

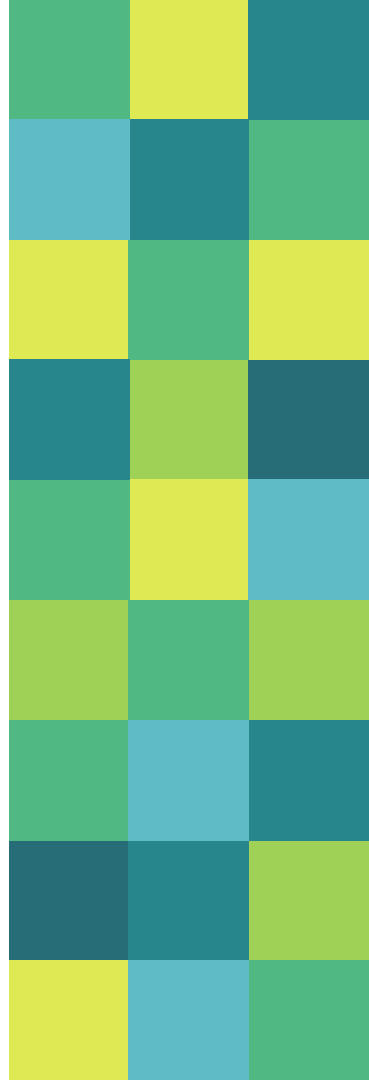
Lessons learned from Evaluating the Bounce Back League (BBL): Implications for Policy and Practice Moving Forward

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Purpose

- To share the value gained from the adoption of a Utilization-Focused Approach to Evaluation
- To highlight the importance of a train the trainer model for fostering program sustainability within community organizations





- Coaches trained in psychoeducation of trauma
- Re-designing sport to be more intentional using trauma-sensitive philosophies
- Age group: 8 to 12 years old
- Predominantly at-risk youth

Training Intervention



Training Workshops



Ongoing expert consultation

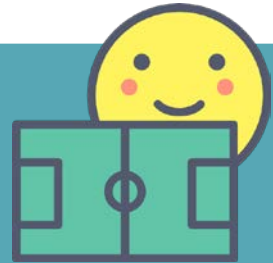
Design Components



Effects of trauma on the child



Resilience factors



Designing trauma-informed sport

Seasons of Play



Seasons of 8-10
weeks each



Variety of sports

Trauma-sensitive
features

Some Features of Sport in BBL



Body Awareness



Unlimited Timeouts



The Zone



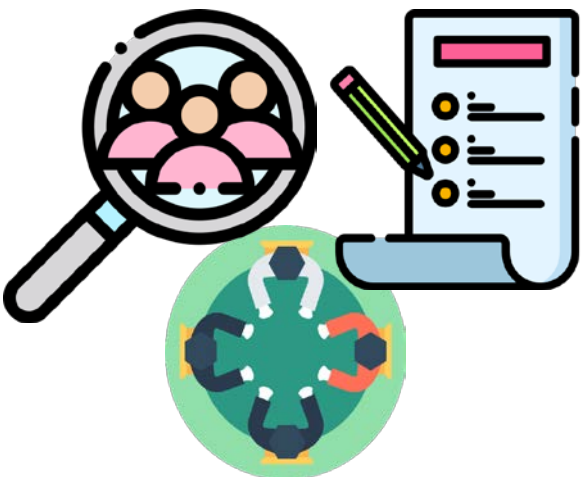
Creative Play

Evaluating BBL

Framework: Utilization Focused Evaluation

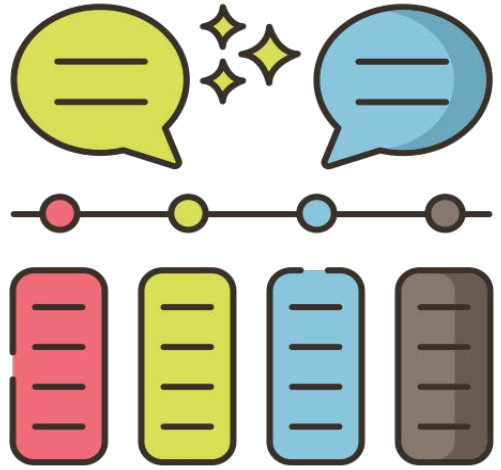
Key Tenets:

- Evaluations should be judged by utility & use
- Collaborative, facilitative and flexible process
 - Intended users are key partners
- Focus on priority research questions



Surveys, interviews, observations, logbooks & report cards

Data Analysis: Quantitative & Qualitative



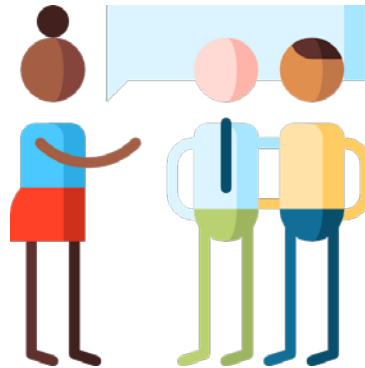
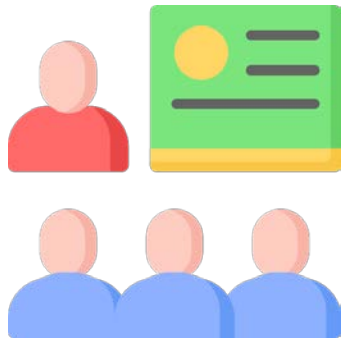
Results shared in meetings, presentations and reports to BGCC

Learning From Our Experience: Adaptations and Adjustments

- Strong *partnership* and *focus on use* has led to positive program adaptations and evaluation practices that are feasible
- Integrate the BBL with existing sport/league programming
- Take the long view: No single season will get it exactly right
- Data collection is a challenge in non-profit sector and with youth
 - Integration of evaluation activities with programming is key
 - Creativity is needed with youth – integrated & engaging activities

Train -the-Trainer Model

Building the capacities of peer facilitators to train community staff



Experts train peer
facilitators

Peer facilitators train
community staff

Community staff
deliver programming

BBL Train the Trainer Process



Results to Date

Challenges:

- ❖ Anxiety in taking on new leadership roles
- ❖ Unclear expectations of roles moving forward

Successes:

- ❖ Improved confidence through practice
- ❖ Enhanced communication & instructional skills
- ❖ Positive intentions to continue and expand training
- ❖ Identity as champions of trauma-informed sport approaches

I feel we have some expertise or feel confident to be able to speak about what trauma-informed practice is....Being people that other clubs could reach out to and say "hey, we wanna know more" or other organizations could know that we have a training plan



Thank You
Questions?