



**YOGA 4 CHANGE
FLORIDA BLUE FOUNDATION
SUMMARY REPORT
2019 - 2021**

Introduction

This report shares key findings from the collaboration between the Florida Blue Foundation and Yoga 4 Change in implementing opioid-specific interventions for the period from October 2019 through September 2021.

Yoga 4 Change

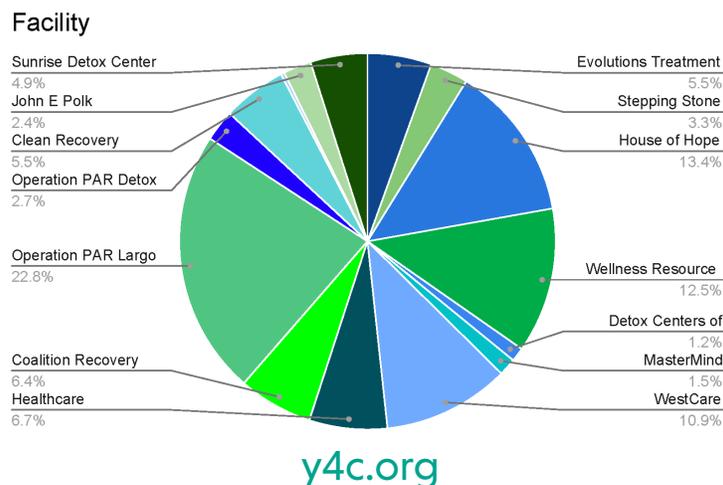
Yoga 4 Change is a non-profit organization that aims to achieve lasting, demonstrative change for veterans, individuals who are experiencing incarceration, youth, and people living with mental health conditions through purpose-driven yoga curricula. With generous support from the Florida Blue Foundation Yoga 4 Change was able to develop, implement, and evaluate a trauma-informed embodied mindfulness curriculum to specifically address opioid-use impacts in Florida. This funding expanded Yoga 4 Change's reach into three new areas - South Florida, Tampa, and Central Florida and established the new Yoga 4 Recovery curriculum.

Methodology

Support from the Florida Blue Foundation provided for the development 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 behavioral health facilities in three areas – South Florida, Tampa, and Central Florida. Change for Yoga 4 Change program participants was measured both before and after each class and before and after 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 October 1, 2019, through September 30, 2021.

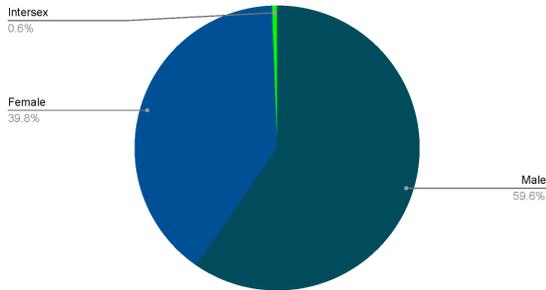
Who Are Our Students?

Program participants came from three regions of Florida and fifteen facilities.

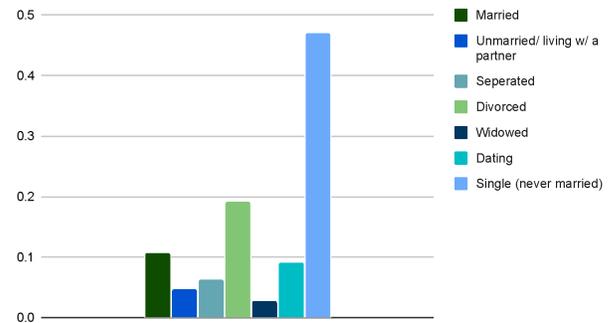


Participants ranged in age from 18 to 79 with the mean age of 37.6. Most students were male (60%). Race and ethnic identity included White (n=259), Black (n=20), Asian (n=1), American Indian/Alaskan Native (n=7), Hispanic (n=22), multi-racial (n=12), other (n=9). Most were single, having never been married (47%). Approximately 40% had a high school degree or less. Participants identified a range of insurance statuses including public (40.9%), private (37%), uninsured (20.5%), and underinsured (1.6%). Almost half made less than \$25,000 (49.2%).

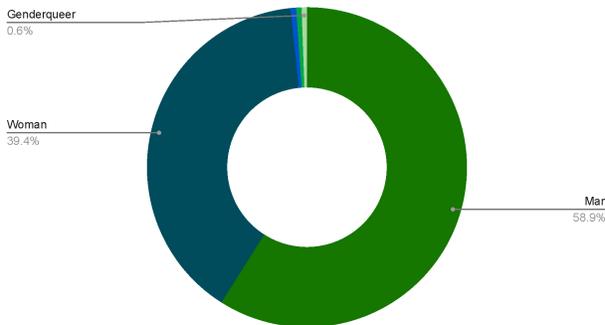
Sex



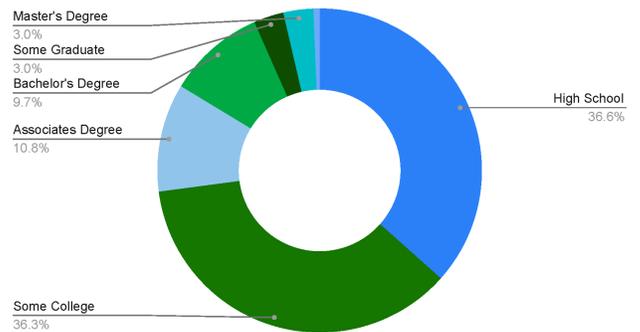
Relationship



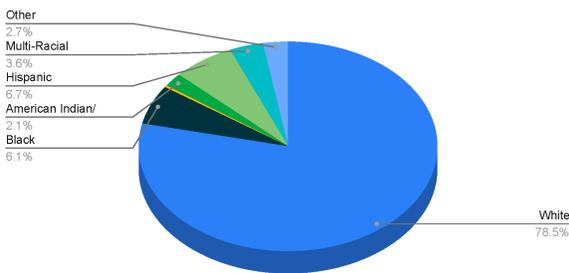
Gender



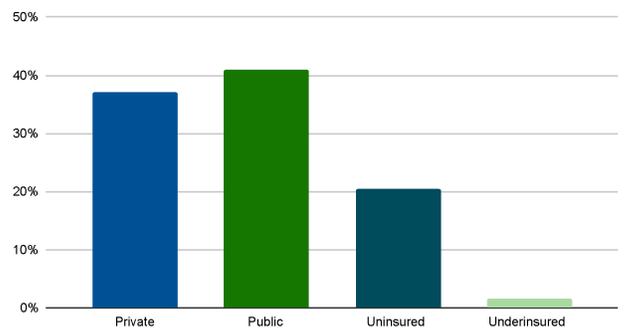
Education



Race



Insurance

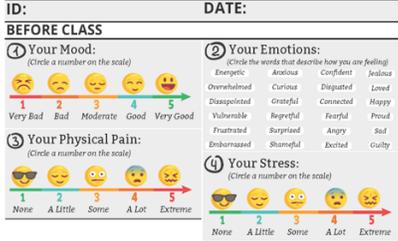


Overall Change

Pre/Post Class

For program participants, there was a significant increase in mood, significant decrease in stress, and significant decrease in pain after participation in class as compared to before.

Pre/Post Class Outcomes

4	We measured participants self-report of mood, stress, and pain before and after each class.		Scale Summary
Scale	Average % Change	Is Change Significant?	
Mood	18%	☑	 <p>The form includes sections for: 1. Your Mood (1-5 scale), 2. Your Emotions (Anxious, Confident, Jealous, etc.), 3. Your Physical Pain (1-5 scale), and 4. Your Stress (1-5 scale).</p>
Stress	27%	☑	
Pain	18%	☑	

Pre/Post Curriculum

There was a significant increase in measures of Emotional Awareness, Emotional Regulation, Posttraumatic Growth, Self-Compassion, Optimism, Purpose, Mindfulness, and Social Connectedness for participants after participation in the program as compared to before. The average change for participants included a 5% increase in Emotional Awareness, 10% increase in Emotional Regulation, 6% increase in Posttraumatic Growth, 4% increase in Self-compassion, 2% increase in Forgiveness, 9% increase in Optimism, 8% increase in Purpose, 9% increase in Mindfulness and a 6% increase in Social Connectedness. All outcomes are detailed in the table below.

Pre/Post Curriculum Outcomes

 We evaluated all participants on a range of measures assessing wellbeing, interpersonal strengths, regulatory strengths, and meaning-making strengths both before and program participation. We compared participants' scores on the pre- and post- curriculum measures.			
Scale	Average % Change	Is Change Significant?	Scale Summary
Emotional Awareness	5%		Everybody experiences a range of emotions, but individuals vary in the degree to which they pay attention to and understand their emotional experiences. Emotional awareness is the ability to monitor and identify one's own feelings.
Emotional Regulation	10%		Negative emotions are inevitable and the ways an individual responds to them has strong implications for mental health and wellbeing. Emotion regulation is one's ability to maintain stability and manage distressing feelings.
Posttraumatic Growth	6%		Posttraumatic Growth (PTG) refers to positive outcomes as described by individuals who have experienced adverse or stressful events. This measure assesses increased strengths, spiritual change, new life possibilities, and appreciation of life.
Self-Compassion	4%		Self-compassion is showing oneself kindness and understanding when confronted with personal failings.
Forgiveness	2%		Forgiveness has long been considered an important interpersonal strength measuring cognitive, behavioral, and emotional indices of increasing balanced views and decreasing negative emotions.
Optimism	9%		Holding positive outcome expectancies, termed optimism, is a well-known protective factor associated with a range of beneficial health outcomes.
Purpose	8%		Purpose is an important construct in the study of positive psychology, yet it remains relatively understudied. It refers to the degree to which an individual has a sense of meaning in life and a reason for living.
Mindfulness	9%		This scale assesses the short-term or current expression of a core characteristic of mindfulness, namely, a receptive state of mind in which attention, informed by a sensitive awareness of what is occurring in the present, simply observes what is taking place. High scores reflect higher mindfulness.
Social Connectedness	6%		This scale measures the degree to which an individual feels connected to others in their social environment.

Meeting Goals

Throughout the two-year collaboration with the Florida Blue Foundation, 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	Met Goal	Total	% 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)	6427	12190	53
Stress	On average, Yoga 4 Change participants will report a 10% decrease in stress as measured by the Stress Scale. (notecards pre vs post)	6689	11863	56
Pain	On average, Yoga 4 Change participants will report a 10% decrease in pain as measured by the Pain Scale. (notecards pre vs post)	5010	12119	41
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)	106	302	35
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)	119	290	41
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)	104	288	36
Forgiveness	On average, Yoga 4 Change participants will report a 10% increase in forgiveness as measured by the Forgiveness Scale. (pre vs post test)	84	289	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)	47	280	17
Purpose	On average, Yoga 4 Change participants will report a 10% increase in purpose as measured by the Purpose Scale. (pre vs post test)	123	319	39
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)	121	305	40
Social Connectedness	On average, Yoga 4 Change participants will report a 10% increase in social connectedness as measured by the Social Connectedness Scale - Revised. (pre vs post test)	100	268	37
Optimism	On average, Yoga 4 Change participants will report a 10% increase in optimism as measured by the Optimism Scale. (pre vs post test)	135	309	44

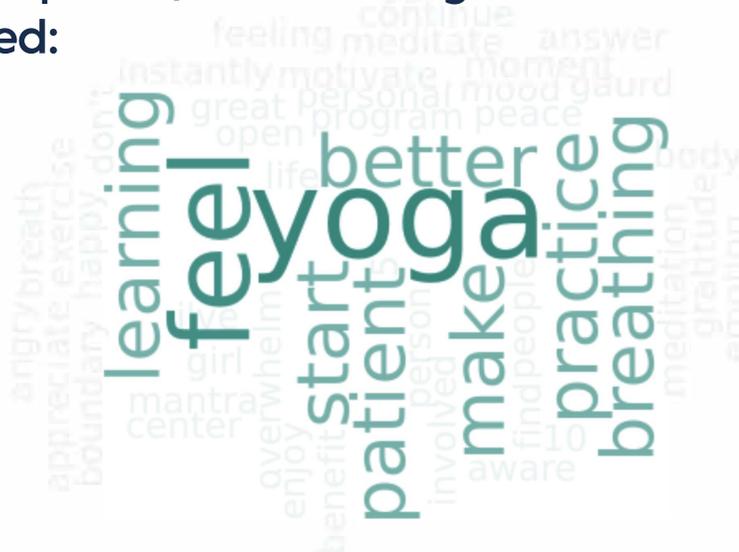
WHAT YOGA 4 RECOVERY STUDENTS ARE SAYING...



When asked about program impact, the following words were most frequently used:



When asked about changes in behavior resulting from program participation, the following words were most frequently used:



WHAT YOGA 4 RECOVERY STUDENTS ARE SAYING...



I am able to feel connected with myself. . . calm myself by breathing

it teaches us how to relax and feel our emotions

the yoga program has helped me relax tension and I didn't realize weighted on me and after a few days of high stress going out there and meditating helps also relax my nerves

I feel like a different person afterwards

Im learning to be more patient

it's helping me with my anger & definitely with my substance abuse

It makes me this person I'm proud of

now I have techniques and tools to keep me sober and we learn about relationships and what we need to help us along

it has shown me how being centered & mindful help me find a sense of peace within myself

I remember what I love about recovery