

CTG (Change The Game)



Program Overview

Program Purpose:

Change The Game (CTG) is a 12-week literature-based identity transformation program designed for justice-involved and system-impacted youth. Created by bestselling author and formerly incarcerated educator T.M. Jefferson, the program uses storytelling, self-reflection, and narrative reconstruction as tools for personal growth, accountability, and transformation.

Core Focus Areas:

- Identity discovery and self-awareness
- Personal narrative healing and reframing
- Decision-making, values, and future planning
- Emotional intelligence and conflict navigation
- Literacy, creative writing, and storytelling as empowerment

Curriculum Components:

CTG Workbook: A comprehensive 12-week guide containing:

- Weekly readings and reflection prompts
- Guided journaling and identity exercises
- Group discussion questions
- Writing challenges focused on story ownership

Instructor's Guide: Provided at the back of each workbook to support facilitators and educators delivering the program. Includes:

- Weekly lesson breakdowns
- Facilitation tips and engagement strategies
- Group activity suggestions
- Guidance for adapting the material to different youth needs

Program Format:

- 12 weeks
- 2-3 sessions per week (recommended)
- Group size: 10–25 participants (flexible based on capacity)
- Facilitator-led, adaptable for in-school, after-school, detention, or shelter settings

Wholesale pricing available for organizations, schools, youth programs... etc

Pilots & Partnerships:

- Currently being piloted at the New Rochelle Center for Restorative Justice and Community Empowerment (NRCJC)
- In active conversation with the Program Director at Westchester County Jail to implement the program for incarcerated adults
- Designed for flexible adaptation across schools, youth shelters, jails, reentry programs, and community-based organizations

Why It Works:

CTG is grounded in lived experience and the belief that when individuals reclaim their stories, they change their trajectories. It is a culturally relevant, trauma-informed program that meets young people where they are and gives them the tools to write a better future.

CONTACT INFORMATION:

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