The background features abstract geometric shapes in various shades of green and teal. A large, light green diagonal shape points from the top right towards the bottom left. Below it, a darker green shape points from the bottom left towards the top right. On the right side, there is a large teal shape that resembles a stylized cross or a T-shape with rounded corners, extending from the middle to the bottom of the page.

Yoga 4 Change Chartrand Correctional Study

Brief Report

APRIL 2020

YOGA 4 CHANGE CHARTRAND CORRECTIONAL STUDY

With support of the Chartrand Family Fund and in conjunction with Boston University, an evaluation was conducted assessing all Yoga 4 Change correctional programming for the year 2018. The study implemented a controlled evaluation of curriculum as offered to men and women incarcerated in Duval County. Statistical analyses suggest that Yoga 4 Change’s trauma-informed curriculum is making a positive impact on participants’ wellbeing.

STUDY DEMOGRAPHICS

The study included 312 participants, 150 voluntary curriculum program participants and 162 wait-list control group participants. Control group participants were people incarcerated at the same JSO facilities and did not participate in the Yoga 4 Change programming.

Study participants were primarily white (57.4%), male (67.3%) with a mean age of 33.47 years (SD = 9.99), ranging from 18 to

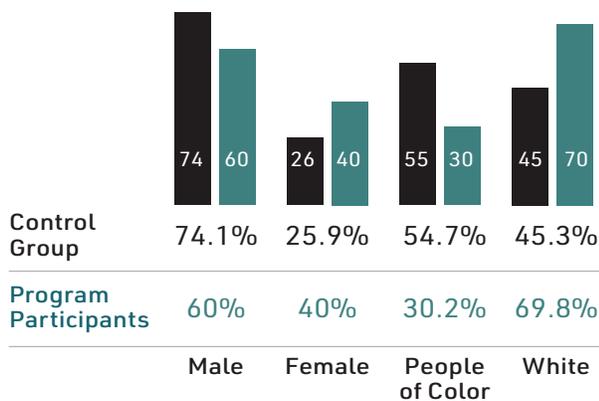
64 years. Of program participants, 60% were male, 30.2% were people of color and 69.8% were white; of control participants, 74.1% were male, 54.7% were people of color and 45.3% were white.

Participants were divided among the Pre-Trial Detention Center (51.3%), the Community Transition Center (29.2%), and the Montgomery Correctional Center (19.97%). For program participants, 17.3% were located within the Pre-Trial Detention Center, 49.3% in the Community Transition Center, and 33.3% in the Montgomery Correctional Center; 82.1% of the control participants were incarcerated at the Pre-Trial Detention Center, 10.5% at the Community Transition Center, and 7.4% at the Montgomery Correctional Center.

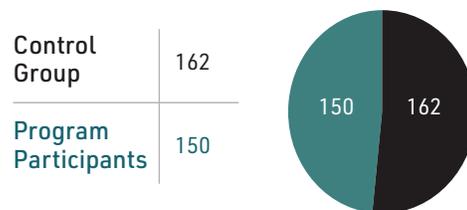
OUTCOMES

After completing six weeks of Yoga 4 Change programming, participants demonstrated significant increases in posttraumatic growth, emotional regulation, self-compassion, sleep, and forgiveness as compared to a control group who did not demonstrate positive change in these areas.

Study Population by Sex and Race



Study Population by Participant Type



Differential impacts were noted dependent on participant sex and race. For example, women experienced increased self-compassion, compassion for others and improved sleep while men did not. Similarly, results indicated that white participants were more significantly impacted by the program and showed improvements in emotional awareness, self-compassion, and sleep while participants of color did not. While there may be many factors that influence these differences, one explanation could be the potential influence of individual teachers. Program teachers were white and predominantly women, although men’s classes were taught by a male instructor. Another explanation could be that there were more white participants who volunteered to participate in programming.

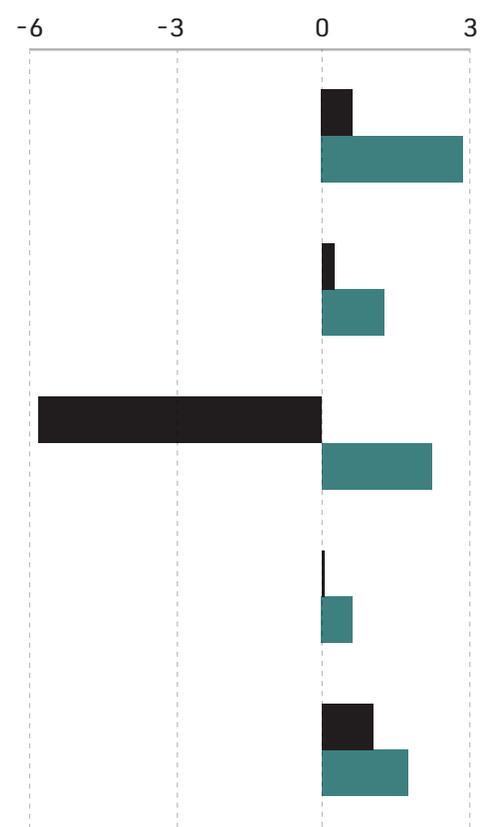
The current study demonstrated positive impacts for curriculum-based trauma-informed yoga programming. For participants, programming improved mental and physical wellbeing while increasing capacity for

self-regulation and positive coping. Results are particularly notable in that they occurred during incarceration, an experience that can be characterized by increased stress, traumatization and retraumatization. The positive impacts of Yoga 4 Change programming demonstrates a cost-effective strategy for providing tools for managing stress and promoting resilience during incarceration.

The present study offers promising evidence of the benefits of trauma-informed yoga as an adjunctive approach to more traditional trauma treatment strategies including psychotherapy. While research shows that mental and physical risk increases with exposure to incarceration, programming such as Yoga 4 Change can be a promising, cost effective, and accessible antidote. Additionally, trauma-informed yoga curricula such as that of Yoga 4 Change, can provide participants with benefits and tools that may make traditional therapies more successful.

	Control	Program Participants	Change in Score
Posttraumatic Growth	Control Group		+0.65
		Program Participants	+2.96
Emotional Regulation	Control Group		+0.26
		Program Participants	+1.3
Self-Compassion	Control Group		-5.92
		Program Participants	+2.3
Forgiveness	Control Group		+0.05
		Program Participants	+0.65
Sleep	Control Group		+1.07
		Program Participants	+1.8

Difference in Mean Score from Week 1 to Week 6



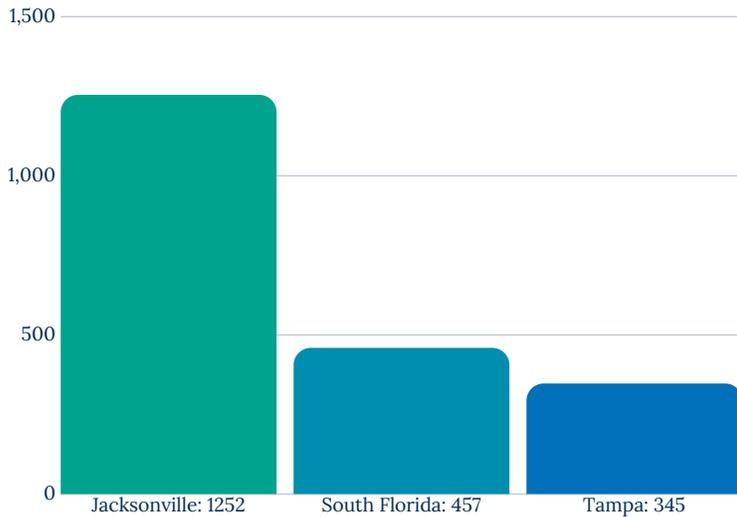
YOGA 4 CHANGE: PROGRAM AND FINANCIAL SNAPSHOT

TOTAL CLASSES BY REGION*:

(CALENDAR YEAR JAN-DEC 2019)

Each region serves our populations by offering chair or mat yoga classes inside facilities that serve our 4 distinct populations.

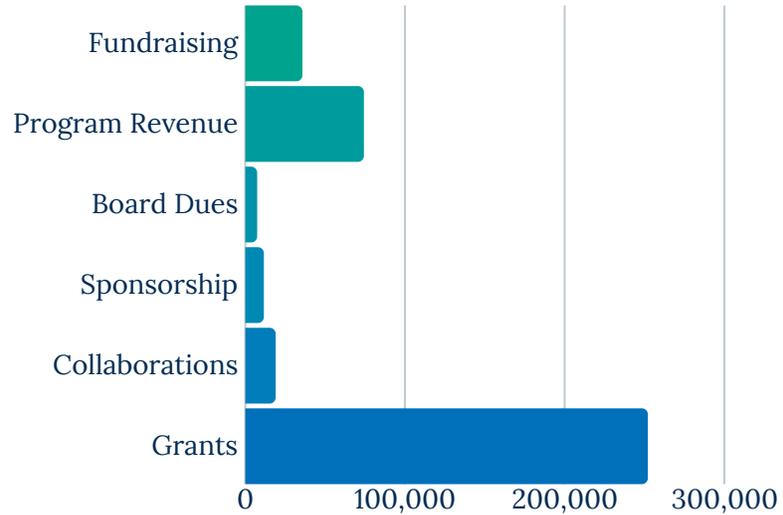
*Orlando programming did not begin until Jan 2020.



REVENUE BREAKDOWN

(FISCAL YEAR NOV-OCT 2019)

Yoga 4 Change brings in money through 6 revenue drivers. In 2019, Yoga 4 Change's revenue equated to: \$395,515.68



COVID-19 IMPACT

Prior to COVID-19, Yoga 4 Change was averaging 72 classes per week across all regions. The pandemic led to the cancellation of 100% of both Yoga 4 Change's in-person programming and in-person fundraising events. Organizational leadership felt the urgency to shift programming online, and in early March of 2020, Y4C created policies and procedures to transfer services completely to the virtual environment. When 'safer-in-place' orders were passed across Florida, Y4C already had overcome technological hurdles, and thus the organization was able to continue mental health services for its clients. As of July 2020, Yoga 4 Change is offering 51 classes per week across the region, and just recently instituted procedures to collect data virtually to compare program offering. Based on the organization's quick pivot, new partnerships became available. This led to expanding Y4C's geographical footprint and the creation of a new business line. Once social distancing recommendations are lifted, Y4C expects to shift back to in-person programming, as our programming is a proven intervention.



GRANTS RECEIVED: FY 2019

- Florida Blue Foundation: \$169,768.85
- Chartrand Family Fund: \$69,200
- Emily Balz Smith Foundation: \$10,000
- lululemon \$7,500
- Winifred Gordon Foundation: \$4,800
- Jaguars Foundation: \$4,550

WHERE WE ARE:



EXPANSION:

At the end of 2019 our main focus was deepening the expansion in our three new regions while scaling Jacksonville's programming to ensure impact was maintained. Y4C was successfully able to expand programming into new facilities in all regions during the past eight months. New partnerships were also created with facilities among all four populations in the Jacksonville region: (i.e., Teach for America, Healing Tides, Brooks Rehabilitation, Veteran Court, and Drug Court). In the three new regions, all rehabilitation center programming is covered through the Florida Blue Grant. Two of the three regions are achieving grant outcomes and have already begun programming in facilities serving other populations within our mission (i.e., Wounded Warriors, Department of Juvenile Justice, and PACE Center for Girls). Thus, our focus has now shifted to deepening the impact in all populations served currently by Y4C. We plan to begin programming for every population in each region before expanding into a new geographic location.

LEADERSHIP: JUL 19-JUL 2020

- Experienced significant leadership shifts
- Onboarded/trained individuals for the following positions:
Board President, Director of Programming for Jacksonville, Director of Programming for South Florida, Director of Programming for Orlando 3 interns, 23 teachers, and 32 volunteers
- Improved fundraising strategy, program implementation, facility engagement, board governance, and evaluation techniques.
- Increased growth in donation revenue, community outreach, team cohesion, and program implementation.
- Updated policies, procedures, and financial models to ensure team understanding of what it would take to operate in a new market and/or create a new program (due to COVID 19).
- Founder awarded the 2020 Florida Blue Foundation Sapphire Awards: Individual category



TRAINING

In January and February 2020, Yoga 4 Change offered team members from across the state of Florida an opportunity to receive 50 hours of continuing education because of the generosity from the Chartrand Family Fund. The training brought in internationally recognized yoga teacher and trauma expert Matthew Sanford, and part of his Mindbody Solutions team. Sanford, founder of mindbodysolutions.org, educated the Y4C team to better connect our curriculum to populations through understanding trauma on a deeper level. All Y4C teachers who attended the training articulated a better understanding of the mind body relationship and how it applies to both who they serve and themselves.