

4 Yoga 4 Change

Yoga 4 Change Correctional Program Evaluation Chartrand Fund Preliminary Findings – Mid-Year Report

Introduction

This research brief provides initial midpoint data from an evaluation of Yoga 4 Change’s correctional programming in Duval County. The study is supported by a grant from the Chartrand Family Fund and represents a collaboration with Boston University.

Yoga 4 Change

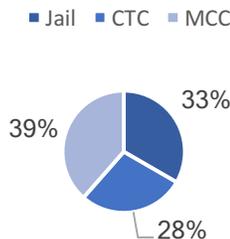
Yoga 4 Change (Y4C) is a nonprofit organization that offers a novel low-cost, healthy way to treat trauma and improve mental and physical health, by integrating physical movement (e.g., body forms/shapes) with thematic teachings (e.g., forgiveness, self-acceptance, vulnerability). These teachings are specifically developed for incarcerated individuals, among other underserved populations. This approach breaks down barriers and confronts emotional and physical limitations, while providing tools that help students reconstruct their thinking so they can focus on how to move through their past and start contributing to society.

Context

The current study evaluates curriculum as offered to men and women incarcerated at the Community Transition Center, the Montgomery Correctional Center, and the Pre-Trial Detention Center in Duval County. The study began in February 2018 and current data represent preliminary findings from start through June 2018. The study will continue through the end of 2018.

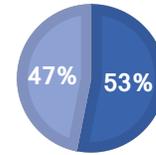
Program Characteristics

JSO Facility



PARTICIPANTS

■ Incarcerated men ■ Incarcerated women



Quantitative Findings

The results of statistical analyses comparing pre and post assessment of multiple validated scales indicated positive improvements; across-the-board Yoga 4 Change is making a positive impact on participants’ strengths and well-being.

Coping Skills

Results showed a **highly statistically significant increase** in participants’ use of healthy coping skills, which indicates that participants respond to adversity with healthier behaviors after attending six weeks of Yoga 4 Change programming.

Health

Results showed a **statistically significant improvement** in participants’ health, which indicates that participants are more mentally and physically healthy after attending six weeks of Yoga 4 Change programming.

Sleep

Results showed a **highly statistically significant increase** in participants’ use of healthy coping skills, which indicates that participants respond to adversity with healthier behaviors after attending six weeks of Yoga 4 Change programming.

Forgiveness

Results showed a **statistically significant increase** in participants’ levels of forgiveness, which indicates that participants are more forgiving after attending six weeks of Yoga 4 Change programming.

Compassion

Comparison of pre-test and post-test mean scale scores indicated that participants’ levels of compassion are increasing, but not to a statistically significant degree.

