

# CYSOM Data & Impact Report

## Overview

CYSOM's work is informed by lived experience, field-based facilitation, and structured observation across community and justice-informed environments. The model prioritizes engagement, safety, and readiness without requiring forced participation or disclosure.

## Early Insights from Field-Based Sessions

During re-entry programming sessions, a trauma-informed, non-clinical facilitation approach—now formalized as the Newborn Method™—was applied to support engagement without requiring verbal expression.

## Observed Patterns

- Participants entered sessions feeling stressed, fatigued, or disengaged.
- Engagement occurred through listening, observation, and quiet participation.
- No participants reported feeling pressured to speak or disclose.
- Participants consistently reported feeling safe within the session environment.

## Participant-Reported Outcomes

Participants described leaving sessions feeling relieved, content, refreshed, emotionally lighter, and more at ease.

## DOI (Depth of Impact) Summary

Average Score: 13 / 15 (Strong Impact)

Safety: 3 | Capacity: 2 | Pressure: 3 | Expression: 2 | Outcome: 3

## Case Example: Correctional Setting

Participants entered with high stress and low engagement. Sessions allowed quiet presence and optional expression. Participants remained engaged, and the environment stayed calm and focused. Post-session responses included: relieved, content, refreshed, and phenomenal.

## Key Insight

A readiness-based, non-forced engagement approach can support meaningful participation and emotional shift—even in structured environments—without requiring verbal expression.

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