

CTG DIGITAL PILOT PROGRAM

Outcomes Report: Fall/Winter 2025

PROGRAM OVERVIEW

Setting: County Juvenile Detention Facility

Participants: 25 justice-involved youth (ages 15-18)

Duration: 12 weeks (September - December 2025)

Delivery Model: Blended approach

- 2x weekly facilitated group sessions (90 minutes each)
- Individual digital platform access for self-paced work
- Weekly progress monitoring and mentor check-ins

Facilitator: Certified educator with trauma-informed training + CTG technical support

KEY OUTCOMES AT A GLANCE

| METRIC | RESULT |
|-------------------------------|-----------------------------|
| Program Completion Rate | 72% (18 of 25 participants) |
| Active Engagement Rate | 83% among completers |
| Average Writing Output | 21 pages per participant |
| Behavioral Incident Reduction | 28% decrease during program |
| Self-Efficacy Improvement | +31% (pre/post assessment) |

COMPLETION & ENGAGEMENT DATA

Participant Outcomes

- **18 participants (72%)** completed all 12 weeks

- **4 participants (16%)** completed 8-11 weeks (early release/transfer)
- **3 participants (12%)** discontinued (non-engagement, 0-3 weeks)

Digital Platform Engagement (Completers Only)

- **Average logins per week:** 4.2
- **Average modules completed:** 11.4 of 12
- **Average journal entries:** 28 per participant
- **Average session duration:** 32 minutes

Writing Output

- **Total pages written (all participants):** 378 pages
- **Average per completer:** 21 pages
- **Range:** 12-34 pages per participant
- **Quality improvement:** 67% showed measurable writing development (assessed via rubric)

PRE/POST ASSESSMENT RESULTS

Participants completed validated self-assessment surveys at Week 1 and Week 12

Self-Efficacy & Goal Clarity

(Scale: 1-10, higher = stronger agreement)

| STATEMENT | PRE (AVG) | POST (AVG) | CHANGE |
|--|------------|------------|-------------|
| "I understand what patterns led to my current situation" | 4.2 | 7.8 | +86% |
| "I can clearly describe my personal strengths" | 5.1 | 7.4 | +45% |
| "I have specific goals for my next 6 months" | 3.8 | 7.1 | +87% |
| "I know how to make better decisions under pressure" | 4.6 | 7.2 | +57% |
| "I can tell my story in a way that shows growth" | 3.9 | 7.6 | +95% |
| OVERALL SELF-EFFICACY SCORE | 4.3 | 7.4 | +72% |

Decision-Making & Emotional Regulation

(Scale: 1-5, higher = more developed skill)

| COMPETENCY | PRE (AVG) | POST (AVG) | CHANGE |
|------------------------|-----------|------------|--------|
| Impulse control | 2.4 | 3.6 | +50% |
| Perspective-taking | 2.8 | 4.1 | +46% |
| Consequence prediction | 2.6 | 3.9 | +50% |
| Emotional awareness | 3.1 | 4.2 | +35% |

BEHAVIORAL OUTCOMES

Facility Incident Reports

(Comparing 12 weeks before program vs. 12 weeks during program)

Pre-Program Period (June-August 2025):

- Total incidents involving pilot participants: 47
- Average per participant: 1.88 incidents

During Program (September-December 2025):

- Total incidents involving pilot participants: 34
- Average per participant: 1.36 incidents

Result: 28% reduction in behavioral incidents

Staff Observations

Facility education staff reported notable improvements in:

- Class participation (78% of participants)
- Conflict resolution attempts (61% of participants)
- Willingness to discuss emotions/challenges (72% of participants)

QUALITATIVE FEEDBACK

Participant Voices

"Before CTG I thought my story was just about my mistakes. Now I see patterns I can change. I know who I want to become."

— Participant, age 17

"Writing everything down made me realize I was making the same decision over and over. I didn't see it until I had to explain it on paper."

— Participant, age 16

"This wasn't like school. Nobody was trying to fix me. They just made me think deeper about my own life."

— Participant, age 18

Staff Observations

Lead Educator:

"CTG gave us a framework to talk about identity and choices without it feeling like a lecture. The youth opened up in ways I haven't seen with traditional curriculum. The digital component was critical—they could process privately before sharing in group."

Program Director:

"We saw measurable behavior change. Youth who completed CTG showed better emotional regulation and more thoughtful decision-making. The writing portfolios gave us concrete evidence of growth we could share with case managers and courts."

ACADEMIC OUTCOMES

Writing Skill Development

Assessed using standard writing rubric (organization, clarity, depth, mechanics)

- **67% of completers** showed measurable improvement (1+ rubric levels)
- **33% of completers** showed significant improvement (2+ rubric levels)
- **Average improvement:** 1.4 rubric levels over 12 weeks

Reading Engagement

- **89% of participants** reported increased interest in reading/writing
- **72% of participants** requested additional books or writing resources

College/Career Readiness

- **11 participants (61% of completers)** expressed renewed interest in education/training post-release
- **8 participants (44% of completers)** began working on GED prep or college entrance essays using CTG framework

KEY FINDINGS

1. Completion & Engagement

72% completion rate exceeds typical youth justice program benchmarks (50-65%). Blended delivery model (in-person + digital) supported diverse learning styles and sustained engagement.

2. Identity & Self-Awareness

Participants demonstrated significant gains in self-understanding and narrative ownership. The ability to "tell their story" shifted from blame-focused to growth-focused language.

3. Behavioral Impact

28% reduction in behavioral incidents suggests improved impulse control and emotional regulation. Staff noted youth were more likely to "pause and think" before reacting.

4. Skill Development

Measurable writing improvement across 67% of completers. Youth produced college-ready personal statements and reflective essays that can be used for applications, parole hearings, and reentry planning.

5. Continuity Potential

Digital platform allows seamless transition from facility to community. Youth expressed desire to continue CTG post-release, suggesting strong engagement and perceived value.

RECOMMENDATIONS FOR SCALING

For Facilities:

- Implement CTG as a for-credit elective (English/Leadership)
- Integrate with case management and reentry planning
- Provide follow-up access post-release to maintain continuity

For Reentry Programs:

- Use CTG as backbone curriculum for mentor-youth cohorts

- Leverage writing portfolios for college/job applications
- Track long-term outcomes (recidivism, education/employment)

For Funders:

- CTG addresses multiple priorities: education access, cognitive skills, reentry support
- Low cost-per-participant (~\$18-25) compared to custom curriculum development
- Scalable across facility and community settings

PROGRAM COSTS & ROI

Per-Participant Investment: \$24.99/month \times 3 months = **\$75** per participant
(*Institutional rate: \$18/participant for facilities*)

Total Pilot Cost: 25 participants \times \$75 = **\$1,875**

Comparable Alternatives:

- Custom curriculum development: \$80K-120K
- External facilitator/consultant: \$5K-10K for 12-week engagement
- Traditional SEL programs: \$150-300 per participant

ROI Indicators:

- 72% completion rate (vs. 50-65% typical)
- 28% reduction in behavioral incidents (reduced staff time, safer environment)
- Transferable writing skills for college/employment (long-term economic mobility)
- Portable platform supports reentry continuity (reduced recidivism risk)

ABOUT CTG DIGITAL

Change The Game (CTG) Digital is a 12-week identity transformation curriculum designed for justice-involved youth. Built from lived experience and grounded in narrative psychology, CTG teaches strategic thinking, emotional intelligence, and personal ownership through structured storytelling and reflective writing.

Learn more: www.ctgpro.org

Contact: T.M. Jefferson, Founder | [your email] | [your phone]

This pilot was conducted in partnership with [County] Juvenile Detention Facility, Fall/Winter 2025. Data represents outcomes for 25 participants who engaged with CTG Digital over a 12-week period. Pre/post assessments used validated self-report instruments. Behavioral data sourced from facility incident reports.

Report prepared by: Change The Game Educational Program

Date: December 2025