



Yoga 4 Change OD2A-2 Summary Report

This report shares key findings from the Overdose 2 Action Grant for the period from March 1, 2021, to August 31, 2021. Yoga 4 Change worked with individual in treatment in behavioral health facilitates in Jacksonville, Florida.

Yoga 4 Change

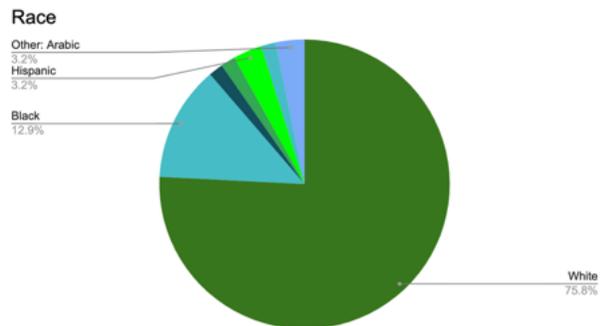
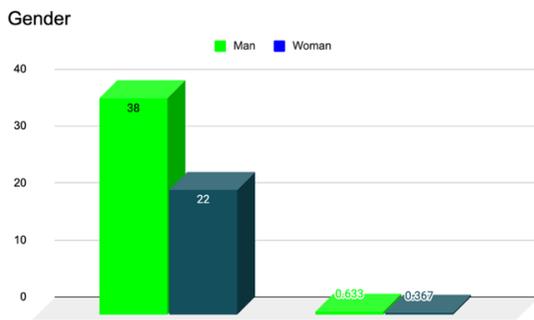
Yoga 4 Change is a non-profit organization that aims to achieve lasting, demonstrative change for veterans, individuals who are experiencing incarceration, youth, and people living with mental health conditions through purpose-driven yoga curricula. Yoga 4 Change was able implement and evaluate a trauma-informed 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 behavioral health treatment 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 18 to 83 with the mean age of 39.4. Most students identified as men (63.3%). Race and ethnic identity included White (n=47), Black (n=8), Asian (n=1), American Indian/Alaskan Native (n=1), Hispanic (n=2), multi-racial (n=1) and other (n=2). Participants identified a range of insurance statuses including public (n=9, 15%), private (n=42, 70%), and uninsured (n=9, 15%). Most (91.5%) participants did not identify as veterans. Five participants (8.5%) did cite veteran status.



The Department of Health in Duval County's Overdose Data to Action (OD2A) program funded the production of this report and the programs mentioned in it. OD2A is a grant program with 100% of its funding from the Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS or the U.S. Government.



**Yoga 4
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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 significant decrease in pain ($p < .001$) after participation in class as compared to before.

 Scale	Average % Change
Mood	22%
Stress	33%
Pain	16%

Pre/Post Curriculum Outcomes

After participating in programming, Yoga 4 Change students demonstrated significant increases in measures of emotional regulation, post traumatic 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)	574	329	57%
Stress	On average, Yoga 4 Change participants will report a 10% decrease in stress as measured by the Stress Scale. (notecards pre vs post)	568	368	65%
Pain	On average, Yoga 4 Change participants will report a 10% decrease in pain as measured by the Pain Scale. (notecards pre vs post)	565	232	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)	58	29	50%
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)	60	28	47%
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)	60	19	32%
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)	58	25	43%
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)	59	26	44%

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. . .

The program has given me a 2nd chance to life long sobriety. I've learned coping skills which includes boundaries and grounding. I've learned to be more open and express my emotions.

So far the program has impacted me in a positive way. It's helping me open up and understand my addiction better as well as getting honest with myself.

This program has taught me alot about myself. From where I was and where I want to be. I have found my focus again, I had lost it. I understand my triggers now and know what I have to do with the tools that this program has given me, I have a positive outlook ahead of me. stay positive and stay in control.

Yoga should be offered every day.

yoga adds peace and serenity to my life. i will continue the practice.

This is the first time I have participated in yoga. I feel like it relaxed me and was a healing experience. I will definitely pursue a yoga program in the future.

The yoga was a great experience. I am going to continue with it.

The Yoga program was amazing, it helped with meditation and physical health. I will now practice it with my family and friends. Never tried yoga before and now I will recommend it to everyone. Thank you!

Yoga rocks.

