**PROJECT AT A GLANCE:**

**Bounce Back League (BBL)**

**PROJECT GOAL:**
To increase physical and mental health of members of Boys and Girls Clubs (BGC) through trauma-informed sport programming.

**PROJECT OBJECTIVES:**
- To design and deliver a trauma-sensitive sport and recreation program
- To train Boys and Girls Club staff on trauma-informed practice and build capacity to embed this approach throughout the organization
- To increase Boys and Girls Clubs connections to community organizations
- To determine the effectiveness of trauma-informed sport program in a Boys and Girls pilot Club through intervention research
- To engage in knowledge translation activities to share the results of our intervention research and best practices within our own BGC network, as well as with

**PROJECT LEADS:**
Boys & Girls Clubs of Canada

Boys and Girls Clubs of Canada is a leading provider of quality after school and out of school programs to children and youth.

In partnership with
Dr. Tanya Forneris, PhD
Edgework Consulting

**PROJECT ACTIVITY HIGHLIGHTS:**

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<tr>
<th>Development Phase</th>
<th>Pilot Phase</th>
<th>Continued Implementation</th>
<th>Expansion</th>
<th>Knowledge Dissemination</th>
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<tbody>
<tr>
<td><em>Consult with club staff and youth to test out concepts, skills, and design principles</em></td>
<td><em>Pilot implementation and intervention will begin</em></td>
<td><em>Program delivery and intervention research continues at 3 clubs</em></td>
<td><em>Program will continue to be delivered in pilot clubs and in additional clubs</em></td>
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<td><em>Develop a curriculum manual and training guide on trauma-informed practice and sport</em></td>
<td><em>First training for club staff from pilot sites will be held</em></td>
<td><em>Curriculum may be updated to ensure program is effective</em></td>
<td><em>Knowledge dissemination at club and national level</em></td>
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<td><em>Convene Advisory Committee</em></td>
<td><em>Curriculum manual and training guides will be designed and printed</em></td>
<td><em>Additional training will take place</em></td>
<td><em>Intervention research report will be developed</em></td>
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<td><em>A Master trainer manual will be developed, designed, and printed</em></td>
<td><em>Community meeting in Toronto will be held to share findings of the project</em></td>
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