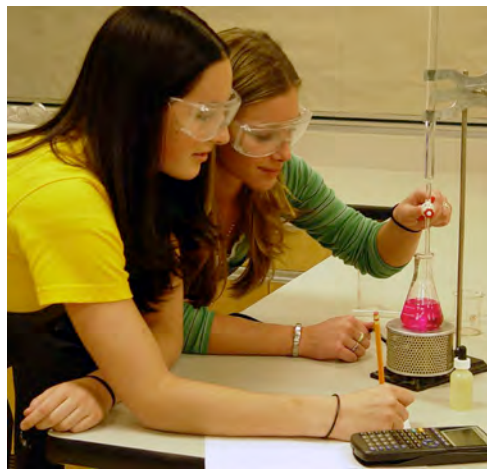




Sport as a Healing Tool

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

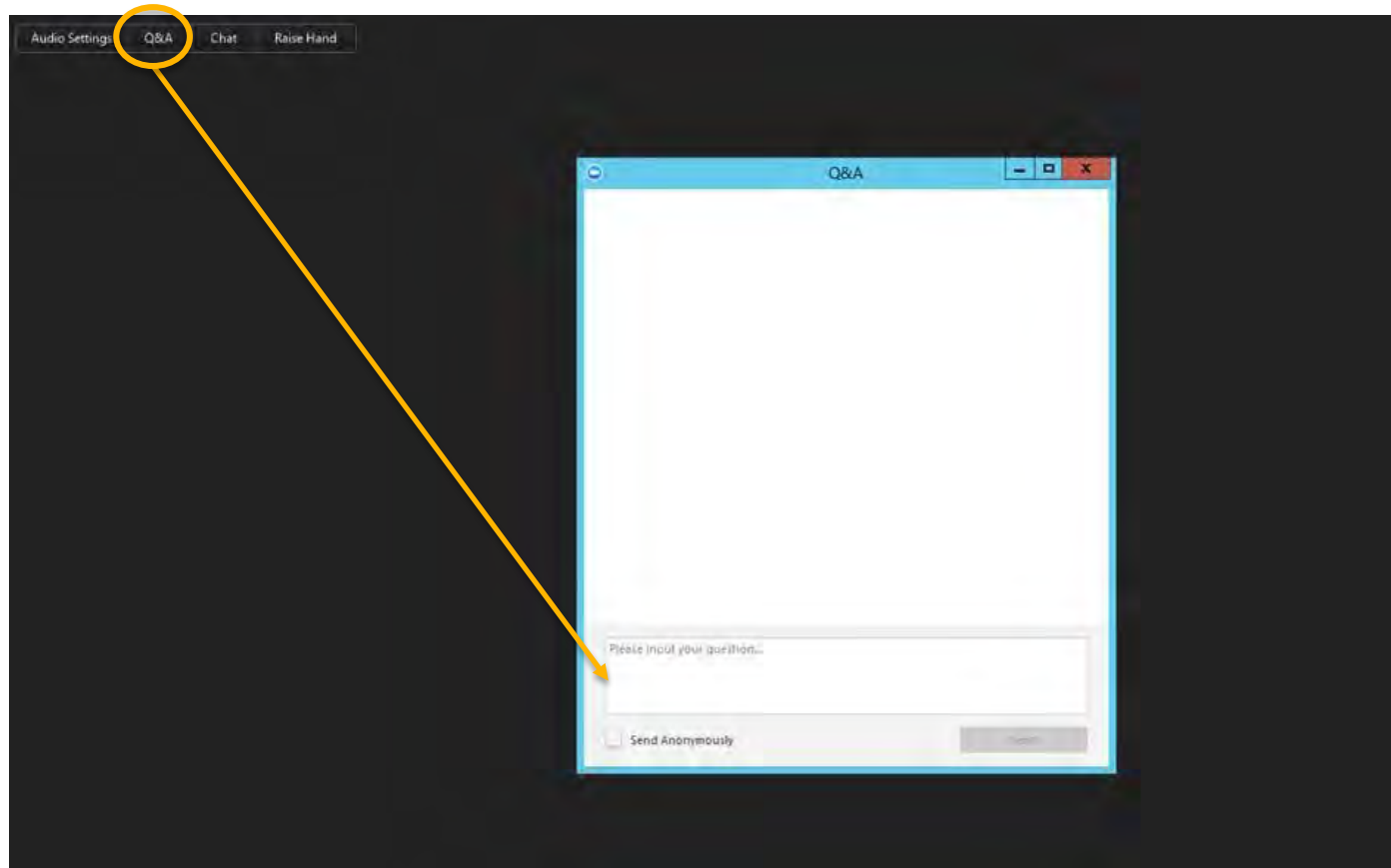
Director of Program and Systems Quality
National Summer Learning Association



Webinar Overview

- About NSLA
- Panel
 - Laureus Sport for Good Foundation USA
 - Up2Us Sports
 - Alliance For a Healthier Generation
 - NBA
- Audience Questions
- Announcements & Follow-up

Welcome!



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.



Why Summers Matter



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



Pharlane Toussaint
Atlanta Program Officer
Laureus Sport for Good
Foundation USA

Get to Know





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**

S P O R T
HAS THE POWER
TO CHANGE THE WORLD.
IT HAS THE POWER TO
INSPIRE.

Sports Awards:
IT HAS THE POWER TO
U N I T E
PEOPLE IN A WAY
THAT LITTLE ELSE DOES

SPORT CAN CREATE
H O P E
WHERE THERE WAS
ONCE ONLY DESPAIR

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

MISSY FRANKLIN

LANCE THOMAS



NBCUniversal



nick

THE BREESE DREAM
FOUNDATION



HARRIS FAMILY
CHARITABLE FOUNDATION

IWC

SCHAFFHAUSEN



UBS



CREATING OPPORTUNITIES FOR AT-RISK YOUTH



Allstate
Foundation



OUR FUNDERS

A group of people, mostly young adults, are standing on a green artificial turf field. They are arranged in a loose circle, and their long, dark shadows are cast across the grass, indicating it is either early morning or late afternoon. The scene is brightly lit, and the green of the field is vibrant.

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

Rashida Govan

Stewart Young, Laureus...

Rachelle Patel- Laureus ...

Ben Schornack, Laureus...

Allison Johnston

Kassandra Nevarez

Malliron Hodge

Joe Byrd

Tamara Martin

Peter Feldman

Tamisha Gamble

Sheryl-Amber Edmonds...

Kaelyn Charbonnet

Andrea Knepper

Lee Parker

Shade Adeniji

Stephanie Campbell

Edgar Willis

Pat Hardy

Richard Pogue

Patti Jenkins

Akliah Carter-Francique

Jason Barnard

Christine Chapman

chloe wheeler



@Laureus_USA
LaureusVirtualCamp

Special Guest

ALLYSON FELIX

LAUREUS VIRTUAL TRAINING CAMP

@Laureus_USA
#LaureusVirtualCamp

With an Opening From

SIMONE BILES

LAUREUS VIRTUAL TRAINING CAMP

Power to the Young People
Authentic Youth Engagement

THURSDAY MAY 14TH
10:00A.M.-12:30P.M. EST



@Laureus_USA
LaureusVirtualCamp

Special Guest

MUHAMMAD BUTTAH

LAUREUS VIRTUAL TRAINING CAMP

@Laureus_USA
LaureusVirtualCamp

Special Guest

DANIEL GAFFORD

LAUREUS VIRTUAL TRAINING CAMP



JOIN US!

connect.laureususa.com

“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

UP2US
SPORTS





**UP2US
SPORTS**

**THE HEALING POWER
OF SPORTS COACHES**

COACH



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.

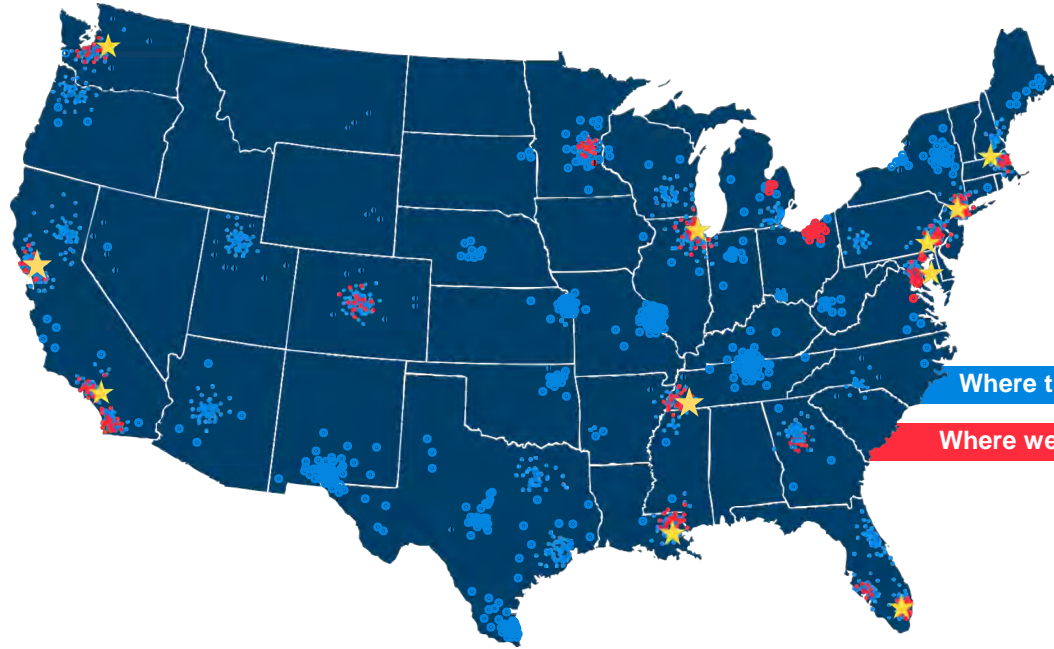
Up2Us Coaches

- 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

Our Reach

Major Markets

- Baltimore
- Boston
- Chicago
- Los Angeles
- Miami
- New Orleans
- New York
- Oakland
- Philadelphia
- Seattle
- Washington DC



Where there is need

Where we already are

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/PIIS0140-6736\(20\)30460-8/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30460-8/fulltext)

iv. Golberstein et al. *Health Econ*: <https://www.ncbi.nlm.nih.gov/pubmed/31165566>

v. Keiser Family Foundation: <https://www.kff.org/coronavirus-covid-19/report/kff-health-tracking-poll-early-april-2020/>

vi. Lee AM et al. *Can J Psychiatry*: <https://www.ncbi.nlm.nih.gov/pubmed/17500304>

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.
4. Relationships -- founded on mutual respect, trust, and praise -- help buffer stress for young people.

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.ⁱ
- Interaction with positive coach-mentors have been strongly linked with a reduction in depressive symptoms for young people.ⁱⁱ
- The presence of a caring adult is the main factor in building resilience.ⁱⁱⁱ

i. JAMA Pediatrics: <https://jamanetwork.com/journals/jamapediatrics/fullarticle/2734743>

ii. Mentoring.org: <https://www.mentoring.org/why-mentoring/mentoring-impact/#1442856309069-add22431-aa80>

iii. 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



OPENING REFLECTION CIRCLE



Participation Prompt:

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



ACTIVITY: MINDFUL MOMENTS

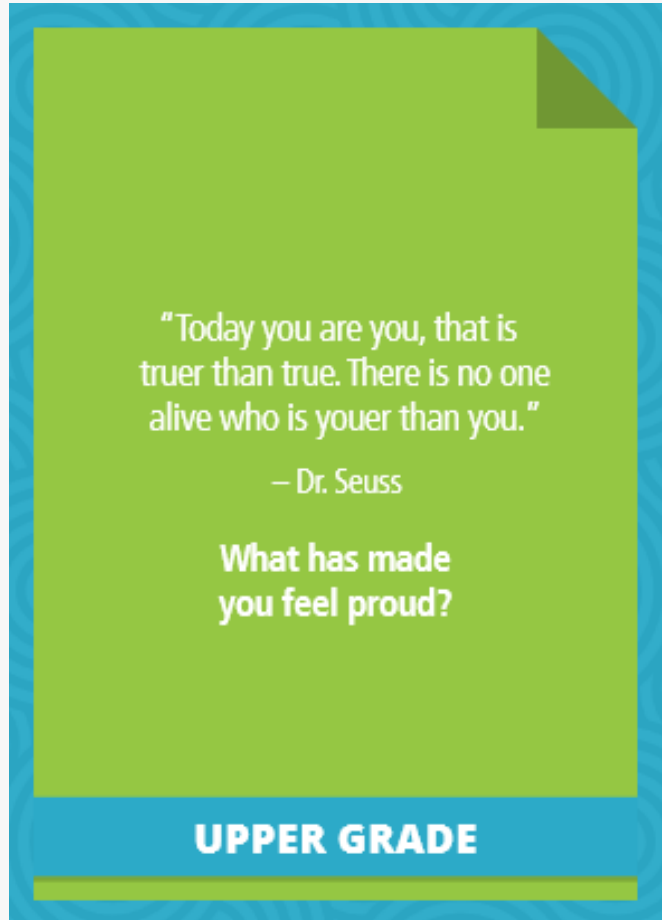
Participation Prompt:

Focus on the clouds.

Do the I-Y-T
stretch together.

Breathe deep.

ACTIVITY: QUICK CONNECTION CARDS



Participation Prompt:

Use the chat box to share your answer.



[Healthier Generation
COVID-19 Resources](#)



ACTIVITY: RAINBOW ROUNDUP


Participation Prompt:

Look around you or go to the nearest window.

Find objects for each color of the rainbow.




Active At-Home
Scavenger Hunt



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!



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!

Our Monthly Goal: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1							

Participation Prompt:

Which practice will you add to your day?



[Family Activity Planning Guide](#)

Panelists



Adam Harper
*Senior Director,
Youth Basketball Development*
NBA



NBA Together

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



Know the Facts

Expand Your Community

Coronavirus: Know The Facts

Decrease Coronavirus Risk

There are currently no medications to prevent or treat the coronavirus, but you can limit your exposure and prevent the spread of germs.

- Wash your hands** often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth** with your hands.
- Avoid close contact with people who are sick** and avoid crowded places.
- Practice Social Distancing** by staying at least 6 feet away from others.
- Stay home if you are sick** to avoid spreading germs.
- Cover your cough or sneeze** with a tissue or your elbow.
- Clean and disinfect** frequently touched surfaces with a household disinfectant.

#NBATogether

Jr. NBA AT HOME

As recommended by public health officials and infectious disease specialists, social distancing is a critical way to minimize the spread of coronavirus, however we also recognize that staying home for an extended period can be difficult.

As part of NBA Together, we launched "Jr. NBA at Home," an interactive content series providing basketball skills and drills featuring NBA and WNBA players that can be completed individually and in limited space to help young players around the world stay active and develop their game in a safe and healthy way. The initiative will include a series of daily posts on Jr. NBA social channels (Facebook, Twitter, Instagram) and NBA digital properties around the world that provide drills, activities and instruction to promote skill development, physical activity and character development.

Participate in Jr. NBA at Home. Activities: Three-point contest with Tatum, Myles, and Jackson.



Tuesday Twitter Q&A with Matisse Thybulle of the @sixers!

Send your questions for @MatisseThybulle now before he answers them at 4pm/et! Submit using #NBATogether 🏀



NBA Together

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

The NBA family is working to support children, families, health care workers, seniors, essential workers, historically marginalized communities of color and other people in need.

We're stronger together, that's why we are supporting a group of leading organizations working to stop the spread and address challenges like hunger, access to PPE and face coverings, mental health, and other issues facing all of us.

We need your help! Click the logos below to learn more about what each organization is doing and how you can help out, by volunteering, giving back, then sharing your Act of Caring using #NBATogether and #ActsofCaring

NBA Together Live

Acts of Caring

Her Time To Play



Jr. NBA Leadership Conference

jr.nba

OPENING TIP WITH
ADAM SILVER
12:00 PM ET

BEYOND THE ARC WITH
STEPHEN CURRY AND
DORIS BURKE
12:10 PM ET

TEAMWORK: STAYING CONNECTED
WHILE PHYSICALLY DISTANT WITH
DR. VIVEK MURTHY
AND CANDACE PARKER
12:50 PM ET

COACHES HUDDLE WITH RICK
CARLISLE, LINDSEY HARDING,
DOC RIVERS, DAWN STALEY, CHRISTI
THOMAS, AND BRENDAN WINTERS
1:30 PM ET

LEADERSHIP IN A TIME OF CRISIS
WITH GENERAL MARTIN DEMPSEY
2:40 PM ET

Jr. NBA Leadership Conference Powered by **UNDER ARMOUR**

FRIDAY, MAY 15 | 12:00 PM ET

@JrNBA f t y JrNBA.com NBA.com

#JrNBALeadershipConference

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



Questions



Voices of Summer Webinar Series



Voices of Summer WEBINAR SERIES

www.summerlearning.org/webinars



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



FOLLOW US

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

