

A Bio-Psycho-Social Assessment of an Adjunctive Intervention for Youth in Residential Treatment

"I've gotten along with kids better, and I've been encouraging people." - Participant

1 Abstract

Doc Wayne considered the life and treatment of the whole athlete during their stay at treatment centers over the course of a sports season. A novel sport-based adjunctive treatment for youth in residential treatment was considered in respect to its impact upon physical and emotional health, social cognition, life skills, emotion regulation, risk and reward behavior, and physiology and stress. The youth involved have significant at-risk behavior, notable mental health issues, marked affect dysregulation, and histories of exposure to extreme stress. Most are in the custody of protective services and all are provided an education through their treatment center. Doc Wayne is a sports-based intervention which incorporates principles from trauma-informed care and positive youth development, drawing from a trauma-based components model (Attachment, Regulation and Competency); a stabilization model (Dialectical Behavior Therapy); and an attachment-based interaction model (Parent-Child Interaction Therapy). This intervention takes the approach of incorporating subjective and objective indicators of outcome among non-participants, first-time participants, and multiple-season participants. Overall, the outcomes are unambiguously positive, with youth showing improvements across several domains of functioning. Effect sizes are consistent with the effect sizes of individual psychotherapies tested using Randomized Clinical Trials.

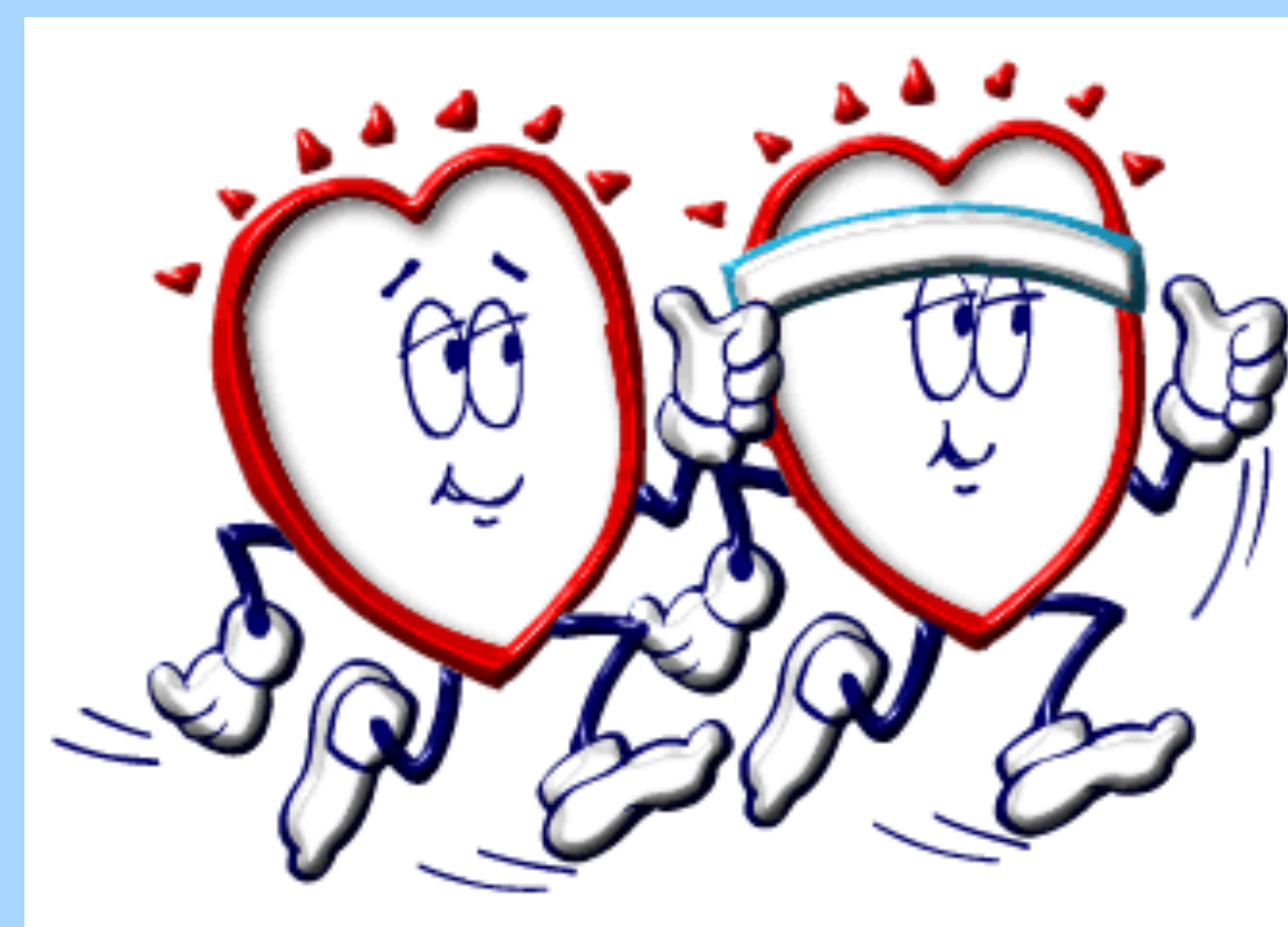
"They taught me how to be a positive leader...when I'm at Doc Wayne playing basketball, it keeps me busy and I don't think about the negative stuff. It helps me stay positive." - Participant

2 Methods

- Method:** self-report, computerized games which assessed behavior, and physiological measurement
Participants: 53 (male and female)
Ages: 12-19 (Doc Wayne serves youth ages 6-22)
Population: *Therapeutic Sports Program* and *Chalk Talk* group therapy participants compared to control group.
- Victims of abuse and/or neglect
 - Sexually exploited and trafficked
 - Impoverished/underserved
 - Truant
 - Mentally challenged (specifically survivors of complex trauma)
 - Differently-abled

3 Results

HEART RATE – Physical Health Supports Emotional & Cognitive Health



- Average resting heart rate for youth in this age group is 60-80 beats per minute (bpm).
- The majority of youth (65%) had elevated resting heart rates, above 80 bpm (M = 85, SD = 15).
- Five participants had extremely elevated resting HR, over 100 bpm.
- Significant group differences (participants vs. non-participants).

SOCIAL COGNITION & EMOTION REGULATION



- Social Cognition**
- "Reading the Mind in the Eye Task"
 - Healthy youth 70%
 - Adults on the autistic spectrum 50%
 - Doc Wayne youth 37% of faces (SD = 15%, Range = 0 to 75%). Doc Wayne youth performed worse than an individual guessing.
 - Moderate group differences.
- Emotion Regulation**
- Significant group differences (participants vs. non-participants) in:
 - Reappraisal
 - Suppression
 - Shutting down

PROGRAMS

- Doc Wayne is a 501(c)(3) non-profit that connects with youth through sports, utilizing our sports-based therapeutic curriculum, *do the good*® (DtG)
- DW Therapeutic Sports Program – The "League"
 - Billable Group Therapy (Chalk Talk)
 - Leadership/Community Service Program (Global Life Empowerment)
 - Coach & Clinician Training Program

4 Conclusion

- Sport can be therapeutic and a form of therapy.** Effect sizes are consistent with the effect sizes of individual psychotherapies tested using Randomized Clinical Trials.
- Effect size – the size of the difference between two groups. Is the magnitude of the differences between two groups clinically meaningful?
 - Most psychotherapy studies yield an effect size of .3.



5 Contact Us

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