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.

5-10 minute mental health lesson taught by a licensed social worker
5-10 minute nutritional health lesson taught by a registered dietician
45 minute yoga session led by a certified yoga instructor

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

- Nutrition: 71%
- Depression: 50%
- Anxiety: 71%
- Flexibility: 89%

DEPRESSION

24 participated
13 improved
4 maintained

NUTRITION

17 improved/maintained