



Teen Yoga

Mental Health

The challenge

Mental Health crisis among young people

- CAMHS overwhelmed
- Schools and charities taking the slack
- Behaviour, mental health, learning affected

Yoga-based techniques bring

- Self-regulation
 - Focus
 - Resilience
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Our approach

Yoga-based toolkit

Framework for all youth contexts

Based on:

- Listening
- Adaptability
- Diversity



Some evidence

- Hippocampus project
 - Reduced stress
 - Increased social cohesion
 - Increased quantity and quality of sleep
- Ralph Allen School
 - Decrease in CAMHS referrals from 14 to 0
- Foxwood Academy
 - 52% decrease in behavioural incidents
 - 100% increase in readiness to learn. Improved academic results (KS3 reading)



Cost-effective prevention

- **Ralph Allen**
 - estimated average cost of 1 CAMHS referral is £14000
 - the yoga based intervention (15 students) cost £850
- **Hippocampus**
 - Social impact calculated using Fujiwara methodology (Public Health England)
 - Estimated social impact of £11,000 for 10 week programme with 12 students
- **Foxwood**
 - Reductions in staff costs
 - Repeating in 6 schools (Jan 2023) focus on costs and academic impacts



Thoughts

EDUCATION

- Curricular recognition of yoga-based techniques (used within PHSE, PE, or transversally)
- OFSTED recognition as an indicator of quality within a school
- Inclusion of yoga on PGCE curriculum and in-service teacher training to make yoga part of the teacher's "toolkit"
- Inclusion within schools budget (after school, within school day, during assembly, or as part of tutoring)

HEALTH

- Inclusion of yoga on NHS lists for social prescribing
 - Awareness-raising regarding benefits of yoga in GP training
 - Availability of yoga therapists as part of CAMHS provision
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01761 470 658

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