



Yoga 4 Change Yoga 4 Change OD2A-1 Summary Report

This report shares key findings from the Overdose 2 Action Grant for the period from September 1, 2020, to August 31, 2021. Yoga 4 Change worked with justice involved individuals participating in specialty courts including drug court and veteran’s court.

Yoga 4 Change

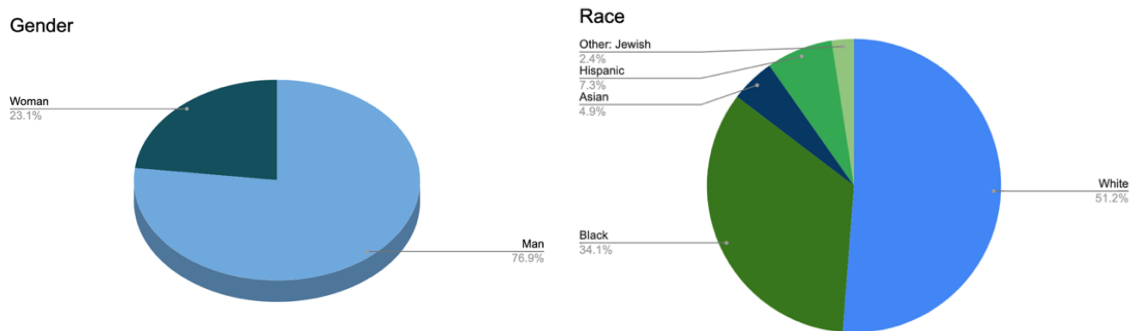
Yoga 4 Change is a non-profit organization that aims to achieve lasting, demonstrative change for veterans, individuals who are experiencing incarceration, youth, and people living with mental health conditions through purpose-driven yoga curricula. Yoga 4 Change was able implement and evaluate a trauma-informed embodied mindfulness curriculum specifically for justice involved individual in Jacksonville Florida.

Methodology

Programming for this grant included implementation of a research-based, trauma-informed curriculum called Yoga 4 Recovery. All Yoga 4 Change yoga teachers were trained on the curriculum and the curriculum was uniformly implemented across programming. Participants receive weekly curriculum-based sessions that include yoga asana (physical practice), meditation, psychoeducation (based on curriculum themes), and group discussion. Program participants included men and women in Jacksonville participating in specialty court programming. Change for program participants was measured both before and after each class and before and after six weeks of curriculum participation. Participants completed an assessment card before and after class and a written survey before and after participating in the program. Results include program evaluation data for Yoga 4 Change programming for the period from September 2020 through August 2021.

Who Are Our Students?

Participants range in age from 21 to 69 with the mean age of 41.4. Most students identified as male (75%). Race and ethnic identity included White (n=21), Black (n=14), Asian (n=2) and other (n=1). Participants identified a range of insurance statuses including public (n=20, 50%), private (n=16, 40%), and uninsured (n=3, 7.5%). Eighty percent identified as being a veteran (n=32).



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**Yoga 4
Change**

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Pre/Post Class Outcomes

For program participants, there was a significant increase in mood ($p < .001$), significant decrease in stress ($p < .01$), and borderline significant decrease in pain ($p = .054$) after participation in class as compared to before.

4 Scale	Average % Change
Mood	14%
Stress	26%
Pain	16%

Pre/Post Curriculum Outcomes

There were no significant changes in items measured pre and post curriculum participation including emotional awareness, emotional regulation, posttraumatic growth, self-compassion, and mindfulness.

Meeting Goals

Throughout the grant period, specific goals were set and documented monthly. These goals are detailed below along with the overall percent of participants who met each goal for the full project period.

Scale	Goal	Total # of Participants	Total # of participants who met goal	Total % of participants who met goal
Mood	On average, Yoga 4 Change participants will report a 10% increase in mood as measured by Mood Scale. (notecards pre vs post)	357	180	50%
Stress	On average, Yoga 4 Change participants will report a 10% decrease in stress as measured by the Stress Scale. (notecards pre vs post)	357	213	60%
Pain	On average, Yoga 4 Change participants will report a 10% decrease in pain as measured by the Pain Scale. (notecards pre vs post)	357	158	44%
Posttraumatic Growth	On average, Yoga 4 Change participants will report a 10% increase in posttraumatic growth as measured by the Posttraumatic Growth Scale. (pre vs post test)	36	10	28%
Emotional Regulation	On average, Yoga 4 Change participants will report a 20% increase in emotional regulation as measured by the Emotional Regulation Scale. (pre vs post test)	37	13	35%
Emotional Awareness	On average, Yoga 4 Change participants will report a 10% increase in emotional awareness as measured by the Emotional Awareness Scale. (pre vs post test)	38	11	29%
Self-Compassion	On average, Yoga 4 Change participants will report a 30% increase in self-compassion as measured by the Self-Compassion Scale – Short Form (SCS-SF). (pre vs post test)	36	12	33%
Mindfulness	On average, Yoga 4 Change participants will report a 10% increase in mindfulness as measured by the Cognitive and Affective Mindfulness Scale - Revised (CAMS-R). (pre vs post test)	36	11	31%

Program Feedback



When Y4C students were asked about their experience in the program, the following words were most frequently used:



What Yoga 4 Change students are saying. . .

It changed me & how I look at the world , every class & every stretch at yoga 4 change was like a fresh air in my lungs. Thank you.

Yoga has certainly helped me out and understanding how to take control of my mind, body and spirit. To keep in touch with myself. Learn about new ways and techniques to improve myself physically and spiritually. Yoga can be used as a positive force to help me build my life a lot better and feel better at the same time. Thank you for letting me share.

I feel so much more aware of my emotions and reactions to things taking place in my life. And I have a better understanding of how much control I have over my life. Because I control my emotions and reactions instead of blaming them on others for what they do to me it all really comes down to how I handle them and how I react. This experience was wonderful. Thank you so much.

I now know why humans do Yoga.

The program is great. I was a little hesitant at first, but i found that the stretching and breathing helped with pain i get from work. Thank you for your time and look forward to doing more.



y4c.org

I'm grateful for this program.

It really made me a better person and look at my life through a new perspective.

