

BOUNCE BACK LEAGUE

AASP Presentation:
The Experience of Assessing and Adapting a Trauma-Informed Sport Program (the BBL) in a National Community Organization

A PROJECT WITH THE BOYS AND GIRLS CLUBS OF CANADA
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WHAT IS TRAUMA?

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

TYPICAL DEVELOPMENT



DYSREGULATED RESPONSE



PURPOSE OF BBL



To equip community youth workers to design and deliver sport programs to accommodate dysregulated youth aged 8 to 12

METHODS



12 Boys and Girls Clubs of Canada Staff
Age range: 27-60

Procedure: Attending training workshop, and deliver BBL once a week for 8-10 week seasons.

Data collection: Interviews, focus groups, observations, logbooks. Braun et al. (2016) thematic analysis.

SUCCESSSES



Staff Training

Gains in knowledge of trauma's impact and strategies to intervene



Session Delivery

Leaders successfully implemented core components of BBL program



Youth Receptivity

Engagement was challenging at first, but youth were receptive and engaging over time.

CHALLENGES



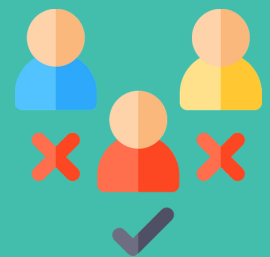
Youth Recruitment

Challenging to market a program that is an *alternative* to typical youth sport



Youth Retention

Infrequent BBL sessions, and competition with other sport scheduling led to transitioning nature of youth participation



Staff Turnover

A common reality of community programs, newly trained staff left the organization mid-session, reducing the capacity and potential quality of those BBL programs

KEY TAKEAWAYS

- 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