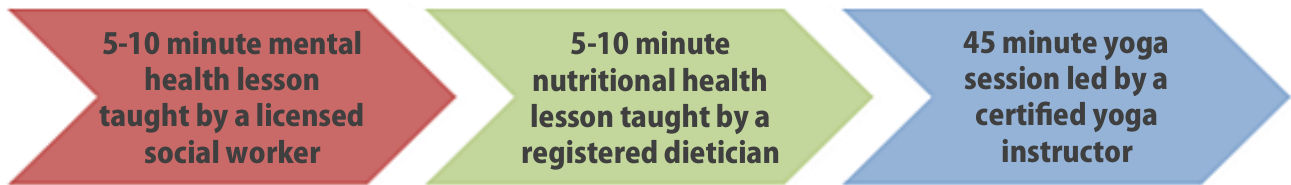


PROJECT SUCCESS

PREVENTION GROUP

2014-2015 **Yoga Program** **24 students** **8 weeks**

The Integrated Physical & Mental Health “Yoga” Program is an 8-week program offered to high school and middle school students that are at **high risk for poverty, housing problems, depression, family conflict and divorce, low graduation rates, substance use, community violence, abuse, and adolescent pregnancy**. Using evidence-based practices such as Cognitive Behavioral Therapy and Dialectical Behavioral Therapy, the mental health lessons provide the students with **positive coping skills** to aid in the processing of stressful life situations.

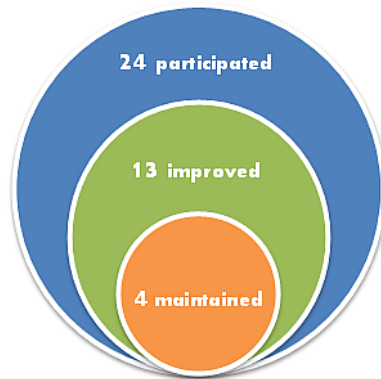
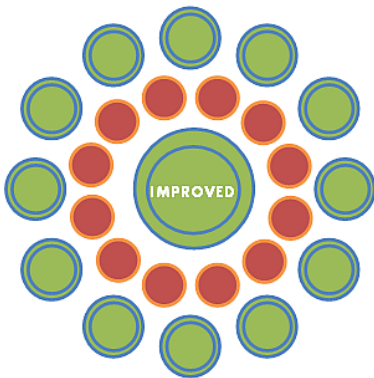


FLEXIBILITY



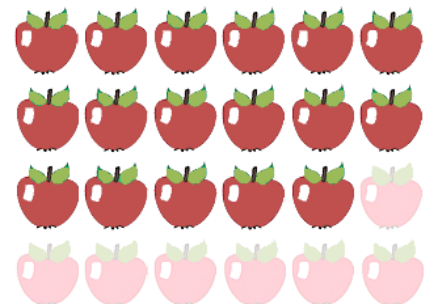
IMPROVED - MAINTAINED - NONE

DEPRESSION



ANXIETY

NUTRITION



17 improved/maintained

Through the yoga program, students improved or maintained their scores in the following four areas:

