

THE GARRISON INSTITUTE ANNUAL REPORT 2010

Contemplation • Action • Transformation

Leading a Movement We Helped Start

By any measure, 2010 was a landmark year for the evolution of the Garrison Institute. To minimize resource consumption and maximize impact, we're summarizing a big year in a short report format, with more detailed information online at: www.garrisoninstitute.org

Since our founding in 2003, we have worked to make the case for the relevance of contemplative-based approaches to social change, and to demonstrate that they could be applied in practical, evidence-based ways that met the standards of scientific rigor and measurable, real-world results.

The plasticity of the human brain and the remarkable ability of contemplative practices and insights to create positive changes in states of mind and behavior are revealed by traditional wisdom and cutting edge science alike.

We take both seriously. Our core proposition has been that the connection between them is actionable and scalable, and that it can be applied to create behavioral shifts and systems-level change in such critically important fields as climate change, education and trauma care.

“What we plant in the soil of contemplation, we shall reap in the harvest of action.”

— Meister Ekhart



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In 2010 that case grew better established and more widely acknowledged than ever. We attracted educators, caregivers, scientists, policy makers, CEOs, thought and movement leaders and other change makers to our programs. We did more than innovate or demonstrate or educate; we built and activated professional networks and achieved significant impacts on fields from teaching to human services to building management.

We're now building on and scaling up these achievements. We're growing institutionally, with new leadership, expanding programs and capacities. On an ever-higher level, we continue to nurture, embody and lead the trend that we helped start: a broad and growing movement for contemplative-based, transformative social and environmental change.

Mission

The Garrison Institute is a not-for-profit, non-sectarian organization exploring the intersection of contemplation and engaged action in the world. Our mission is to apply the transformative power of contemplation to today's pressing social and environmental concerns, helping build a more compassionate, resilient future.



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Vision

We envision and work to build a future in which contemplative ideas and approaches are increasingly mainstream, and are applied at scale to create the conditions for positive, systemic social and environmental change.

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Bios of board and council members are posted on our website.

Program Initiatives and Retreats

In 2010 the Institute reached several new milestones as we presented 56 diverse retreats and events, welcomed 5,300 participants through our doors (for a total of over 30,000 since we opened in 2003), built new capacities and leadership and launched exciting new programs. For current, detailed information on our program initiatives and retreats, visit our website: www.garrisoninstitute.org

Our **Initiative on Contemplation and Education (ICE)** works to introduce relevant contemplative techniques to educators. One of America's largest and most impactful professions, with 3.5 million members, teaching is also one of the most stressful. Half of all new teachers burn out within five years. ICE offers resources which can help them cope with stress and create healthy school environments conducive to children becoming responsible, productive, caring adults, and to improving academic performance.

In 2010 ICE continued to help build and guide the emerging field of contemplative education, advised by an expanded leadership council composed of leading educators. The Council met at the Institute twice and organized an upcoming symposium, a leadership forum and other activities to advance the field. ICE also co-sponsored and hosted a retreat on "Mindful Parenting" organized by the Kirlin Charitable Foundation.

CARE (Cultivating Awareness and Resilience in Education), the Garrison Institute's professional development program to help K-12 teachers cope with stress, avoid burnout and better support their students, underwent the second year of a two-year, multi-district pilot in public schools in Pennsylvania. ICE and Pennsylvania State University conducted the research under a major grant from the US Department of Education.* Teachers who participated told us CARE training improved their sense of well-being, their ability to manage classroom behavior and their relationships with students.

*Institute of Education Sciences grant R305A090179



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Our third annual CARE summer retreat attracted teachers from across the US and abroad to the Institute. Demand for CARE training is growing rapidly, and ICE is working to scale up to meet this challenge.

Learn more about ICE's current work at: www.garrisoninstitute.org/education

Our **Initiative on Transforming Trauma (ITT)** works to advance the field of contemplative trauma care, increasing the visibility of new, contemplative-based clinical and self-care interventions and highlighting scientific research that can validate such approaches. Each year hundreds of millions worldwide experience traumatic events, as will most Americans during their lives. Those who work with survivors are exposed to high stress and risk developing burnout, compassion fatigue and vicarious trauma. For them, contemplative-based skills training can help build resiliency.

After a successful pilot of our **Wellness Project** that brought such trainings to some 400 front-line workers and administrators in domestic violence shelters, in 2010 ITT focused on expanding into new areas. It began a mapping study of contemplative-based interventions in trauma care, and conducted a feasibility study on adapting Wellness training into a resilience-building program for international aid workers. We also held the first workshop offering such tools to human rights defenders from 18 countries in Dublin, Ireland.

Learn more about ITT's current work at: www.garrisoninstitute.org/trauma

Our **Initiative on Transformational Ecology (ITE)** combines current scientific research in many disciplines with shared values and contemplative wisdom in order to reexamine our relationship with the environment and find new approaches to human-caused environmental threats, including climate change. Those threats are quickly becoming more acute, but so is our understanding of the subjective human elements underlying them and their solutions.

In 2010 ITE launched the **Climate, Mind and Behavior (CMB)** project, which integrates new research findings about what drives human behavior into new thinking on climate solutions. We set up a distinguished CMB steering committee, commissioned a CMB baseline study and worked with the Natural Resources Defense Council on a “behavioral wedge” strategy for achieving a gigaton of greenhouse gas emissions reduction through voluntary behavioral shifts. Climate leaders, behavioral and neuroscientists and other professionals were recruited into an active, growing CMB network. We convened them for the first time in a 2010 CMB symposium, covered by *Time*, *USA Today* and other mainstream outlets.

In a related program, **Climate, Buildings and Behavior (CBB)**, we built a professional network and held a symposium on behavioral approaches to reducing the 42% of US greenhouse gas emissions that come from the building sector.

We also laid the groundwork for **Climate, Cities and Behavior (CCB)**, a new program on urban planning and regulatory issues that will hold its first meeting in 2011. And we hosted “Catalyzing the Clean Energy Economy,” a retreat on optimizing retrofitting programs and green jobs.

Learn more about ITE's current work at: www.garrisoninstitute.org/ecology



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The Institute's retreat program, **Retreats at Garrison**, held 53 retreats in 2010. Some were focused on contemplative practices such as meditation and reflection, exploring diverse wisdom traditions as well as contemporary ideas and practices. Others convened professionals in key fields to focus on transformational leadership. All furthered our mission of helping create transformational social and environmental change.

In 2010 we hosted such retreats and organizations as the Christian contemplative practice of Centering Prayer, Jewish Mindfulness Teacher Training, the New York Zen Center for Contemplative Care, Amnesty International, the philanthropic network Women Moving Millions, a meeting of young professionals in the Tibetan diaspora community featuring His Holiness the Dalai Lama, and many more. Collectively our retreats attracted over 4000 individual participants, each one an agent of positive change.

Learn more about our retreats at: www.garrisoninstitute.org/retreats

Institutional Growth

In 2010 the Garrison Institute entered a new phase of evolution with new leadership, expanding programs and upgraded capabilities.

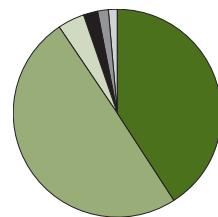
Dr. Mary Pearl, distinguished scientist, educator and a founder of the field of conservation medicine, became the Garrison Institute's new CEO, succeeding the Institute's co-founder and first President/CEO Diana Calthorpe Rose. In addition to expanding our ICE and ITT leadership councils, we also welcomed two new board members, Monica Winsor and Gina Sharpe.

As our programs expanded in 2010, so did our staff and capacity. We hired new professional staff in our program initiatives, greatly expanded our volunteer and internship programs, launched a new website and database and brought other new IT capacities online. Even in an uncertain economy, our income continues to grow modestly year on year.



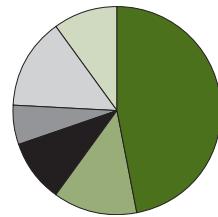
Founding president Diana Calthorpe Rose (left) and CEO Mary C. Pearl walk the Institute's newly installed labyrinth.

2010 Income



Retreats	\$1,310,331
Foundation gifts and grants	\$1,600,200
Individual Gifts	\$133,449
Program	\$68,773
Government	\$53,331
Fees and other program related income	\$42,086
Total Income:	\$3,208,170

2010 Expenses



Retreats	\$1,437,356
Education	\$390,636
Trauma	\$296,693
Ecology	\$300,145
Communications	\$189,650
Administration	\$593,690 (19% of total)
Total Expenses:	\$3,208,170

"A 'Learning Organization' [is] an organization that is continually expanding its capacity to create its future."

— Peter Senge

Funders

The Garrison Institute is profoundly grateful for the support of its many funders, whose vision and generosity make our program initiatives, retreats and operations possible.

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