Sport as a Healing Tool

Voices of Summer Webinar Series
Welcome!

- Your phone line is muted.
- The webinar is being recorded.
- A link to the recording and slides will be made available.
Welcome!

Leslie Gabay-Swanston
Director of Program and Systems Quality
National Summer Learning Association
Webinar Overview

• About NSLA

• Panel
  – Laureus Sport for Good Foundation USA
  – Up2Us Sports
  – Alliance For a Healthier Generation
  – NBA

• Audience Questions

• Announcements & Follow-up
About NSLA

NSLA is a national, non-profit organization focused on the powerful impact of one achievable goal: investing in summer learning to help close the achievement gap. NSLA uses the power of research, advocacy, training, and policy to transform America’s neighborhoods and communities, one child at a time.

Our work is based on the simple idea that summer—a time that is easily overlooked yet critical to educational development—is bursting with possibility, and instrumental in closing the achievement gap between privileged children and our most vulnerable children.
Summer is the time of greatest inequity for young people. When schools are closed, many low income young people lack access to meals, books and other learning resources, and physical activity.
Panelists

Pharlene Toussaint
Atlanta Program Officer
Laureus Sport for Good
Foundation USA
Get to Know

Laureus Foundation USA
Laureus Sport for Good Foundation believes in the power of sport to change the world as proclaimed by our founding Patron Nelson Mandela at the 2000 Laureus World Sports Awards.

**Sports Awards:**
- It has the power to unite people in a way that little else does.

**Sport Can Create Hope:**
- Where there was once only despair.

**Sport** has the power to change the world. It has the power to inspire.
Our Global Network

$160 MILLION INVESTED IN SPORT FOR SOCIAL CHANGE
6 MILLION KIDS IMPACTED
200 PROGRAMS CURRENTLY SUPPORTED
40 COUNTRIES CURRENTLY BEING REACHED
Laureus Ambassadors and Academy Members

More than 250 athletes support Laureus’ work globally, and help raise awareness for sport as a tool for social change. Our supporters include:

MARCUS ALLEN
TONY HAWK
MARTINA NAVRATILOVA
NADIA COMANECI
LENNOX LEWIS
CHRIS PAUL
MисSy FRANKLIN
LANCE THOMAS
Laureus USA

Mission: Laureus USA is a 501(c)(3) grant making, intermediary foundation whose mission is to improve the lives of youth and unite communities through the power of sport.

Core Belief: We believe that sport encourages healthy childhood
Sport For Good

Enhancing Social and Emotional Learning Skills

- Improving Health & Well-Being
- Increasing Educational Attainment
- Addressing Social Justice & Racial Equity
- Ensuring Gender Equity
SPORT FOR GOOD

cities

NEW ORLEANS
ATLANTA
NEW YORK
CHICAGO

GRANTMAKING +
PROGRAM OFFICER +
LEADERSHIP COUNCIL +
MEMBERSHIP & CAPACITY BUILDING +
SPORT FOR GOOD CONNECT =

LONG-TERM COMMITMENT TO IMPROVING CITIES THROUGH THE POWER OF SPORT
VIRTUAL TRAINING CAMP
Special Guest

ALLYSON FELIX
LAUREUS VIRTUAL TRAINING CAMP

With an Opening From

SIMONE BILES
LAUREUS VIRTUAL TRAINING CAMP
Power to the Young People Authentic Youth Engagement
THURSDAY MAY 14TH 9:00 A.M. 12:30 P.M. EST

Special Guest

BTAIHAJ MUHAMMAD
LAUREUS VIRTUAL TRAINING CAMP

Special Guest

DANIEL GAFFORD
LAUREUS VIRTUAL TRAINING CAMP
“Being a partner with Laureus is so much more than money; they believed in us and in our mission. They could see our vision. Laureus is like family.”
- Ana Reyes, Executive Director, I Challenge Myself
Panelists

Jamison Merrill
Chief Program Officer
Up2Us Sports
THE HEALING POWER OF SPORTS COACHES
OUR MISSION

Up2Us Sports is a national nonprofit whose mission is to recruit, train and support sports coaches to inspire youth, programs and their communities.

OUR VISION

The vision of Up2Us Sports is that all youth have a coach who is trained to help them achieve their potential in life.
Up2Us Coaches

- Only National Service (AmeriCorps) program for coaches
- Placed more than 2,800 AmeriCorps coaches to expand sports opportunities in 20 U.S. Cities
- Engaged more than 200,000 at-risk youth year-round in sports and positive youth development
- Since 2010, trained more than 22,000 coaches
Where there is need
Where we already are

Major Markets
- Baltimore
- Boston
- Chicago
- Los Angeles
- Miami
- New Orleans
- New York
- Oakland
- Philadelphia
- Seattle
- Washington DC
Up2Us Sports during COVID-19

- Maintaining all coaches (250 in total) who receive AmeriCorps living stipends
- Providing free counseling for all Up2Us Coaches through AllOne Health*
- Up2Us Coaches are receiving additional bi-weekly training and, where possible, conducting virtual sessions with youth
- Up2Us Coaches, depending on comfort, are also doing direct service through volunteering at food banks and other organizations focused on basic needs
- Launching a large-scale Summer Associate Program (VISTA) providing relief to sport-based youth development and other youth-serving non-profit organizations

* https://allonehealth.com/
Background

Pre-COVID:

- Adverse Childhood Experiences (ACEs) are prevalent, with over half of adults reporting more than 1 ACE and 1 in 6 reported more than 4 ACEs.\(^i\)
- ACEs can have long-term negative consequences on life outcomes, including mental health.\(^i\)
- Half of all mental illness occurs before a person turns 14 years old, and three-quarters of mental illness begin before age 24.\(^ii\)

During and Post-COVID:

- A recent study showed that kids who were quarantined were four times more likely to show signs of PTSD than those who were not.\(^iii\)
- Economic downturns are associated with increased mental health problems for youth due to trickle down effects from adult unemployment, adult mental health, and child maltreatment.\(^iv\)
- A recent poll suggested that nearly half of Americans feel that COVID-19 has harmed their mental health.\(^v\)
- Relatedly, the SARs epidemic in early 2000s showed increases in PTSD, stress, and psychological distress in people.\(^vi\)

\(^i\) Centers for Disease Control: https://www.cdc.gov/violenceprevention/childabuseandneglect/aces/fastfact.html
\(^ii\) Centers for Disease Control: https://www.cdc.gov/mentalhealth/
\(^iii\) Brooks et al. Lancet Psychology: https://www.thelancet.com/journals/lancet/article/PIIS2045-4990(20)30046-8/fulltext
\(^v\) Keiser Family Foundation: https://www.kff.org/health-names/early-april-2020/health-tracking-poll/04212020/
Our Guiding Principles

1. Mental and physical health are two sides of the same coin.

2. Coaches play a pivotal role in maintaining and cultivating positive mental health for young people.

3. Positive mental health of coaches (mentors) is a prerequisite for positive mental health of youth.

Role of sports coaches in supporting healing and cultivating positive mental health

- Sport is a powerful healer and provides an important protective barrier for children and young people. A 2019 study found that youth who participated in team sports were less likely to develop symptoms of depression later in life than those who did not play team sports.¹

- Interaction with positive coach-mentors have been strongly linked with a reduction in depressive symptoms for young people.²

- The presence of a caring adult is the main factor in building resilience.³

¹ JAMA Pediatrics: https://jamanetwork.com/journals/jamapediatrics/fullarticle/2734743
² Mentoring.org: https://www.mentoring.org/why-mentoring/mentoring-impact/#1442856309069-add22431-aa80
³ Center on the Developing Child: https://developingchild.harvard.edu/science/key-concepts/resilience/
Coach Wellness

- Coaches must first prioritize their own mental health to better support the mental health of the youth they are working with.

- Coaches receive structured training on the importance of self-care, reflection, and debriefing.

- We are continuously refining our referral protocols for coaches who are need support with mental health.
Coach Training

• Developed First Coach Certification in Sports-based Youth Development (50+ hours)

• Coach training involves providing coaches with trauma-informed skills and strategies to help them engage kids who experience ACEs

• Trauma-informed content provides coaches with an understanding of:
  • How stress and trauma affects the brain of their players (mentees);
  • How personal and community context affects the behaviors of their players; and,
  • How to leverage trust-based relationships and sport to improve wellness and build self-efficacy and confidence.
Returning to Play

• **Leveraging service and mentoring:** Up2Us Sports Coaches, through a service year, can aid healing for themselves, youth and communities by serving as community health coaches (2nd responders).

• **Rethinking safe play, sport, and mentoring and developing tailored Coach-based mental health approaches:** How do state-specific reopening strategies affect sport and play? What are the effects on coaching/mentoring (in-person vs. virtual vs. combination of both)? What new skills can we give coaches to better support their players’ mental health?
Resources

• Visit #Up2UsSportsAtHome: https://www.up2us.org/up2ussportsathome

• Keep Girls in Sport Digital Training: https://www.keepgirlsinsport.com/

• Summer Associates -- We are placing no cost VISTA positions provided to interested organizations: https://www.up2us.org/up2us-sports-summer-vista

  • You will find links to the application, informational webinar, program guide, and FAQs.
Contact: Jamison Merrill, jmerrill@up2ussports.org
Panelists

Daniel Hatcher
Director of Community Partnerships
Alliance For a Healthier Generation
Participation Prompt:

Answer in the chat box, who else is feeling this way?
Participation Prompt:

Focus on the clouds.

Do the I-Y-T stretch together.

Breathe deep.
“Today you are you, that is truer than true. There is no one alive who is youer than you.”
— Dr. Seuss

What has made you feel proud?

Participation Prompt:

Use the chat box to share your answer.
Participation Prompt:

Look around you or go to the nearest window.

Find objects for each color of the rainbow.
**Family Activity Tracker**

When families are physically active together, they can have fun while encouraging healthy choices. Try to get at least 60 minutes of physical activity every day!

Our Monthly Goal: ____________________________

## FAMILY ACTIVITY TRACKER

<table>
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<tr>
<th>WEEK 1</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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Hang this tracker on a wall or refrigerator where all family members can see it, and create an active family goal each month (e.g., this month we will try a new outdoor activity together). Then, track your activities and reward your progress with something the whole family will enjoy!

**Participation Prompt:**

Which practice will you add to your day?
Panelists

Adam Harper
Senior Director,
Youth Basketball Development
NBA
NBA Together

Know the Facts • Acts of Caring • Expand Your Community • NBA Together Live
Her Time To Play

Jr. NBA Leadership Conference
Social Media Snapshot

#NBATogether #ActsofCaring #JrNBAatHome

Since the #NBATogether launch, we have shared almost **14K posts** across NBA, NBA Cares, and Jr. NBA accounts, generating over **921M video views** and **86M actions**. The initiative has the following components:

- **Know the Facts**: Overall on @NBA, PSA content has generated a total of **60M video views** across League and International accounts.

- **NBA Together Virtual Roundtable Series**: The NBA Together Virtual Series has generated **2.3M views** and **14K watch hours**.

- **Acts of Caring**: 392 posts on NBA and NBA Cares that generated a combined **1.8M actions** League, Team, Player and International accounts. To date there has been **4.2K mentions** of #ActsOfCaring on Twitter.

- **Expand Your Community**: #JrNBAatHome videos have garnered **80M video views** and **9.2M actions** across Facebook, Instagram, and Twitter.

- Since launching **NBA Math Breaks Presented by AT&T** has generated over **5.7M views** and **26K actions**
NBA Together

Know the Facts • Acts of Caring • Expand Your Community • NBA Together Live

#NBATogether
National Summer Learning Week

National Summer Learning Week is a national advocacy day aimed at elevating the importance of keeping kids learning, safe and healthy every summer – all so students return to school ready to soar!

www.summerlearning.org/summer-learning-week
Find NSLA on social media to keep updated on #summerlearning

@SummerLearning  @SmarterSummers

Join our Community!

https://www.summerlearning.org/join-our-list/
Thank you!

www.summerlearning.org