



**DOC WAYNE**

**ANNUAL REPORT**

JULY 2021-JUNE 2022



We're here to  
level the playing field  
of mental health globally  
by harnessing the power of  
sport-based therapy

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DAVID COHEN, CHIEF EXECUTIVE OFFICER



VIRTUAL TEAM MEETING IN 2021



"WHITE CARD" FOR PEACE THROUGH SPORT

## A NOTE FROM DAVID

This past year has been a significant moment in the history of global mental health. The pandemic has exacerbated mental health needs for children and adults across the world, but simultaneously, global attention has begun to take a closer look at the importance of proper mental healthcare. As people are becoming increasingly aware of mental health challenges, Doc Wayne consistently strives to be available to youth in need of support.

We continue to receive more requests for partnership than we have the capacity to accept, but we are making every effort to sustainably increase the size of our organization and the reach of our programs. While our direct service work in Boston continues to serve as our "sandbox" for learning about the mental health needs expressed by youth, The Champions Network™ is a platform where we can continue adapting to these challenges and prepare adults with the skills to support children in need across the globe.

Recovering from over a year of lockdown proved to be a new challenge for our coaches and their clients to adapt to. At the start of the school year, our coaches reported that many students were almost two years delayed in their social-emotional development as a result of two years in social isolation. This trend is consistent with data suggesting that we are in the midst of a mental health emergency, particularly among youth.

This is why Doc Wayne's community-based model is so essential—now more than ever. Because of the hard work and determination of our staff, Doc Wayne is well-positioned to address this crisis with the combination of therapy and sport. Through the efforts of our staff and our international partners, we are confident we can level the playing field of mental health globally.

# A YEAR IN REVIEW

## COMMUNITY-BASED SERVICES

The focus on preventative services to universally teach socioemotional skills to all students in a setting turned our attention to building our capacity to deliver the therapeutic recess program across four schools in FY22. The program goal is to ensure that recess is an inclusive space where any student can play in ways that strengthen their relationships to self, peers, and to caring adults. Children communicate through play, and recess is a critical part of a student's day when facilitated space can help deliver social-emotional skills such as conflict resolution and teach empathy and responsible decision-making through trusting relationships.

The pandemic exposed already worrying trends of increased rates of depression and anxiety among children and adolescents that spanned decades and fueled the need for urgent mental health care for youth in crisis. As children continue to make up for opportunities lost due to the pandemic, we bear witness to their resilience and a strong sense of hope that they will rebound from the challenges. We must not let them down and continue to engage in conversations aimed at effecting change at the systems and policy level to make mental health care more accessible for all.

TOGETHER WE CAN MAKE A CHANGE FOR YOUTH IN OUR COMMUNITY AND AROUND THE GLOBE,

*Maggie Yuan, Ed.D., LMHC*

MAGGIE YUAN, ED.D., LMHC  
CHIEF PROGRAM OFFICER



PROGRAMS RETURNED  
TO IN PERSON



SERVING KIDS OTS  
(OUT OF SCHOOL TIME)  
THROUGH NEW COLLABORATIONS



4 ADDITIONAL  
RECESS PARTNERS ADDED

### YOUTH DEMOGRAPHICS

#### AGE RANGE

4-25 YEARS OLD

#### AVERAGE AGE

13 YEARS OLD

#### RACE/ETHNICITY

AMERICAN INDIAN/ALASKA NATIVE: 1%

ASIAN: 2%

BLACK/AFRICAN AMERICAN: 30%

NATIVE HAWAIIAN/OTHER PACIFIC ISLANDER: 1%

HISPANIC/LATINO: 46%

WHITE: 20%

#### SEX

MALE: 68%

FEMALE: 32%

OUR CURRENT SYSTEM DOES NOT ALLOW OPTIONS FOR GENDER IDENTITY OUTSIDE OF MALE/FEMALE.

## IMPACT

### COMMUNITY-BASED SERVICES

1000+

YOUTH SERVED WEEKLY

20+

PARTNER ORGANIZATIONS

3

TOP 3 DIAGNOSES  
ADHD, PTSD, AND  
ADJUSTMENT DISORDER

YOUTH SELF REPORTED POSITIVE CHANGE IN THESE PRO-SOCIAL SKILLS.\*

96%

EMPATHY

96%

RELATIONSHIP WITH PEERS

96%

ACTION ORIENTED

IN THE WAKE OF THE PANDEMIC AND ONGOING YOUTH CRISIS, DOC WAYNE YOUTH EXHIBIT INTERNAL RESILIENCE THAT POSITIVELY IMPACTS SELF & THEIR COMMUNITY.

NUMBER OF INTERNS

27

13 GRADUATE,  
13 UNDERGRADUATE &  
1 HIGH SCHOOL



WE CALL OUR DOC WAYNE CLINICAL TEAM MEMBERS

COACH

28

PARTNER SITES IN  
GREATER BOSTON AREA

1 in 6\*\*

AMERICAN YOUTH  
FACE MENTAL HEALTH  
CHALLENGES

\*THIS DATA IS CAPTURED BY THE 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.

\*\*ABRAMSON, A. (2022, JANUARY 1). CHILDREN'S MENTAL HEALTH IS IN CRISIS. MONITOR ON PSYCHOLOGY, 53(1). [HTTPS://WWW.APA.ORG/MONITOR/2022/01/SPECIAL-CHILDRENS-MENTAL-HEALTH](https://www.apa.org/monitor/2022/01/special-childrens-mental-health)



# CASE STUDY: COMMUNITY-BASED SERVICES

THERAPEUTIC RECESS & CHALK TALK® IN BOSTON PUBLIC SCHOOLS



Doc Wayne is one of 20 partners that form the Resilient Families Surround Care School Community (“Surround Care”) Coalition (SCC) to improve children’s health equity by serving the social, educational, health, and housing needs of children and families across three schools and a childcare center in Roxbury, Dorchester, and Mattapan. Higher Ground is SCC’s backbone nonprofit organization in Roxbury, with the purpose of being “a catalyst for collective action that works with residents and partners to achieve excellent outcomes in education and to promote the health and well-being of children and families.”

## HIGGINSON INCLUSION

BOSTON PUBLIC SCHOOL

### At a Glance

- Second year on site
- Kindergarten through Second Grade
- 120+ students enrolled

### Services Provided

- Therapeutic Recess twice per week
- Chalk Talk® for 2nd-Grade Students
  - (22-23 School Year)

### Essential Understandings from Coach Mo (Youth Coach on Site)

- Success in working with various small groups of students throughout recess
- Positive change to identify strengths and help foster positive relationships



Doc Wayne has been a key member of the Surround Care Coalition since its inception in 2019. Doc Wayne’s work to reimagine mental health and wellness through the lens of sports and physical activities in our partner schools have supported children and their families to overcome mental health challenges.

Children enjoy group and individual activities without realizing they are receiving mental health services and most importantly staying active and having fun! Doc Wayne’s presence in the schools has been especially important as children, families and educators try to recover from the three-year long disruption of COVID-19. We look forward to many more years of collaboration with Doc Wayne.

## TIANNA BONNER

HUB SCHOOL NETWORK MANAGER



## CLINICAL PERSPECTIVE

COACH MICK GALVIN, LCSW

### STRONGER INTERPERSONAL RELATIONSHIPS

One student in particular historically struggled to navigate peer relationships and presented as quiet and shy. Through his participation with Doc Wayne in recess and Chalk Talk® groups, he has now emerged as a leader in the group. He has developed a stronger voice to advocate for himself and his peers!

## TEAM DOC WAYNE UPDATES

### TRAINING PARTNER SITE VISIT

- Shalini Kasida, Board Member & Strategic Initiative Consultant for The Champions Network™, visited FEBA in Nairobi, Kenya & gifted various sporting goods



Shem Otieno, Head of Operations, FEBA, and his family with Shalini

## DEIB EFFORTS

- Hiring of Kanika Minocha, LMHC in 2022 as Diversity Equity Inclusion and Belonging Manager
- Facilitation of “Peer Processing Spaces” led by the leadership team to support staff and community during world events
- Revised HR policies surrounding hiring, employment and retention



Kanika Minocha, LMHC. Doc Wayne’s Diversity Equity Inclusion and Belonging Manager

## INTERNAL TRAINING

- YW Boston DEI (Diversity, Equity and Inclusion) Training for whole staff
  - 5-part dialogue series
- Compassion Fatigue training



Coaches and youth warm up inside after a few games.

## A YEAR IN REVIEW

# THE CHAMPIONS NETWORK™

The last year has proved that a mental health overhaul is necessary. Through education and advocacy, we can create the systemic change needed across the global landscape of mental health. As the Champions Network™ moved into our second year, the increased number of partnerships and requests was astounding. Throughout the year, we navigated growing and building out the Champions Network™ through the addition of new team members and technology while fielding a growing roster of opportunities. Our team met the needs of so many through generous donors, funding, and resilience. This perseverance ultimately moves us toward our goal of one million youth impacted by Doc Wayne.

A significant highlight of the year was meeting our long-time partner FEBA. (Far East Basketball Association), on the field in Nairobi, Kenya. While visiting their facilities, we heard from trained Doc Wayne coaches, community members like teachers and parents, and the youth. The first-hand accounts of positive change and success stories for students and adults were abundant. Notably, we heard from teachers who found that students in the FEBA program had increased interest in academics and interpersonal relationships. The need for accessible mental health care is great, and with your support, our team has risen to meet the demand. [Learn more about our visit with FEBA here.](#)

WE LOOK FORWARD TO THE COMING YEAR IN WHICH THE REACH OF DOC WAYNE GROWS IN OUR EFFORTS TO UTILIZE SPORT-BASED THERAPY FOR LEARNERS ACROSS THE GLOBE.



*Dr. Ramona*

RAMONA COX, PH.D.

DIRECTOR, THE CHAMPIONS NETWORK™



## IMPACT TO DATE

# THE CHAMPIONS NETWORK™

800+

TRAINEES REACHED  
GLOBALLY

25+

COUNTRIES REPRESENTED  
IN TRAINING

70

NEARLY 70 TRAININGS  
PROVIDED

“

The clients have taught each other different ways to strengthen their skills, increase in teamwork skills, [better] communication, positive collaboration and how to be there for one another.

TRAINEE RECIPIENT

MORE THAN

49

PARTNER ORGANIZATIONS

500,000+

YOUTH IMPACTED

## CASE STUDY

THE VILLAGE FOR FAMILIES & CHILDREN

GREATER HARTFORD, CT.



The Village was one of the first agencies in the country to provide homes for neglected children. They continue to achieve our mission “to build a community of strong, healthy families who protect and nurture children” by providing a full range of behavioral health, early childhood, and youth development, substance use treatment, and support services for children, adults, and families in the Greater Hartford, Connecticut region.

40 staff were trained in Creating Champions™ and Rookie Pride™, impacting an estimated 650+ youth.

### CREATING CHAMPIONS™ TRAINING; LEVEL 1

Doc Wayne's proprietary curriculum layers clinical and social-emotional learning goals onto an intuitive sport framework.

- Sport-based mental health programming is designed to look like a tournament-style sports bracket
- Learn to frame therapeutic interventions through a sport-based lens
- Translate therapeutic skills into sport-based slogans - creating more enjoyable and engaging sessions

### ROOKIE PRIDE™ TRAINING

Doc Wayne's proprietary junior curriculum is for learners aged 5 to 8.

- Adapted from our award-winning sport-based group therapy program, Chalk Talk®
- Specifically for younger clients while reflecting the skills present in our Creating Champions™ curriculum
- Engages young learners through sports and therapeutic games to teach them social-emotional learning skills



INTERPRETATION OF THE CREATING CHAMPIONS™ AND ROOKIE PRIDE™ BRACKET CREATED BY THE VILLAGE



## OUTCOMES



Clients [youth] that often struggle during a physical group have developed into the leadership role and have helped others when they are struggling. There was a client that struggled with sharing and would run-off and take the ball, now I see him playing and sharing with others.

### COACH PERSPECTIVE

# DOC WAYNE IN THE NEWS



### ESPN, DOC WAYNE AND THE VILLAGE TEAM UP TO EXPAND MENTAL HEALTH SERVICES FOR YOUTH

Doc Wayne Youth Services, ESPN and The Village – a Hartford nonprofit dedicated to building a community of strong, healthy families who protect and nurture children – today announced their collaboration to advance mental health initiatives for young people by leveraging the power of sport.

[READ MORE](#)



### NATISHA HIEDEMAN AND REBEKAH ROULIER: SPORTS CAN BE A GAME CHANGER IN THE YOUTH MENTAL HEALTH CRISIS

Studies reveal that youth mental health is positively impacted by team sports; that kids are likely to have less anxiety, depression, withdrawal, social problems, and attention deficits.

[READ MORE](#)



### DOC WAYNE RECOGNIZED IN THE WELLNESS CATEGORY IN FAST COMPANY'S 2022 WORLD CHANGING IDEAS

The wellness category of Fast Company's World Changing Ideas Awards honors products and services that improve either personal or global well-being, from equipment to apps to consumables.

[READ MORE](#)



2021-2022 WAS A YEAR OF GROWTH, INCLUDING PARTNERSHIPS AND EXPANDING PROGRAMS AND STAFF. A SIGNIFICANT YEAR OF IMPACT, TEAM DOC WAYNE CONTINUED TO SPOTLIGHT IN VARIOUS NEWS OUTLETS.

[READ MORE](#)

\*This collaboration is supported by ESPN as part of its commitment to ensure its social investments are going to those who need it most, with at least 60 percent of all of its grants going toward its two youth investment strategies – Access to Sports and Empowerment through Sports – to benefit Black and African American youth. Read the press release.

## BOARD OF DIRECTORS

Doc Wayne's Board is made up of former athletes, successful professionals, and mental health advocates. This unique group works together with Doc Wayne staff, the Young Professionals Board, and volunteers to uphold the organization's mission and values. Board members strive to propel the organization into the future by fundraising, volunteering, and spreading awareness of Doc Wayne's innovative approach.

**CHRISTOPHER S. ERNEST, CPA**  
CHAIR OF THE BOARD

**SADÉ CALLWOOD, PSY.D.**  
COMMONWEALTH PSYCHOLOGY ASSOCIATES

**DAVID S. COHEN**  
DOC WAYNE YOUTH SERVICES

**FRANK F. COULOM III**  
MORGAN STANLEY

**AVI DINES**  
PHILIPS

**CRAIG GORDON**  
COMMUNITIES FOR PEOPLE

**ALISHA GREENBERG**  
ROUNDING THIRD LLC

**KATHARINE GROVER, CPA**  
PRICEWATERHOUSECOOPERS

**TRAVIS HALL**  
ELEVATE BANKING GROUP

**SHALINI KASIDA**  
SIBOUR CONSULTING

**JOSEPH LEAVEY**  
COMMUNITIES FOR PEOPLE

**KEVIN SCHNEIDER**  
THE BULFINCH GROUP

**NINA BLOOMSTEIN SHATZ**  
BAMKO

**DUSHAWNE SIMPSON**  
NEFC



## REFLECTING ON GROWTH

During my tenure as Chairperson of the Board of Directors, I have had the privilege of watching Doc Wayne grow from a small, two-staff member organization working with only dozens of young people into a financially sustainable and maturing organization, with nearly 50 "game changers," helping hundreds of young people across the globe.

While our work is challenging, it is groundbreaking and exciting. I'm proud to be affiliated with this incredible group of professionals working hard to "level the playing field" for young people struggling with mental health. Our team of coaches are the most committed clinicians working in the mental health space and live our mission and values each and every day. Witnessing the growth of this team and participating in the development of our Board of Directors under the careful direction of our incredible Chief Executive Officer, David Cohen, has been one of the greatest honors of my professional career.

Our work is especially important in this post-COVID era as the shroud of denial and silence often surrounding the mental health crisis has been lifted, and youth and their families desire access to our unique sport-based therapy more than ever. While my time as Board Chair may be ending, I look forward to the next chapter of serving the Board of Directors of Doc Wayne and aiding in ways I can to help fuel our continued growth and success.

LOOKING FORWARD TO MANY MORE YEARS ON TEAM DOC WAYNE,  
**CHRISTOPHER S. ERNEST, CPA, MSM**

DOC WAYNE IS PROUD TO RECOGNIZE THE GENEROSITY OF THE FOLLOWING FOUNDATIONS, INSTITUTIONS, GRANTS, AND INDIVIDUAL DONORS. WE CONSIDER THOSE WHO SUPPORT OUR WORK OUR TEAMMATES. TOGETHER, WE LEVEL THE PLAYING FIELD OF MENTAL HEALTH GLOBALLY BY HARNESSING THE POWER OF SPORT-BASED THERAPY.

## ★ GOLD TEAM ★

(\$30,000-\$99,999)

AMELIA PEABODY FOUNDATION  
HERMAN AND FRIEDA L. MILLER FOUNDATION  
LOOMIS, SAYLES & COMPANY  
MA DEPARTMENT OF PUBLIC HEALTH  
MABEL LOUISE RILEY FOUNDATION  
SCHRAFFT CHARITABLE TRUST  
THE SUDBURY FOUNDATION  
WELLINGTON MANAGEMENT FOUNDATION  
BANK OF AMERICA, N.A.,  
TRUSTEE OF THE PERPETUAL TRUST FOR CHARITABLE GIVING

## ★ SILVER TEAM ★

(\$10,000-\$29,999)

ANONYMOUS  
BOSTON CHILDREN'S HOSPITAL  
CUMMINGS FOUNDATION  
CVS HEALTH FOUNDATION  
FISH FAMILY FOUNDATION  
GARDINER HOWLAND SHAW FOUNDATION  
HAMILTON COMPANY CHARITABLE FOUNDATION  
HIGHLAND STREET FOUNDATION  
JAMES B. BOSKEY MEMORIAL FOUNDATION  
JOHN W. ALDEN TRUST  
LIBERTY MUTUAL FOUNDATION  
METROWEST HEALTH FOUNDATION  
PLYMOUTH ROCK ASSURANCE FOUNDATION  
RELIANT FOUNDATION  
ROY A. HUNT FOUNDATION  
YAWKEY FOUNDATION

## ★ BRONZE TEAM ★

(\$1,000-\$9,999)

ADELARD A. AND VALEDA LEA ROY FOUNDATION  
AGNES M. LINDSAY TRUST  
AVIDIA CHARITABLE FOUNDATION  
BENNETT FAMILY FOUNDATION  
DIGITAL FEDERAL CREDIT UNION  
EASTERN BANK FOUNDATION  
FOREST FOUNDATION  
GUARDIAN LIFE INSURANCE COMPANY OF AMERICA  
J. OWEN TODD CHARITABLE FOUNDATION  
JASON HAYES FOUNDATION  
JOHN HANCOCK MLK SCHOLARS  
MARY W.B. CURTIS TRUST  
MONOGRAM LOVES KIDS FOUNDATION  
NEEDHAM BANK  
ROCKLAND TRUST BANK  
STARK COMMUNITY FOUNDATION

## ★ PLATINUM TEAM ★

(\$100,000+)

ANONYMOUS  
THE CHARLES HAYDEN FOUNDATION  
THE DEVONSHIRE FOUNDATION  
J.E. & Z.B. BUTLER FOUNDATION



FY22

# FINANCIALS

**DONATE**

Generosity keeps our mission moving forward. We believe health care is a human right. We're working to promote equity, break barriers and increase access across the globe.

## THANK YOU FOR BEING ON TEAM DOC WAYNE



**CONNECT WITH US**

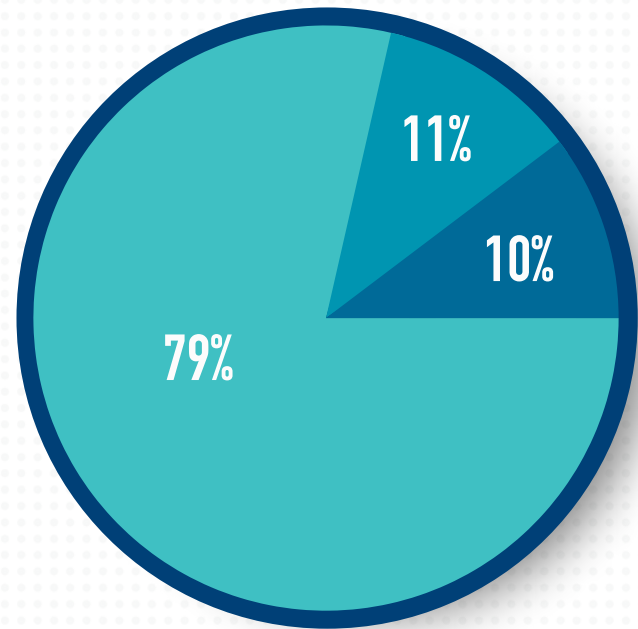






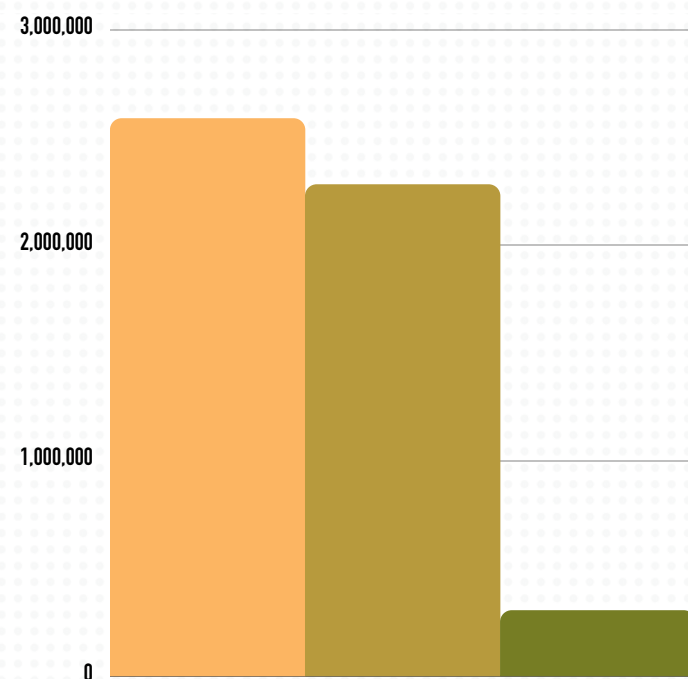
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**GIVE TODAY**



### EXPENSE BY CATEGORY

PROGRAM	\$1,792,148
FUNDRAISING	\$253,872
ADMINISTRATION	\$234,999



### PROGRAM BREAKDOWN

REVENUE	\$2,587,287
EXPENSE	\$2,281,019
SURPLUS	\$306,268

