

CASE STUDY

A New Era in Positive Change

JANUARY 30, 2026



+2



MARICOPA COUNTY



4th

Largest County

270

Probation Officers

5,700

Youth Served Annually

15

Specialized Programs

In 2022-25, Journey.Do partnered with the **Maricopa County's Juvenile Probation** department to roll out an AI-powered platform that addresses the key needs of justice-involved youth.

The program was designed to ensure that youth **criminogenic needs are met** and that **responsive life skills are grown**.

This case study highlights how Journey.Do was integrated into Maricopa County, including the implementation process, challenges faced, outcomes achieved, and the transformative impact on the lives of youth in detention, probation, and on diversion.



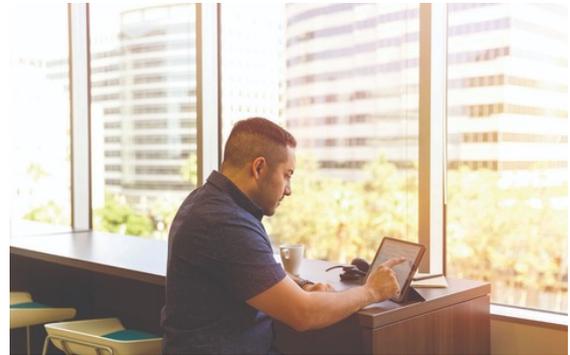
SERVICES USED

Many of the technological features, the certificates and nested activities, and the come alongside features were built in partnership with Maricopa County as needs emerged. For example, programs that went beyond the key criminogenic need areas, Overtime, AI was integrated to provide a behavioral change case management dashboard, making it much more possible for officers to champion the growth of those they serve with 2025 exploring how we could power officers to drive real change.



Anytime Anywhere Growth Platform

Journey.do is a next generation social growth app, built from the ground up to bring about life change in partnership to emerging county needs. Research-based, it uses the power of personal narrative, positive reputation, and applied content to power life change.



Come Alongside Growth Services

We power your community or provide growth as a service, with trained growth champions ready to support member success. All champions are skilled in providing support that is strength-based to ensure members are integrating key lessons into their life.



Criminogenic Need Certificates

The 8 Protective Factor Certificates are aligned to the most common assessed criminogenic needs. They were built in active partnership with justice-involved individuals and officers to overcome common risk factors. Each Certificate uses our research-based growth cycle and engages youth in 40+ small learning interactions with feedback at critical moments. Specialty court certificates are also available.



AI Powered Insights

AI was used to enhance organizational efficiency and support offices in increasing behavioral change effectiveness. The AI Behavioral Change Case Management Dashboard Suite equips officers with pre-contact guidance aligned to each youth's assessed needs, automated contact note generation, dynamic case planning that evolves with each interaction, and quality feedback coaching on evidence-based practices.

Program Approach

As more officers recognized how Journey.Do makes their work easier to support change, the platform became integrated into Maricopa County Probation's daily operations. Journey.do expanded from offering growth through technology to supporting a youth's full journey from intake to outtake for certain target populations. Journey.Do's growth plans are now helping to drive the overall case for youth, with their digital sophistication, ease of sharing, and AI-driven consistency making them invaluable tools for probation officers.

Journey Arc



01 INTAKE MEETING

1:1 Meeting to build rapport, identify needs, set goals, align motive, and onboard user.

02 GROWTH PLAN

Personalized roadmap with plan, and justification of why it will lead to meaningful growth.

03 CERTIFICATE ONE

First major achievement when individual completes desired number of Modules in an area.

04 CERTIFICATE TWO

If multiple certs expected, second significant milestone achieved based on completed Modules.

05 TRANSITION PLAN

Final summary of achievements, challenges, and next-steps as a forward looking action plan.

06 OUTTAKE MEETING

Conclusive session to affirm success, discuss challenges, and ensure future success.

1. CURATING ALIGNED MOTIVE

- Build a Coaching Connection (Grant, 2003)
- Assess Current Potential (Moen & Federici, 2012)
- Create a Plan for Success (Locke & Latham, 2002)
- Establish Authentic Motive (Deci & Ryan, 2008)

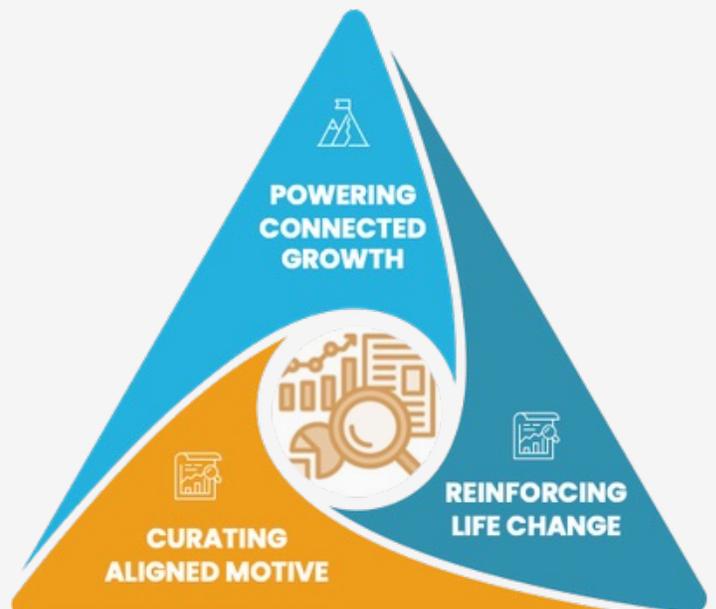
2. Powering Connected Growth

- Provide Meaningful Goals (Sheldon & Elliot, 1999)
- Curate Peer Inspiration (Miller & Rollnick, 2012)
- Use Quality Content (Ward, 2009)
- Encourage Life Integration (McAdams, 2001)
- Provide Strength-Based Feedback (Spreitzer & Porath, 2012)
- Reinforce Social Reputation (Christakis & Fowler, 2013)
- Leverage AI Insights (Gilson & Woolley, 2020; Dede, 2021)

3. Reinforcing Life Change

- Validate Growth Milestones (Locke & Latham, 2002)
- Review Struggles (Prochaska, DiClemente et al. 1992)
- Plan for Life Success (Schwartz et al., 2002)

Evidence-Based Practices



Case Management Approach

Probation officers carry one of the most difficult responsibilities in our system – protecting public safety while guiding youth toward lasting behavioral change. Too often, transactional demands of paperwork and compliance overshadow the relational work that drives real change. Journey.do's AI-powered case management platform restores the balance: automating the transactional, empowering the relational, and guiding practice toward the transformational – from intake to outtake, with fidelity at scale.



TRANSACTIONAL

Managing compliance, paperwork, and documentation – necessary but time-consuming work that crowds out all else.

AI handles this



RELATIONAL

Building trust, motivation, and coaching connection – the human work that is the true engine of behavioral change.

AI frees time for this

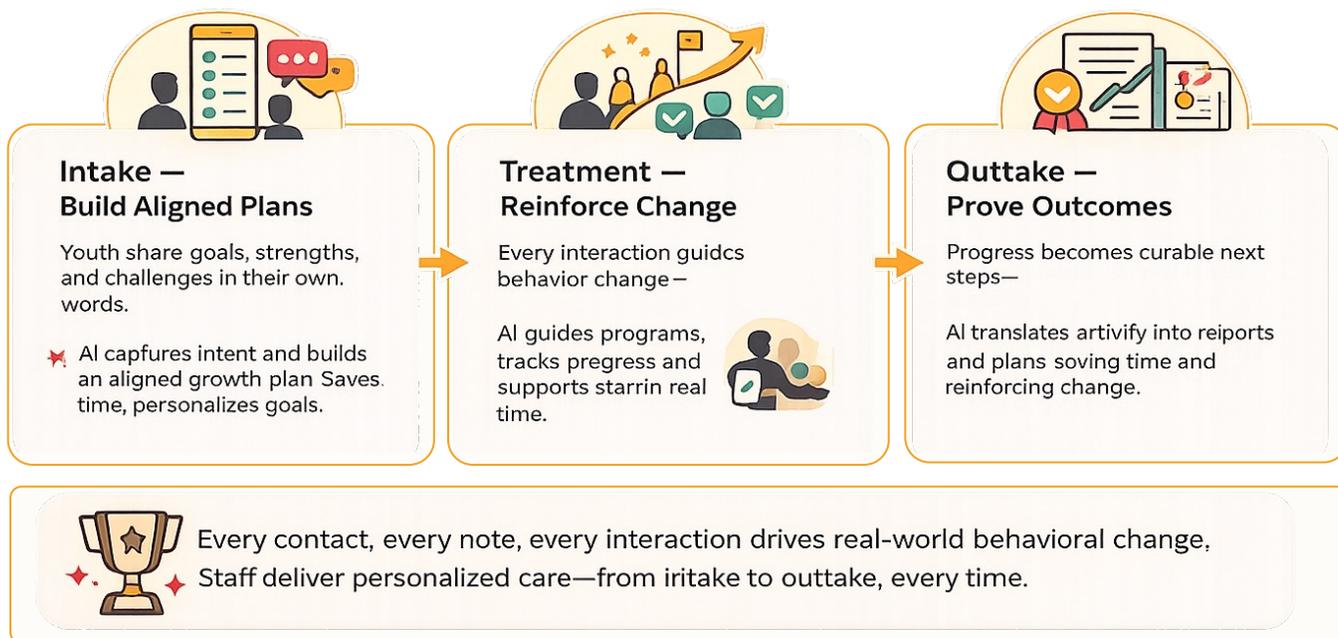


IMPACTFUL

Ensuring lasting skill development, measurable growth, and durable change that serves youth and community safety.

AI guides toward this

THE JOURNEY — INTAKE TO OUTTAKE



4 CORE AI CAPABILITIES THAT POWER EVERY STAGE



AI Case Planner

Generates individualized, strength-based case plans from intake interviews and uploaded assessment documents.



AI Notetaker

Transcribes and structures contact visits into plan-aligned case notes automatically – officers engage fully, eyes up.



AI Insight Generator

Auto-generates pre- and post-contact insights aligned to assessed needs, progress, and EBP coaching quality.



AI Report Maker

Creates court-ready, family-friendly, and supervisor-facing reports with a single click – structured, audit-ready outputs.

Officers Always Decide

AI never acts autonomously. Every plan, note, and recommendation is officer-reviewed before entering the record. Technology supports – officers lead.

Fidelity at Scale

AI monitors case quality over time – flagging EBP gaps, plan drift, and emerging needs – so standards are upheld across every officer and every case.

Relationships First

Efficiency exists to enable human connection, not replace it. Every AI capability is designed to give officers more time for the relational work that drives real change.

Integration

January
2023

The successful integration of Journey.Do into Maricopa County's Probation Department began with a strong focus on effective onboarding and the power of our comprehensive dashboard. From the outset, we worked closely with officers, programming staff, and youth to continually optimize the platform and service.



2024

This collaborative approach ensured that officers were not only introduced to the system but also fully supported in their journey to integrate it into their daily practices. Today, we have served over 6,000 youth who have completed over 100,000 growth activities, published more than 40,000 life application stories, and earned over 8,000 Protective Factor Certificates.



2025

Starting in Detention

Journey.Do began its integration into Maricopa County's Juvenile Justice system by aligning its Modules with the criminogenic needs of youth in secure care, leading to the creation of key Protective Factor Certificates. By mid-2023, the platform was fully deployed in detention, growing from 20 to over 1,000 youth by year's end. By 2024, we supported over 1700 youth who published over 15,000 stories and earned over 3000 certificates.

To Probation & Diversion

After success in detention, Journey.Do expanded into the Probation and Diversion programs in early 2024, starting with a few officers and their caseloads. As the platform's benefits became clear, usage grew rapidly, reaching 210 youth per month by August 2024, with over 12,000 stories published and new specialty court areas added, including substance prevention and gun safety.

To Case Management

Programming continued in 2025, expanding with new programs, especially supporting remanded youth and with higher application story expectations. However, the real update was in terms of AI integration. Building on this foundation, Journey.do launched its AI Behavioral Change Case Management Dashboard Suite in 2025, equipping probation officers with real-time, assessment-driven tools to reduce documentation burden and deepen the quality of every supervision contact.



ENGAGEMENT

Across three program years, **Journey.do has served thousands of youth** – delivering learning activities, publishing life application stories, building peer connections, and earning PF certificates that document real skill growth. The numbers below reflect **annual platform figures**, with cumulative impact across the full program period.

2023



946

Youth Served by Program



22,841

Learning Activities Completed



6,470

Life Application Stories Published



1063

PF Certificates Completed

With a proven detention model, we **expanded system-wide** – scaling across all detention settings and launching into **probation supervision** for the first time. We deepened the content library in direct response to emerging needs, adding programs in **parenting, specialty substances, and career readiness**, and introduced new content formats to meet youth where they are.

2024



2,187

Youth Served by Program



46,758

Learning Activities Completed



18,073

Life Application Stories Published



3,441

PF Certificates Completed

With a proven foundation across detention and probation, we advanced the platform's capabilities and reach – launching specialty programs in gun safety and community service and introducing the AI Behavioral Change Case Management Dashboard Suite to equip officers with real-time, assessment-driven tools that strengthen every supervision contact.

2025



2,461

Youth Served by Program



42,270

Learning Activities Completed



17,165

Life Application Stories Published



3,636

PF Certificates Completed

"The numbers reflect consistent, sustained engagement – year after year, youth are not just participating but completing activities, sharing their stories, and building the skills that matter most for long-term change."

– Lifelab Studios / Journey.do Program Summary, 2025

⚡ 3-YEAR CUMULATIVE IMPACT — 2023 · 2024 · 2025

All figures final unless noted



5,594

Youth Served Across All 3 Years



111,869

Learning Activities Completed Platform-Wide



41,708

Life Application Stories Published



116,563

Connections to Peer Stories Made Through the Platform



8,140

PF Certificates Completed Across All 3 Years

CORE INTERACTION

LEARNER RECEIVES PERSONALIZED CARE

- Meets Criminogenic Needs
- Grows Protective Factors
- Guides Journey Progress



ORGS RECEIVE INSIGHTS AND ACCOUNTABILITY

- Provides Data Accountability
- Enables Continuity of Care
- Offers AI Insights at the level of individual, group, and county

Learner Platform

Whether in detention or on probation, youth could securely log in using safe, monitored devices, ensuring a consistent and controlled environment. For those in detention, the platform was accessible during school hours, free time, or designated skills development periods, while probationary youth could engage with their growth plans from any location at anytime. The platform provided hyper-personalized feedback without the need for transportation or in-person meetings and did so regardless of which criminogenic needs each youth had.

Coaching Platform

The Coaching Platform is the operational hub where officers run the full continuum of supervision – from intake to outtake. Officers can dip in quickly to grab an AI-generated insight about a youth's recent story activity or program progress, or they can engage the platform's full AI-powered case management suite. This includes conducting structured intake meetings, building and updating individualized growth plans, recording and transcribing contact visits, generating court-ready reports with a single click, and completing transition planning at case close.

AI Insights

AI is woven into every stage of the supervision lifecycle – not as a replacement for officer judgment, but as a force multiplier behind it. Before contacts, AI surfaces assessment-aligned guidance so officers arrive prepared. During visits, AI can transcribe conversations and structure them into contact notes automatically. Afterward, it helps officers update case plans, flag emerging needs, and draft reports for courts, families, and supervisors in seconds. Over time, AI monitors the quality and consistency of supervision – prompting officers when plans drift from assessed needs, when EBP fidelity gaps appear, or when a youth's trajectory warrants attention.



PEER & SOCIAL SUPPORT

Building Strong Relationships

Showing empathy, creating boundaries, positive friendships, effective communication

- Encourage them to engage in open conversations about their daily experiences and challenges.
- Help them to think through friend groups and those that are most supportive of the positive future they are working to achieve.



ATTITUDES, VALUES & BELIEFS

Being My Best Self

Being my best self, beyond negativity, embracing gratitude, positive thoughts

- Help them to build positive self-identity by focusing on strengths, talents, and a positive mindset.
- It is helpful if you can model these in your life, focusing on gratitude, and reinforcing positivity as they strives to make positive change.



SUBSTANCE AVOIDANCE

Avoiding Substance Use

About substances, examining my use, growing protective factors, sober lifestyle

- Encourage them to openly talk about pressures they face, explore healthy coping strategies, identify positive role models around them.
- Remind them that the short-term solution of substances likely leads to long term problems.



FAMILY RELATIONSHIPS

Strengthening Families

Improving communication, clarifying rules and boundaries, doing family activities

- To encourage stronger family relationships, make time for regular family activities and conversations where everyone is heard.
- Plan enjoyable time for bonding and shared experiences and reinforce sense of togetherness and family.

How I Feel About Addiction (Past/Present)

by Leon S.

Before I had this sober mentality my thoughts on addiction went like this.

"I can just smoke weed and nothing else"

"A whole bottle is normal.....right?"

"I'll just sell it I won't smoke it"

"One hit can't hurt"

But when it came down to my using habits I was using everyday, all hours of the day, I noticed my habits weren't becoming recreational. They were becoming habitual. And with the habits becoming habitual, my will to finish probation successfully went down the drain.

But now is different.

To anyone who knows me personally, they've heard that a million times and counting. But now I know I can't just smoke weed, because it's all or nothing for me. A whole bottle of alcohol in one sitting is not normal. I can't just sell it because being near it and smelling it is just a trigger in itself. And lastly one hit CAN hurt.

I want to change.

For me.

I want to live a happy and successful life without having to worry about how I'm going to get my next fix.

Showing Empathy

Accepted in JDC-Youth Boys on Sep 13, 2022

Showing empathy is some times a good thing but also a bad thing like with me i show too much empathy and i put others before i put myself. So a time i showed empathy to some one and it worked out for both of us was here in detention i see a bunch of kids trying to punk or be little kids they know they have and advantage on instead of doing it to a kid there size or bigger where they will know it will be fair. So when i see this i stick up for them because it is the right thing to do even though i know it could put me in a bad situation i'd rather deal with it then someone i know doesn't have a chance. It is not always the right way to handle things but i feel i need to because i know what it is to be belittled and talked down on and it's not right no matter the person or what was done.

Beyond my Triggers

Accepted in Group on Mar 31, 2022

Some of the other guys here can push boundaries and get on my nerves, but I think we're all just learning, so I've started to learn to forgive em. Like for example, one guy didn't give an F if I was showering, he'd come use the bathroom anyway. That's so nasty to me, cuz like I don't wanna hear that you know?? I had to talk to him about it and he didn't understand and thought I was just being a "girl" about it, so I talked to one of the staff members and we all sat down together and talked about it. It was super awkward and I was scared this kid was gonna hate me, but it actually was okay. He grew up in a family of 10 with one bathroom, so this was super normal to him and we just had to explain that it's not normal to some other people and when you don't grow up doing that, it can be awkward



PROSOCIAL SKILLS

Making Good Choices

Thinking traps, beyond trauma, impulse control, build resilience, knowing triggers, problem solving

- Encourage the person to engage in open conversations about their daily experiences and challenges.
- Ask them about situations where they handled things well and share stories of your own experiences to build trust and life insights.



TAKING RESPONSIBILITY

Owning My Past Actions

Failing forward, owning my consequences, making the shift, engaging my communities

- Encourage them to reflect on their actions, learn from mistakes, and highlight that taking responsibility is a step towards a better future.
- We all face challenges; it's how we bounce back and keep growing that matters.



PHYSICAL & MENTAL HEALTH

Pursing Health & Wellness

Staying active, eating well, sleep habits, stress management, power of thoughts, caring for myself

- Help them think through ways to integrate physical health, a balanced diet, exercise, and enough sleep into their life.
- For mental well-being, notice stress levels, practice open communication, offer emotional support, and seek professional help if needed.



EDUCATION / EMPLOYMENT

Growing My Future

Connecting to purpose, building my resume, learning to drive, getting my GED, college prep

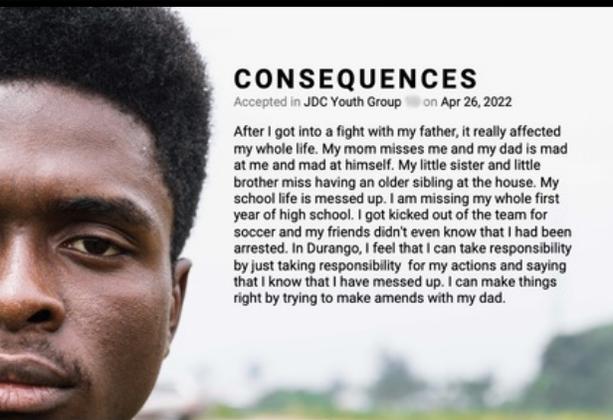
- Encourage them to explore their interests, set goals, and grow skills that can enhance their employment.
- Ask them about goals and interests.
- Support them to develop skills and take steps to pursue educational or vocational opportunities.

"You get to tell your stories in multiple different ways and it helped me release things that I've held onto for so long and that's like taking weight off my shoulders."

"You could go on be open and honest about your past and not be judged. But also learn how to learn from those mistakes and do better next time."

"I have matured and been given many opportunities to succeed in life. It's been a struggle but I now know my goals and values in life and I am determined to further them."

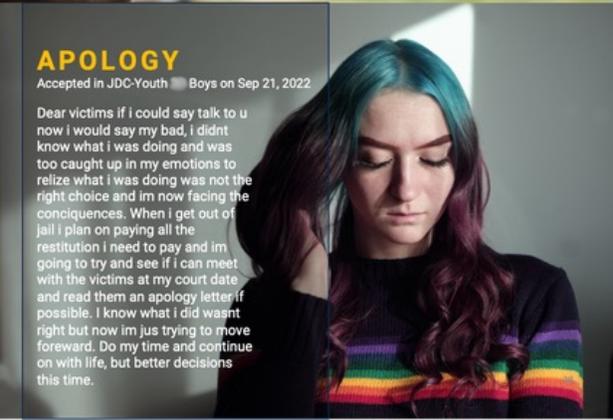
"Sometimes when people are being told by an authority, it kind of feels like they have to do it. But when you're being told a story by someone around your age, you see that you're not really alone."



CONSEQUENCES

Accepted in JDC Youth Group on Apr 26, 2022

After I got into a fight with my father, it really affected my whole life. My mom misses me and my dad is mad at me and mad at himself. My little sister and little brother miss having an older sibling at the house. My school life is messed up. I am missing my whole first year of high school. I got kicked out of the team for soccer and my friends didn't even know that I had been arrested. In Durango, I feel that I can take responsibility by just taking responsibility for my actions and saying that I know that I have messed up. I can make things right by trying to make amends with my dad.



APOLOGY

Accepted in JDC-Youth Boys on Sep 21, 2022

Dear victims if I could say talk to u now I would say my bad, I didnt know what I was doing and was too caught up in my emotions to realize what I was doing was not the right choice and im now facing the consequences. When I get out of jail I plan on paying all the restitution I need to pay and im going to try and see if I can meet with the victims at my court date and read them an apology letter if possible. I know what I did wasnt right but now im jus trying to move forward. Do my time and continue on with life, but better decisions this time.



Goal Getter

by Jamie R.

When I first came to Durango it was difficult for me to find the courage to set goals for myself. I didnt have any hopes or dreams I was lost and so after sitting in Durango for a couple weeks I started to little by little set small goals for myself.

The small goals led me to start setting bigger goals. My goals went from getting a blue shirt and participating to getting my polo and my GED. Currently I have passed 3 GED test and I'm waiting to take the last 2 test and I just got my polo shirt today.

So I'm staying on the right track to reaching my goals and I'm trying to stay focused on my long term goal which is my success. At first the small goals made me feel a little bit better about my situation, but as I set and accomplished my bigger goals they made me feel GREAT I felt like I accomplished something with my life.

I felt strong willing and undefeatable. So even small accomplishments can lead to great success.

Thanks for reading.....

Running Away

By Julia

All my life while being in the system I've been running away. I was always thinking negative about every placement I was getting sent to or in. Because of those thoughts, I felt some type of way ... [and] feeling that way it lead me to run away from those placements. I didn't realize it was effecting me by being a flight risk. It got to the point where people didn't trust me and I always had label for being high risk or a runner. I tended to think that my family would forget me and I wouldn't be important to them anymore. I thought that I needed to get drugs because I was always stressed and my trauma was too much for me. My thoughts would lead me to believe that it was the only thing that could help me get through this. ... Im pretty sure that if I didn't listen to my mind and thoughts I would have been in way more succesful situations and I wouldn't have lost many people who tried to help me along the way.

I wished that I would've looked at the bigger picture first and then took action. I wish I would known that my thoughts were trapping me then I would've realized that I wasn't just effecting myself but I was effecting my loved ones as well (by being awol). I never gave placements a chance or I didn't really see how it really was first. I feel if I should've thought maybe just give this placement a chance and see were it leads me. Now I know that I'm really not running away from these places. I've been running away from myself. ...I see now that I haven't gave myself a chance or an opportunity to change my bad habits, but before I start having impulsive thinking about trying to run away I'm going to reach out for help before I make a mistake. Start giving people and placements chances before assuming it not for me or it won't help me.

AI County Reports

We provided Maricopa County with AI-generated reports on tens of thousands of youth stories, offering deep insights that can be used to enhance their programming. By analyzing individual and collective stories, we identified key struggles in mental health, substance use, and teen violence, leading to more effective connections between youth and county resources. This collaboration with Maricopa Public Health and the Probation Department also contributed to the enhancement of a Gun Safety program as part of a specialty court.

Probation/Diversion

• Common forms of violence:

Physical altercations (37%), domestic abuse (28%), and gun-related incidents (18%)

• Key contributing factors:

Emotional regulation difficulties (33%), negative peer influence (26%), and past trauma (20%)

• Prevention strategies/factors:

Emotional management techniques (30%), supportive relationships (24%), and goal-oriented focus (18%)

• Policy recommendations:

Expanded mental health resources, community-based interventions, and educational reforms

Detention

• Common forms of violence:

Physical altercations (37%), domestic abuse (28%), and gun-related incidents (18%)

• Key contributing factors:

Emotional regulation difficulties (33%), negative peer influence (26%), and past trauma (20%)

• Prevention strategies/factors:

Emotional management techniques (30%), supportive relationships (24%), and goal-oriented focus (18%)

• Policy recommendations:

Expanded mental health resources, community-based interventions, and educational reforms

Mental Health and Detained Youth: Insights from Personal Narratives

Developed by Lifelab Studios using Claude AI w/ Support from Maricopa Public Health
Curated by Sasha Barab and Walter Kalata - contact sasha@lifelabstudios.org

Executive Summary

This report draws from 4,577 personal narratives from justice-involved youth, offering critical insights into the mental health challenges these youth experience. These 4,577 stories (31%) were selected by having AI identify those with reference to mental health struggles from a larger sample of 14,384 stories focused on key protective factors submitted by detained justice-involved youth.

Key findings include:

- **Prevalent Mental Health Issues:** Trauma and Adverse Childhood Experiences (70% of stories), Depression (64%), anxiety (58%), substance abuse (47%), and anger management issues (42%) are the most common challenges.
- **Contributing Factors:** Family instability (69%), exposure to violence (55%), lack of positive role models (48%), and socioeconomic stress (42%) are frequently cited.
- **Coping Strategies:** Artistic expression (53%), peer support (49%), physical activity (38%), and mindfulness practices (32%) emerge as popular coping mechanisms.
- **Violence and Mental Health:** 45% of youth explicitly linked their mental health struggles to experiences of violence, either as victims or perpetrators.
- **Policy Implications:** Recommendations focus on early intervention, trauma-informed care, improved access to mental health services, violence prevention programs, and holistic support systems.

These narratives highlight the complex interplay between mental health, environmental factors, and involvement in the justice system. As one youth poignantly stated, "I'm not just a statistic, I'm a person with dreams and fears." This sentiment underscores the importance of personalized, compassionate approaches to supporting justice-involved youth. These stories reveal a range of coping mechanisms, from maladaptive behaviors to more positive strategies like creative expression and goal-setting. They also highlight an urgent need for comprehensive, trauma-informed mental health support within juvenile justice settings.

This analysis demonstrates the power of youth storytelling to inform policy and practice. By listening to these voices, we can develop more effective, compassionate

Substance Abuse and Detained Youth: Voices of Experience and Hope

Developed by Lifelab Studios using Claude AI w/ Support from Maricopa Public Health
Curated by Sasha Barab and Walter Kalata - contact sasha@lifelabstudios.org

Executive Summary

This report draws from 2,437 personal stories from justice-involved youth, offering critical insights into the complex world of teen substance abuse. These 2,437 stories (17%) were selected by having AI identify those with reference to substance and drug use from a larger sample of 14,384 stories focused on key protective factors submitted by detained justice-involved youth. These stories, submitted as part of a rehabilitative program, provide a unique perspective on the patterns, causes, and potential solutions to this pervasive issue.

Key findings include:

- **Prevalent Substances:** Cannabis (65% of stories), alcohol (52%), opioids (41%), and stimulants (33%) were most frequently mentioned.
- **Major Contributors:** Trauma (70%), peer pressure (61%), family dysfunction (55%), and mental health issues (49%) emerged as primary factors.
- **Protective Elements:** Family support (59%), positive activities (54%), and improved coping mechanisms (47%) were cited as crucial in avoiding substance abuse.
- **Policy Directions:** Recommendations focus on trauma-informed care, enhanced mental health services, family-centered interventions, and educational reforms.

These stories highlight the power of personal narratives in shaping effective strategies to address youth substance abuse. As one youth poignantly expressed, "I'm not just a statistic. I'm a person with a story, and I want to write a better ending." This sentiment resonates throughout, underscoring the potential for positive change when given appropriate support and opportunities.

Background and Methodology

According to the National Institute on Drug Abuse, in 2020, about 5.8% of 8th graders, 17.3% of 10th graders, and 24.1% of 12th graders reported using illicit drugs in the past

Teen Violence and Detained Youth: Voices of Experience and Hope

Developed by Lifelab Studios using Claude AI w/ Support from Maricopa Public Health
Curated by Sasha Barab and Walter Kalata - contact sasha@lifelabstudios.org

Executive Summary

This report analyzes 1,262 stories from justice-involved youth in Maricopa County, offering crucial insights into teen violence, its root causes, and potential solutions. These 1,262 stories (9%) were selected from a larger sample of 13,854 stories focused on key protective factors submitted by detained justice-involved youth. These stories were submitted as part of a positive change program, Journey.do, in which youth submitted stories addressing criminogenic needs and received supportive feedback from trained staff.

These narratives were identified for further analysis because they reference some sort of violence. Using Claude AI to identify patterns and make recommendations from these stories, the following key findings are reported, including relevant snippets to provide context where appropriate:

- **Common Forms of Teen Violence** manifests in various forms, including physical fights (mentioned in 62% of stories), gun-related incidents (41%), and domestic abuse (37%).
- **Key Contributors to Teen Violence:** childhood trauma (78%), substance abuse (65%), negative peer influence (59%), and lack of positive role models (52%).
- **Protective Factors and Avoidance Strategies:** supportive relationships (68%), engaging activities (55%), and coping skills (47%) help youth avoid violent behavior.
- **Policy Recommendations** focus on trauma-informed care, mental health support, community-based interventions, and educational reforms.

These narratives underscore the power of youth storytelling in shaping effective strategies to combat teen violence and support at-risk youth. As one youth poignantly stated, "Life gets hard, so take one step at a time." This sentiment echoes throughout the stories, highlighting resilience and potential for change among these young people.

Specialty Court

We also partnered with judges and county administrators to address additional growth needs, including gun safety. Judges now directly assign our Project S.A.F.E. journey to any youth caught carrying a gun without a victim involved.



Rethinking

The moments and choices that brought me on this journey were hanging around the wrong people and having the possession of a gun. What led me to possess this gun was, for my safety, people have hatred towards me. This experience and my arrest shaped my outlook on my future by making me rethink my choices. What I can do now to improve the outlook for my future is to rethink my choices and hang around the right people. I hope to learn to take accountability for my actions and to rethink my choices in the future because, my consequences can change my life from one day to another, which affects my future.

Gracie Deboer
#1090033

7/9/2024 3:57 PM

Hi Taurean, it's nice to meet you! You did a great job reflecting on the moments and choices that led to your possession of a gun and how these experiences have shaped your outlook on the future. Your focus on rethinking your choices and hanging around the right people is a strong plan! Keep working on taking accountability and thinking about more specific steps to ensure you stay on the right path. You're showing great self-awareness and determination to improve your future! Great job!



Lessons

What led me to having a gun was mostly because of the safety of my own, but then I came to the realization that owning a gun is like having a magnet. For bad situations in many ways, even to increase having and being in bad situations that, at my age, I wouldn't have to be in if I would have just stayed away and focus on myself and goals instead of worrying about others and what they could do to me. Yes, it is not bad to look out for yourself. You have to realize if you're looking out for ur self or just constantly looking for other problems to trap ur self into I feel like the best way to lose the bad unnecessary problems is to focus on yourself and the goals you have for yourself and future and in this whole lesson I hope to realize my worth and learn from lessons from understanding and advice this lesson had taught me.

Lane Eggers
#1090071

8/13/2024 7:12 PM

Hey Junior. Thank you so much for sharing your story. You've done an excellent job reflecting on the reasons behind your decision to carry a gun and the lessons you've learned from that experience. Your motivation to focus on your goals and make positive changes going forward is powerful and inspiring! It's very mature to recognize that guns can be a magnet for unnecessary problems. Stay focused on that going forward, and keep using your goals and self worth as fuel to build the future you want! Keep trusting your instincts and using these lessons to guide your future decisions. You're on a strong path, and with your focus, you'll continue to grow and achieve your goals. It takes a lot of resilience to reflect like this, and your ability to do so is a huge strength. Great work!

Transition Plan

This is a preview of the plan. Please do not share this link directly.

journey.do



PROJECT S.A.F.E. 2024 - TRANSITION PLAN

Generated 8/30/2024, 7:09:37 AM



Jose R

Jose R
Reference ID:

22 Connects 19 Grows 3 Modules 1 Certs

3 Stories

[3 Highlighted Stories](#)

KEY JOURNEYS

These are the key journeys to be engaged as part of the growth plan.



*Gun Safety: Why it Matters



*Gun Safety: Making Good Choices



*Gun Safety: Protecting Futures

*Required

CELEBRATING YOU

you've shared some honest stories about making questionable choices in the past, like accidentally misfiring a pellet gun or being around others who were carelessly handling guns. I appreciate you openly reflecting on experiences like these and the lessons you've learned.

Looking through your stories, it's really clear that you've developed a much better understanding of gun safety and being responsible around firearms. You recognize the dangers and consequences of unsafe behavior. You've also shown maturity in analyzing your past choices surrounding peers and environments that enabled risky actions. This self-awareness and desire to improve are huge strengths.

I also see growth in your ability to make positive decisions now, like consciously choosing friends who are a good influence and bring out the best in you. You understand how easily poor choices can negatively impact your life, and you're taking control by surrounding yourself with people and activities that inspire you. That kind of thoughtful decision-making and commitment to your personal growth is so impressive. Keep nurturing those healthy relationships, interests, and inner voice that guides you towards your best self.

MOVING FORWARD

you've made excellent progress in recognizing the consequences of poor choices and risky situations. Moving forward, keep trusting that inner voice and surrounding yourself with positive influences. When you find yourself in an environment that makes you uncomfortable or could lead to harmful decisions, don't hesitate to remove yourself from that situation. You've shown you can make those tough calls.

It's also crucial to stay committed to priorities and interests that keep you grounded, like sports, art, or spending quality time with family who supports you. Having an outlet for your energy and passion is so important. When you feel conflicted emotions or life gets stressful, lean into those healthy habits. Here are some suggestions for continuing your growth:

- Keep practicing calming techniques like deep breathing when you feel anger, anxiety, or stress rising
- Write down your goals and look back frequently, celebrating small wins along the way
- Identify positive mentors you admire and let their example motivate you
- Don't be afraid to ask for help from counselors, teachers, coaches - having a strong support system is vital

You've gained remarkable self-awareness already. Stay focused on making empowered choices that align with your values and vision for the future. I'm confident you'll continue progressing and maturing into the person you want to become.

Assigned Journeys	Due Date	Date Completed
1. Complete Gun Safety: Why it Matters Journey	8/26/2024	8/20/2024
2. Complete Gun Safety: Making Good Choices Journey	9/15/2024	
3. Complete Gun Safety: Protecting Futures Journey	10/5/2024	

Role	Signature	Initials	Date
JPO			8/8/2024*
JPO Supervisor			8/16/2024*

CRIMINOGENIC NEEDS: INDEPENDENT RESEARCH FINDINGS

Peer-Reviewed Pilot Evaluation · Arizona State University · Submitted 2025

NSF FUNDED

An independent study by **Arizona State University**, funded by a **National Science Foundation Career Grant**, evaluated Journey.do with **330 justice-involved youth** in detention and community supervision over ~16 months (March 2024–July 2025). The **Life Inventory Tool (LIT)** – a validated self-report measure – assessed growth across 8 life areas at program entry, certificate completion, and program exit using linear mixed-effects models.

7/8

Life Areas

Significant gains from program entry to completion

0.35

Avg Effect Size

Small-to-medium Cohen's d at program completion

0.54

Peak Effect Size

Making Good Choices — highest gain

330

Youth

Detention + community supervision, ~16 months

LEARNING GAINS AT PROGRAM COMPLETION (Effect Size)



7 of 8 life areas significant ($p < .05$). Generalized Cohen's d with Hedges' correction. *Substance use reflects all-youth program completion figure; nuanced patterns exist for certificate completers specifically.

KEY FINDINGS

- **Growth transfers across life areas.** Youth completing work in one area showed gains in areas they hadn't specifically worked on — evidence of generalizable prosocial skill building.
- **Gains hold at program exit.** Improvements were maintained from certificate completion through program end, indicating durable rather than momentary change.
- **Making Good Choices led all gains** ($d = 0.54$), alongside Owning My Past Actions and Positive Attitude — the areas most directly linked to recidivism reduction.
- **Youth choice drives engagement.** Self-selecting personally meaningful life areas — a core FORGE principle — was associated with stronger outcomes than compliance-based approaches.
- **AI feedback rated highly.** Youth and staff rated AI-generated feedback significantly higher than trained human reviewers on accuracy, tone, and usefulness.
- **Outcomes held across settings.** Significant gains were observed for both detention and community supervision youth, demonstrating platform flexibility.

GROUNDING IN THE FORGE FRAMEWORK (FOSTERING OPPORTUNITIES FOR RESILIENCY, GROWTH & EMPOWERMENT)

✓ Youth-Directed Choice

✓ Strength-Based Feedback

✓ Peer Story Community

✓ Trauma-Informed Design

✓ Harm-Reduction Framework

✓ Criminogenic Needs

✓ Responsive Life Skills

Citation: Richardson, J.T. & Fine, A.D. (submitted for peer review). Promoting Youth Growth in Juvenile Justice through Digital Innovation: A Pilot Evaluation of Journey.do. Arizona State University. NSF Career Grant Award No. 2238991. IRB Study #00021319. Open trial design — findings reflect within-person change; causal claims cannot be made.

PATHWAY TO SOBRIETY: INDEPENDENT RESEARCH FINDINGS

Interim Evaluation Report · Adam Fine, Ph.D., Youth Justice Lab ·
Arizona State University · August 2025

ASU RESEARCH

An independent evaluation by **Dr. Adam Fine, Director of the Youth Justice Lab at Arizona State University**, assessed the Pathways to Sobriety program delivered through Journey.do over two program years (September 2023–August 2025). The study measured gains across **10 substance-related knowledge and skill domains** using pre- and post-program surveys with matched individual-level data and Cohen's d effect sizes.

289

Year 2 Participants

Scaled implementation with full statistical power

10/10

Domains

Significant gains across all measured areas in Year 2

Small → Large

Effect Sizes

Ranging across knowledge, skills & family domains

2

Program Years

Sep 2023–Aug 2025, with multi-year evaluation

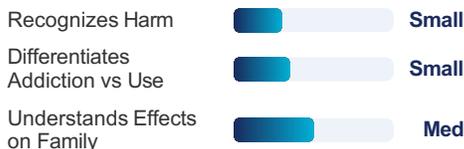
YEAR 1 · Pilot Phase (N = 33)

No statistically significant effects detected — consistent with expectations for a new program. Small sample size limited statistical power. Focus was on establishing operational procedures and delivery systems. **Null findings are expected and normal in Year 1.**

YEAR 2 · Scaled Implementation (N = 289)

Clear and consistent gains across **all 10 measured domains**. Participants improved in knowledge, coping skills, decision-making, and family/peer support — evidence that the program is not only building awareness but translating it into **behavioral and relational skills**.

KNOWLEDGE & AWARENESS



Smaller gains here reflect already-high baseline awareness at program entry.

PERSONAL SKILLS & COPING



Largest gains in skill-building domains — critical for long-term resilience.

FAMILY & PEER SUPPORT



Gains extended beyond individual skills into relational and family contexts.

KEY FINDINGS

- **All 10 domains showed significant gains in Year 2.** Uniform positive effects across knowledge, skills, and relational domains demonstrate broad program impact once implementation stabilized.
- **Largest gains in coping and peer resistance** - Improvements were maintained from certificate completion through program end, indicating durable rather than momentary change.
- **Knowledge translates into behavior.** Participants didn't just learn about substances — they developed self-regulation, decision-making, and social support skills.
- **Year 1 null findings are expected.** Small pilot samples constrain statistical power; the Year 1 → Year 2 contrast underscores the importance of multi-year evaluation for new programs.
- **Family and peer domains improved.** Gains extended beyond the individual, suggesting the program builds relational resilience as well as personal skills.
- **Strong trajectory for continued investment.** The report concludes the program warrants continuation and potential expansion based on Year 2 evidence.

Effect size magnitudes (Small/Medium/Large) are based on Cohen's d conventions (small ≈ 0.2, medium ≈ 0.5, large ≈ 0.8). Exact values available in full report. Pre-post matched design; causal claims require future controlled study.

YOUTH & GUNS: MOTIVATIONS AND PATHWAYS TO CHANGE

AI County Report · Informal Brief for Maricopa County Juvenile Probation Department

Prepared by Sasha Barab, Lifelab Studios, Inc. · October 2025

ASU RESEARCH

An independent evaluation by **ASU's Youth Justice Lab** assessed the Gun Safety Program (GSP), a Maricopa County initiative delivered through Journey.do targeting youth impacted by firearms-related offenses. The study examined **post-program developmental outcomes** across firearm safety knowledge, legal awareness, and responsible decision-making, as well as **six-month recidivism outcomes** compared to a propensity-matched comparison group.

EARLY PROGRAM OUTCOMES — SHIFTS IN ATTITUDES & BELIEFS AFTER PARTICIPATION

96%

Skills to Improve

Report skills to become a better version of themselves

94%

Safe Storage Knowledge

Know how to properly store a firearm post-program

75%

Should Have Started Earlier

Said they should have been placed in the program earlier

82%

Would Recommend

Would "definitely" recommend GSP to other youth

85.7%

Stay Safe Without a Gun

Know how to stay safe without carrying a gun

89.3%

Conflict Without a Gun

Can now solve conflicts without a gun

92.9%

New Skills Gained

Gained new skills to become a better version of themselves

100%

Positive Changes

Said GSP helped them make positive changes

Citation: Kim, J., Webb, M., & Fine, A.D. (2026). Gun Safety Education Program: Interim Evaluation Report (Data Through October 2025). Youth Justice Lab, School of Criminology & Criminal Justice, Arizona State University. January 8, 2026. Data collected via Journey.do. Findings are exploratory and descriptive — causal claims cannot be made at this stage.

Using Claude AI, we analyzed **1,500+ stories from 200+ justice-involved youth** to understand why youth carry guns — and what motivates them to stop. Peer influence, safety fears, and image drive carrying; future goals, trauma, and positive relationships drive change. These findings offer Maricopa County actionable insight for designing interventions that address root causes rather than behaviors alone.

WHY YOUTH CARRY GUNS

50.8% Peer Pressure & Friends

Over half cited friends as central to their decision — the single strongest driver. Reducing gun carrying requires reshaping group norms, not just individual choices.

26.0% Safety & Protection

A quarter viewed guns as a shield against danger — unsafe neighborhoods and personal fear drove many toward carrying.

19.7% Coolness & Image

Nearly 1 in 5 associated guns with respect. Cultural narratives must be countered with alternative sources of identity and pride.

3.5% Confidence & Power

A smaller group described carrying for control — reflecting deeper insecurities where personal power feels limited.

WHAT YOUTH LEARN THAT STOPS THEM

30.9% Future Goals & Aspirations

Nearly 1 in 3 connected leaving guns behind with their dreams. Seeing how carrying could cost them education and freedom is a powerful motivator.

24.8% Trauma & Witnessed Violence

Almost 1 in 4 were shaped by seeing friends or family hurt by guns — trauma that gave them new perspective on the cost of carrying.

20.4% Consequences & Regret

About 1 in 5 cited detention as the turning point. The experience of justice involvement was transformative when paired with reflection.

15.6% Better Choices & Positive Friends

Surrounding themselves with positive peers made a measurable difference — healthy relationships are a key protective factor.

235

Supported Youth

2,036

Accepted Stories

4,472

Completed Lessons

3

RE-ARREST OUTCOME —
FIRST 106 COMPLETERS

/ 106

Only 3 of the first 106 program completers have been re-arrested — a 2.8% re-arrest rate.

AI FEEDBACK: INDEPENDENT RESEARCH FINDINGS

Research Study: Fine, Ph.D. & Richardson, M.S. · Youth Justice Lab · Arizona State University · August 2025

NSF FUNDED

Researchers at **ASU's Youth Justice Lab** compared the quality of AI-generated vs. human-written feedback on 150 youth stories submitted through Journey.do in a large juvenile detention facility. A custom **GPT-4o model** was trained using the same review guidelines as staff. Five blinded, independent human scorers rated both AI and human reviews across five quality domains — neither reviewers nor scorers knew which feedback was AI or human.

150

Life Areas

Actual submissions across 3 popular modules

5

Trained Raters

Scored by 5 blinded independent trained raters

5/5

Domains

AI outperformed human reviewers in every domain

0.37

Avg Effect Size

Average Cohen's d effect size for AI across all domains

Mean Score (1–5 scale):



AI-Generated Feedback



Human-Written Feedback

*** $p < .001$ for all comparisons

AI vs. HUMAN FEEDBACK QUALITY — MEAN SCORES BY DOMAIN (1–5 scale)

Empathetic & Active Listening



Support & Affirmation



Clarity & Tone



Encouraging Growth & Progress



Developmentally Informed Guidance (largest gap)



All five comparisons significant at $p < .001$ (paired-sample t-tests). Effect sizes represent small-to-moderate differences. Human reviewers already scored in the mid-to-high 3s and low 4s — reflecting strong baseline quality. AI scores were consistently 0.18–0.32 points higher across the narrow 1–5 scale.

Key Framing: This study does not advocate for replacing human reviewers. Researchers recommend AI as a **first-draft tool** — generating strength-based, trauma-informed feedback in seconds, which staff then personalize and approve. This preserves the human relationship while reducing cognitive load and ensuring every youth receives timely, high-quality feedback.

WHAT THIS MEANS FOR STAFF

- ▶ **Reduces cognitive burden.** AI generates the first draft; staff personalize and approve — no starting from scratch.
- ▶ **Faster feedback delivery.** Youth feel seen sooner, sustaining motivation and engagement.
- ▶ **Shifts facility culture** from control toward rehabilitation by making strength-based feedback the default.
- ▶ **Frees staff** for relationship-building, the irreplaceable human element.

IMPORTANT CONSIDERATIONS

- ▶ **AI alone is not sufficient.** Repetitive phrasing can feel impersonal — human review and individualization remain essential.
- ▶ **Youth perceptions not yet tested.** Future research should assess whether youth experience AI-assisted feedback differently.
- ▶ **Privacy matters.** Youth may have concerns about AI involvement; transparency and trust-building are critical.
- ▶ **Proposed model:** AI drafts → staff refine → youth receive personalized feedback.

AI-POWERED BEHAVIOR CHANGE CASE MANAGEMENT: PILOT INSIGHTS

Pilot Reflections · Lifelab Studios / Journey.do · Maricopa County & Arizona State University · 2025–2026

ASU RESEARCH

Community supervision officers face an impossible tradeoff: documentation demands consume the time needed for the relational, skill-building work that actually reduces recidivism. **Journey.do's AI-augmented behavior change case management platform** — piloted primarily with Maricopa County and Arizona State University — closes this gap by reducing administrative burden and ensuring assessed needs drive supervision, consistently, over time.

↑ Efficiency Boost

Time Savings

AI handles documentation, contact notes, case plans, and reports — freeing officers for the direct, relational work that drives change. Officers no longer choose between notes and eye contact.

↑ Effectiveness Boost

Aligned

Assessment findings drive every interaction. Pre-contact guidance, dynamic case plans, and quality feedback ensure fidelity to evidence-based practice across every officer and every case.

↑ Safety & Security

Built-In

Responsible AI by design. Clear guardrails protect youth rights, prevent bias, and keep professional judgment at the center of every decision — technology supports; officers lead.

SAFETY & SECURITY PRINCIPLES — HOW WE BUILD RESPONSIBLE AI

🔒 No Models Are Built on Your Data

Client data is never used to train or fine-tune AI models. Your caseload is yours — it stays within your system, always.

🗑️ Zero Data Retention

AI processing is stateless. No conversation history, transcripts, or case details are stored beyond the immediate interaction.

🛡️ Guardrails Matter

Each AI output is bounded by county-defined rules and evidence-based frameworks — preventing harmful, biased, or off-policy responses.

👤 Officers Stay in the Loop

AI never acts autonomously. Every plan, note, or recommendation is reviewed and approved by officers before becoming part of record.

9 INTEGRATED AI CAPABILITIES — A FRAMEWORK FOR AI-AUGMENTED SUPERVISION PRACTICE

1 Recording & Transcription

Secure, consent-based contact transcription structured to county formats

2 Contact Insights

Guides meeting focus and ensures alignment to the individual's plan

3 Dynamic Case Planning

Living plans that evolve with contacts — officer-reviewed, always current

4 Assessment Integration

Pre-contact guidance aligned to individual need areas and recent progress

5 Quality Feedback

Developmental coaching on EBP elements — MI, reflection, strength-based language

6 Change Guidance

Behavior-change-informed prompts before and after every contact

7 Program Integration

Programming linked to case record; officers reinforce skills youth are practicing

8 Easier Reporting

Clear, concise reports for courts, families, and case plans — generated in seconds

9 Transition Planning

AI compiles summaries and highlights measurable change for next-step transitions

"AI can process and create plans of action in a more concise and efficient manner. Talking to other officers, they are excited — to create contact notes, case plans, reports, and more. This will 100% be the future of caseload management."

— Probation Officer, Maricopa County Pilot

EARLY PILOT OBSERVATIONS

- ▶ **Better eye contact** — officers fully present during contacts, not writing notes.
- ▶ **Aligned contacts** — guides meeting focus and ensures plan alignment.
- ▶ **More personalized** — youth notice officers follow up on prior conversations.
- ▶ **Plans stay alive** — case plans updated in minutes, not hours.
- ▶ **Stronger continuity** — smoother transitions when youth change officers.
- ▶ **Consistent EBP** — standards reinforced daily, not just during audits.
- ▶ **Easier reporting** — for courts, families, and case plans.

GUIDING PRINCIPLES

- ▶ **Human judgment stays central** — AI informs; officers decide.
- ▶ **Youth voice amplified** — technology tracks youth-identified goals and strengths.
- ▶ **Cultural responsiveness** — ongoing monitoring to prevent bias or disparate impact.
- ▶ **Transparency & privacy** — clear data policies; youth informed of AI use.
- ▶ **Relationships first** — efficiency exists to enable human connection, not replace it.

CONCLUSION: COUNTIES READY FOR NEW CASE MANAGEMENT SOLUTION

JOURNEY.DO

What began in 2023 as a detention pilot has grown into a county-wide platform for youth justice — one now backed by independent ASU research, three years of engagement data, and early AI pilot results that point in the same direction: when youth are seen, supported, and given the tools to grow, they do. Journey.do has served 5,594 youth across detention, probation, and diversion — and the evidence base continues to strengthen. This page synthesizes what we learned, what the data shows, and what comes next for Maricopa County.

— THREE-YEAR CUMULATIVE IMPACT — 2023 · 2024 · 2025

5,594

Youth Served Across 3 Years

111,869

Learning Activities Completed

41,708

Life Application Stories Published

8,140

Criminogenic Need Certificates Completed

116,563

Criminogenic Need Certificates Completed

— THREE-YEAR CUMULATIVE IMPACT — 2023 · 2024 · 2025

ASU PILOT EVALUATION Criminogenic Needs

7/8

Life areas showed significant gains ($p < .05$) from entry to completion across 330 youth. Average effect size $d = 0.35$. Making Good Choices led all domains ($d = 0.54$). Gains held at program exit — indicating durable, not momentary, change.

ASU PILOT EVALUATION Pathways to Sobriety

10/10

All 10 domains showed significant gains in Year 2 ($N = 289$). Largest gains in coping and peer resistance. Gains extended into family and relational domains. Evidence that program is not only building awareness but translating it into behavioral and relational skills.

ASU PILOT EVALUATION Quality Comparison

5/5

AI outperformed human reviewers in all 5 feedback domains (avg $d = 0.37$, $p < .001$). Highest gap in Developmentally Informed Guidance. Researchers recommend AI as a first-draft tool — staff personalize and approve.

The Gun Safety Program (GSE) added a new dimension: only 3 of the first 106 program completers were re-arrested (2.8%). Post-program, 100% of participants said GSP helped them make positive changes, and 96% reported gaining new skills. AI analysis of 1,500+ youth stories revealed that peer influence (50.8%), safety fears (26%), and image (19.7%) drive carrying — while future goals, trauma, and positive relationships drive change. This evidence directly informed Maricopa County's specialty court programming.

— KEY LESSONS FOR PROGRAM OFFICERS AND CHIEFS

- **Scale requires fidelity infrastructure.** Year 1 findings were modest; Year 2 showed broad, significant gains. Sustained investment in implementation quality — not just rollout — drives outcomes.
- **Youth voice is the mechanism.** Youth who chose personally meaningful life areas showed stronger outcomes than those assigned content. Self-determination is evidence-based practice.
- **Growth transfers across domains.** Youth completing one certificate showed gains in areas they hadn't specifically worked on — evidence of generalizable prosocial skill building.
- **AI enhances — never replaces — human judgment.** Officers remain decision-makers in every case. AI reduces documentation so more time goes to the relational work that drives real change.
- **The platform grows with county needs.** From detention to probation to specialty courts to AI case management — Journey.do scaled in response to emerging county priorities.
- **Data at scale unlocks new insight.** AI analysis of 1,500+ stories surfaced root causes of gun carrying that surveys alone would never reveal — enabling smarter, more targeted intervention.

USE OF AI

1. **Officers Decide.** AI never acts autonomously. Every plan, note, and insight is officer-reviewed. Technology supports — officers lead.
2. **Fidelity at Scale.** AI monitors case quality over time — flagging EBP gaps, plan drift, and emerging needs — upholding standards.
3. **Relationships first.** Efficiency exists to enable human connection, not replace it. AI ensures interactions serve behavioral change.

— LOOKING FORWARD — PRIORITIES FOR 2026 AND BEYOND

Expand AI Case Management. Scale the AI Behavioral Change Dashboard Suite county-wide, building on pilot learnings to equip every probation officer with real-time, assessment-driven tools.

Deepen Research Partnerships. Continue multi-year evaluations with longer follow-up windows, matched comparison designs, and expanded outcome measures including court and recidivism data.

Grow Specialty Court Programs. Build on GSP and Sobriety program success with new judge-assigned specialty journeys targeting emerging needs — including trauma-informed pathways and reentry planning.

Youth-First Data Strategy. Maintain Zero Data Retention and No-Model-Building principles as AI capabilities expand — ensuring youth rights, privacy, and transparency remain foundational, not optional.

ABOUT US

Lifelab Studios is a spin-out of Arizona State University led by learning scientists, platform engineers, and practitioners with deep experience designing programs to support real-world growth.

Our work focuses on building evidence-based programs, AI-enabled tools, and connected growth pathways that help organizations deliver consistent, personalized support—without increasing staff workload.

We design small-group and individual Journeys alongside integrated case management to create structure, accountability, and meaningful progress—ensuring participants are supported, engaged, and recognized for their effort.

Schedule a Demo

Contact: sasha@lifelabstudios.org



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AI Dashboard –U.S. Application No. 63/958,501,
Growth Programs –U.S. Application No. 63/958,514