will encourage staff to take time, to develop skills of mindfulness and how this skill can be applied to one's personal and work-life. New methods to manage physical stress will also be available within the program.

#### **Who is Amaranatho?**

Venerable Amaranatho lives as a wandering Buddhist monk, he aims to meet the needs of the modern world by responding to the situation as it unfolds. Venerable Amaranatho has a religious worker visa from the Cambodian Buddhist Society of WA. He is in WA on his 2014 tour. Further details available at his website – [www.playfulmonk.net](http://www.playfulmonk.net)

#### **What will Amaranatho bring to Armadale ?**

Venerable Amaranatho has expertise in mindfulness, psychological theory, neuro-anatomy and communication and uses a broad range of methods to engage with people including; workshops, group sessions, one of one and drop in opportunities.

As a monk, his personal practice is focused on the interpersonal aspect of mindfulness. He uses this skill to interact with people, supporting the development of emotional resilience, kindness and for individuals to recognise personal freedom. The program will bring an opportunity for time to be set aside, to foster stillness and reflection.

#### **What does he not bring ?**

In coming to Armadale Hospital Amaranatho will not be teaching Buddhism instead focusing on mindfulness, a skill which is for all regardless of belief system. He will not be offering individual psychological or physical therapy, patient support, interfaith dialogue or chaplaincy.

**How will the monk-in-residence program work practically ?**

Amaranatho will be based in the "functional training unit" on the rehabilitation ward from the afternoon of Sunday 23<sup>rd</sup> November to the afternoon of Friday 28<sup>th</sup> November. He will eat in isolation before midday, except for the Friday social meal. He will operate in alignment with the outlined program, adapting as the week progresses.

The program and timetable has been developed by the organizing committee, executive and Amaranatho. He will have a staff badge with appropriate access. All operational issues related to program will be directed to Dr Nicholas Waldron. Payment is on donation basis only as determined by Chris Bone.

**What processes will occur prior to the week ?**

Amaranatho has provided current working with children, police clearance, evidence of personal insurance and multiple referee's. He has undergo pre-employment health assessment and security processes.

**What happens if issues arise during the week ?**

During the program any issues that arise, that require attention beyond Amaranatho's brief, will be signposted and dealt with according to the following plan. Amaranatho will make records of any issues and store these securely.

Issue	Signpost	Method	Person to be advised
Emotional issues	Employee assistance program		
Personal threat or safety issue	Security Switch board		
Chaplaincy requests	Chaplaincy service		
Issues related to program operation	Chair of Committee		
Issues related to accommodation	Chair of Committee		

**How will the program be documented and evaluated ?**

A list of attendees, written feedback after sessions will be collected. A follow-up survey monkey may occur to demonstrate impact of program on the workplace. An opportunity to produce a video is being explored.

**Executive sponsors**

Executive director
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Director of medical services
Director of nursing

**Organising committee members**

Consultant Geriatrician
Head nurse (RAC)
Public relations
Human resources
Speech therapy
ACAT
Community rehabilitation
Occupational therapy

