

The Experience of Assessing and Adapting Trauma-Informed Sport Programs in a National Community Organization

Presented by:

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Boys & Girls Clubs
of Canada



THE UNIVERSITY
OF BRITISH COLUMBIA



Public Health
Agency of Canada



uOttawa

What is trauma?

Trauma is not the event itself. It is whether the event leaves a mark and how long that mark lasts.

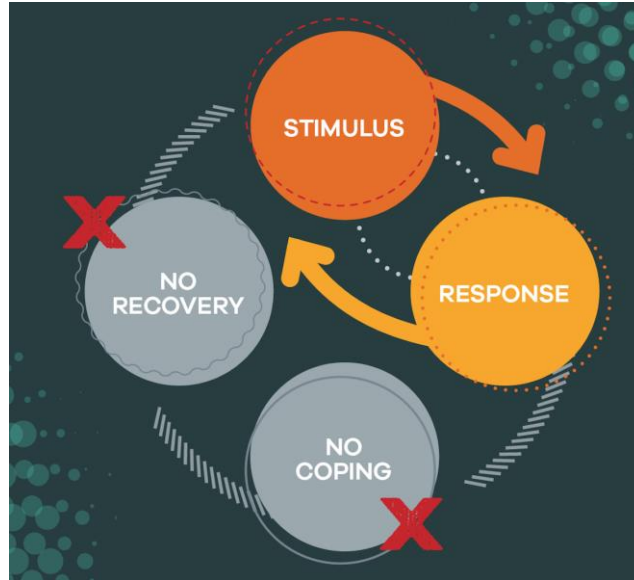


Trauma events are extraordinary, not because they occur rarely, but rather because they overwhelm the ordinary human adaptation to life.

Judith Herman | TRAUMA AND RECOVERY

- *"overwhelming experiences"*
- *"a wrenching of control"*
- *"shattering of one's sense of safety and ability to cope"*
- *"trying to play chess in a hurricane"*

What We See In Sport



Using sport for healing

Home Field Advantage



Intentionally designed, sport can be the place that fosters safety and security. It represents consistency and predictability; it is the participant's "home field," where they are valued, and wanted, as an important part of the team.

Seasons of Play



The structure and schedule of sport activities promotes future focus and creates opportunities to practice leaving the past behind and attend to the present.

Competence



Sport skills are often developed rapidly. Some of these skills are necessary for healing.

Physical Activity



Sport requires physical activity. Physical activity promotes healing, and body work is a critical component of sport success.

Team & Community Focus



Relationships, kinship, and identity development are central to the sport experience and the healing process.

Immersive & Engaging



Sport engages a person wholly in a powerful way that promotes thinking, feeling, acting, and being fully present in the moment.

Organized & Structured



Sport has specific rules of play and scheduled activities that create predictability and expectations for behavior.

Decision-Making



Sport gives players many opportunities to make choices that bear immediate consequences.

Real Stakes



Competition in sport gives participants the chance to test their ability to respond to stress in "situations that matter."

Why trauma-informed sport?

- Differences between trauma-informed sport and PYD sport
- Addressing unique needs of population
- Equipping leaders with knowledge and awareness to help them **shift** their philosophies, while still using PYD strategies

What is the Bounce Back League?

- Trauma-informed sport program
- Age group: 8 to 12 years old
- Predominantly at-risk youth
- Total youth reached: 200+ club members

Methodology



Community-
Based
Participatory
Research
Approach

Participants

12 Boys and Girls Club Staff



BBL Coaches

BBL Supervisors

M_{age}
35.7

SD
12.0

Range
27-60

F = 6
M = 6

Training Intervention



Training
Workshops



Ongoing expert
consultation

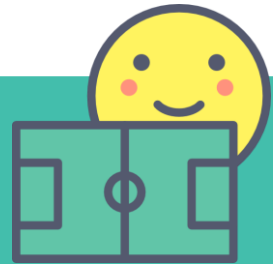
Design Components



Effects of
trauma on the
child



Resilience
factors



Designing
trauma-informed
sport

Seasons of Play



Any sport

8 to 10 weeks
each

Over an 8-
month duration

Data Collection and Analysis



Observations



Focus groups



Interviews



Staff logbooks

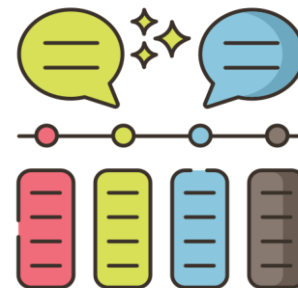


Surveys

Deductive-
inductive
thematic analysis



Results shared in a
report and
presentations to the
Boys and Girls Clubs



Results: Program successes



Staff Training



Session Delivery



Youth Receptivity

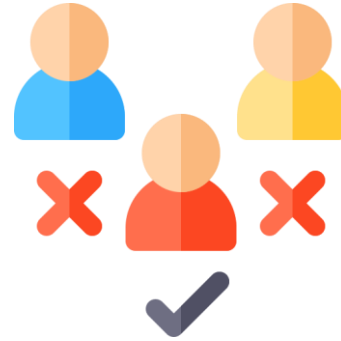
Results: Program challenges



Youth
Recruitment



Youth
Retention



Staff
Turnover





Take Homes

- Implementation takes work, but is rewarding
- Using staff strengths to benefit program
- Having support buy-in and support from org/management is essential
- Trauma-informed approaches are valuable across all youth work

Thank you

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