



Mindful Futures Initiative (M.F.I.): Quick Overview

- Nonprofit organization dedicated to using **evidence-based mindfulness programs to create positive transformation for justice-involved and at-risk youth** — with no religious or spiritual component.
- Our programs help youth **navigate their current challenges**, build internal strength, and envision **more fulfilling, purposeful lives**.

We Offer No-Cost, Title 15 Compliant, Customizable and Flexible Classes

- **No Cost to Facilities:** Stable funding from the Ravi and Nina Patel Family Foundation.
- **Title 15 Compliant** and can be adapted for **STC Certification** for officers
- **Make It Easy for Staff:** We understand the pressure and time constraints facing staff and administrators. Our team is committed to being easy to work with: we take initiative, keep things organized, and minimize the lift for facility staff.
- **Customizable classes for specific populations**, including female youth, serious offenders, youth in treatment programs, court-ordered schools, camps, and more.
- **Flexible Scheduling:** Students can **start anytime**; classes can be **offered once or multiple times per week**.
- We aim to build **long-term relationships** with sites that want to create real change and help us **measure the impact** together.

We Have A Proven Track Record That Continues to Grow

- **Serving Every Incarcerated Youth in Kern County:** We scaled from a single class to full-county delivery entirely through word-of-mouth / positive results.
- **1,000+ Youth Reached | ~10,000 Student Hours Delivered**
- **25+ corrections officers trained** (optional for those interested).
- Approximately **75% of youth return for multiple classes**, and **25% return for seven or more**.
- In facilities where classes are optional during recreation time, many youth **choose mindfulness over video games or movies**.
- **Trusted by Leadership:**
 - “There’s no doubt in my mind the mindfulness program has shown clear evidence of improvements in youth to self-regulate, calm, and fewer acts of violence overall.” — Programming Director, Kern County Juvenile Probation

The Skills We Teach are Highly Effective for Young Incarcerated Populations

- Our trauma-informed curriculum helps youth build:
 - **Self-regulation** and **emotional control**
 - **Mind-body awareness** and **self-soothing**
 - **Focus, concentration,** and **impulse control**
 - **Compassion, acceptance,** and **self-esteem**
 - **Decision-making, resilience,** and **gratitude**
 - **Better sleep** and **improved coping** with trauma
- **Sample Class Format:**
 - Emotional check-ins and topic exploration
 - Guided mindfulness (e.g., breathwork, meditation, body awareness)
 - Creative / Art therapy integration
 - Optional take-home mindfulness assignments
 - Optional certification program creates a sense of achievement and includes a ceremony

Our Teachers Connect Authentically

- **Diverse, relatable backgrounds**—including individuals who served time in juvenile or adult facilities, as well as **sports coaches, corrections officers, artists, poets, and sound healers.**
- **Connect Authentically:** Each of our teachers comes from a challenging past and used mindfulness to help themselves heal and expand their perspective, making them **uniquely qualified to connect with and guide these youth.**
- We **monitor, train, and compensate our instructors well** and handle all logistics and travel so that working with us is seamless for facilities.

We Tailor Our Work to All Justice-Involved Populations

- Incarcerated youth
- Recently released youth
- Youth at high-risk of being incarcerated
- Restorative Justice programs
- At-risk Foster Youth
- Girls and young women
- Youth in treatment facilities
- Diversion Programs
- Serious and violent offenders
- Transitional and court-involved youth
- Officers and staff who work with these youth
- And more

We Ask for Consistent Partners Who Are Interested in Measurable Impact

- We aim to partner with facilities that want to create meaningful change and are open to helping us **provide consistent education, measure impact, and continuously improve the education**. We're here to collaborate, not complicate—and we'll do everything we can to make this easy on your team.

Contact

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