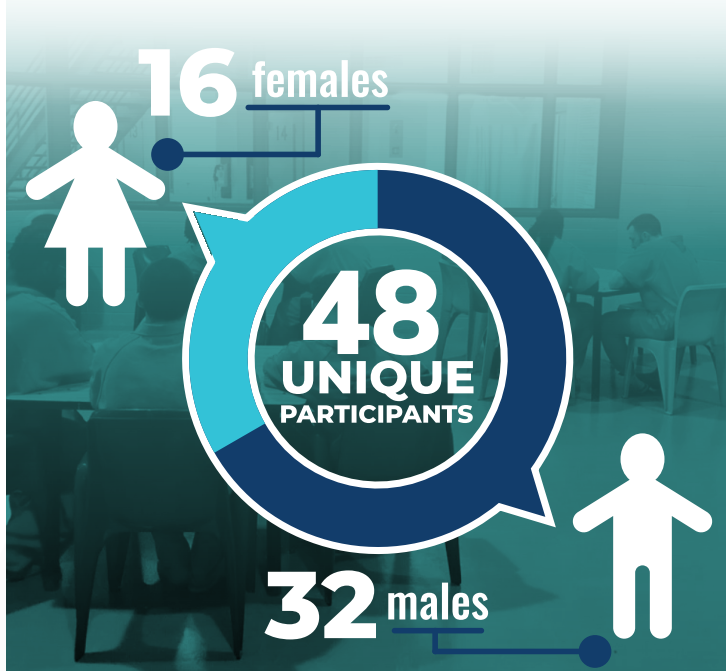




IMPACT of Mindfulness and Mental Wellbeing Course with I.G.N.I.T.E

The Crim Fitness Foundation partnered with Genesee County Sheriff's I.G.N.I.T.E. program to share mindfulness and mental wellbeing with incarcerated individuals. Participants learned the science of stress and mindfulness and compassion based strategies to navigate stress and difficult emotions.



PRE- INTERVENTION

AVERAGE STRESS RATING
(5: High levels of stress)



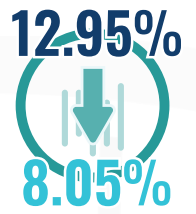
CURRENT COPING STRATEGIES
(5: Very helpful)



FREQUENCY OF MINDFULNESS
(5: Very often)



There was a **STATISTICALLY SIGNIFICANT DECREASE** in mean levels of **DEPRESSIVE SYMPTOMS.**



DEPRESSIVE SYMPTOMS

PHQ-8 NATIONAL VALIDATED SURVEY TOOL

PRE- INTERVENTION	9.3%	No depression ↑	28.6%	POST INTERVENTION
	35.9%	Mild symptoms ↑	38.1%	
	25.6%	Moderate symptoms ↑	28.6%	
	20.9%	Moderately severe ↓	0%	
	9.3%	Severe depression ↓	4.8%	

POST INTERVENTION

Of the **19 participants** who completed pre/post, survey results show...

