

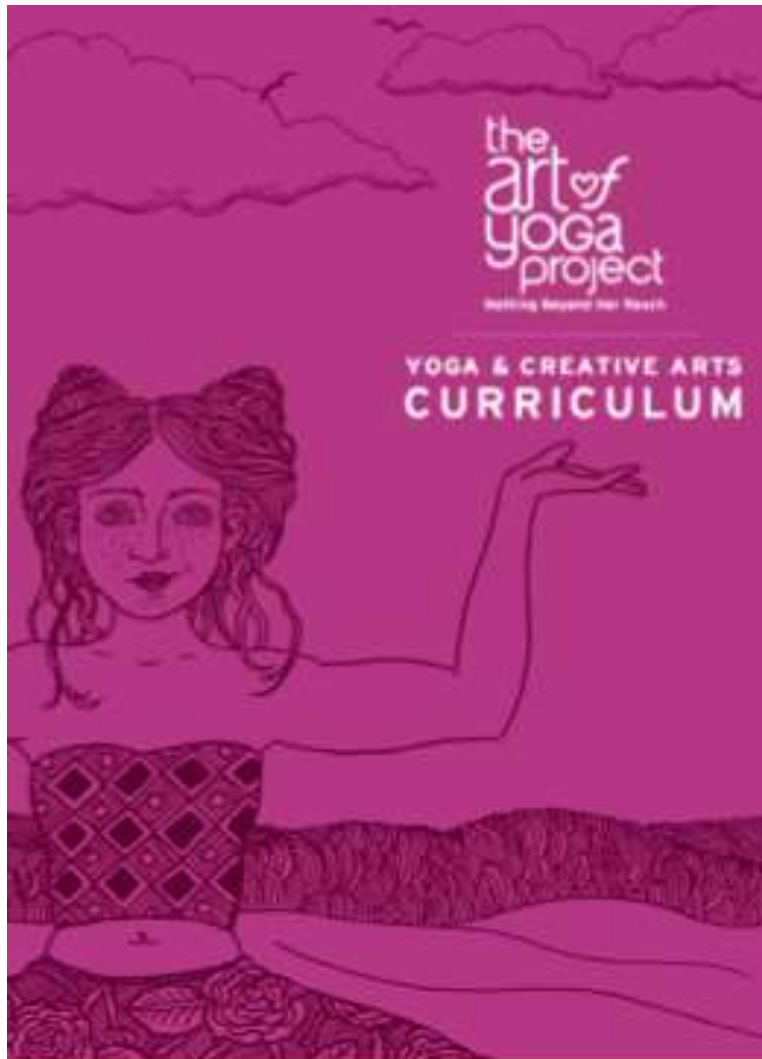
"Jail stresses me and it helps a lot to breathe. When I am angry and I need to cool down or when I'm about to have an anxiety attack, yoga and meditation helps."

the
art of
yoga
project

Nothing Beyond Her Reach

**Challenge Team
Mountain View, CA
June 12, 2014**

Yoga and Creative Arts Curriculum



Our Mission

SELF-AWARENESS, SELF-RESPECT & SELF-CONTROL

- To lead teen girls within the Juvenile Justice System toward **accountability** to self, others and community by providing practical tools to effect behavioral change.
- Girls need to:
 - be **aware** of their thoughts and behaviors
 - care enough about self to want to change (**respect**)
 - have concrete tools to manage impulses (**control**)
- Provide gender-responsive, gender-specific programming for girls



The Art of Yoga Project

What we do:

- Serve 600+ at-risk teen girls annually
- Yoga and Creative Arts Curriculum
 - Gender responsive – trauma informed
- Juvenile Justice System:
5 Detention Centers in San Francisco,
San Mateo and Santa Clara County
- Aftercare Services
- Affiliate Program
- Published Best Practices
- Collaborate with Probation, Mental Health,
Judiciary, Schools and other CBO's
- University-led Research, program evaluation



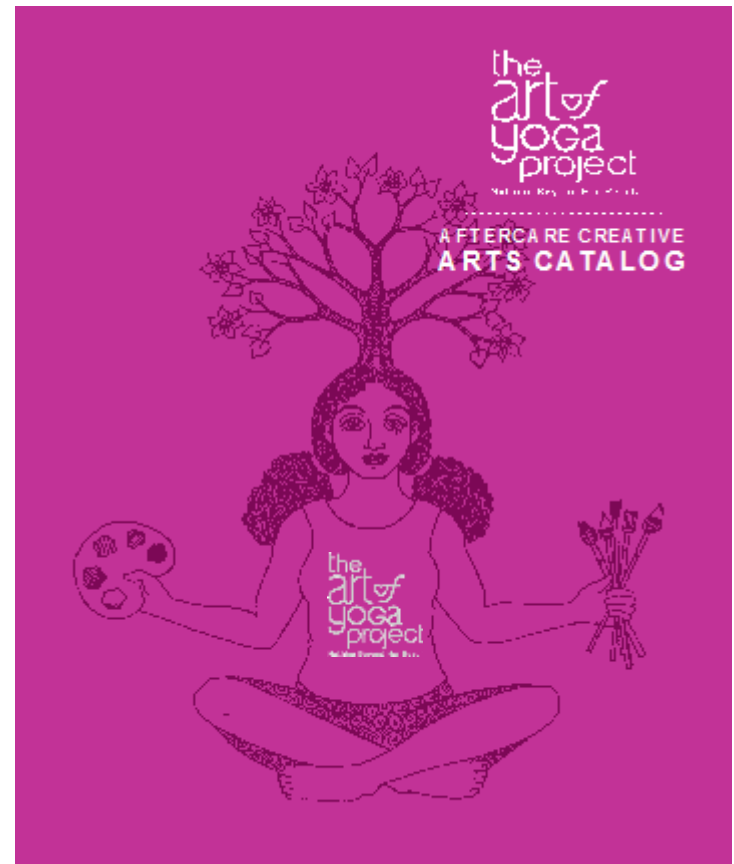
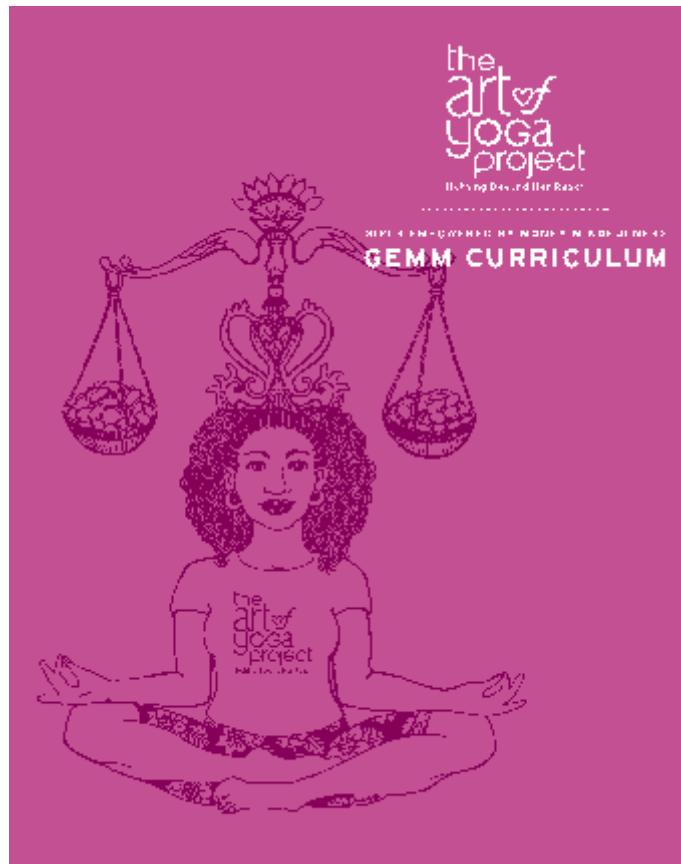
Aftercare & Collaboration

- Probation and Therapeutics: StarVista, WRA, EMQ, Canyon Oaks
- Alternative Schools: Sunol, Peninsula
- CBO's: The Hub, Mission Girls, CYWD
- Serving victims of sexual trafficking
CSEC: The SAGE Project, NEST, RISE
- One-on-one Mentoring
- Focus on Essential Life Skills, Making a Living Ethically and Legally
- GEMM – Girls Empowered through Money Mindfulness



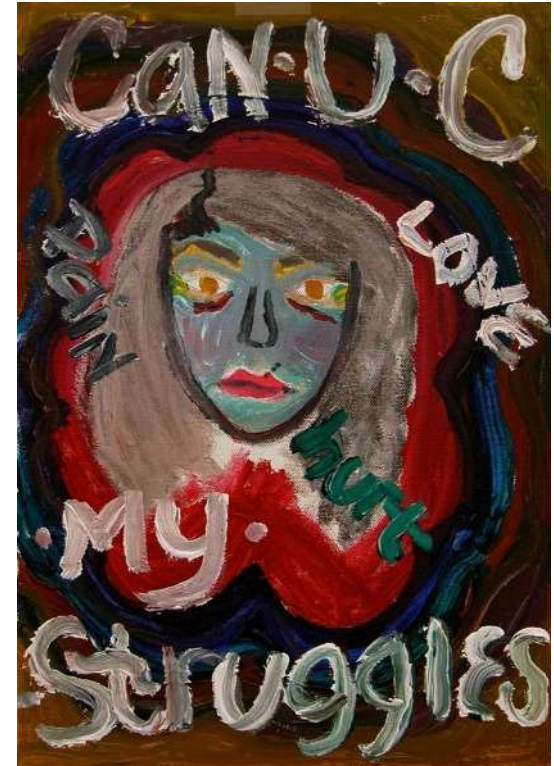
Aftercare Curriculums

Financial literacy and Entrepreneurship



Trauma & Retraumatization

- ALL girls coming into the Juvenile Justice system MUST BE SEEN as having been victimized, and vulnerable to being re-traumatized.
- The self report for abuse is consistently between 95-99%.
- They have complicated clinical profiles and come in with multiple issues which are deeply intertwined.



Arousal Continuum

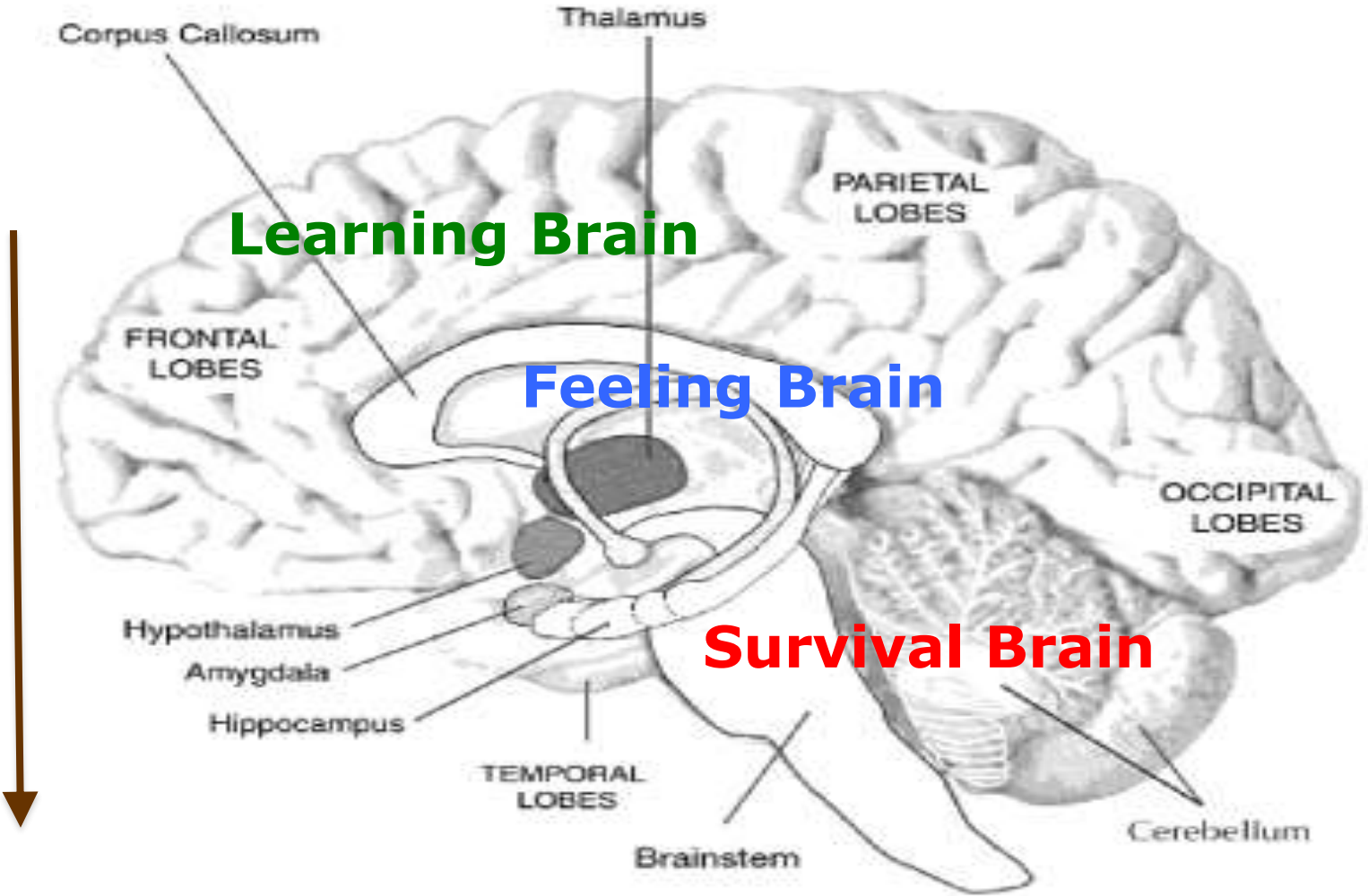
Calm

Alert

Alarm

Fear

Terror



Moving out of Survival Brain

*I don't care how much money we spend on education, it doesn't matter what programs we're trying to teach our kids...if they don't have the fundamental building block of learning, which is being **able to control your attention span.***

-Congressman Tim Ryan

Impact – Self Regulation

- Research findings conducted by San Jose State Justice Studies Department shows:
 - At least 80% consistently reporting improvement in emotional regulation, interpersonal skills and pro-social behavior
 - A statistically significant increase ($p < .05$) in the three main indicators of success – **self-awareness, self-respect and self-control.**



Thank you

