

# Blueprint Pathways Final Report

Fall 2023 – Spring 2026



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# 1. Executive Summary

Blueprint Pathways delivered a culturally grounded, creative, arts-based and trauma-informed program to incarcerated youth across three partner facilities in Winnipeg (MB), Ottawa (ON), and Edmonton (AB) from fall 2023 to spring 2026, with financial support from Public Safety Canada. Over the three-year period, 207 youth enrolled in a 1-week intensive program, with 161 completing it, representing a strong 78% completion rate in highly dynamic detention settings. Many of these youth and their peers also participated in weekly Spoken Word sessions following the 1-week intensive.

Through hip hop, spoken word, drumming, dance, meditation, visual art, and relationship-building, the program helped youth strengthen confidence, self-expression, mindfulness, hope, and willingness to seek support. Survey findings showed improvement across all measured areas following the intensive 1-week of programming, with especially strong gains in living in the moment, asking for support when having a hard time, and asking for help with problems and decisions. Youth feedback highlighted increased confidence, healing, connection, and new perspectives on their futures, while staff and partners described the program as deeply engaging, healing, and transformative, with positive effects that extended beyond participants to peer relationships, staff-youth rapport, and the atmosphere of entire facilities.

## 2. Message from Blueprint Pathways Executive Director

### **Who are we and where have we come from**

BlueprintForLife and Blueprint Pathways have been delivering a model of 5-day intense engagements, with youth in remote communities, alternative schools, and Maximum-security youth prisons for 20 years. Our staff are all artist, often with international reputations. I am the executive director, but also a social worker and old school dancer for most of my life.

We utilize Bucket drumming, Street dancing, Music creation, Rap and spoken word, Journaling, Games, Meditation, Art, Ceremony and traditional drumming. All flowing towards creating honest relationships, so we can also talk openly about the complex things going on in the lives of youth, especially those with trauma.



I feel blessed that we have been supported by so many people and organizations, allowing us to do this work with incarcerated youth.

I have been a front-line social worker for over 45 years in some of the toughest positions, such as doing child abuse investigations. I know in my heart that the work of our nonprofit Blueprint Pathways is absolutely some of the most compelling and engaging social work ever done with many of Canada's most vulnerable and traumatized youth. I also know in my heart that it's some of the best social work I have ever done.

I know this from directly receiving feedback from many people who have been in the field of corrections their entire life and I know this because of the direct feedback we receive from the youth who participate in our programming. It's always a powerful thing when youth who have done our program before – advocate strongly for other youth in lock up to participate and get involved. If you knew these youth, you would realize that it's no small thing to get them to actively participate in anything.



I also know this because I have been directly involved in over 80 such week intensives across Canada and have worked and counselled directly at least 1500 incarcerated youth. I can see their body language change every day as they open up and find their own voices. Shifting from starting out as angry guarded individuals, to youth that share openly with each other, and realize they all have superpowers and gifts to explore. It's quite the thing to see and feel their emotions shift to joy, laughter and hope, and to become a supportive group on a journey together. Shifting from thinking they are the only crazy person in the room, to realizing many share their pain and self-doubt. I'm always amazed at everything that takes place when the youth do a final showcase on the final day. Often, they receive 5 or more standing ovations from the parents, staff, probation, police and community partners in attendance. This bearing witness is no small thing in healing, and it locks in a special moment in time of being seen, honored and respected. It's no small thing for the day-to-day relationships between the youth and the staff in a facility to shift to one that has more respect and positivity.

It's also interesting to me that when I come home from one of our weeklong intensives with youth in secure custody, I don't feel exhausted. I may feel physically tired, but I don't feel mentally wiped out -

even though our team has been directly exposed to some incredible sharing of trauma from the youth we work with. It always takes me a few days after a project to reflect on everything that transpired and every project has its own unique and creative moments. But I know in my heart by being with the youth through the 5 days, that something magical has taken place. Having worked in many types of front-line social work positions, it's quite a unique feeling, to feel uplifted from the work and not burned out. It may sound like I'm trying to gas up our programing, but this is an honest reflection, and I hope some of the spirit of how the youth felt in their healing journey can be captured in this report.

It's worth noting that seasoned high-level staff who have worked in Corrections their whole lives have told us that we may well be the largest group therapy projects in the history of Canadas corrections system. Including Adult corrections. In Winnipeg the facility has told us that systemic change has taken place because of the work of blueprint over the years. When we did our first project many years ago at MYC, they only allowed 4 youth in the gym at one time due to security concerns. Now they are actively having large gatherings for pow wows in their central courtyard. We have been told that our work helped open the doors for all of this.

We are incredibly proud of this, as we came from a separate world of Hip hop and artist, with our own scars from life and difficult stories of our own trauma. We ended up building something unique that has now been recognized internationally with awards, accolades and request to share our work both nationally and internationally.



It's also worth noting that when we started our youth work in maximum security facilities, we grew by word of mouth. Starting in the Calgary Young Offenders Center with one project - then moving to include the Edmonton Young Offenders Center - and then to numerous facilities across Canada. In the early days we were not supported by any federal grants, and these facilities had to find their own funding to bring us for the work. It was clear to them in the early days that the efforts and the money required was well spent which is no small feat given ongoing budget constraints. More hints that we were doing something important.

Even before we received any federal government funding, we started being approached by the government of Canada to speak at international conferences about the creative engagement ideas coming out of our country. There was lots of interest in our ideas around healing using traditional culture especially since we had lots of experience working in remote Inuit and First Nations communities. This



was particularly important as we know all too well that all of Canada's prisons are overrepresented by Indigenous adults and youth.

Over the years our work grew, and we were awarded 4 large multiyear grants from Justice Canada, Heritage Canada, The Trillium foundation, and for the last 3 years, funding from Public Safety Canada.



We are grateful for the support and belief in our work. The youth who are incarcerated often express how grateful they are that we can do this work. So, on behalf of these youth, thank you!

### Our past research

Over the years we have researched a number of things with the first one being "Motivation to change" when we received 3 years of funding from Justice Canada. Later we built on this research by looking at the effects of systemic racism and the experiences of incarcerated youth with support from Heritage Canada. Then we examined the importance of belonging to a community and the importance of providing these positive experiences to connect in society so that Gangs can be avoided. We all need to connect, and the questions will be how will we do this. The questions and surveys we built all looked at if our unique engagement impacted the youth in these specific areas, and did their experience help to build a new foundation of ideas and courage in their lives. All of this is extremely tricky, as one doesn't want to overstate one's impact, but one does want to check that one's programming points to future directions to explore and refine.



**Note: all of our research from all our past work is available to download online.**

<https://www.blueprintforlife.ca/pathways/>

As our experience grew some interesting questions opened up which directly relate to some of the world's most recent research in the field of trauma. I have always been worried that the youth we work with have such deep complex trauma that they are always stuck in fight or flight mode. This is concerning because most of us are able to visualize the future like a summer holiday or a gathering with family. But when you're stuck in fight or flight, then your brain is actually wired differently and visualizing things like the courage and steps to finding a job, or connecting with new positive friends, seems impossible. This is where hope comes in. Without hope we will always feel stuck. Often looping in our brains that everything is our fault and any future or redemption is not possible. And hope cannot be some abstract concept that sits in our brain as an intellectual conversation with staff and social workers.

So, for the past 3 years we have decided to try and look at hope, and if our week intensive helps open up this possibility, by the real-world experiences that they will feel, and internalize by doing all the different things we present. Research has also shown that trauma is also often held in the body, hence things like our drumming and dancing are direct experiences and releases for all of this.

Spoken word, rap and journaling are all really important ways of finding one's voice, moving random thoughts that often spiral and loop in our monkey brains of distractions, to something more concrete and reflective.

And sometimes it's about doing the work on ourselves by ourselves. For this 3-year project we developed a 100-page workbook related to all the themes we explore. Its graphical and engaging, with the feedback from the youth being that its useful and targeted towards their lives.

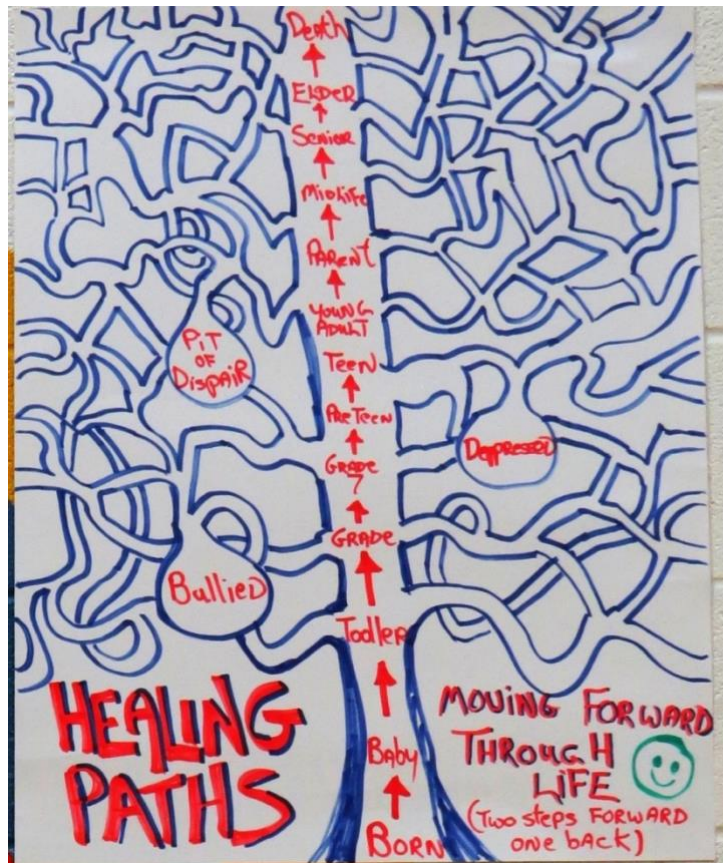
See link here for the workbook:

<https://www.blueprintforlife.ca/wp-content/uploads/2026/04/final-MYC-BP4L-Workbook-1.pdf>

Sometimes it's important to create something as a group, and sometimes as individuals. And sometimes when we feel tired from activity, it's time to shift to engage in deeper discussions on everything going on in their lives. Our program ebbs and flows between activities much like life.

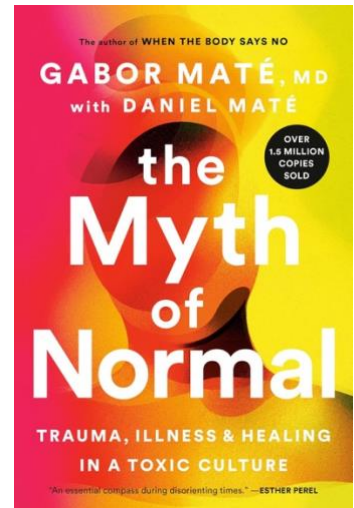
As we move through the week the Blueprint Team shares their own stories, and we are able to move from topics like respect and forgiveness, to talking about healing from sexual abuse on the final day. Tying everything together at the end of the week with a talk about healing paths. This is possible because of the trusting nonjudgmental relations we are able to build over 5 days. It certainly helps that we are not perceived as being a part of the system.

Its emotional, triggering, but still safe. Most of the youth we work with have never experienced any of this in a safe way. The idea is that this week intensive may actually give some tools to help rewire their brains but also give them courage to try and replicate all of this at different points in their lives where they are stressed, full of anxiety, and judging themselves in a way that isn't helping them moving forward. The week provides an anchor to build from.



Our belief is that being able to feel hope is foundational to healing, and that it needs to be grounded in something they can hold onto or it's just another counselling session.

It's been amazing to discover that there is a lot of science and research that co-signs our techniques as important therapies with people who have experienced trauma. We started out knowing in our heart that the arts, dancing, drumming, ceremony etc. could be healing because it helped in our lives, and now the research finally does a deeper dive into explaining the dynamics of this. I highly recommend reading *"The Myth of Normal"* by Gabor Mate and *"The Body Keeps the Score"* by Bessel van der Kolk. <https://www.amazon.ca/Myth-Normal-Illness-Healing-Culture/dp/0735278369>



I believe all of this would never be possible if we didn't have such an incredible team of Artists who share openly their own journeys through trauma, loss, addiction etc. Stories of hope make everything seem real and possible to these youth. So special shout outs to our team of Troy, Alonzo, Flexum, Ray, Simon, Don, Nereo, and Aaron. Your honest hearts and excitement for life are inspiring to myself and all the youth we work with.

Another shout out to Melanie Bania for holding down our research and creating this final report. Thank you for being involved and for helping create something we hope future students in the field will want to read.

And of course, special thanks to all the front-line programming staff we have worked with in the various facilities over the years. We have been working with people like Doreen in Edmonton from the very beginning of this work and it makes a huge difference. The Blueprint team has come to feel like we are part of this larger family, and we are inspired by your commitment to the youth.

Also thank you to Public Safety for the funding support and thank you to all our community partners for your involvement and wisdom.

### A Cautionary Tale

My final thought is that in this field we need to be careful that we don't overstate or minimize the important contributions many good programs contribute to healing and trauma.

It's called complex trauma for a reason -its complex. I always imagine a baseball size hairball constructed of hundreds of threads and hair fibers. Each one connected to and affecting each other thread or trauma event. At the beginning I think it's impossible to try and tease apart each individual thread and attack it with healing counselling, or activities. Instead, maybe there is great wisdom in a holistic approach, where we try and remove power dynamics and concentrate on uplifting the hairball to a different elevation. (Re: creating and experiencing hope). There will be plenty of time later to tackle specific threads in a



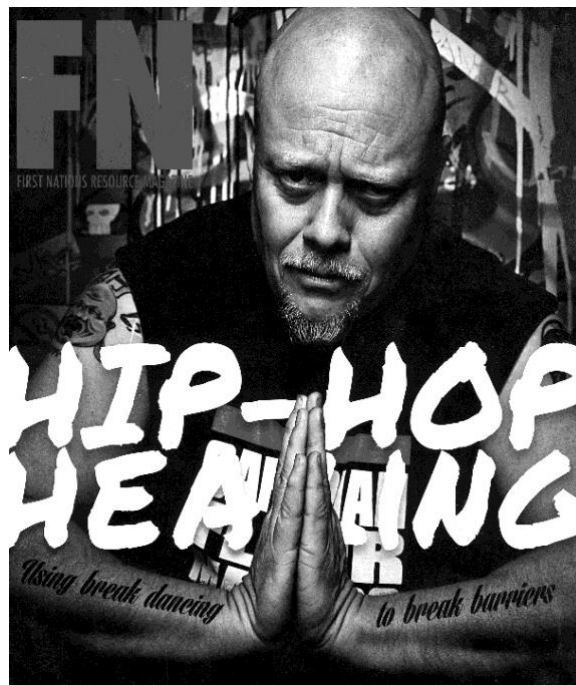
lifelong journey of healing. But at the front end we need to create a glimpse of hope for the future, believing that we all matter and have gifts to discover. Life takes courage and energy to move forward, and without hope and a belief in ourselves, where will we find the energy to start. As we waddle through life, despite all the pain and suffering and mis steps, can we do this with more honest reflection, and less judgement. Accepting that life will always be two steps forward and one step back.

Sometimes funding agencies are so focused on trying to prove that a technique works that they miss the forest through the trees. Budgets for programming and research would need to dramatically increase 10-fold and be sustained over the longer-term if we want to isolate social factors and study impacts on things like impulse control, anger, social connectivity. Like the hairball there are sooo many systemic issues at play with each one affecting another. Moving forward I hope we try and listen more deeply to the wisdom of those on the front lines doing the work. Instead of pushing things to an artificial synopsis of the work being done.

**I hope you enjoy our research and we encourage you to share it widely.**



**Stephen Leafloor**  
**BA, MSW, MSC, Ashoka Fellow**  
**Executive Director**  
**Blueprint Pathways**



To set the tone in personalizing this research – I thought I would include a powerful heartfelt testimonial from Mike Tyson that we used this final year in the program! The youth loved it! Enjoy!

## Iron Mike

"I'll be 60 next year. And I'm not here to impress anyone. I've been the champion. I've been the villain. I've had gold around my waist and nothing in my soul. Now?

I just want peace.

Everything else is noise."

I grew up where love was tough and fists were currency.

I didn't learn kindness — I learned survival.

By 13, I was arrested 38 times.

By 20, I was the youngest heavyweight champion in history.

They called me "Iron Mike" — like I wasn't supposed to bleed.

I had money, fame, mansions, tigers, private jets...

But I couldn't sleep. I couldn't breathe.

The world saw knockouts.

I saw ghosts.

At 40, I started asking better questions.

Not "how do I win?"

But "why was I always fighting in the first place?"

And the truth?

I wasn't fighting the other guy.

I was fighting myself. My fear. My father's silence. My mother's pain. My own shame.

Now, at 59, I'm not chasing anything.

I grow mushrooms.

I hug my pigeons.

I walk barefoot on grass and cry sometimes for no reason at all.

I talk more about forgiveness than uppercuts.

I don't need the belt. I don't need the roar of a crowd.

I just want to eat good fruit, tell the truth, and die knowing I broke the cycle.

If you want to know what greatness is — it's not dominance. It's healing.

It's walking away from the thing that used to destroy you — and choosing not to destroy others with it.

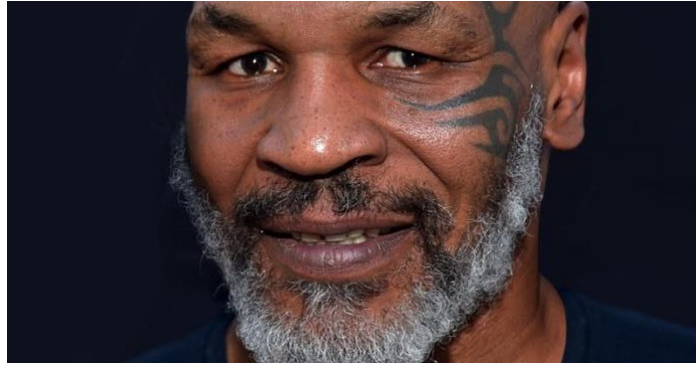
The scariest man in the world?

He became a gardener.

And maybe... that's the real victory.

Everything is real.

— Mike Tyson



### 3. Blueprint Pathways Program Model 2023-2026

BluePrintForLife ([www.blueprintforlife.ca](http://www.blueprintforlife.ca)) offers dynamic, culturally appropriate programs designed for youth that are founded on HipHop, rooted in traditional culture, and centered on youth and community needs. Blueprint Pathways is a federally incorporated nonprofit created to build upon the reputation of BluePrintForLife and extend programming into Urban Centres and Youth Correctional Facilities. Over the past ten years Blueprint Pathways has developed and implemented approximately 60 week-long therapeutic engagements in youth corrections facilities across Canada, making it one of the largest group therapy endeavors in the history of corrections in Canada.

#### Main Program Components

With funding from Public Safety Canada for 2023-2026, Blueprint Pathways focused on supporting incarcerated youth to internalize hope for the future and to build a new trust in life through activities aimed at: fostering connection and support; visualizing goals, steps, and plans; positive risk-taking in a group setting; experiencing joy in the moment; mindfulness; and practicing gratitude.

These goals were incorporated into three main components of the program, which were intended as follows:

1. **A 1-week intensive session for between approximately 20-30 youth:**
  - offered approximately 30 hours of programming over a 5-day period (6 hours/day), in a group setting, in the local facility gym;
  - activities included trauma-informed discussions, drumming, dancing, DJ'ing, poetry, spoken word, free style narratives, meditation, beat creation, and visual arts;
  - ended with a showcase of what the youth have worked on over the course of the week, with drumming, dancing, spoken word performances, and discussion boards posted throughout the space, which welcomes an audience of youth's parents, probation officers, social workers, educators, community supports, and facility staff and managers;
  - provided each youth with a Graduation Certificate to underscore their achievements (see Appendix A).
2. **A series of Spoken Word Booster sessions for approximately 12 youth:**
  - offered approximately 16 hours of programming over a period of 1-3 weeks following the 1-week intensive session, in a group setting;
  - continued the practice of spoken word learned during the 1-week intensive.
3. **A Workbook & Blueprint swag for youth in the program:**
  - offered each youth a paper booklet with key learnings from the program, self-directed reflection and step-by-step exercises to reinforce and remind them of key messages and everyday coping mechanisms (see Appendix B);

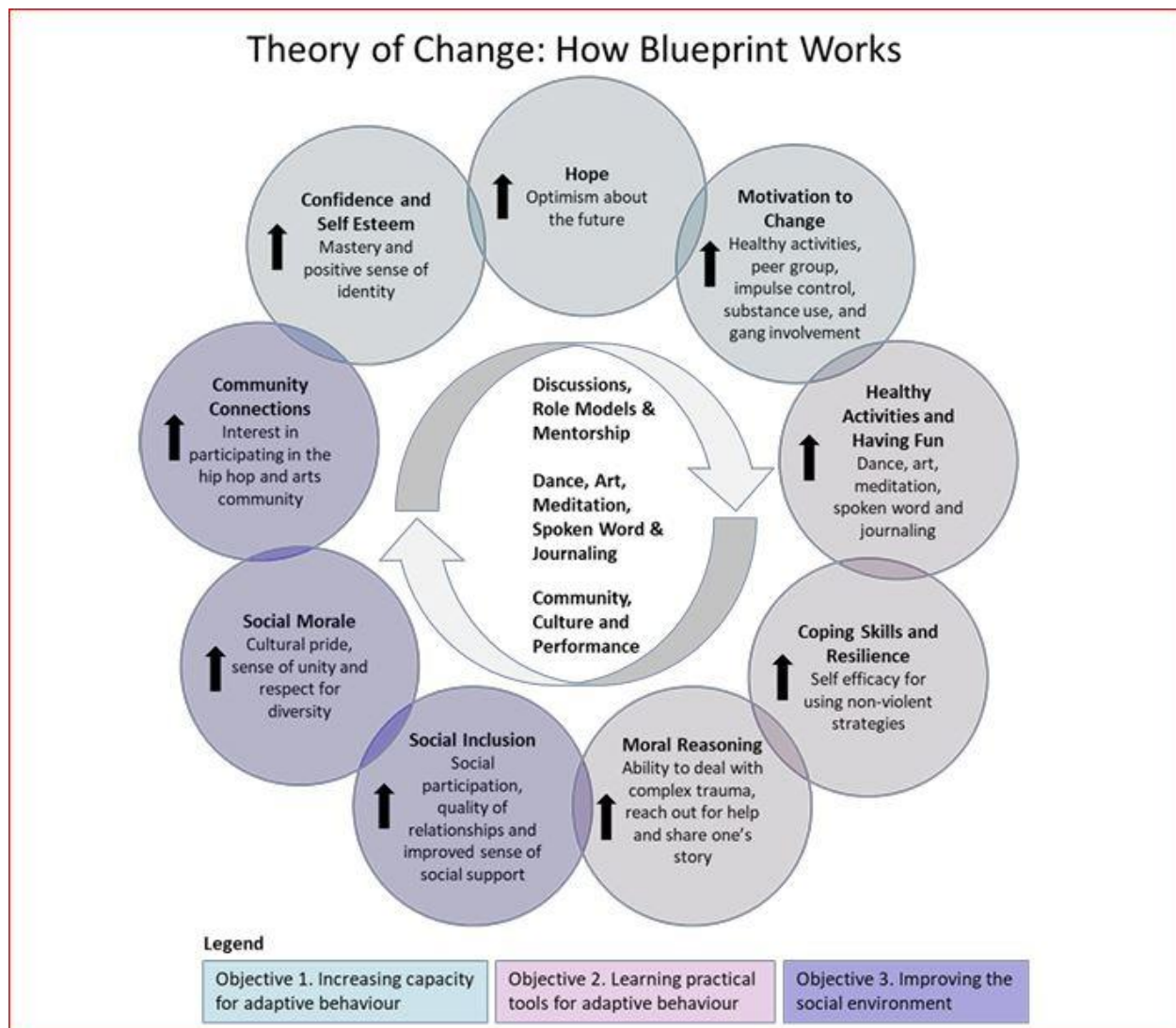


- provided each youth with a Blueprint t-shirt and other memorabilia that the youth wear for the final showcase and get to keep as personal belongings, also to remind them of the experience and their learnings.

The funding from Public Safety Canada also supported this evaluation of the program over 3 years.

## Theory of Change for Blueprint Pathways

The figure below articulates the theory of change behind how the Blueprint Pathways program is intended to support change with and among youth participants. It shows that the program seeks to increase youth's capacity and tools for adaptive behaviour by increasing their confidence and self-esteem, hope, motivation to change, healthy activities, coping skills and resilience, and ability to process their trauma and seek help when needed. The program also seeks to positively influence their relationships, connections, and access to social and cultural supports. This is largely done through the power of combining deep and genuine relationship building, role modeling, creative expression, and access to community and culture.





## 4. Program Locations, Partners & Dates

From 2023 to 2026, Blueprint Pathways worked with three partner youth justice detention/custody facilities to deliver the program to incarcerated youth. Table 1 below outlines the partner locations and dates for the 1-Week Intensive programming for 2023-2026. The Spoken Word Booster sessions were generally held shortly thereafter.

*Table 1: Program Sites & Dates for 1-Week Intensive for 2023-2026*

| Partner Sites                                    | 1-Week Intensive Program Dates |                      |                      |
|--------------------------------------------------|--------------------------------|----------------------|----------------------|
|                                                  | 2023-2024                      | 2024-2025            | 2025-2026            |
| Manitoba Youth Centre (MYC, Winnipeg)            | October 22-28, 2023            | October 21-25, 2024  | October 20-24, 2025  |
| William E. Hay Centre (WEHC, Ottawa)             | November 5-11, 2023            | November 25-29, 2024 | November 24-28, 2025 |
| Edmonton Young Offenders Centre (EYOC, Edmonton) | January 21-27, 2024            | February 10-14, 2025 | February 2-6, 2026   |



*Youth participants at the Manitoba Youth Centre, October 2023*

## 5. Number of Youth Participants

Over three years of programming, a total of 207 youth across the three sites entered the program for the 1-week intensive session - see Table 2 below for a breakdown per year and per site. A total of 161 youth completed the 1-week intensive session at the end, representing a 78% completion rate for the 1-week intensive. Given that most youth in the facilities are in detention, and that they can be released unexpectedly or not be able to complete the program for several other reasons (e.g., court dates, appointments, illness, poor behaviour outside of the program, etc.), this is a very good program completion rate for the 1-week intensive.

While it was harder to track the youth who entered the Spoken Word Booster sessions, particularly in year 3 (for more details see section 8 herein), during the first 2 years of programming the number of youth enrolled in the booster sessions exceeded the number originally anticipated (which was 12 per site per year). Some of these youth were the same youth as those who completed the 1-week intensive session, and others were new to the program. Again, these fluctuations in youth are due to the realities and dynamics of detention facilities, which are mentioned above, and which impact the ability for the same youth to attend all programming consistently. In some cases when a spot opened up, another youth from the facility was invited to attend so they could be exposed to the benefits of the program.

Table 2: Number of Youth Participants by Site and Total, 2023-2026

|                                                              | MYC-<br>Winnipeg | WEHC-<br>Ottawa | EYOC-<br>Edmonton | TOTAL      |
|--------------------------------------------------------------|------------------|-----------------|-------------------|------------|
| <b>Youth Participation Numbers Year 1 (2023-24)</b>          |                  |                 |                   |            |
| <b>1-week intensive @ start</b>                              | <b>30</b>        | <b>19</b>       | <b>13</b>         | <b>62</b>  |
| <i>1-week intensive @ end</i>                                | <i>19</i>        | <i>14</i>       | <i>14</i>         | <i>47</i>  |
| <i>Spoken Word @ start</i>                                   | <i>11</i>        | <i>5</i>        | <i>7</i>          | <i>23</i>  |
| <i>Spoken Word @ end</i>                                     | <i>11</i>        | <i>7</i>        | <i>4</i>          | <i>22</i>  |
| <b>Youth Participation Numbers Year 2 (2024-25)</b>          |                  |                 |                   |            |
| <b>1-week intensive @ start</b>                              | <b>26</b>        | <b>20</b>       | <b>27</b>         | <b>73</b>  |
| <i>1-week intensive @ end</i>                                | <i>21</i>        | <i>15</i>       | <i>16</i>         | <i>52</i>  |
| <i>Spoken Word @ start</i>                                   | <i>12</i>        | <i>12</i>       | <i>12</i>         | <i>36</i>  |
| <i>Spoken Word @ end</i>                                     | <i>8</i>         | <i>8</i>        | <i>7</i>          | <i>23</i>  |
| <b>Youth Participation Numbers Year 3 (2025-26)</b>          |                  |                 |                   |            |
| <b>1-week intensive @ start</b>                              | <b>33</b>        | <b>18</b>       | <b>21</b>         | <b>72</b>  |
| <i>1-week intensive @ end</i>                                | <i>31</i>        | <i>14</i>       | <i>17</i>         | <i>62</i>  |
| <i>Spoken Word @ start</i>                                   | <i>10</i>        | <i>0</i>        | <i>n/a</i>        | <i>n/a</i> |
| <i>Spoken Word @ end</i>                                     | <i>8</i>         | <i>0</i>        | <i>n/a</i>        | <i>n/a</i> |
| <b>TOTAL youth enrolled in 1-week intensive over 3 Years</b> | <b>89</b>        | <b>57</b>       | <b>61</b>         | <b>207</b> |

## 6. Youth Profiles

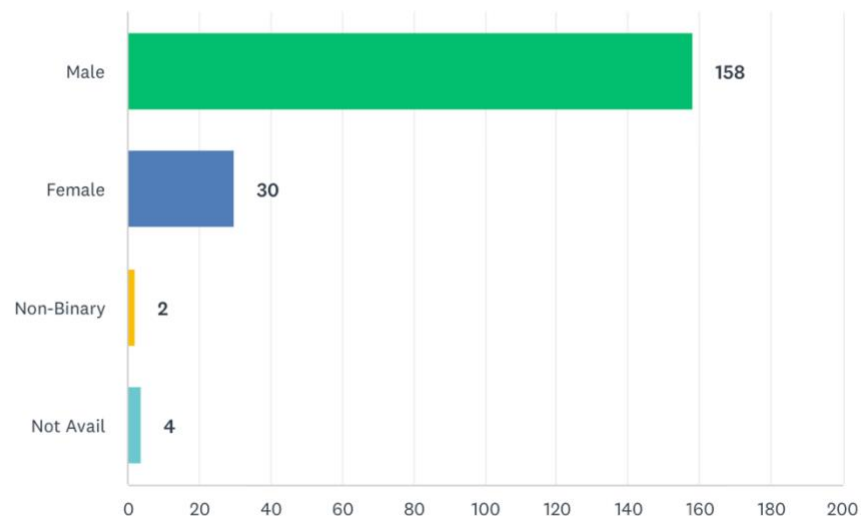
Before beginning the 1-week intensive program, youth participants were provided with Informed Consent for the evaluation (see Appendix C) and asked to complete a series of anonymized surveys, including a quick survey of their socio-demographics. Out of the total of 207 youth enrolled in the 1-week intensive, a total of 196 individual youth completed the socio-demographic survey (see Appendix E) at the beginning of the program.

The graphs below show that out of the 196 youth respondents, most youth identified as male (81%), were aged 15-18 years old (81%), with a variety of ethno-cultural backgrounds but with the largest proportion identifying as Indigenous or Métis (55%). Only fourteen youth (7%) identified as a Newcomer and/or Refugee.

### Gender

Are you

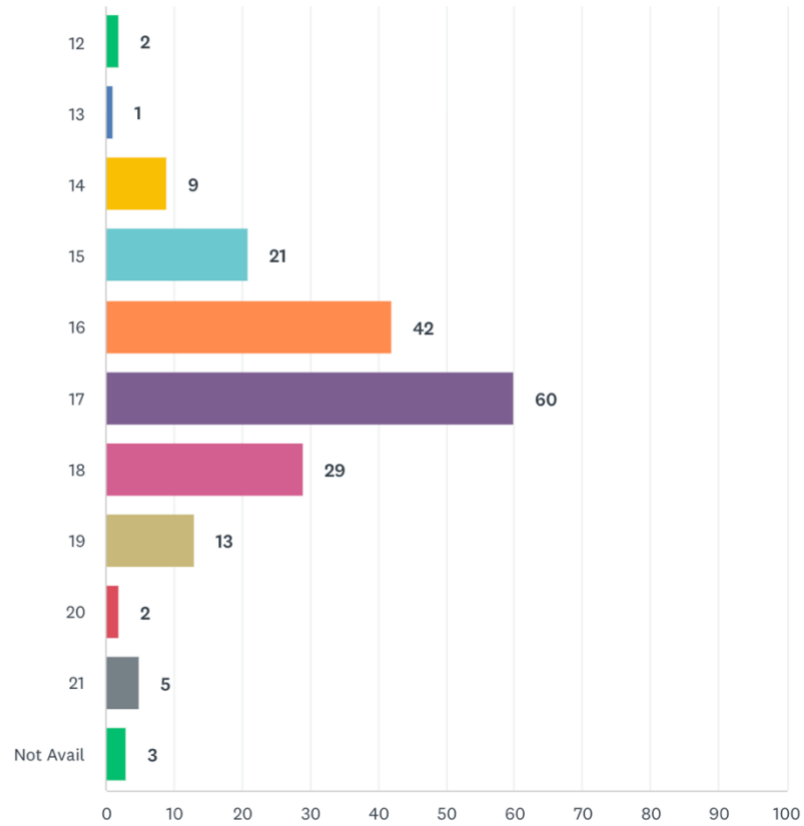
Answered: 194 Skipped: 2



## Age

How old are you?

Answered: 187   Skipped: 9

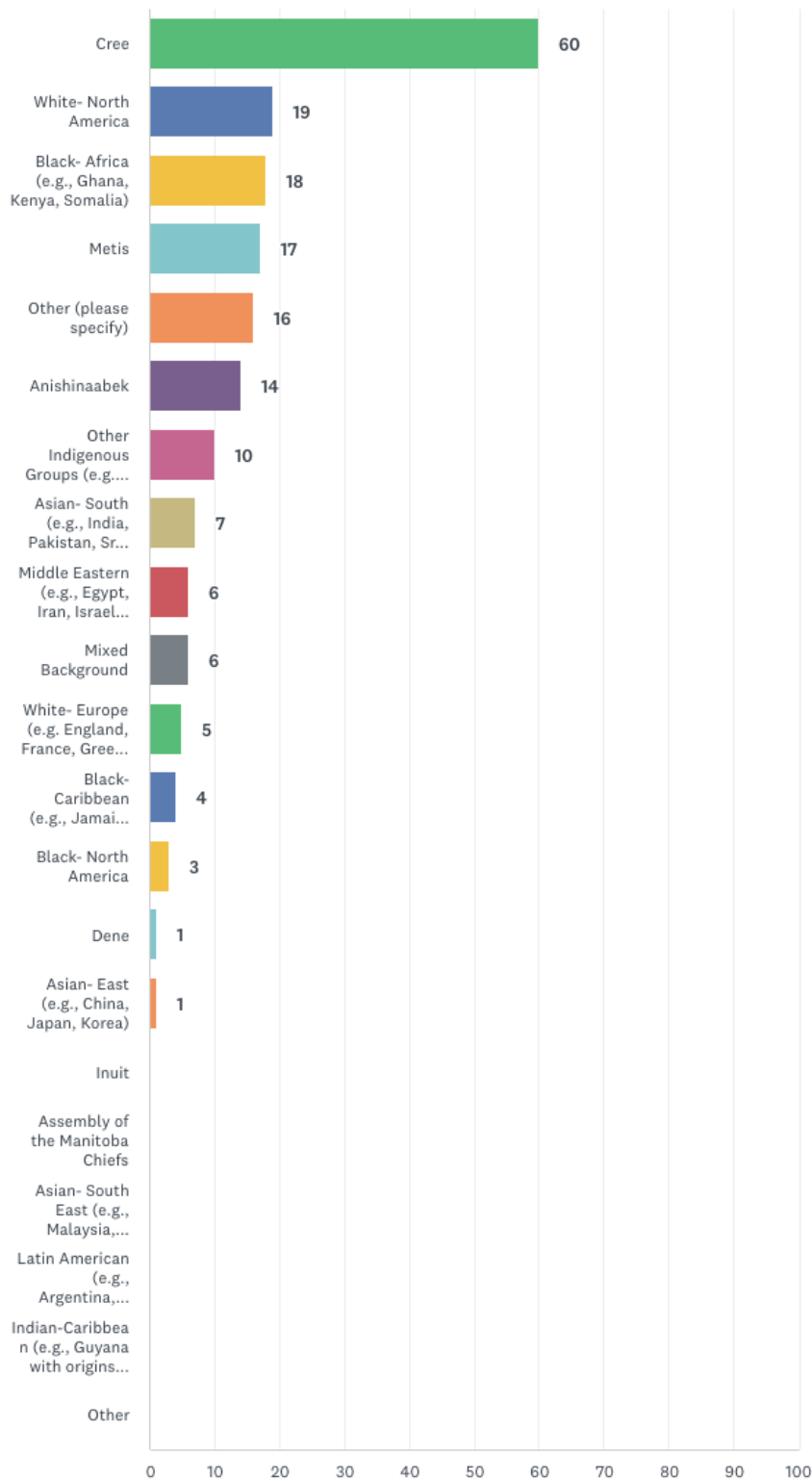




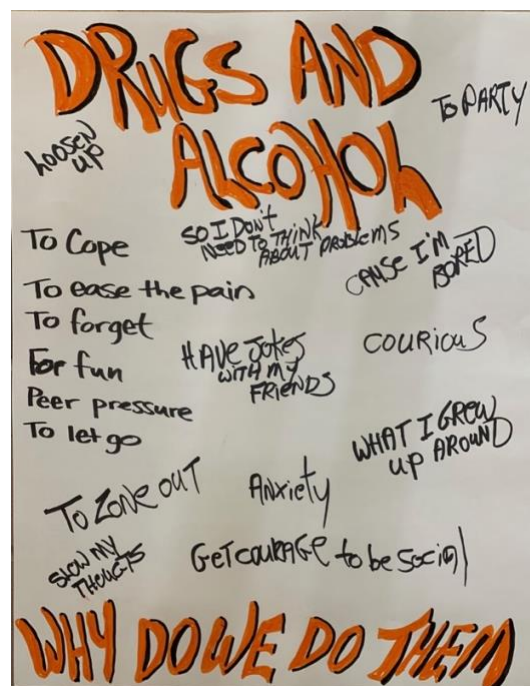
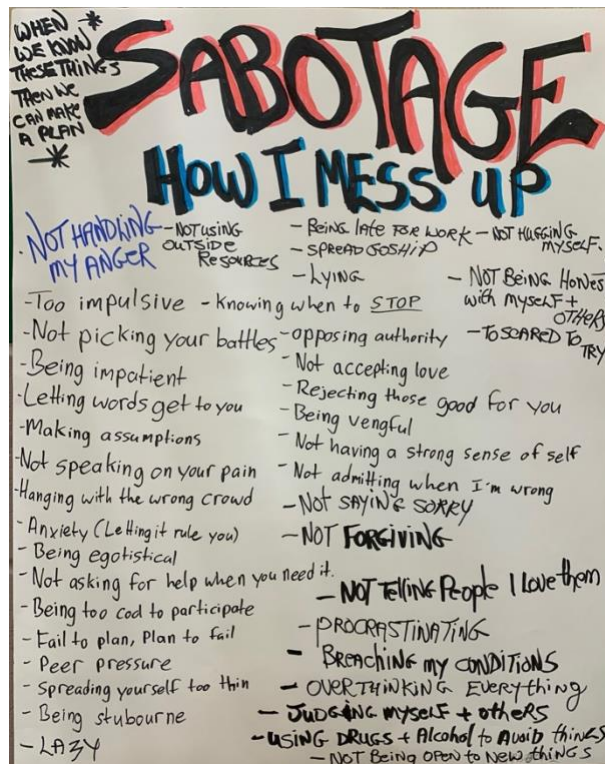
## Ethnic Identity

Which of the following best describes your ethnic identity?

Answered: 187 Skipped: 9



During program sessions, youth also shared more about themselves and their experiences, including some reasons why they engage in substance use, as well as ways in which they sabotage their own success. The photos below illustrate the themes in some of these discussions.



## 7. Program Impacts on Youth

A 15-question survey (called the Trust in Life Survey, see Appendix F) was designed specifically for this evaluation, focused on measuring the themes and program activity goals, namely:

- being open to new experiences,
- being able to think about positive goals,
- being able to think about steps needed to accomplish a goal,
- being able to plan ahead,
- problem-solving,
- positive connections,
- being able to ask for support,
- being grateful and mindful,
- hope for the future, and
- the power to make the future better.



The survey was designed to gain insight into these factors, including intentionally asking about hope for the future and skills for planning for the future, given the well documented challenges youth living with trauma have in feeling hope and visualizing a better future.

The youth participants were asked to complete the survey just before beginning the 1-week intensive session (T1), in the few days after the 1-week intensive session (T2), and after completing the Spoken Word Booster sessions (T3) as applicable. The evaluation was designed this way to capture, as best as possible, the impact of the 1-week intensive programming, and of the added Spoken Word Booster sessions. That said, this design was challenging in a custody/detention setting where youth come and go frequently due to releases and new intakes, or become unavailable for programming suddenly (e.g., due to illness, poor behaviour in the facility, etc.). This affected participation in the 1-week intensive session at times and definitely affected each youth's ability to remain in the entire program as designed, with Spoken Word Booster sessions following the 1-week intensive session. Despite these anticipated challenges, this evaluation aimed to explore the impacts on youth of the 1-week intensive session only, and the impacts of the 1-week intensive session plus Spoken Word Booster sessions, as much as possible.

Table 3 below outlines the number of surveys available for pre- versus post- analysis for the 2023-2026 program (all 3 years). Note that 46 youth respondents completed only one survey before or at the beginning of the 1-week intensive (T1 only), 3 youth respondents completed only one survey after the 1-week intensive (T2 only), and 1 youth respondent completed only one survey after Spoken Word boosters (T3 only).

*Table 3: Number of Youth with Pre- and Post- "Trust in Life" Surveys for 2023-2026*

| Youth with a Pre- and Post- Outcomes Survey Completed                                                                           |            |
|---------------------------------------------------------------------------------------------------------------------------------|------------|
| <b>Trust in Life Survey available for T1 &amp; T2</b><br>(before and after 1-wk intensive)                                      | <b>136</b> |
| <b>Trust in Life Survey available for T1, T2, &amp; T3</b><br>(before and after 1-wk intensive, and after Spoken Word Boosters) | <b>48</b>  |

|                                                                                                                                |          |
|--------------------------------------------------------------------------------------------------------------------------------|----------|
| <b><i>Trust in Life Survey available for T1 &amp; T3</i></b><br><i>(before 1-wk intensive, and after Spoken Word Boosters)</i> | <b>6</b> |
|--------------------------------------------------------------------------------------------------------------------------------|----------|

The results of the pre- versus post- Trust in Life surveys were analyzed to assess the extent to which the program components and activities had a positive impact on youth, along the dimensions mentioned above. Detailed results are presented below for the 136 youth who responded to the survey before their participation in the 1-week intensive (T1) and after participation in the 1-week intensive (T2), along with some notes on the results for the 48 youth who also completed a survey at T3 (after the Spoken Word Boosters).

Note that given the resources provided for the evaluation, more complex analyses of within group differences (e.g., based on gender, age, ethnicity) or of statistical significance were not possible at this time.

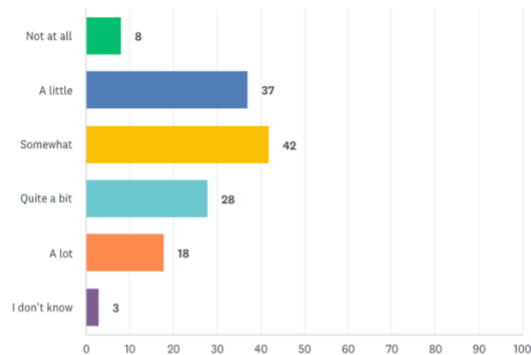
## Before Versus After the 1-Week Intensive Program

Below are the results for the youth who responded to the survey before their participation in the 1-week intensive (T1) and after participation in the 1-week intensive (T2). For each question in the survey, the results of T1 (on the left) are presented side-by-side with the results of T2 (on the right). The figures display the answers in graph form, as well as in table format. Also pay attention to the “Basic Statistics” at the bottom – a higher Median and Mean<sup>1</sup> score at T2 (on the right) denotes an improvement reported by youth after the 1-week intensive programming.

### Question 1

T1 - I can live in the moment at times and not worry about the past or the future

Answered: 136 Skipped: 0

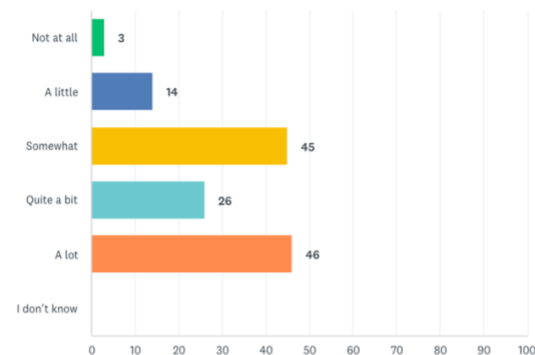


| ANSWER CHOICES     | RESPONSES  |
|--------------------|------------|
| ▼ Not at all (1)   | 5.88% 8    |
| ▼ A little (2)     | 27.21% 37  |
| ▼ Somewhat (3)     | 30.88% 42  |
| ▼ Quite a bit (4)  | 20.59% 28  |
| ▼ A lot (5)        | 13.24% 18  |
| ▼ I don't know (6) | 2.21% 3    |
| <b>TOTAL</b>       | <b>136</b> |

| BASIC STATISTICS |         |        |      |                    |
|------------------|---------|--------|------|--------------------|
| Minimum          | Maximum | Median | Mean | Standard Deviation |
| 1.00             | 6.00    | 3.00   | 3.15 | 1.19               |

T2 - I can live in the moment at times and not worry about the past or the future

Answered: 134 Skipped: 2



| ANSWER CHOICES     | RESPONSES  |
|--------------------|------------|
| ▼ Not at all (1)   | 2.24% 3    |
| ▼ A little (2)     | 10.45% 14  |
| ▼ Somewhat (3)     | 33.58% 45  |
| ▼ Quite a bit (4)  | 19.40% 26  |
| ▼ A lot (5)        | 34.33% 46  |
| ▼ I don't know (6) | 0.00% 0    |
| <b>TOTAL</b>       | <b>134</b> |

| BASIC STATISTICS |         |        |      |                    |
|------------------|---------|--------|------|--------------------|
| Minimum          | Maximum | Median | Mean | Standard Deviation |
| 1.00             | 5.00    | 4.00   | 3.73 | 1.11               |

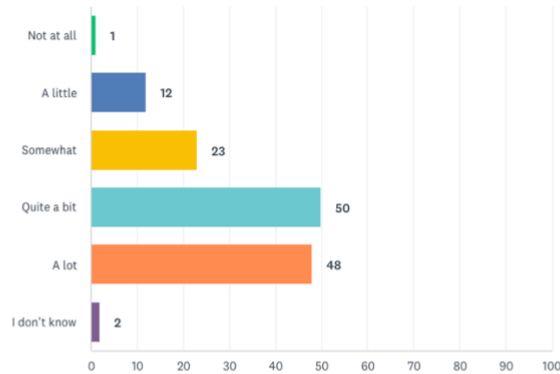
<sup>1</sup> The Median is the middle value (i.e. 50% of answers fall below it and 50% fall above it), while the Mean is the average. Although the “I don’t know” response is included on the scale of 1 (Not at all) to 6 (I don’t know), this does not affect the representation of the Median and Mean much since that is the case for all questions and not many youth chose ‘I don’t know’.



## Question 2

### T1 - I am open to new experiences and to trying new things

Answered: 136 Skipped: 0

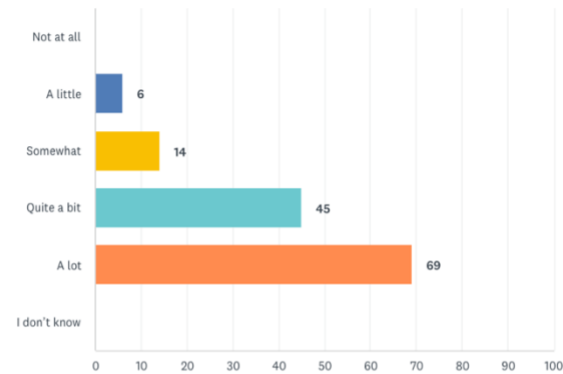


| ANSWER CHOICES     |  | RESPONSES |     |
|--------------------|--|-----------|-----|
| ▼ Not at all (1)   |  | 0.74%     | 1   |
| ▼ A little (2)     |  | 8.82%     | 12  |
| ▼ Somewhat (3)     |  | 16.91%    | 23  |
| ▼ Quite a bit (4)  |  | 36.76%    | 50  |
| ▼ A lot (5)        |  | 35.29%    | 48  |
| ▼ I don't know (6) |  | 1.47%     | 2   |
| TOTAL              |  |           | 136 |

| BASIC STATISTICS |         |        |      |                    | ? |
|------------------|---------|--------|------|--------------------|---|
| Minimum          | Maximum | Median | Mean | Standard Deviation |   |
| 1.00             | 6.00    | 4.00   | 4.01 | 1.00               |   |

### T2 - I am open to new experiences and to trying new things

Answered: 134 Skipped: 2



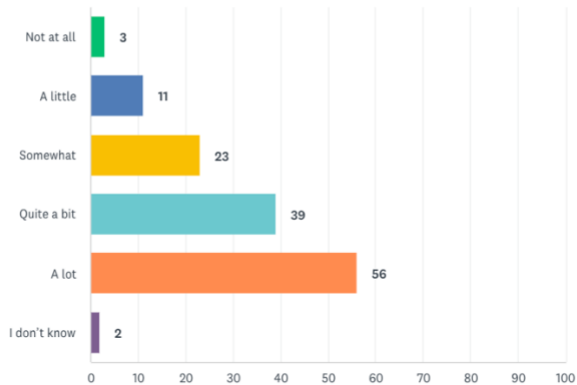
| ANSWER CHOICES     |  | RESPONSES |     |
|--------------------|--|-----------|-----|
| ▼ Not at all (1)   |  | 0.00%     | 0   |
| ▼ A little (2)     |  | 4.48%     | 6   |
| ▼ Somewhat (3)     |  | 10.45%    | 14  |
| ▼ Quite a bit (4)  |  | 33.58%    | 45  |
| ▼ A lot (5)        |  | 51.49%    | 69  |
| ▼ I don't know (6) |  | 0.00%     | 0   |
| TOTAL              |  |           | 134 |

| BASIC STATISTICS |         |        |      |                    | ? |
|------------------|---------|--------|------|--------------------|---|
| Minimum          | Maximum | Median | Mean | Standard Deviation |   |
| 2.00             | 5.00    | 5.00   | 4.32 | 0.83               |   |

### Question 3

T1 - I can think of a positive goal that I want to accomplish for myself

Answered: 134 Skipped: 2

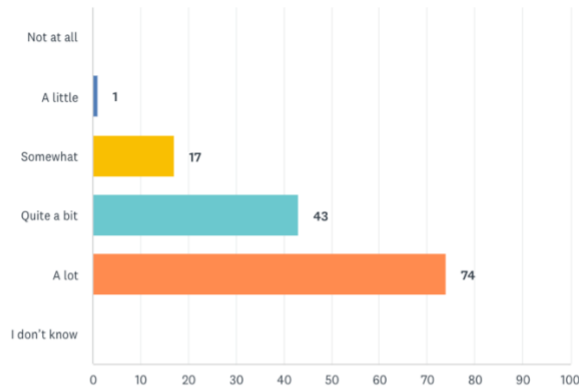


| ANSWER CHOICES     | RESPONSES |
|--------------------|-----------|
| ▼ Not at all (1)   | 2.24% 3   |
| ▼ A little (2)     | 8.21% 11  |
| ▼ Somewhat (3)     | 17.16% 23 |
| ▼ Quite a bit (4)  | 29.10% 39 |
| ▼ A lot (5)        | 41.79% 56 |
| ▼ I don't know (6) | 1.49% 2   |
| TOTAL              | 134       |

| BASIC STATISTICS |         |        |      |                    |
|------------------|---------|--------|------|--------------------|
| Minimum          | Maximum | Median | Mean | Standard Deviation |
| 1.00             | 6.00    | 4.00   | 4.04 | 1.08               |

T2 - I can think of a positive goal that I want to accomplish for myself

Answered: 135 Skipped: 1



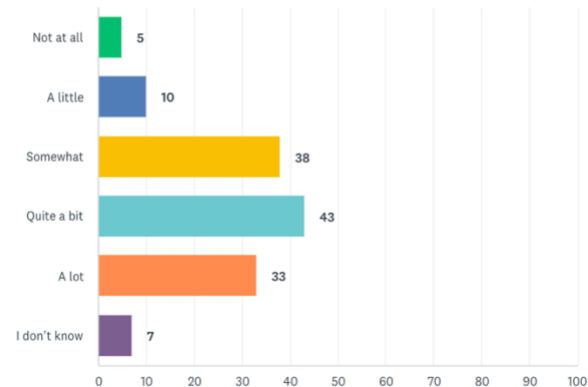
| ANSWER CHOICES     | RESPONSES |
|--------------------|-----------|
| ▼ Not at all (1)   | 0.00% 0   |
| ▼ A little (2)     | 0.74% 1   |
| ▼ Somewhat (3)     | 12.59% 17 |
| ▼ Quite a bit (4)  | 31.85% 43 |
| ▼ A lot (5)        | 54.81% 74 |
| ▼ I don't know (6) | 0.00% 0   |
| TOTAL              | 135       |

| BASIC STATISTICS |         |        |      |                    |
|------------------|---------|--------|------|--------------------|
| Minimum          | Maximum | Median | Mean | Standard Deviation |
| 2.00             | 5.00    | 5.00   | 4.41 | 0.73               |

### Question 4

T1 - I can think of the steps that I need to take to accomplish that goal

Answered: 136 Skipped: 0

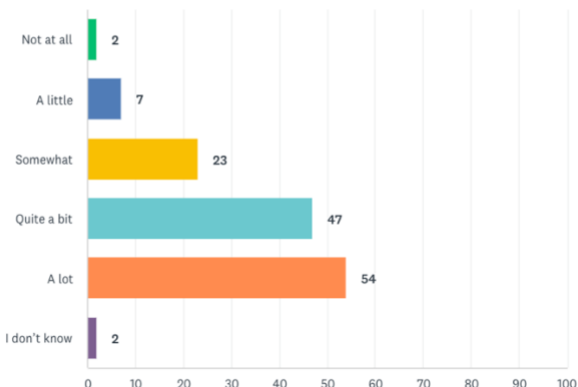


| ANSWER CHOICES     | RESPONSES |
|--------------------|-----------|
| ▼ Not at all (1)   | 3.68% 5   |
| ▼ A little (2)     | 7.35% 10  |
| ▼ Somewhat (3)     | 27.94% 38 |
| ▼ Quite a bit (4)  | 31.62% 43 |
| ▼ A lot (5)        | 24.26% 33 |
| ▼ I don't know (6) | 5.15% 7   |
| TOTAL              | 136       |

| BASIC STATISTICS |         |        |      |                    |
|------------------|---------|--------|------|--------------------|
| Minimum          | Maximum | Median | Mean | Standard Deviation |
| 1.00             | 6.00    | 4.00   | 3.81 | 1.15               |

T2 - I can think of the steps that I need to take to accomplish that goal

Answered: 135 Skipped: 1



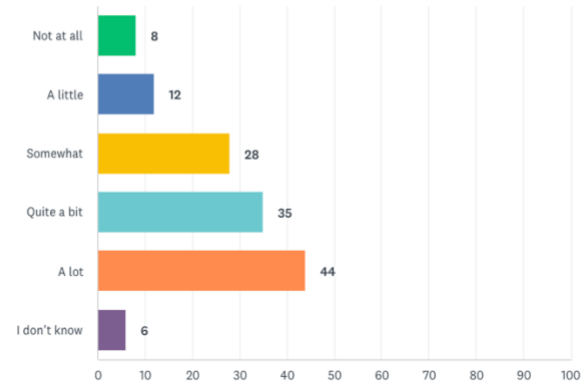
| ANSWER CHOICES     | RESPONSES |
|--------------------|-----------|
| ▼ Not at all (1)   | 1.48% 2   |
| ▼ A little (2)     | 5.19% 7   |
| ▼ Somewhat (3)     | 17.04% 23 |
| ▼ Quite a bit (4)  | 34.81% 47 |
| ▼ A lot (5)        | 40.00% 54 |
| ▼ I don't know (6) | 1.48% 2   |
| TOTAL              | 135       |

| BASIC STATISTICS |         |        |      |                    |
|------------------|---------|--------|------|--------------------|
| Minimum          | Maximum | Median | Mean | Standard Deviation |
| 1.00             | 6.00    | 4.00   | 4.31 | 0.98               |

# Question 5

T1 - If I close my eyes, I can picture myself in my mind accomplishing that goal

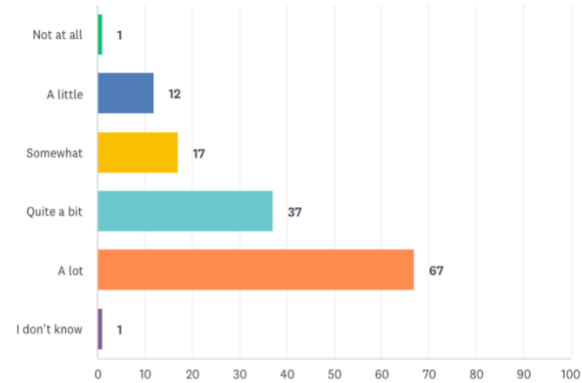
Answered: 133    Skipped: 3



| ANSWER CHOICES   |                  | RESPONSES          |      |
|------------------|------------------|--------------------|------|
| ▼                | Not at all (1)   | 6.02%              | 8    |
| ▼                | A little (2)     | 9.02%              | 12   |
| ▼                | Somewhat (3)     | 21.05%             | 28   |
| ▼                | Quite a bit (4)  | 26.32%             | 35   |
| ▼                | A lot (5)        | 33.08%             | 44   |
| ▼                | I don't know (6) | 4.51%              | 6    |
| TOTAL            |                  |                    | 133  |
| BASIC STATISTICS |                  |                    |      |
| Minimum          | Maximum          | Median             | Mean |
| 1.00             | 6.00             | 4.00               | 3.85 |
|                  |                  | Standard Deviation |      |
|                  |                  | 1.27               |      |

T2 - If I close my eyes, I can picture myself in my mind accomplishing that goal

Answered: 135    Skipped: 1

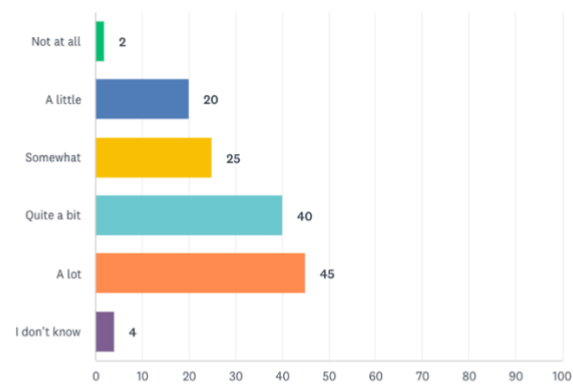


| ANSWER CHOICES   |                  | RESPONSES          |      |
|------------------|------------------|--------------------|------|
| ▼                | Not at all (1)   | 0.74%              | 1    |
| ▼                | A little (2)     | 8.89%              | 12   |
| ▼                | Somewhat (3)     | 12.59%             | 17   |
| ▼                | Quite a bit (4)  | 27.41%             | 37   |
| ▼                | A lot (5)        | 49.63%             | 67   |
| ▼                | I don't know (6) | 0.74%              | 1    |
| TOTAL            |                  |                    | 135  |
| BASIC STATISTICS |                  |                    |      |
| Minimum          | Maximum          | Median             | Mean |
| 1.00             | 6.00             | 5.00               | 4.19 |
|                  |                  | Standard Deviation |      |
|                  |                  | 1.02               |      |

# Question 6

## T1 - I am capable of planning ahead

Answered: 136 Skipped: 0

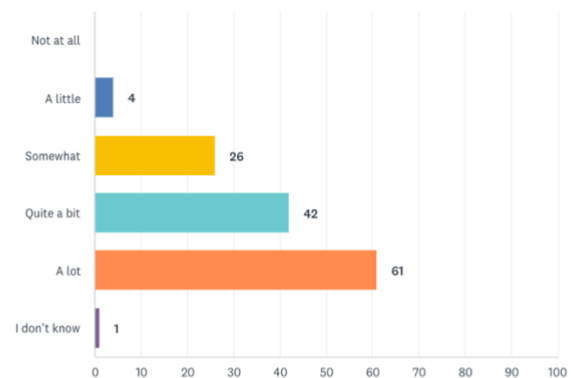


| ANSWER CHOICES     | RESPONSES |
|--------------------|-----------|
| ▼ Not at all (1)   | 1.47% 2   |
| ▼ A little (2)     | 14.71% 20 |
| ▼ Somewhat (3)     | 18.38% 25 |
| ▼ Quite a bit (4)  | 29.41% 40 |
| ▼ A lot (5)        | 33.09% 45 |
| ▼ I don't know (6) | 2.94% 4   |
| TOTAL              | 136       |

| BASIC STATISTICS |         |        |      |                    |
|------------------|---------|--------|------|--------------------|
| Minimum          | Maximum | Median | Mean | Standard Deviation |
| 1.00             | 6.00    | 4.00   | 3.87 | 1.16               |

## T2 - I am capable of planning ahead

Answered: 134 Skipped: 2



| ANSWER CHOICES     | RESPONSES |
|--------------------|-----------|
| ▼ Not at all (1)   | 0.00% 0   |
| ▼ A little (2)     | 2.99% 4   |
| ▼ Somewhat (3)     | 19.40% 26 |
| ▼ Quite a bit (4)  | 31.34% 42 |
| ▼ A lot (5)        | 45.52% 61 |
| ▼ I don't know (6) | 0.75% 1   |
| TOTAL              | 134       |

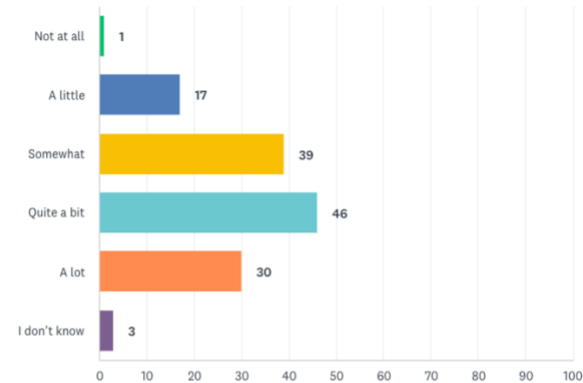
| BASIC STATISTICS |         |        |      |                    |
|------------------|---------|--------|------|--------------------|
| Minimum          | Maximum | Median | Mean | Standard Deviation |
| 2.00             | 6.00    | 4.00   | 4.22 | 0.87               |



# Question 7

T1 - If I have a problem, I can figure out what steps to take to try to solve it

Answered: 136 Skipped: 0

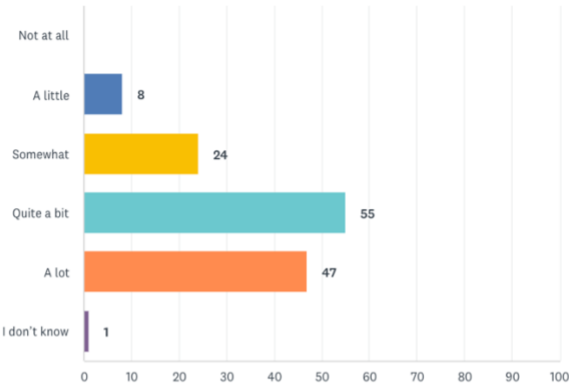


| ANSWER CHOICES     | RESPONSES |
|--------------------|-----------|
| ▼ Not at all (1)   | 0.74% 1   |
| ▼ A little (2)     | 12.50% 17 |
| ▼ Somewhat (3)     | 28.68% 39 |
| ▼ Quite a bit (4)  | 33.82% 46 |
| ▼ A lot (5)        | 22.06% 30 |
| ▼ I don't know (6) | 2.21% 3   |
| TOTAL              | 136       |

| BASIC STATISTICS |         |        |      |                    |
|------------------|---------|--------|------|--------------------|
| Minimum          | Maximum | Median | Mean | Standard Deviation |
| 1.00             | 6.00    | 4.00   | 3.71 | 1.04               |

T2 - If I have a problem, I can figure out what steps to take to try to solve it

Answered: 135 Skipped: 1



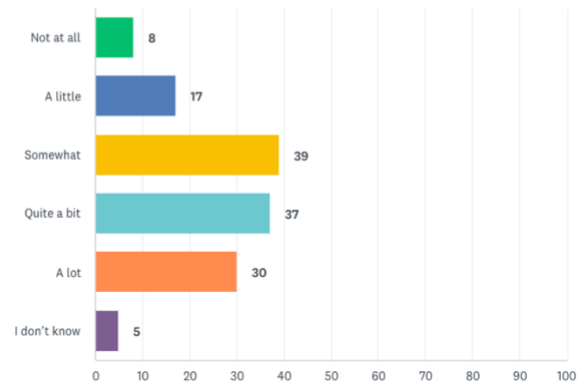
| ANSWER CHOICES     | RESPONSES |
|--------------------|-----------|
| ▼ Not at all (1)   | 0.00% 0   |
| ▼ A little (2)     | 5.93% 8   |
| ▼ Somewhat (3)     | 17.78% 24 |
| ▼ Quite a bit (4)  | 40.74% 55 |
| ▼ A lot (5)        | 34.81% 47 |
| ▼ I don't know (6) | 0.74% 1   |
| TOTAL              | 135       |

| BASIC STATISTICS |         |        |      |                    |
|------------------|---------|--------|------|--------------------|
| Minimum          | Maximum | Median | Mean | Standard Deviation |
| 2.00             | 6.00    | 4.00   | 4.07 | 0.89               |

# Question 8

## T1 - I can think about the pros and cons before making a decision

Answered: 136 Skipped: 0

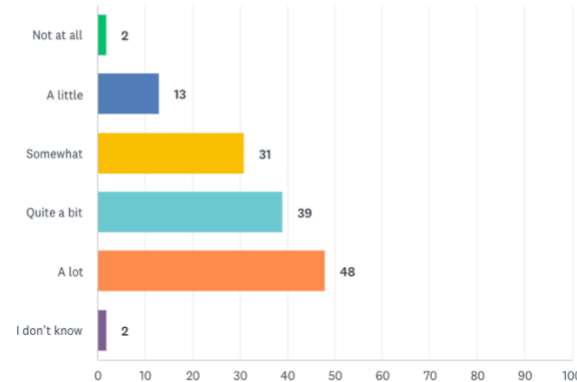


| ANSWER CHOICES   | RESPONSES |
|------------------|-----------|
| Not at all (1)   | 5.88% 8   |
| A little (2)     | 12.50% 17 |
| Somewhat (3)     | 28.68% 39 |
| Quite a bit (4)  | 27.21% 37 |
| A lot (5)        | 22.06% 30 |
| I don't know (6) | 3.68% 5   |
| TOTAL            | 136       |

| BASIC STATISTICS |         |        |      |                    |
|------------------|---------|--------|------|--------------------|
| Minimum          | Maximum | Median | Mean | Standard Deviation |
| 1.00             | 6.00    | 4.00   | 3.58 | 1.23               |

## T2 - I can think about the pros and cons before making a decision

Answered: 135 Skipped: 1



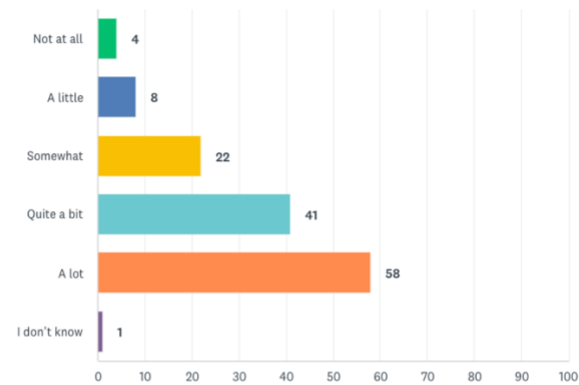
| ANSWER CHOICES   | RESPONSES |
|------------------|-----------|
| Not at all (1)   | 1.48% 2   |
| A little (2)     | 9.63% 13  |
| Somewhat (3)     | 22.96% 31 |
| Quite a bit (4)  | 28.89% 39 |
| A lot (5)        | 35.56% 48 |
| I don't know (6) | 1.48% 2   |
| TOTAL            | 135       |

| BASIC STATISTICS |         |        |      |                    |
|------------------|---------|--------|------|--------------------|
| Minimum          | Maximum | Median | Mean | Standard Deviation |
| 1.00             | 6.00    | 4.00   | 3.92 | 1.08               |

# Question 9

T1 - I feel like there are people in my life that I have a good and positive connection with

Answered: 134 Skipped: 2

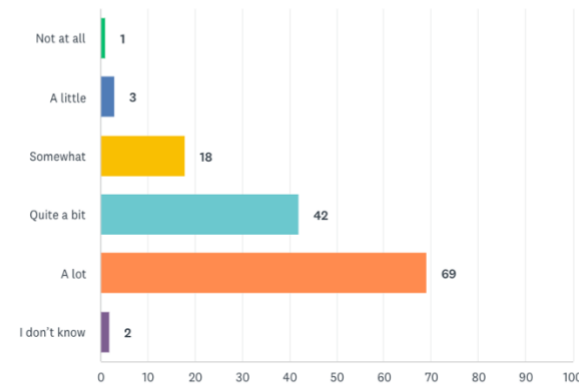


| ANSWER CHOICES     | RESPONSES |     |
|--------------------|-----------|-----|
| ▼ Not at all (1)   | 2.99%     | 4   |
| ▼ A little (2)     | 5.97%     | 8   |
| ▼ Somewhat (3)     | 16.42%    | 22  |
| ▼ Quite a bit (4)  | 30.60%    | 41  |
| ▼ A lot (5)        | 43.28%    | 58  |
| ▼ I don't know (6) | 0.75%     | 1   |
| TOTAL              |           | 134 |

| BASIC STATISTICS |         |        |      |                    |
|------------------|---------|--------|------|--------------------|
| Minimum          | Maximum | Median | Mean | Standard Deviation |
| 1.00             | 6.00    | 4.00   | 4.07 | 1.06               |

T2 - I feel like there are people in my life that I have a good and positive connection with

Answered: 135 Skipped: 1



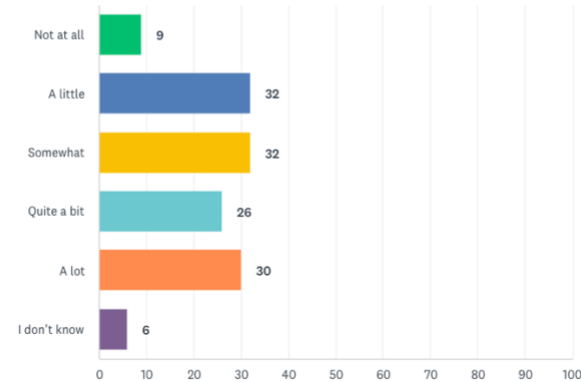
| ANSWER CHOICES     | RESPONSES |     |
|--------------------|-----------|-----|
| ▼ Not at all (1)   | 0.74%     | 1   |
| ▼ A little (2)     | 2.22%     | 3   |
| ▼ Somewhat (3)     | 13.33%    | 18  |
| ▼ Quite a bit (4)  | 31.11%    | 42  |
| ▼ A lot (5)        | 51.11%    | 69  |
| ▼ I don't know (6) | 1.48%     | 2   |
| TOTAL              |           | 135 |

| BASIC STATISTICS |         |        |      |                    |
|------------------|---------|--------|------|--------------------|
| Minimum          | Maximum | Median | Mean | Standard Deviation |
| 1.00             | 6.00    | 5.00   | 4.34 | 0.86               |

# Question 10

## T1 - I can ask for support if I am having a hard time

Answered: 135   Skipped: 1

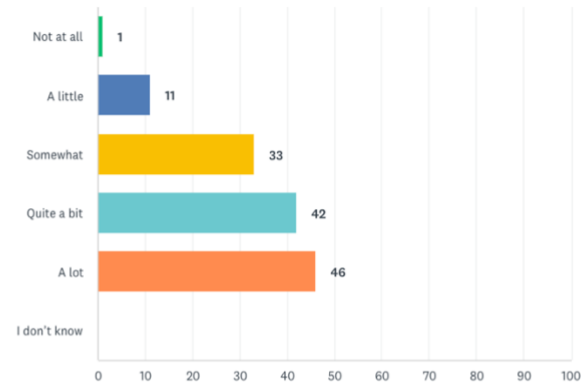


| ANSWER CHOICES     | RESPONSES |
|--------------------|-----------|
| ▼ Not at all (1)   | 6.67% 9   |
| ▼ A little (2)     | 23.70% 32 |
| ▼ Somewhat (3)     | 23.70% 32 |
| ▼ Quite a bit (4)  | 19.26% 26 |
| ▼ A lot (5)        | 22.22% 30 |
| ▼ I don't know (6) | 4.44% 6   |
| TOTAL              | 135       |

| BASIC STATISTICS |         |        |      |                    |
|------------------|---------|--------|------|--------------------|
| Minimum          | Maximum | Median | Mean | Standard Deviation |
| 1.00             | 6.00    | 3.00   | 3.40 | 1.35               |

## T2 - I can ask for support if I am having a hard time

Answered: 133   Skipped: 3



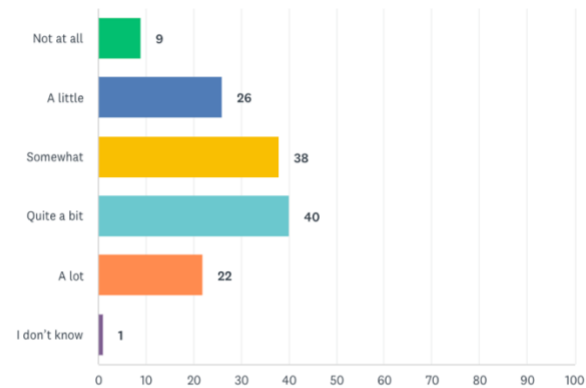
| ANSWER CHOICES     | RESPONSES |
|--------------------|-----------|
| ▼ Not at all (1)   | 0.75% 1   |
| ▼ A little (2)     | 8.27% 11  |
| ▼ Somewhat (3)     | 24.81% 33 |
| ▼ Quite a bit (4)  | 31.58% 42 |
| ▼ A lot (5)        | 34.59% 46 |
| ▼ I don't know (6) | 0.00% 0   |
| TOTAL              | 133       |

| BASIC STATISTICS |         |        |      |                    |
|------------------|---------|--------|------|--------------------|
| Minimum          | Maximum | Median | Mean | Standard Deviation |
| 1.00             | 5.00    | 4.00   | 3.91 | 0.99               |

# Question 11

T1 - I can ask for help if I am having a hard time solving a problem or making a decision

Answered: 136 Skipped: 0

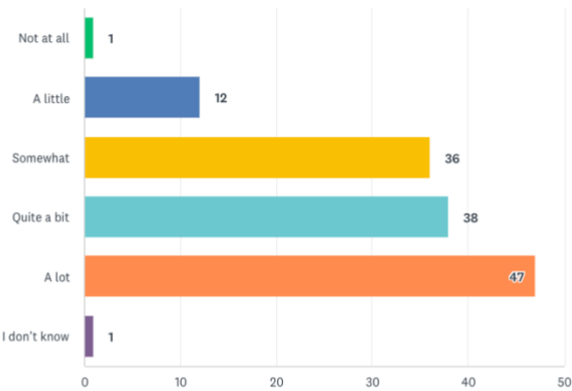


| ANSWER CHOICES   | RESPONSES |
|------------------|-----------|
| Not at all (1)   | 6.62% 9   |
| A little (2)     | 19.12% 26 |
| Somewhat (3)     | 27.94% 38 |
| Quite a bit (4)  | 29.41% 40 |
| A lot (5)        | 16.18% 22 |
| I don't know (6) | 0.74% 1   |
| TOTAL            | 136       |

| BASIC STATISTICS |         |        |      |                    |
|------------------|---------|--------|------|--------------------|
| Minimum          | Maximum | Median | Mean | Standard Deviation |
| 1.00             | 6.00    | 3.00   | 3.32 | 1.17               |

T2 - I can ask for help if I am having a hard time solving a problem or making a decision

Answered: 135 Skipped: 1



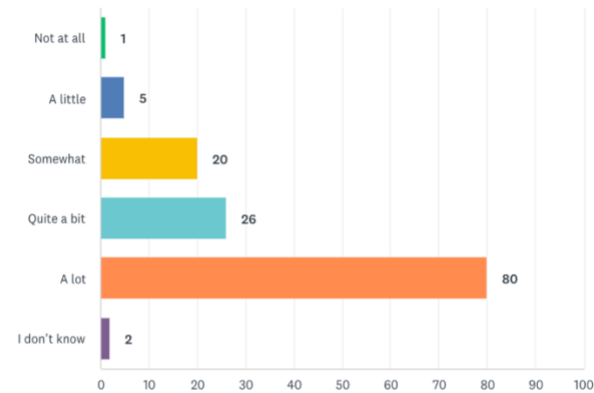
| ANSWER CHOICES   | RESPONSES |
|------------------|-----------|
| Not at all (1)   | 0.74% 1   |
| A little (2)     | 8.89% 12  |
| Somewhat (3)     | 26.67% 36 |
| Quite a bit (4)  | 28.15% 38 |
| A lot (5)        | 34.81% 47 |
| I don't know (6) | 0.74% 1   |
| TOTAL            | 135       |

| BASIC STATISTICS |         |        |      |                    |
|------------------|---------|--------|------|--------------------|
| Minimum          | Maximum | Median | Mean | Standard Deviation |
| 1.00             | 6.00    | 4.00   | 3.90 | 1.03               |

Question 12

T1 - There are things in my life that I'm grateful for

Answered: 134   Skipped: 2

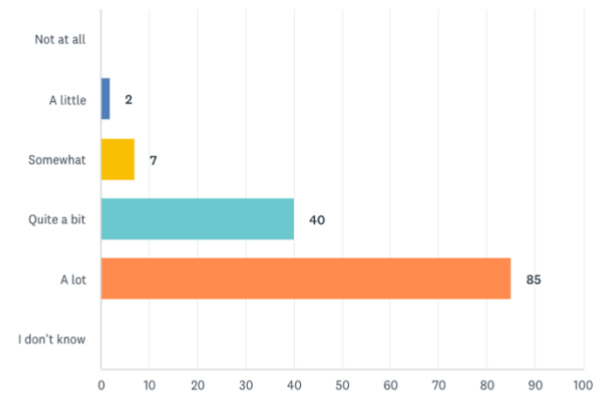


| ANSWER CHOICES |                  | RESPONSES |     |
|----------------|------------------|-----------|-----|
| ▼              | Not at all (1)   | 0.75%     | 1   |
| ▼              | A little (2)     | 3.73%     | 5   |
| ▼              | Somewhat (3)     | 14.93%    | 20  |
| ▼              | Quite a bit (4)  | 19.40%    | 26  |
| ▼              | A lot (5)        | 59.70%    | 80  |
| ▼              | I don't know (6) | 1.49%     | 2   |
| TOTAL          |                  |           | 134 |

| BASIC STATISTICS |         |        |      |                    |
|------------------|---------|--------|------|--------------------|
| Minimum          | Maximum | Median | Mean | Standard Deviation |
| 1.00             | 6.00    | 5.00   | 4.38 | 0.94               |

T2 - There are things in my life that I'm grateful for

Answered: 134   Skipped: 2



| ANSWER CHOICES |                  | RESPONSES |     |
|----------------|------------------|-----------|-----|
| ▼              | Not at all (1)   | 0.00%     | 0   |
| ▼              | A little (2)     | 1.49%     | 2   |
| ▼              | Somewhat (3)     | 5.22%     | 7   |
| ▼              | Quite a bit (4)  | 29.85%    | 40  |
| ▼              | A lot (5)        | 63.43%    | 85  |
| ▼              | I don't know (6) | 0.00%     | 0   |
| TOTAL          |                  |           | 134 |

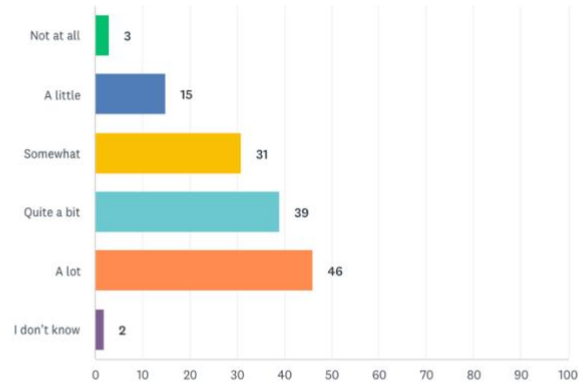
| BASIC STATISTICS |         |        |      |                    |
|------------------|---------|--------|------|--------------------|
| Minimum          | Maximum | Median | Mean | Standard Deviation |
| 2.00             | 5.00    | 5.00   | 4.55 | 0.66               |



### Question 13

T1 - If I stop for a moment, I can see the beauty in some little things (example: food, nature, art)

Answered: 136 Skipped: 0

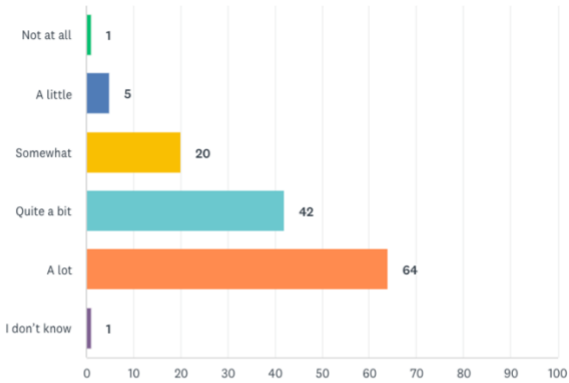


| ANSWER CHOICES   | RESPONSES |
|------------------|-----------|
| Not at all (1)   | 2.21% 3   |
| A little (2)     | 11.03% 15 |
| Somewhat (3)     | 22.79% 31 |
| Quite a bit (4)  | 28.68% 39 |
| A lot (5)        | 33.82% 46 |
| I don't know (6) | 1.47% 2   |
| TOTAL            | 136       |

| BASIC STATISTICS |         |        |      |                    |
|------------------|---------|--------|------|--------------------|
| Minimum          | Maximum | Median | Mean | Standard Deviation |
| 1.00             | 6.00    | 4.00   | 3.85 | 1.11               |

T2 - If I stop for a moment, I can see the beauty in some little things (example: food, nature, art)

Answered: 133 Skipped: 3



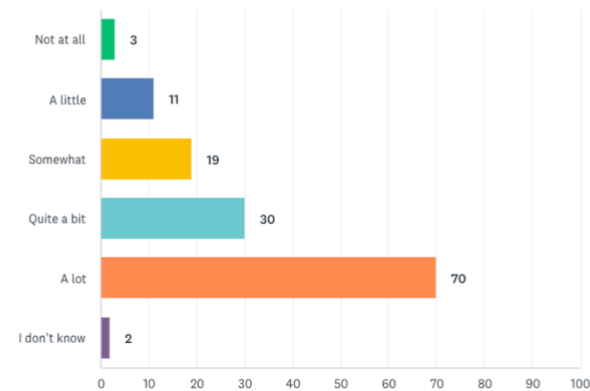
| ANSWER CHOICES   | RESPONSES |
|------------------|-----------|
| Not at all (1)   | 0.75% 1   |
| A little (2)     | 3.76% 5   |
| Somewhat (3)     | 15.04% 20 |
| Quite a bit (4)  | 31.58% 42 |
| A lot (5)        | 48.12% 64 |
| I don't know (6) | 0.75% 1   |
| TOTAL            | 133       |

| BASIC STATISTICS |         |        |      |                    |
|------------------|---------|--------|------|--------------------|
| Minimum          | Maximum | Median | Mean | Standard Deviation |
| 1.00             | 6.00    | 4.00   | 4.25 | 0.90               |

Question 14

T1 - I believe my future can be better and brighter than what I'm living like today    T2 - I believe my future can be better and brighter than what I'm living like today

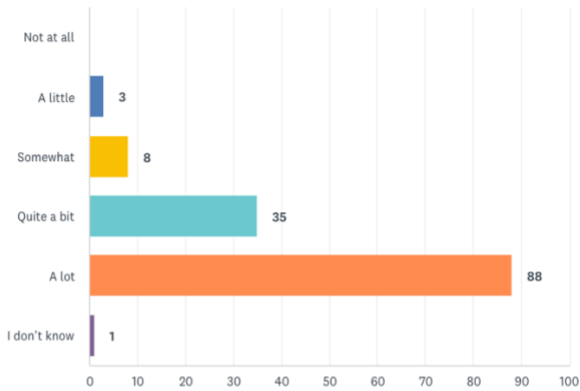
Answered: 135    Skipped: 1



| ANSWER CHOICES     | RESPONSES |
|--------------------|-----------|
| ▼ Not at all (1)   | 2.22% 3   |
| ▼ A little (2)     | 8.15% 11  |
| ▼ Somewhat (3)     | 14.07% 19 |
| ▼ Quite a bit (4)  | 22.22% 30 |
| ▼ A lot (5)        | 51.85% 70 |
| ▼ I don't know (6) | 1.48% 2   |
| TOTAL              | 135       |

| BASIC STATISTICS |         |        |      |                    |
|------------------|---------|--------|------|--------------------|
| Minimum          | Maximum | Median | Mean | Standard Deviation |
| 1.00             | 6.00    | 5.00   | 4.18 | 1.10               |

Answered: 135    Skipped: 1



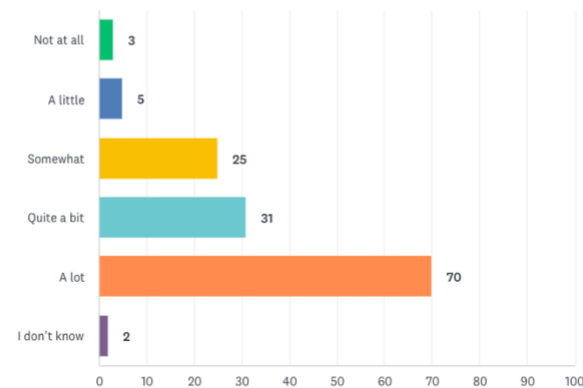
| ANSWER CHOICES     | RESPONSES |
|--------------------|-----------|
| ▼ Not at all (1)   | 0.00% 0   |
| ▼ A little (2)     | 2.22% 3   |
| ▼ Somewhat (3)     | 5.93% 8   |
| ▼ Quite a bit (4)  | 25.93% 35 |
| ▼ A lot (5)        | 65.19% 88 |
| ▼ I don't know (6) | 0.74% 1   |
| TOTAL              | 135       |

| BASIC STATISTICS |         |        |      |                    |
|------------------|---------|--------|------|--------------------|
| Minimum          | Maximum | Median | Mean | Standard Deviation |
| 2.00             | 6.00    | 5.00   | 4.56 | 0.72               |

# Question 15

T1 - I believe I have the power to make my future better and brighter than what I'm living like today

Answered: 136   Skipped: 0

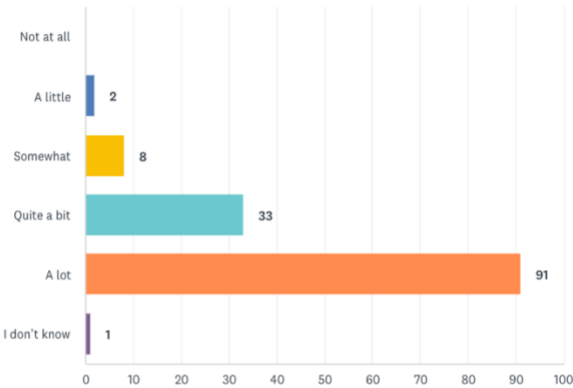


| ANSWER CHOICES     | RESPONSES |
|--------------------|-----------|
| ▼ Not at all (1)   | 2.21% 3   |
| ▼ A little (2)     | 3.68% 5   |
| ▼ Somewhat (3)     | 18.38% 25 |
| ▼ Quite a bit (4)  | 22.79% 31 |
| ▼ A lot (5)        | 51.47% 70 |
| ▼ I don't know (6) | 1.47% 2   |
| TOTAL              | 136       |

| BASIC STATISTICS |         |        |      |                    |
|------------------|---------|--------|------|--------------------|
| Minimum          | Maximum | Median | Mean | Standard Deviation |
| 1.00             | 6.00    | 5.00   | 4.22 | 1.03               |

T2 - I believe I have the power to make my future better and brighter than what I'm living like today

Answered: 135   Skipped: 1



| ANSWER CHOICES     | RESPONSES |
|--------------------|-----------|
| ▼ Not at all (1)   | 0.00% 0   |
| ▼ A little (2)     | 1.48% 2   |
| ▼ Somewhat (3)     | 5.93% 8   |
| ▼ Quite a bit (4)  | 24.44% 33 |
| ▼ A lot (5)        | 67.41% 91 |
| ▼ I don't know (6) | 0.74% 1   |
| TOTAL              | 135       |

| BASIC STATISTICS |         |        |      |                    |
|------------------|---------|--------|------|--------------------|
| Minimum          | Maximum | Median | Mean | Standard Deviation |
| 2.00             | 6.00    | 5.00   | 4.60 | 0.68               |

The graphs and Basic Statistics presented above show that the youth showed improvement on all survey questions after their participation in the 1-week intensive compared to before the 1-week intensive. The areas where youth showed the greatest improvements on the survey after the 1-week intensive (T1) compared to before the 1-week intensive (T2) were:

- the ability to live in the moment (Question 1);
- the ability to ask for support if they are having a hard time (Question 10); and
- the ability to ask for help if they are having a hard time solving a problem or making a decision (Question 11).

They also showed noticeable improvements on the survey in:

- being open to new experiences and trying new things (Question 2);
- the ability to think of a positive goal they want to accomplish (Question 3);
- the ability to picture themselves accomplishing that goal (Question 5);
- feeling like they have people in their life they have a good and positive connection with (Question 9); and
- the ability to see the beauty in little things (Question 13).

Areas with less noticeable changes on the survey were:

- the ability of thinking of the steps need to accomplish their goal (Question 4);
- the ability to plan ahead (Question 6);
- the ability to figure out the steps to take to try to solve a problem (Question 7);
- the ability to think about the pros and cons before making a decision (Question 8);
- having things in their life that they're grateful for (Question 12) – note that youth had already responded highly to this at the pre test;
- believing that their future can be brighter (Question 14) – note that youth had already responded highly to this at the pre test; and
- believing they have the power to make their future better and brighter (Question 15) - note that youth had already responded highly to this at the pre test.

The results for the 48 youth who completed a survey at T1 and T2 and who also completed a survey following their participation in the Spoken Word Booster sessions (T3) showed remarkably similar results on each question at T3 compared to T2. This suggests the gains made after the 1-week intensive were maintained, but no other significant patterns emerged.

The results of the surveys suggest that despite their many traumas, challenges and setbacks, most of the youth served entered the program with gratitude for certain things in their lives and with a belief that their future can be brighter and that they have the power to enact positive change in their lives. Based on the surveys, the areas they struggled with the most, and appear to have benefited from the program most in, were their ability to live in the moment, their ability to ask for support if they are having a hard time, and their ability to ask for help if they are having a hard time solving a problem or making a decision.

While the absence of a comparison group who did not participate in the program limits the ability to ascertain cause and effect, the results of the surveys suggest that the youth entered the 1-week intensive program with a very low ability to ask for help or support when they are struggling, and left the week feeling much more willing and capable in these areas.

## Youth Feedback, Testimonials & Art Created in the Program

In addition to the pre and post surveys, youth were given an opportunity to provide feedback about their experience and its impacts on them through a brief “Freestyle Answers” survey (see Appendix G).

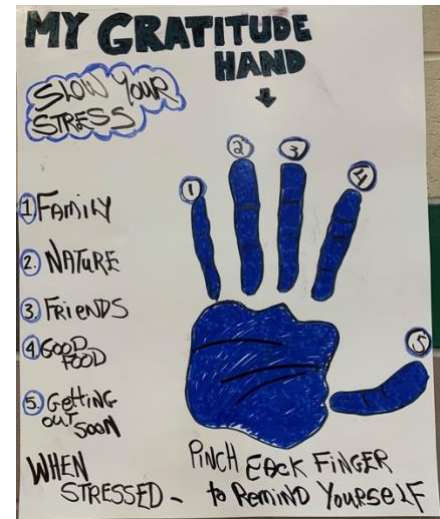
Below is a summary of how youth said the Blueprint program helped them, based on their direct feedback.

### 1. Increased Confidence & Self-Awareness

- “Helped me be more confident”
- “It reminded me of a leader I got inside of me”
- “It helped me get out of my shell”
- “Blueprint has helped me build more confidence in myself and unlock potential”

### 2. Mindfulness & Living in the Moment

- “It helped me by looking around and being happy for what I got and live in the moment”
- “Life comes at you fast and to take it one step at a time”
- “It helped me be more mindful because I am not used to doing these kinds of activities”
- “Blueprint helped me live in the moment at certain times and I'm grateful for that opportunity”



### 3. Creative Expression & Personal Growth through Poetry

- “I enjoyed the poetry workshop and liked sharing and hearing each others’ poems”
- “Ray was able to make me come out of my shell and showed me how to enjoy poetry”
- “I feel like the way Ray approaches poetry with his energy and hype is a really fun way of going about the whole thing”
- “I never really realized how much really goes into poetry writing until this program”

### 4. Connection & Community

- “Helped me connect with other youth”
- “It showed me I'm not the only one struggling”
- “We were all brought into the workshop and each participated with our own ideas”
- “It taught me how to trust.”
- “Talk to close friends and family.”
- “It helped me work with peers I usually wouldn't work with.”

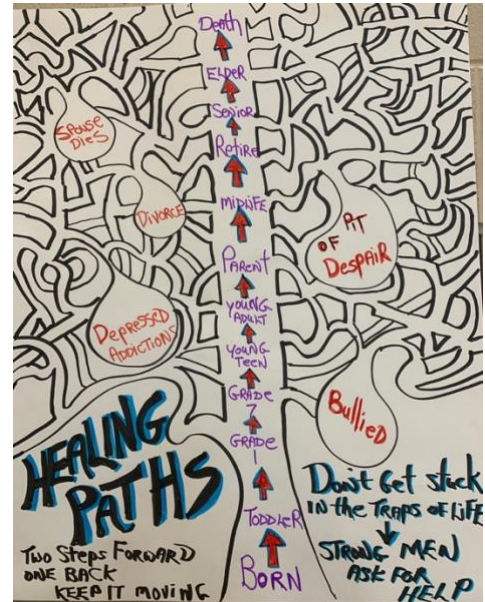
### 5. New Perspective on Life & Clarity for the Future

- “Where I'm from, you are either a drug dealer or something worse...Blueprint taught me I can be more”
- “Blueprint made me see there isn't just one way of living”

- “It helped me find my way in life and do better things”
- “Blueprint helped me realize that there are more opportunities in the world and I can set my goals and plan my future easier.”
- “Helps me try and see my future. See there are greater things.”
- “It helped me think about my future and make positive changes about my life.”
- “My goal is to become a better person, change my life.”
- “To not do negative things.”

#### 6. Emotional Healing & Positivity

- “Helped me realize you can do things to get your mind off sadness and be mindful”
- “Made me feel alive”
- “Well even if you don't answer out loud... when you hear other similar answers... it helps to see all people go through similar things.”
- “Blueprint helped me by being positive, having fun and talking and stuff”
- “It helped finding myself and healed my past and now I’m opening up to others if they need support.”



#### 7. Appreciation for New Experiences

- “Trying new things”
- “Being more open to the world and people”
- “Appreciate the fun things in life”
- “It was fun...I hope to go to Blueprint again in the future”

A few responses indicated:

- “I don’t know”
- “It did not”
- “IDK”
- “I’m not sure”

These responses suggest that while most youth had positive experiences, a few were either unsure of the impact.

Below are a few more examples of some of the art the youth produced in the program this year. Many more examples can be found through links on the Resource Page in the Appendices.



## Rinse Repeat

I wake up every morning with a pain  
in my back, head and my litteral brain  
try to distract myself from my reality, but mentally  
my speciality was born from wrong ways,  
in which I was brought up, caught up and shot down  
for being a disgrace.

So I get lost, I loose myself in my humour and  
then I asked what'd it cost.

When he said I'd win some blueprint that didn't even cross  
my mind, spend no time except here it's wasting by  
to feel like it was worth it for doing what was right is a joke.

So I wake up rinse repeat

looking in the mirror felt like I'm was falling off my feet  
so take a second realize that my message was to repeat  
but change is with the little things so to that effect  
my message has been beat.

battered, shattered, broken and scattered, like glass  
dropped from a height, not molten by some heat.

Without message in your writing, you're just falling from your feet.

So like I said seconds, change is little, take a breath,  
rinse, repeat. I feel like I crossed my message, I feel  
like I've been beat. By myself, not you guys, not my  
mom or my wiseness, what is lacking in this poem  
is the fact that I wear many disguises.

Life is different everyday, yet I wake up, rinse, repeat,  
I go to bed covering myself with the same sheet.

Also visit this link to music created by youth in the program: <https://soundcloud.com/stephen-buddha-leafloor/sets/music-created-by-youth-at-eyoc-edmonton-young-offenders-centre>





-----  
*"Mommy's Never Home" - Spoken word by young Indigenous women at MYC in 2025.*

*Mommy's never home  
I learned how to cook on my own  
I wonder what she thinks, knowing I'm in jail  
I wonder if she even cares that I'm in jail.*

*Another Aboriginal  
My Cousins say  
I'm going to end up just like her  
Become a prostitute living on the streets.  
Just because I've been in jail for a lot of weeks  
Forget dat!*

*I talked to her on the phone finally after a couple of months  
Asked her why she's always in the big city  
Never coming home.*

*I'm so worried for her all the time  
I'm so sick of looking for her all the time*

*Look, What do you know  
I find her with some guy looking pretty out of it  
I talked with her for a bit  
She ends up crying, telling me  
She's sorry for how she raised me, and she ain't proud of it  
I ain't becoming no prostitute  
I'm just another underage kid tryna act gangsta smokin that shit  
Taking hoots, wearing Timberlan boots, and stompin girls out*

*Wearing red Jordan tracksuits  
Selling poison to my own people*

*When I'm not in jail, I get phone calls from my brotha who's behind bars  
He says 7 years of ballin ain't worth doing life*

*I ain't going to be that gangsta who says I should of listened to my older brother  
And blames it on my mom, because I didn't have a mother.*

*I need to start making some serious change  
Because I don't want to end up like my brotha  
Thank god for my dad, whose always getting mad at me for being bad*

*All I ever wanted was a mother to tuck me in at night  
But now all that's on my mind is how I can change my life, and make my life right  
Because I hate this life man  
I hate looking over my shoulder every two seconds man*

*My baby sister  
Looks up to me now  
Tryna be like me, that's the part I can't stand*

*Having a bad life ain't going to stop me from having a decent life  
I wanna make it right  
I hate having to hang around with a bunch of losers that I don't even trust  
Just because they wear the same colors as me  
I hate the way I feel about myself*

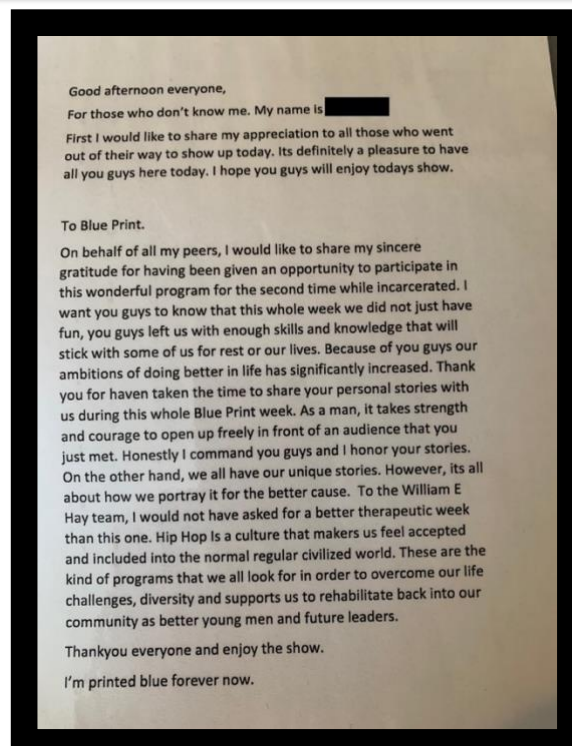
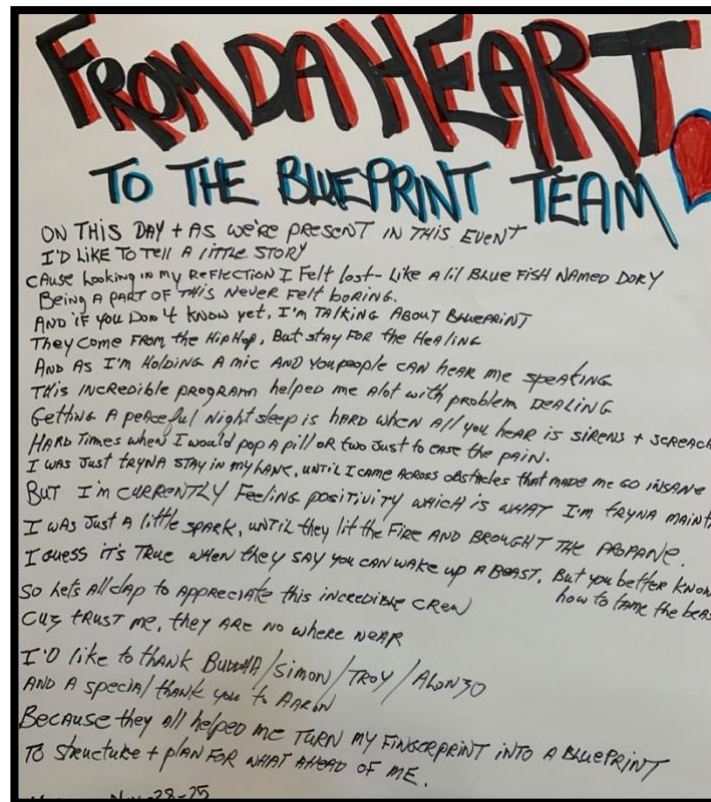
*But I gotta admit I ain't wezzy, and change ain't going to be easy*

*I'm done with the logo, talk shit, you get hit  
Every time you see me on the outs I'm blitzed  
So never give up  
Only losers don't try  
I'm sick of being in this jail cell  
Looking at these white walls  
I wonder what my dad thinks, when he gets my phone calls  
This ain't another lie, I'm actually gonna try*

*I'm giving my old life the bye bye  
I'm gonna change and I just told you why*

## Youth Gratitude for the Program

Youth took it upon themselves to express deep gratitude for the program and their desire to see it continue in the future. Below are some examples of these offerings by youth.



## 8. Facility Staff & Partners' Experience

There were six Blueprint team members involved in this project. At each facility, local staff were also highly encouraged to participate actively in programming including youth workers, case managers, support workers, educators, staff from community partners, etc. Some attended regularly and for long periods of time, while others attended for a few hours here and there, work schedule and responsibilities permitting. Staff were encouraged to get involved in all aspects of programming along with the youth, to help build comfort, confidence, rapport, and overall engagement. At the Manitoba Youth Centre, Indigenous Elders started each day off with prayer and smudging. Approximately 118 staff participated in the program over the three years.



For the final showcase at the end of the 1-week intensive, the youth and staff invited people they would like to be in the audience. Approximately 460 people attended the showcases over the three years. This is a unique opportunity for youth's parents, guardians, family members, probation officers, and other professionals to see the youth in a new light, often times in a very different setting and atmosphere than they would typically engage in while the youth are in detention and custody. The showcase has been described by audience members as electric, incredibly moving, inspiring, and uplifting.

One mother reached out to the Blueprint program lead following her attendance at the showcase to see her son, and she had this to share:

- *"I've tried reaching out on other socials this is probably frowned upon but I have to thank you, you and your program, the fact my son can articulate that anger and frustration are secondary emotions, tears, showing him (all the kids really) that hip hop isn't all gang and drugs and violence for showing him a new path to healing threw writing singing etc.. As a mum of an incarcerated youth who has experienced your program how do we support ? Thank you for this program thank you for guiding my son, a picture of you and him is proudly hung in my home keep on keeping on and making differences in the lives of our youth Much Respect"*



Following the program activities, facility staff who participated in programming were invited to complete a feedback survey, either online or by paper (see Appendix H). A total of 32 facility staff and partner representatives completed the feedback survey during the three years of the program.

The feedback from facility staff was overwhelmingly positive. Staff observed significant personal growth among youth, increased engagement, improved confidence, stronger peer relationships, and a general uplift in mood and behaviour. The program was seen as a culturally relevant, healing, and meaningful experience, with positive ripple effects across the facility. While there were some suggestions for improvement, these were generally constructive and did not detract from the overall success and impact of the program. Below is a summary of the themes and observations shared by staff at the youth detention and custody facilities.

### *1. Youth Engagement & Participation*

- Staff Observations:
  - Youth started off hesitant, shy, or "too cool" to participate but became more enthusiastic and involved as the week progressed.
  - Engagement increased when staff participated or when youth saw peers enjoying themselves.
  - Some youth practiced routines during downtime or after hours, indicating sustained interest.
- Quotes:
  - "By Friday, almost everyone was in on the dancing, drumming, and rapping."
  - "Youth were smiling, laughing, and having fun."
  - "They were very engaged and attentive."

### *2. Confidence, Growth & Transformation*

- Staff Observations:
  - The program fostered increased self-confidence, self-expression, and a willingness to step outside comfort zones.
  - Youth showed personal transformation over the week, moving from guarded to expressive and open.
- Quotes:
  - "They did not want to look vulnerable or 'foolish'... but eventually let that mindset go."
  - "The change in confidence from Monday to Friday was clear."
  - "One youth said, 'I'm sad this week is over. It really changed me.'"

### *3. Emotional Impact & Healing*

- Staff Observations:
  - Many staff referenced moments of emotional vulnerability, catharsis, or healing for themselves and the youth.
  - Spiritual and cultural elements (especially for Indigenous youth) were recognized as meaningful for staff and youth.
  - The program offered a rare safe space for youth and staff to express emotion.
- Quotes:
  - "Similar to certain Indigenous ceremonies and faith activities."



- “Youth were encouraged to share their triggers and vulnerabilities.”
- “It gave them a much-needed break. They had fun outside of drugs and alcohol.”

#### *4. Peer Connection & Group Cohesion*

- Staff Observations:
  - Youth encouraged and supported each other, fostering community and peer bonding.
  - Youth from different units began interacting more.
  - Competition in the dance-off created healthy team dynamics.
- Quotes:
  - “The youth encouraged each other more than I’ve seen before.”
  - “Youth who normally won’t engage with one another did.”
  - “By the end, youth were intermingling and cheering each other on.”

#### *5. Staff-Youth Relationships*

- Staff Observations:
  - Staff felt the program strengthened their rapport with youth.
  - Shared experiences allowed staff to see youth in a new light and vice versa.
  - Staff participation made youth more comfortable and motivated.
- Quotes:
  - “It helped me build a different kind of rapport with youth.”
  - “We were able to interact in a way we don’t normally do.”
  - “Seeing everyone dancing together has been one of the best experiences I’ve had since I started working here.”

#### *6. Atmosphere & Facility-Wide Impact*

- Staff Observations:
  - Positive energy spread throughout the facility.
  - Youth were more relaxed, upbeat, and motivated.
  - The atmosphere was described as fun, high-energy, and healing.
- Quotes:
  - “The facility was infused with positive energy.”
  - “It was loud – fun – music – lively.”
  - “Youth were excited to wake up early for the program.”

#### *7. Program Content & Structure*

- Strengths:
  - Youth enjoyed drumming, dancing, and spoken word the most.
  - Cultural relevance and facilitator stories had strong impact.
  - Variety in activities allowed for multiple entry points.
- Opportunities for Improvement:
  - Reduce length of some discussions (“too much talking at times”).
  - Add more movement breaks and visual elements.
  - Incorporate more art-based options (graffiti, drawing).

- Need for more facilitators and breakout groups for large groups.
- Explore structured aftercare or longer follow-up activities to sustain the impact.
- Quotes:
  - “More visuals and shorter group talks would help.”
  - “Not everyone could follow choreographed dancing; more options would be good during those sessions.”

## 9. Successes, Challenges, & Lessons Learned

Overall, the 1-week intensive sessions ran smoothly and as originally intended, with great engagement from youth and facility staff alike. The feedback received from youth and staff at partner facilities was overwhelmingly positive. This is an important thing to note since it can be difficult to engage youth in these settings. It can also be challenging to engage staff in programming in detention facilities at times, since they have dual roles of youth engagement and support, and security management. The fact that safety and security was maintained in the facilities during programming, even with large groups of youth mixed together from various facility units, is a great success. Most of the challenges were due to the realities of running a program in a custody/detention setting where there are many unpredictable intakes and releases of youth. Despite these realities, the program reached its intended number of youth.

The Spoken Word Booster sessions following the 1-week intensive were more difficult to coordinate and generally more difficult to engage with consistent youth. They had a quicker to start (following the 1-week intensive) in all facilities in year 2 than in year 1, which made scheduling of local Blueprint staff somewhat easier, and created better flow for programming for the youth. In year 3, Spoken Word booster sessions were delivered by the Blueprint team at the Manitoba Youth Centre (MYC) in Winnipeg, but scheduling difficulties at the William E. Hay Centre (WEHC) in Ottawa prevented the booster sessions from occurring. In Edmonton, a spoken word follow-up was done in year 3 by a new partner called Creating Hope Society, who was meeting with about 10 youth once a week on an ongoing basis at the facility. In addition to writing and beat creation with the youth, they used the Blueprint Workbook for follow-up and to support them in creating deeper ongoing discussions with the youth. The Blueprint Workbook was also left for youth in Winnipeg and Ottawa and facility and educational staff were encouraged to use them with the youth for ongoing life skills development.

### Successes

With the three years of programming in mind, the overall successes can be summarized as follows:

- Youth engagement was consistently strong across sites, with participants becoming more willing to dance, drum, write, speak, and perform as the week progressed.
- Facilitators built trust quickly through humor, warmth, storytelling, and high energy, helping youth feel safe enough to participate.
- Creative activities such as spoken word, rap, drumming, dance, and open mic created visible breakthroughs in confidence, courage, and self-expression.
- Peer support emerged as a major strength, with youth encouraging one another, cheering each other on, and helping hesitant participants step forward.
- Youth leadership grew in meaningful ways, including returning participants mentoring others, youth leading songs and drum groups, and award recipients being recognized by their peers.



- Cultural connection and ceremony were important sources of belonging and pride, especially through drumming, traditional songs, smudging, prayer, and Indigenous representation among staff.
- Final showcases were powerful culminating moments that gave youth a rare experience of being seen with admiration, pride, and respect.
- Staff partnerships were a major asset, with facility staff actively participating, sharing openly, and reinforcing the program's impact.

## Challenges

With the three years of programming in mind, the overall challenges can be summarized as follows:

- Many youth entered the program guarded, nervous, or doubtful about their abilities, especially around dancing, writing, or speaking publicly.
- Youth's sharing pointed to significant trauma, grief, family instability, anxiety, substance use, and self-sabotaging patterns that shaped how they showed up in the space and how they navigate their environment.
- Facilitators had to balance encouragement with structure, including moments where they needed to be firm while still preserving trust and dignity.
- Working in custodial settings brought ongoing constraints, including confidentiality requirements, youth transfers, court-related disruption, and the emotional weight of seeing participants as young as 12 years old in detention.
- Some youth needed extra reassurance to regulate emotions, take risks, and believe they could contribute positively to the group.
- Program sustainability remains a concern, with reflections noting funding uncertainty even while facilities express great interest in continuing the work. On a positive note, at the time of writing this report, Ottawa's William Hay Centre has secured their own funding for two more programs in the following year.

## Lessons Learned

The three years of programming also reinforced these lessons around the effectiveness of the Blueprint Pathways program:

- Healing and engagement deepen when youth are invited into creative expression rather than only instruction or discussion.
- Humor, playfulness, and authenticity are essential tools for relationship-building, especially with youth carrying trauma.
- Group-based programming can create powerful momentum: when one young person shows courage, others often follow.
- Youth respond strongly when they are trusted with real leadership roles and recognized publicly for growth.
- Culturally grounded practices strengthen connection, identity, and emotional safety.
- Staff involvement matters most when it is relational, participatory, and vulnerable, rather than purely supervisory.
- Showcases and public sharing are not just celebrations; they help youth internalize pride, possibility, and a different sense of self.
- The program is most effective when it combines artistic skill-building, emotional honesty, community support, and concrete messages about healing and personal change.

- Blueprint's programming has structure and many ways of engagement. But it also has the wisdom to read the room, listen to the youth, and adapt the programming in real time, as each project was different in its makeup of participants. Over the 3 years, some new engagement ideas were implemented such as music and beat creation. As well, follow-up movies were left with the facilities such as Freedom Writers and Goodwill Hunting – to keep the youth thinking about lessons they learned in the program, and those still to be experienced.

At its heart, Blueprint Pathways shows what becomes possible when young people are met not only with structure, but with belief, creativity, culture, and care. Across these three years, youth who were often carrying trauma, uncertainty, and disconnection stepped forward with courage, found their voices, supported one another, and began to imagine futures shaped by purpose rather than limitation. The results of this report make clear that even in the most challenging settings, healing, growth, support, and hope can take root when the right conditions are created. This work is a powerful reminder that when we invest in young people's strengths, humanity, and potential, we can do more than change a week in their lives - we can help open the door to lasting transformation.

## 10. Appendices

## Appendix A: Graduation Certificate

**YOU CAME FOR THE HIPHOP - BUT STAYED FOR THE HEALING !**

BLUEPRINT IS PROUD THAT YOU COMMITTED TO COMPLETING OUR WEEKLONG  
HEALING INTENSIVE.



REMEMBER THOSE MOMENTS WHERE YOU FELT UPLIFTED, LAUGHTER AND LOVE .  
AS LIFE WILL STILL BE HARD AND UNPREDICTABLE ! THINK OF YOUR NEW ONE MICS AND MOVE  
FORWARD WITH THIS NEW COURAGE, COMPASSION, FORGIVENESS AND CURIOSITY FOR LIFE.

**Respect to**

**From the Blueprint Team . MYC Oct 2025**

## Appendix B: Blueprint Pathways Resource Page

Here you will find links to some videos, past research, and a link to download the 100-page Workbook designed for incarcerated youth. It was developed with input from the facilities we worked with, and has a copyright. It cannot be used for commercial use without permission but can be used as a tool with our blessing if you are going to work with incarcerated youth.



### Videos

1. Youth dancing the Hustle in a secure custody facility.  
<https://vimeo.com/259172197?fl=ip&fe=ec>
2. An intergenerational healing project where we partnered with Pauktuutit (National Inuit Women's Association) lots of dancing, Elders involved etc.  
<https://vimeo.com/manage/videos/122005232>
3. Youth drumming and dancing in the Edmonton Young Offenders Centre  
<https://vimeo.com/334675115>
4. Appointed as an Ashoka Fellow for work in Arctic.  
<https://www.youtube.com/watch?v=vNlitpDJnBc>
5. Short video of discussion topics on prison projects.  
<https://youtu.be/COGM6XtoLoM>
6. Many more documentaries and videos. <https://www.blueprintforlife.ca/videos/>

### Music (created by incarcerated youth on Blueprint projects)

<https://soundcloud.com/stephen-buddha-leafloor>

### Assorted research completed over the years on multiple projects

<https://www.blueprintforlife.ca/pathways/>

### Letter from a partner in Edmonton

<https://www.blueprintforlife.ca/wp-content/uploads/2026/04/Letter-of-Support-for-Blueprint-for-Life.pdf>

### Workbook designed for incarcerated youth. Copyright 2026

<https://www.blueprintforlife.ca/wp-content/uploads/2026/04/final-MYC-BP4L-Workbook-1.pdf>

## Appendix C: Informed Consent Form

### Evaluation of Blueprint Pathways

#### **What is a program evaluation and why are we doing it?**

A program evaluation is like a research study. We are doing this evaluation because we want to know what you think about your experience in the program. We want to learn about: what you like most about the program; what you like least about the program; if you have any suggestions for how we could make the program better in the future; if you feel the program helped you in any way; and if you saw or experienced any changes because you participated in this program.

#### **Who is the program evaluator and what does this mean for you?**

Blueprint hired a professional program evaluator named Melanie Bania. Melanie is an independent evaluation consultant who works in the Ottawa community. This means that she is not a staff person at any facility or government agency. She has her own small business as a professional evaluator, and it is her job to help organizations like ours evaluate their programs.

We are inviting everyone in this program to be a part of the evaluation. If you agree to participate in the evaluation, Melanie will have access to the material you help produce (ex: Spoken Word) and the results of the surveys you complete for Blueprint as part of this program. Your name and identity will NOT be shared with the professional program evaluator. **Your anonymity will be protected.** The findings will be published in a final report that will be read by the people who fund Blueprint programs and others who are interested. The results will also be available to youth that participated and the host facilities.

#### **What are the benefits of participating in this study and are there any risks to me?**

We appreciate your time and your honest input as you participate in the evaluation of this program. All information you provide will help us improve this program and the services we offer. It will also help us all better understand if the program made any difference in the lives of participants.

We do not think there is anything in this study that could harm you or be bad for you. None of the information will be overly sensitive and answering questions will be voluntary where you can choose whether and what you want to answer.

#### **Do I have to participate in the program evaluation?**

You are under no obligation to participate in the program evaluation. If you choose to participate, you can withdraw from the evaluation at any time and/or refuse to answer any questions, without any negative consequences. If you withdraw abruptly from the program without withdrawing this consent, the information gathered up until your withdrawal will be included in the evaluation study.

Who can I contact for more information?

Stephen Leafloor  
Executive Director, Founder of Blueprint  
[steve@blueprintforlife.ca](mailto:steve@blueprintforlife.ca)

Melanie Bania, PhD  
Program Evaluator  
[mel@melaniebania.ca](mailto:mel@melaniebania.ca)

BY SIGNING BELOW, I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTAND THIS AGREEMENT.

Youth Initials: \_\_\_\_\_

Date: \_\_\_\_\_

Staff Signature: \_\_\_\_\_

## Appendix D: Blueprint Participant Tracking Sheet

| Unique Youth ID | Youth Initials | Informed Consent Form Completed (dd-mm-yyyy) | About You Survey Completed (dd-mm-yyyy) | Trust in Life Survey Completed (dd-mm-yyyy) |                      |                             | Youth Freestyle Answers Survey Completed (dd-mm-yyyy) |                             |
|-----------------|----------------|----------------------------------------------|-----------------------------------------|---------------------------------------------|----------------------|-----------------------------|-------------------------------------------------------|-----------------------------|
|                 |                |                                              |                                         | Time 1 - before                             | Time 2 - end of week | Time 3 - end of Spoken Word | Time 1 - end of week                                  | Time 2 - end of Spoken Word |
| Y1              |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y2              |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y3              |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y4              |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y5              |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y6              |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y7              |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y8              |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y9              |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y10             |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y11             |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y12             |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y13             |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y14             |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y15             |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y16             |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y17             |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y18             |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y19             |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y20             |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y21             |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y22             |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y23             |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y24             |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y25             |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y26             |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y27             |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y28             |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y29             |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y30             |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y31             |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y32             |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y33             |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y34             |                |                                              |                                         |                                             |                      |                             |                                                       |                             |
| Y35             |                |                                              |                                         |                                             |                      |                             |                                                       |                             |

*\*If the tool was not completed by a youth, please enter the reason why instead of a date of completion.*

## Appendix E: “About You” Survey (Youth Demographics)

*Thank you for participating in Blueprint. Your experience of the program is important to us and we'd like to learn from you to help make it even better. This survey helps us do that. All the information collected will be anonymous and will not be connected to personal identifying information (such as your name). The findings will be published in a final report that will be read by the people who fund Blueprint programs and others who are interested. The results will also be available to youth that participated and facility staff. Thank you for doing this survey! We appreciate it.*

**Instructions: Please indicate your answers on this survey by placing an ☒ in the box. Do NOT write your name anywhere – your answers are anonymous!**

We believe hip hop has the power to fight exclusion and help people see our differences as strengths rather than weaknesses. We want to get a better sense of who Blueprint participants are and their diverse backgrounds. Please answer the following questions:

1. How old are you? \_\_\_\_\_

2. Are you ☐ Male ☐ Female ☐ Non-Binary

3. a. Are you a Newcomer to Canada (did your family arrive in Canada in the last 5 years)?  
☐ Yes ☐ No

If yes, what country did you come from? \_\_\_\_\_

b. Are you a refugee?  
☐ Yes ☐ No

4. Which of the following best describes your ethnic identity? ('X' all that apply)

☐ Indigenous (e.g., First Nations, Metis, Inuit, American-Indian)

☐ Cree

☐ Dene

☐ Inuit

☐ Metis

☐ Anishinaabek

☐ Assembly of the Manitoba Chiefs

☐ Other: \_\_\_\_\_

☐ Asian- East (e.g., China, Japan, Korea)

☐ Asian- South (e.g., India, Pakistan, Sri Lanka, Bangladesh)

☐ Asian- South East (e.g., Malaysia, Philippines)

☐ Black- Africa (e.g., Ghana, Kenya, Somalia)

☐ Black- North America

☐ Black- Caribbean (e.g., Jamaica, Trinidad)

☐ Latin American (e.g., Argentina, Chile, Costa Rica)

☐ Indian-Caribbean (e.g., Guyana with origins in India)

☐ Middle Eastern (e.g., Egypt, Iran, Israel, Palestine)

☐ White- North America

☐ White- Europe (e.g. England, Greece, Italy)

☐ Mixed background (specify): \_\_\_\_\_

☐ Other (specify): \_\_\_\_\_

**THANK YOU!**



## Appendix F: “Trust in Life” Survey

| Place an X in the right box. |                                                                                                  | Do you agree?     |                 |                 |                    |              | I don't know |
|------------------------------|--------------------------------------------------------------------------------------------------|-------------------|-----------------|-----------------|--------------------|--------------|--------------|
|                              |                                                                                                  | Not at all<br>[1] | A little<br>[2] | Somewhat<br>[3] | Quite a bit<br>[4] | A lot<br>[5] |              |
| 1                            | I can live in the moment at times and not worry about the past or the future                     |                   |                 |                 |                    |              |              |
| 2                            | I am open to new experiences and to trying new things                                            |                   |                 |                 |                    |              |              |
| 3                            | I can think of a positive goal that I want to accomplish for myself                              |                   |                 |                 |                    |              |              |
| 4                            | I can think of the steps that I need to take to accomplish that goal                             |                   |                 |                 |                    |              |              |
| 5                            | If I close my eyes, I can picture myself in my mind accomplishing that goal                      |                   |                 |                 |                    |              |              |
| 6                            | I am capable of planning ahead                                                                   |                   |                 |                 |                    |              |              |
| 7                            | If I have a problem, I can figure out what steps to take to try to solve it                      |                   |                 |                 |                    |              |              |
| 8                            | I can think about the pros and cons before making a decision                                     |                   |                 |                 |                    |              |              |
| 9                            | I feel like there are people in my life that I have a good and positive connection with          |                   |                 |                 |                    |              |              |
| 10                           | I can ask for support if I am having a hard time                                                 |                   |                 |                 |                    |              |              |
| 11                           | I can ask for help if I am having a hard time solving a problem or making a decision             |                   |                 |                 |                    |              |              |
| 12                           | There are things in my life that I'm grateful for                                                |                   |                 |                 |                    |              |              |
| 13                           | If I stop for a moment, I can see the beauty in some little things (example: food, nature, art)  |                   |                 |                 |                    |              |              |
| 14                           | I believe my future can be better and brighter than what I'm living like today                   |                   |                 |                 |                    |              |              |
| 15                           | I believe I have the power to make my future better and brighter than what I'm living like today |                   |                 |                 |                    |              |              |

## Appendix G: Youth Freestyle Answers

*Thank you for participating in Blueprint. Your experience of the program is important to us and we'd like to learn from you to help make it even better. This survey helps us do that.*

*All the information collected will be anonymous and will not be connected to personal identifying information (such as your name). The findings will be published in a final report that will be read by the people who fund Blueprint programs and others who are interested. The results will also be available to youth that participated and facility staff. Thank you for doing this survey! We appreciate it.*

**Do NOT write your name anywhere – your answers are anonymous!**

### **Freestyle: Write from the heart!**

1. *Please write about how the Blueprint experience has helped you be more mindful and live in the moment.*
  
  
  
  
  
  
  
  
  
  
2. *One of the paths to opening your heart to a positive future is to be able to visualize good things and see how you can create change in your life. Please write about how the Blueprint experience has helped you be able to visualize the future, and/or set goals and plans for positive change.*
  
  
  
  
  
  
  
  
  
  
3. *One of the paths to opening your heart to others is to better know yourself. Self-reflection, healing, self-knowledge, and awareness lay the groundwork for understanding others. Please write about how the Blueprint experience has helped you know yourself and how this might help you connect with others for support.*
  
  
  
  
  
  
  
  
  
  
4. *Please write about how the Blueprint experience has helped you feel grateful and experience gratitude.*

## Appendix H: Facility Staff Survey

*Thank you for participating in Blueprint. Your experience of the program is important to us, and we'd like to learn from you to help make it even better. This survey helps us do that. All the information collected will be anonymous and will not be connected to personal identifying information (such as your name). The findings will be published in a final report that will be read by the people who fund Blueprint programs and others who are interested. The results will also be available to youth that participated and facility staff. **Thank you** for doing this survey! We appreciate it.*

1. Please check all that apply related to your experience with the Blueprint program:
  - ☐ I watched or observed Blueprint in action during youth programming.
    - If yes, for approximately how long? \_\_\_\_\_
  - ☐ I actively participated in Blueprint activities with the youth and staff.
    - If yes, for approximately how long? \_\_\_\_\_
2. What did you notice regarding the youth's engagement during the program and the effect it had on individual youth?
3. What did you notice regarding the youth's engagement during the program and the effect it had on the youth as a group?
4. Did any of these effects last longer than just in the gym? For example, back in the living units, dining room, etc.
5. Did the program impact you in any way as a staff member (e.g., your professional practice, your relationships, your skills and knowledge, feelings about work)? Please describe the impact and what aspects of the program you think led to that change.
6. What did you notice regarding the atmosphere in the facility during the Blueprint week?
7. In your opinion, what are the stronger parts of Blueprint programming? What did you like?
8. Is there anything you feel Blueprint could improve on for future projects? Any challenges that need to be addressed