

2020-21 REPORT



**DOC WAYNE**



**DOC WAYNE'S MISSION IS TO PROVIDE ACCESS TO BRIGHTER FUTURES FOR YOUTH AROUND THE WORLD AND STRENGTHEN THE FIELD OF MENTAL HEALTH BY USING REVOLUTIONARY SPORT-BASED THERAPY AND CLINICAL INITIATIVES.**

DAVID COHEN  
*Chief Executive Officer*



## A NOTE FROM DAVID

Despite everything the pandemic threw at us, I'm incredibly proud of what we've been able to achieve during these unprecedented past two years. The necessity to shift our work to a remote model forced our team to develop new modalities for supporting youth and continue adapting to challenges they faced as a result of lockdown and the pandemic. Our team handled each and every challenge admirably, providing a beacon of hope for our clients during one of the most challenging times in their lives.

The need for Doc Wayne's intervention in youth mental health has never been as apparent as it is today. Over 100,000 children in the United States lost a parent due to COVID-19. Boston Children's Hospital reported a 40% increase in youths having suicidal thoughts or attempting suicide from July through October of last year. Our team made tremendous strides in supporting Boston's youth with their transition to Telehealth, ensuring consistent attendance and meeting the needs of children whose school schedules and access to technology varied. Our clinicians conducted over 5,000 individual sessions with more than 300 clients since the start of the pandemic, maintaining relationships with clients at our 25+ partner schools and community centers. This summer finally saw the long-awaited return to in-person programming, while also maintaining Telehealth as an option for clients.

During the pandemic, we also launched our long-anticipated Champions Network™ training initiative, allowing us to share the success of our model across the globe. Here too, our team showed superhuman flexibility, taking on new responsibilities and adapting to everything that came their way. We welcomed a fantastic cohort of new team members to the Doc Wayne family and are pleased with how they've helped us share our success with other agencies to assist youth in need wherever we can. The ability of our team to not only survive the pandemic but use it as an opportunity to thrive and grow as an organization is a testament to the incredible character of each and every one of our staff members and supporters.

Over the next three years, our goal is to reach one million kids in need through our direct service model and through those adults we train along the way. With this team in place and the support of our partners, we are confident we can achieve this goal. I would like to thank you all again for your part in sustaining our work over these past two years and ensuring we continue to deliver effective mental health programming to youth in Greater Boston and across the globe during this unprecedented time and beyond.

# THE BEGINNING OF THE BEGINNING



Doc Wayne Youth Services Inc. (Doc Wayne) was founded in 2002 by Susan Wayne in memory of her brother, Eli (Doc) Wayne. The original iteration of our organization was DWAL, Doc Wayne Athletic League within the Justice Resource Institute, where our founder Susan Wayne was the former President. She created Doc Wayne in memory of her brother's belief in the power of sport. Eli was a pediatric physician as well as a tremendous supporter of using sport as a medium for positive youth development. He committed his time to students in the community by volunteering for and coaching youth sports. In 2010, Doc Wayne became a 501(c)3 under the guidance of Communities for People. At Doc Wayne, we continue to honor the legacy of Eli (Doc) Wayne by pushing the boundaries of sport-based therapy.



# GETTING READY FOR THE MARATHON

## The Doc Wayne Vision

**TO LEVEL THE PLAYING FIELD  
OF MENTAL HEALTH GLOBALLY  
BY HARNESSING THE POWER OF  
SPORT-BASED THERAPY.**



# A DECADE (PLUS ONE) OF IMPACT

As pioneers in sport-based therapy for youth, the growth over the years has included scraped knees, winding paths, and roadblocks. The path of Doc Wayne Youth Services, Inc. continues to be a marathon, not a sprint.

Endurance is necessary to drive Doc Wayne into its current iteration and solidify our place as leading innovators in the space of sport-based therapy for youth. There have been **mile markers** along the way as the number of clients served grew and grew when "Kids and COVID" became a catalyst for launching the Champions Network™. The **twists and turns in the road map** moved us from an athletic sports league to a therapeutic sports league to sport-based therapy services and trainers, our commitment to youth has never wavered. **Aid stations** provided relief and support by way of partnerships, major donations, individual donors, and countless cheerleaders pushing us along from the sidelines, ready to step in along the way.

More than a decade of impact and we're just getting started. We continue to use our Creating Champions™ curriculum to equip kids with positive social-emotional skills. This team is built on four core pillars: communication, confidence, resilience, and teamwork.

## Our Community Programs

### Chalk Talk®

Doc Wayne's sport-based group therapy program engages youth by harnessing the power of sport. Our coaches use soccer, basketball, flag football, and other team sports to support students as they process and persevere through adversity. As students progress through Chalk Talk®, they will:

- Have the opportunity and needed support to develop as resilient and regulated individuals with positive adult and peer relationships
- Create positive relationships with teammates, friends, and family members
- Become confident and competent members of their schools and larger communities
- Achieve their highest level of academic success

### Therapeutic Recess

There is no better way to get to know young people than through play. Doc Wayne's Therapeutic Recess is a program for students that provides structure, programming, and oversight during the school day, giving clinicians an opportunity to build relationships and access social-emotional skills. The goals of Therapeutic Recess are to ensure students have fun, stay safe, and build positive relationships with peers, as well as support students in building resiliency, teamwork, confidence, and communication. Similar to Chalk Talk® groups, coaches pick a construct to work on each week, and 2-4 different skills/slogans within that construct to focus the week's activities on. Social-emotional skills are then reinforced through facilitated play during recess.



IT'S NOT A SPRINT. IT'S A MARATHON.

### Therapeutic Mentoring

Doc Wayne's Therapeutic Mentoring program pairs mentees with coaches for structured, strength-based support services conducted in-person and remotely. This service is a Children's Behavioral Health Initiative (CBHI) and requires youth to be part of a HUB to qualify. A "HUB" service is the CBHI provider who takes the lead on coordinating care for youth with multiple service providers involved in their treatment. As is the case with all of our programs, Therapeutic Mentoring has roots in trauma-informed care. Our Therapeutic Mentors lead sessions designed to support individuals as they process and persevere through adversity in a safe, compassionate space. Over time, mentees build trust, learn to heal, grow, and connect to themselves and their community.

### Telehealth

Our telehealth services developed out of necessity and safety as the global pandemic unfolded. We offer telehealth to ensure that access to high-quality mental health services is available to those in need. Conducted through secure remote platforms online, Doc Wayne clinicians provide individual, group, family consultation, and Therapeutic Mentoring. This service is not only available to youth but to any individual requesting support.

**2010** With the support of Communities for People, Doc Wayne became an independent non-profit organization.

**2011** In August, David Cohen joins as the organization as Executive Director, now CEO.



**2011** In August, Rebekah Roulier, LMHC joins as the organization as the General Manager, now Deputy Director.

**2012** Boston ASAP and Doc Wayne join to share licensure.

**2012** David is nominated as the Major League 2012 Soccer (MLS W.D.R.K.S.) New England Community MVP.

**2013** Jonathan Baum joins first as Volunteer, then as a Clinician, now is our Chief of Staff. Jon led our first Therapeutic Recess.

**2013** Joins the Metrowest nonprofit network affiliation.



**2014** Named Social Innovator by the Social Innovation Forum for Breaking Down Barriers To Effective Mental Health Services.

**2014** Receives the Innovator of the Year Award from the Massachusetts Providers' Council.

**2015** Receives National & International Recognition in the Influential Leader category from the Robert Wood Johnson Foundation Sports Award.

# ACCESS TO BRIGHTER FUTURES FOR YOUTH GLOBALLY



The Champions Network™ was launched in July 2020 as a direct and immediate need facing youth and families as a critical reflection of the pandemic and political and racial unrest in our country. After Coach Becky released “Kids & COVID,” a youtube series highlighting how to support kids during unprecedented times, the need for a greater understanding of youth mental health became apparent. Emails and questions poured in on how organizations, schools, community partners could equip youth and families. Today the Champions Network™ is a growing external training program that has surpassed every metric and goal set. We are delighted to expand this program with diverse and specialized staff who are passionate about training and equipping others.

Through the Champions Network™, we partner with a range of organizations, clinicians, sports coaches, and other youth development professionals, sharing how to include trauma-informed, sport-based, mental health support in their work with young people. We continue with the vision of making sport-based mental health services accessible to youth across the globe while empowering organizations, clinicians, sports coaches, teachers, and other youth development professionals to utilize sports in a therapeutic manner.

The Champions Network™ features remote training and live sessions which aim to develop awareness around youth mental health, equip more professionals with the tools to support youth through sport-based initiatives, and reimagine mental health through the lens of sport. We continue to improve our training through technology partnerships with Allego to bring state-of-the-art training by licensed clinicians and youth development professionals to people around the world.

**JULY 2020** program launched | **103k** youth impacted

**300** trainees reached | **20+** partner organizations

**8** facilitators | **3** full-time staff | **28** trainings provided

**25+** countries represented in our trainings

“Our sincere thanks to the training you conducted for our young coaches and athletes. We are grateful and full of happiness since the training was very informative. To many it was an eye-opener towards mental health approach.”

– Coach Shem Otieno, Far East Basketball Association (F.E.B.A.), Kenya

## IMPACT TO DATE

**25** sites | **550+** youth served weekly | **20+** partner organizations

**18** Master’s Level clinical interns | **4,800+** telehealth sessions

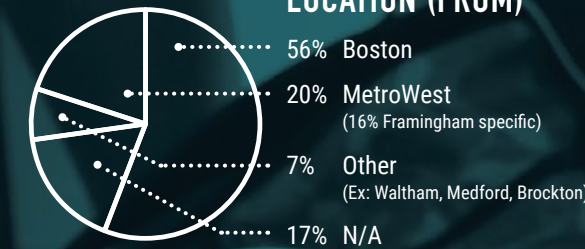
**1,570** total youth served 2020-2021

### TOP 3 DIAGNOSES

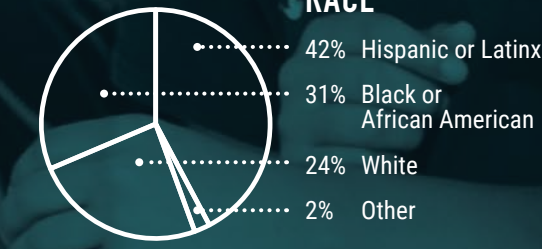
ADHD, PTSD, and Adjustment Disorder

## YOUTH DEMOGRAPHICS

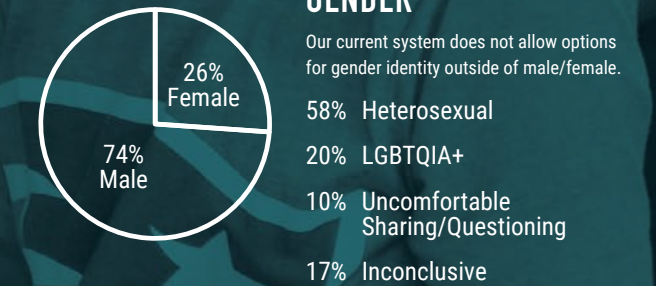
### LOCATION (FROM)



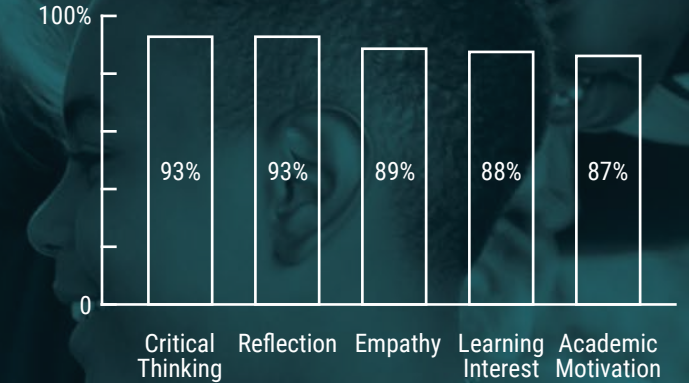
### RACE



### GENDER



## HSA HOLISTIC STUDENT ASSESSMENT by PEAR (Partnerships in Education and Resilience)



HSA measures Social-Emotional Development linked to academic performance, long-term health outcomes, mental health & resilience. The HSA is a self-report survey from students in Doc Wayne. Percentage total includes positive change and students who reported no change.

**2019** Receives Children’s Behavioral Health Innovation Awards MASS Department of Health.

**2020** In October, Maggie Yuan, ED.D., LMHC joins the team as Program Director.



**2020** Kids & COVID-19 youtube series garners over 17k views over the summer.

**2020** 12+ new staff members added to accommodate increasing need during the pandemic, political, and racial-related upheaval.

**2020** Provided trainees for 25+ countries during the 2020-2021 academic school year with Champions Network™.

**2020** Receives Children’s Behavioral Health Innovation 2020 Award from MA Department of Public Health.

**2016** Receives Beyond Sport’s Global Sports for Health Award for Chalk Talk®.

**2016** With the support of the Fetzer Institute, a sport based therapy curriculum teaching love, forgiveness, and compassion through basketball was delivered, evaluated, and celebrated with the community.

**2016** Awarded The Margaret Stewart Lindsay Inspiration Award which recognizes organizations and leaders who inspire us with their leadership and perseverance and are doing exemplary work spreading social innovation in greater Boston.

**2016** Receives Ashoka Changemakers award for Children’s Wellbeing for transforming the ways kids grow up in the United States.

**2018** David is nominated once more as the Major League 2018 Soccer (MLS W.O.R.K.S.) New England Community MVP.

# COVID DETOUR → PERSEVERANCE

## A YEAR OF CHALLENGES A YEAR OF GROWTH

**“ Kid’s experience during COVID-19/Telehealth**  
She struggled significantly at the beginning of quarantine, as she had just begun kindergarten and had difficulties adjusting to this transition of Zoom learning. Through the use of Telehealth, she has been able to connect with a clinician and work on her focus and impulsivity throughout the summer. Mom reports that since e-learning has begun again, she has been better able to focus on her lessons and has been able to engage actively with her peers.

- The pandemic brought to light the great need for mental health support services for all, especially for youth
- Youth faced social isolation, disruption of routine, stress, and adversity in unprecedented ways
- A modified version of our curriculum was created under the guidance of our Program Director, Maggie Yuan, Ed.D., LMHC to support these major changes with Play at the Core
- Doc Wayne moved to telehealth and we continue to offer telehealth options
- Youth who started with us in the 2019-20 school year, 89% continued clinical services with Telehealth sessions during 2020-21 school year



BEYOND

- Ramona Cox, Ph.D. joins the team as the Director of Champions Network™.
- Doc Wayne partners with Free Jacks Rugby Team, Boston Massachusetts’ first Professional Rugby team, to raise awareness for youth sport-based therapy.

- Doc Wayne officially partners with Athletes for Hope for Champions Network Training™.
- Doc Wayne partners with The Village and ESPN to provide Champions Network™ training as part of ESPN’s two youth investment strategies — Access to Sports and Empowerment through Sports — to benefit Black and African American youth.
- Doc Wayne becomes a “Flex” provider to support Child, Youth and Family Services, Department of Mental Health, Metro Boston Area’s Flex Support Service.

- Doc Wayne has been able to fund four Chalk Talk® groups across four sites as a “Flex” provider: Samuel Adams school; Tierney Learning Center; Camden Lennox, and Children’s Community Support Collaborative at The Home for Little Wanderers.
- Anticipated 1500+ youth reached in the 2021-2022 school year through Boston Public Schools.

- Secured initial funding for Pathways to Graduate School Scholarship.
- 20+ anticipated clients for training with Champions Network™ for the upcoming calendar year.
- Plans to expand the therapeutic mentoring program from 10 clients to 30 with two new staff.

From the desk of  
**Catherine Raster, LCSW**  
Clinical Game Changer

*When I first joined the Doc Wayne team, I was fresh out of grad school at the height of the pandemic.*

*I was ecstatic about being a part of Doc Wayne because of the sports aspect, being an athlete myself for most of my life. At Doc Wayne, there is an emphasis on community and teamwork. I felt that immediately when I started working here, as staff supported each other and felt almost like a second family.*

*The pandemic’s beginning was the most challenging. I was welcomed into the team readily. We relied heavily on teamwork. Some days this meant continuously checking in on each other and finding moments to talk about life amid the uncertainty. Other days it looked like sharing experiences, problem-solving, processing, and strategizing how to support our clients (or our kiddos as I call them) at 100%. As licensed clinicians, we were still humans also experiencing a global, traumatic experience. I often thought this was so different from what happens in therapy. Doc Wayne helped to support us through that, so we could show up for our clients. We never gave up.*

*The telehealth world was the complete opposite of being on a field with youth running and being active. As everyone pivoted to this new medium, Doc Wayne shifted to ensure no gap in our services. This new medium meant our current resources had to adapt and adjust to meet the level of need of the clients we serve. As David would say, we “pivoted.” Until this point, sport-based therapy had been implemented solely by working in person with kiddos. Therefore it was a learning curve for the entire staff to transition to remote. Quickly, our curriculum*

From the desk of  
**Catherine Raster, LCSW**  
Clinical Game Changer

*was updated with games that could be played online or over Zoom. We quickly became experts at leading the virtual games, transforming Chalk Talk®, Therapeutic Mentoring, and Individual therapy into online versions that still held components of sport. Kahoot, Scribblio, and Codenames were big hits in Chalk Talk® groups. Clinicians, like myself, were now carrying a high caseload of individuals, which also had been a new experience for Doc Wayne.*

*The pandemic required discipline and resilience on our team’s part. Through our online sessions, we cultivated a virtual space our clients appreciated and thrived in. We established relationships over the screen and helped them process what was happening around them. It wasn’t solely about the pandemic but working through the feelings that came with it: isolation, loneliness, and processing the grief of missing out on an entire school year.*

*Fast forward to October 2021, and we are finally back in person with our clients: in public schools, community centers, and other partners. Still, we see the lasting effects of the pandemic on the youth and often staff, especially in their emotions and behaviors. They are all very excited to be back in a physical space together. Youth admitted they had forgotten what it was like to be out of the bubble of the virtual world. We continue as coaches encouraging confidence, communication, resilience, and teamwork. Our work promotes positive youth development.*

*Still, a lot of the work centers on reintegration. We’re equipping them to find their way back into social environments and supporting them despite their struggles behaviorally. It will take some time for them to adjust, but I know that Doc Wayne has the power to help the clients we serve through sport. **Our kiddos are a valuable part of our Doc Wayne team!***

2021 Maggie Yuan, Ed.D., LMHC, published by Harvard, Graduate School of Education concerning our program growth and COVID-19.



2021 In May, NBC Universal awards Doc Wayne \$100,000 as a leader for change across communities.

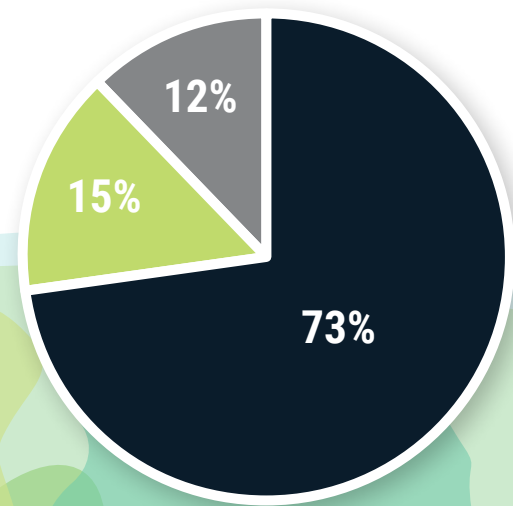


2021 In June, Doc Wayne research led by Rebekah Roulier, LMHC, published in the Sage Journals with the support of The Sudbury Foundation.

# FY2020-21 FINANCIALS

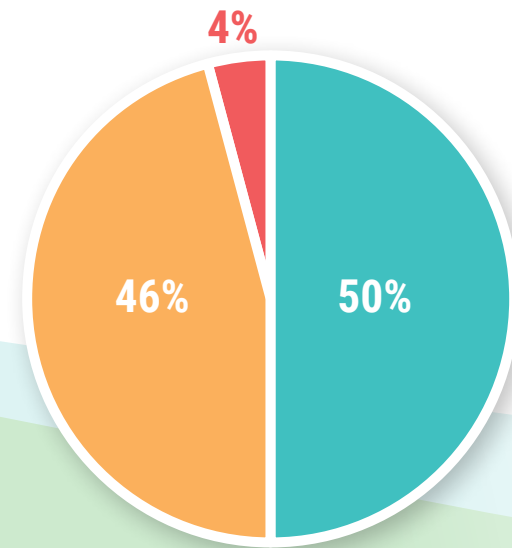
## PROGRAM BREAKDOWN

|               |             |
|---------------|-------------|
| ● PROGRAM     | \$1,061,604 |
| ● ADMIN       | \$217,493   |
| ● FUNDRAISING | \$174,020   |



## EXPENSE BY CATEGORY

|           |             |
|-----------|-------------|
| ● REVENUE | \$1,585,296 |
| ● EXPENSE | \$1,453,117 |
| ● SURPLUS | \$132,179   |



# FY2020-21 GRANT PARTNERS

Gardiner Howland Shaw Foundation

Schrafft Charitable Trust

The Fish Family Foundation

Charles Hayden Foundation

The Perpetual Trust for Charitable Giving,  
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# DOC WAYNE

## WITH YOU... WE'RE READY TO GO THE EXTRA MILE.



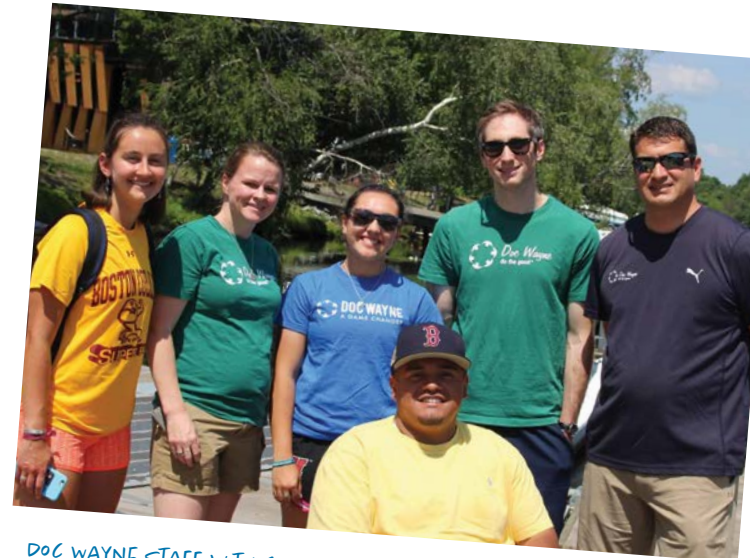
DOC WAYNE VIRTUAL STAFF MEETING



DAVID TALKING WITH A REF



CHALK TALK TRAINING WITH STAFF AND CLINICAL INTERNS



DOC WAYNE STAFF WITH COACH JOSE FROM TIERNEY LEARNING CENTER

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