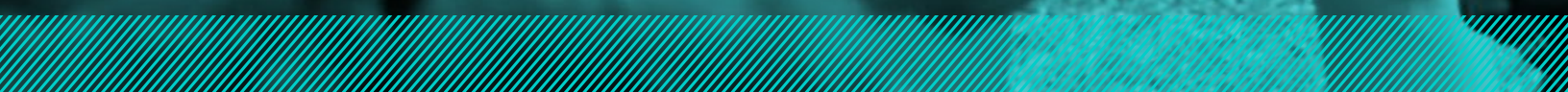


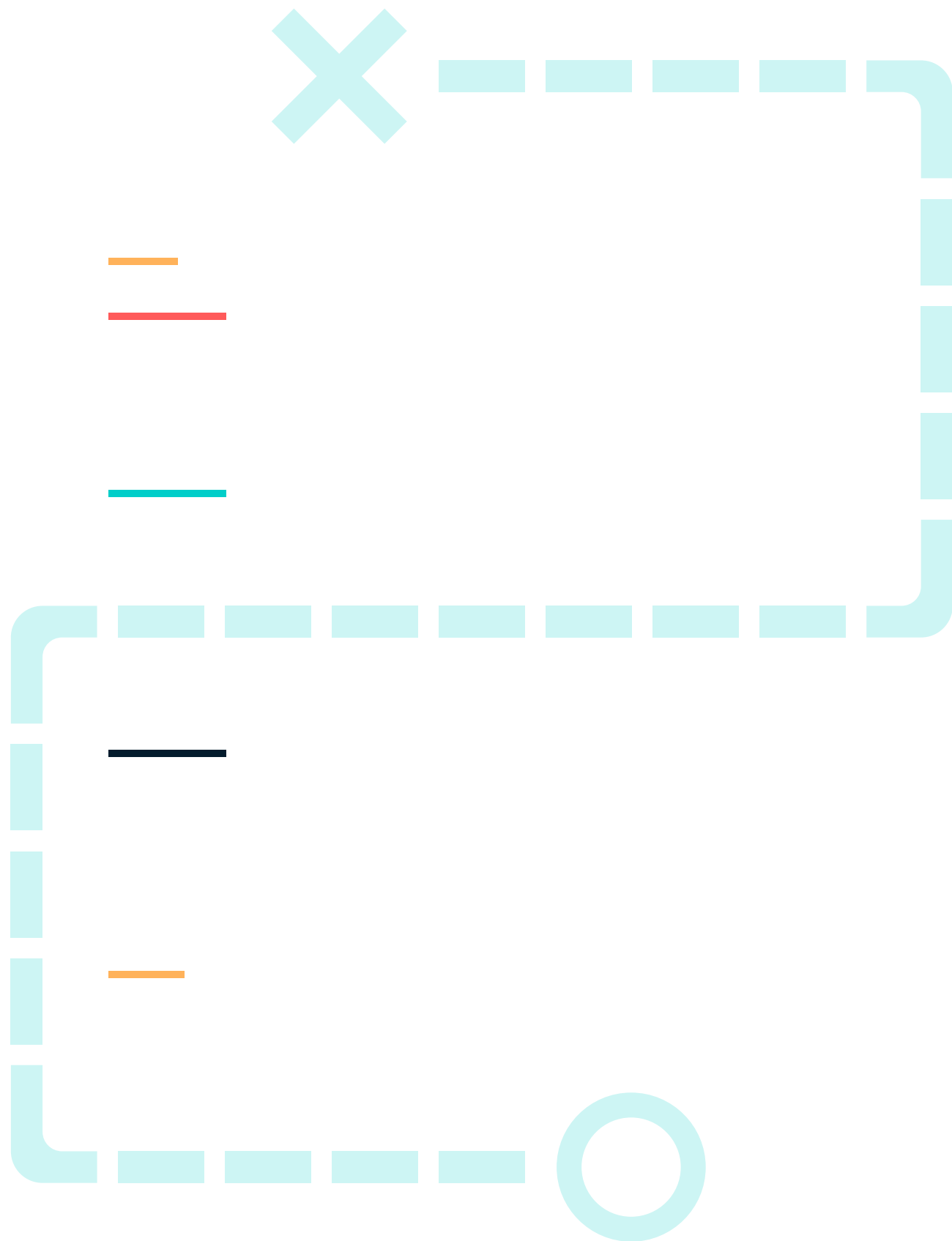
IMPACT REPORT 2023-24

 DOC WAYNE



 ONE IN A  
MILLION





**DEAR DOC WAYNE SUPPORTERS/COMMUNITY MEMBERS,**

As we reflect on the past fiscal year, we are filled with a deep sense of pride in all that we have achieved together. It has been a year marked by remarkable accomplishments, and substantial challenges. Through it all, the unwavering support from our community and belief in our mission have been the driving force behind our success.

This year, Doc Wayne reached a significant milestone ahead of schedule. Thanks to the generosity and engagement of so many since our inception, we were proud to announce that our programs have reached over 1 million youth across the globe since 2011. This accomplishment involved the hard work and dedication of so many incredible team members along the way. We do not take this number lightly and know that this is an incredible achievement for our organization; however, we also know there is so much more work to do in order to provide mental health support to those in need. We will continue to do our part to be accessible, innovative, and a collaborator promoting mental health for everyone!

Like many organizations, we faced financial hurdles as a sister organization merged into Doc Wayne and the economic landscape tested our resilience. While this merger was a significant undertaking, it will allow us to operate a mental health clinic in Boston for years to come, providing even more accessibility locally to serve clients. Despite these challenges, we remained steadfast in our commitment to serving our community and finding innovative solutions to sustain and grow our impact. Your support made this possible—every dollar, every volunteer hour, and every shared story helped to keep our mission alive.

As you read through this impact report, we hope you see yourself in the stories of transformation and triumph. These achievements are a testament to the collective power of all of our stakeholders and team members. Together, we have laid the groundwork for an even brighter future, and we are more determined than ever to continue our vital work.

Thank you for being part of our journey. We look forward to facing the challenges and opportunities of the coming year with the same spirit of collaboration and hope that has brought us this far.

With gratitude,

David Cohen  
Chief Executive Officer



**2024 WAS THE YEAR.**



**1,000,000 KIDS SERVED**

When Doc Wayne became a 501(c)(3) 12 years ago, it did so with the goal of bringing the clinical mental health skills kids needed to the places they wanted to be: on the field and in the gym. Though our program structures have taken many different forms over the years—group therapy and a competitive, therapeutic athletic league being two of the most prominent—we have always used sport to connect to youth

who are facing mental health challenges. Since our incorporation, Doc Wayne has listened to communities, iterated, and evolved, and our innovative sport-based mental health services quickly grew in demand as schools and youth organizations throughout Greater Boston learned of our work. Eventually, we expanded globally through our Champions Network® workshops to meet the needs of a world plagued by declining mental health. 12 years later, we are proud to announce

that our programs have reached over one million youth across the globe.

“In the beginning, our goal was to be accessible to as many kids as possible, but reaching one million kids has only been achievable thanks to the commitment and dedication of our staff, volunteers, and countless supporters over the years,” says David Cohen, Chief Executive Officer of Doc Wayne.

To our staff, volunteers, partners, donors, and anyone who has been touched by Doc Wayne over the past 12 years: thank you. We couldn't have reached this milestone without your constant support. Each member of the Doc Wayne family is truly one in a million, and your stories and support have guided our work for over a decade.

# CHAMPIONS NETWORK®

→ NUMBERS TO DATE

**1,766,746** Total youth impacted

**71** Partner orgs

**2,001** Trainees globally

**113** Trainings provided

**37** Countries represented

**5** Languages that trainings have been translated into

→ 2024 IMPACT

**31** Total trainings

**18** In-person trainings

**13** Live virtual trainings -

**515** Total trainees

**846,551** Number of youth reached

## Trainings to Meet Your Needs

To combat the mental health crisis facing youth across the world requires a coordinated effort by caregivers, teachers, coaches, and the community at large to better support our youth, and through the variety of training modalities and global reach of the Champions Network®, Doc Wayne is at the forefront of this movement. Since piloting our first live virtual training sessions in 2020 at the height of the pandemic, the Champions Network® has since expanded its suite of offerings to include both in-person and live virtual training sessions ranging from single-day workshops to multi-day intensive training experiences. Whether live virtual or in-person, our most popular session was Supporting LGBTQ+ Youth in Sports, mirroring a global trend in declining mental health for LGBTQ+ individuals.

The different methods of training employed by the Champions Network® are necessary to meet the needs of our participants' communities, and our team regularly develops and delivers tailor-made trainings to specifically address those needs. In 2024, for example, Doc Wayne facilitated a Community Conversation with the Far East Basketball Association (FEBA)—a sports organization and longtime partner based in Nairobi, Kenya—in response to a systemic pattern of gender-based violence in the country. According to Shem Otieno, Head of Operations at FEBA, “the Community Conversations [were] established to create spaces where local leaders, parents, teachers, [and] caregivers are able to have a candid conversation on issues affecting them.” Unlike our typical Champions Network® trainings, the Community Conversation with FEBA saw Doc Wayne facilitators participants bring in their own perspectives and experiences to guide the session and find solutions collaboratively.



“The Community Conversation is a strongly tailored space that at its core is responsive to a unique need—for FEBA that was supporting women who are currently faced with anxiety,” says Olivia Emerich, MSW, Senior Manager of Partner Solutions at Doc Wayne and a facilitator of the Community Conversation. “In comparison to a traditional training, the Community Conversation is a session that is lightly facilitated, conversation-driven, and holds a lot of space for reflection to address a specific challenge.”

Another longtime partner, ESPN, has allowed Doc Wayne to expand our training offerings even further. Thanks to funding from ESPN, the Champions Network® team was able to deliver high-quality, in-person workshops to organizations in Los Angeles, New York, and Charlotte. One of ESPN’s major philanthropic goals is to promote youth access to sports, and the company connected with Doc Wayne as they began to focus on mental health and its connections to sports.

“Coming out of the pandemic and all of the issues that schools and coaches were dealing with around mental health, they were not prepared nor trained to be able to deal with that,” says Angela Woods, Senior

Director of Corporate Citizenship at ESPN. “To be able to bring a resource like [Doc Wayne] into the school system or into an afterschool program...was really vitally important.”

As a result of our partnership, the Champions Network® has been able to deliver intensive, multi-day workshops in addition to our typical single-day trainings. This greatly benefits organizations like The Village, the largest foster care provider in Connecticut, who directly employ Doc Wayne’s sport-based therapy model in their own practices. The clinically-based nature of our work is particularly impactful on our trainings in that our practices are backed by decades of research on mental health.

**“[Doc Wayne] comes with a lot of...authority in the space given the fact that a lot of these other organizations that are doing mental health are not coming from a clinical standpoint,” says Don Brooks, Senior Manager of Corporate Citizenship at ESPN. “Having the clinical piece is...a differentiator.”**

Ultimately, for any organization in need of greater mental health supports for their youth, Doc Wayne has trainings available to meet those needs.

**“DOC WAYNE WAS AHEAD OF THE CURVE IN BEING ABLE TO PROVIDE PROGRAMMATIC PIECES THAT FOCUS ON MENTAL HEALTH”**

- DON BROOKS, SENIOR MANAGER OF CORPORATE CITIZENSHIP AT ESPN

## LEARNING COMMUNITIES



Learning Communities at Doc Wayne originated from our commitment to support diverse learning styles and professionals interested in mental health and intersectional topics. Since our founding as a 501(c)(3), Doc Wayne has prioritized relationships—whether in fundraising, clinical work, or building local and global partnerships. This relational focus inspired our response to feedback from the Champions Network® participants, who found value in our training sessions and expressed a desire for ongoing learning. They appreciated meeting others in the field, forming connections, and having a space to both address common challenges and celebrate victories. This desire for connection and belonging in the adult education space, matched with our research into the learning and development space, points to how effective it is to utilize multiple approaches and that learning through relationships and in cohort groups can improve long-term retention of knowledge up to 50% compared to isolated training sessions alone, according to studies from the American Psychological Association (APA, 2021).

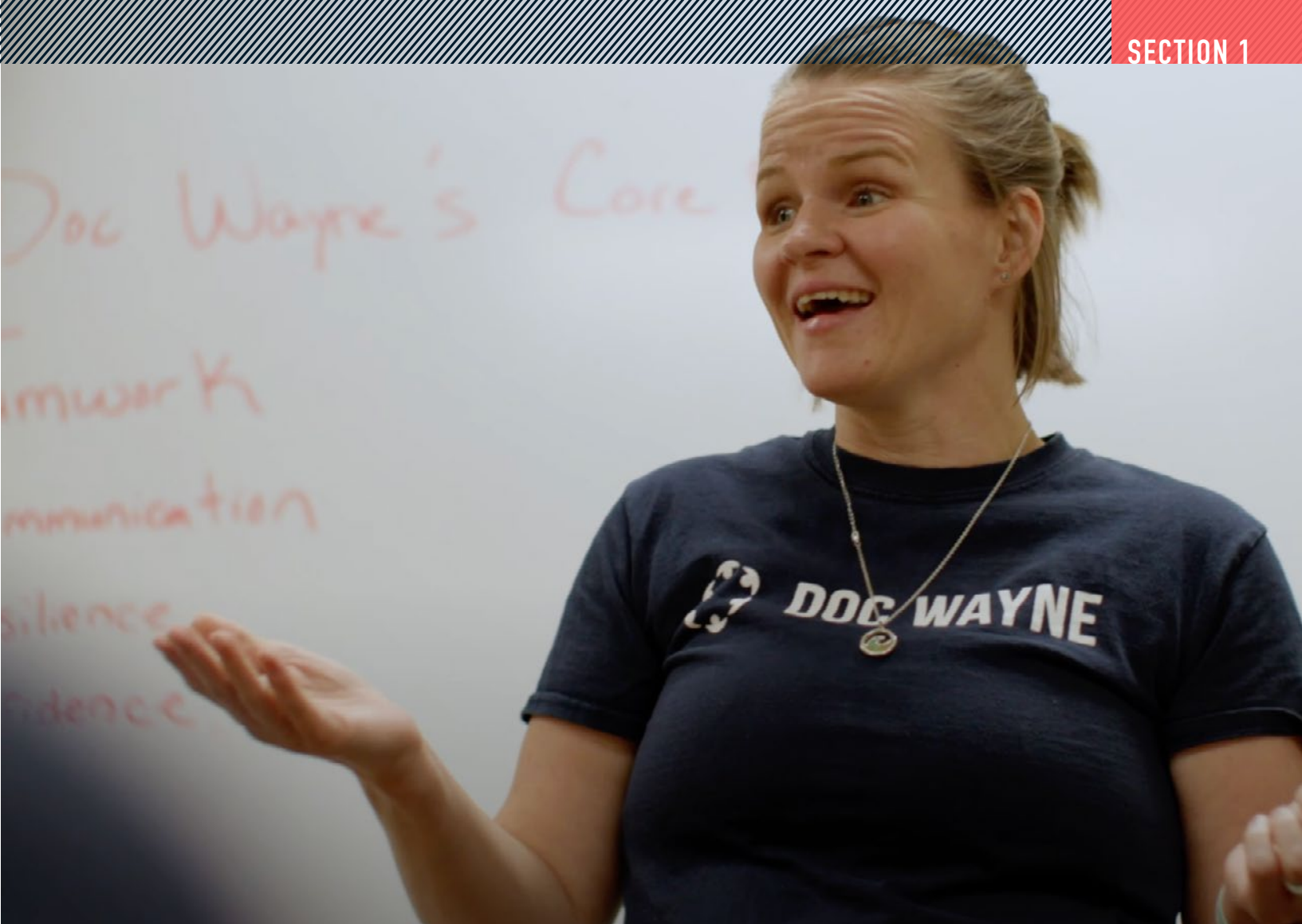
These Learning Communities offer us a chance to foster relational learning in smaller, supportive settings. We are excited to host in-depth conversations, encourage participants to bring their full selves to the space, and balance a structured learning plan with flexibility to address current events impacting our day-to-day experiences.

Looking ahead, we envision Learning Communities as spaces for multicultural learning and sharing best practices. This approach is particularly valuable for those implementing sport-based therapy and for youth development professionals navigating complex topics. Currently, Learning Communities are in a growth phase where open enrollment is limited. However, under the leadership of Sam Zurn and our team, we anticipate rich opportunities for global collaboration.

Ultimately, Learning Communities serve as a powerful standalone opportunity for professionals, a deeper exploration following an initial training experience, and a vital component of our multi-stage training program. Each of our three-part training modules will be followed by a Learning Community, where participants can further support each other, deepen their expertise, and elevate their skills in sport-based therapy.

Sincerely,

Rebekah Roulier, LMHC  
Managing Director  
Doc Wayne



“BEING PART OF THIS DOC WAYNE LEARNING COMMUNITY WAS SUCH A POWERFUL AND ENRICHING EXPERIENCE! I HIGHLY RECOMMEND PARTICIPATING IN THIS GROWTH-ORIENTED OPPORTUNITY TO LEARN AND [GROW] TOGETHER. THE DOC WAYNE TEAM DID A SUPERB JOB PLANNING AND FACILITATING OUR TIME TOGETHER. THEY EXCEL IN CREATING A SPACE THAT FACILITATES CONNECTION, GROWTH AND LEARNING.”

- PARTICIPANT, SPRING 2024 LEARNING COMMUNITY

# CLINICAL SERVICES

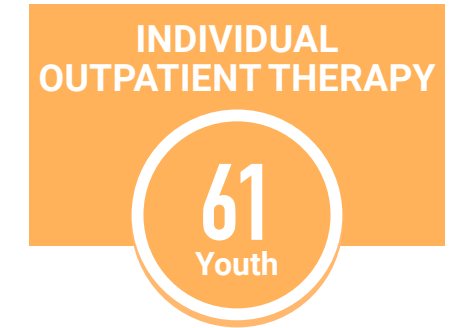
Through our suite of in-person and virtual clinical services, Doc Wayne strives to provide both youth and adults with as many avenues as possible to support their mental health. Doc Wayne's clinical programs include Chalk Talk® Group Therapy, Therapeutic Recess, and the newly opened Community Clinic. Through varying methods of delivery, Doc Wayne's clinical team is able to support thousands of clients each year through their mental health journeys.



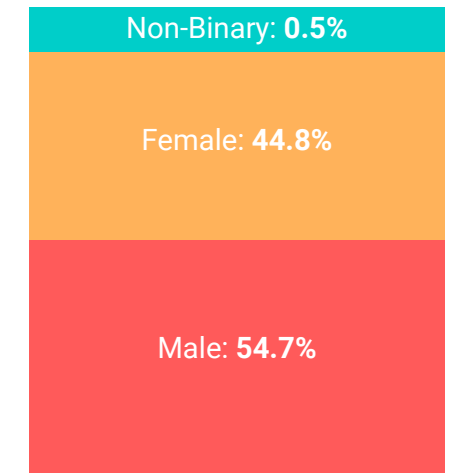
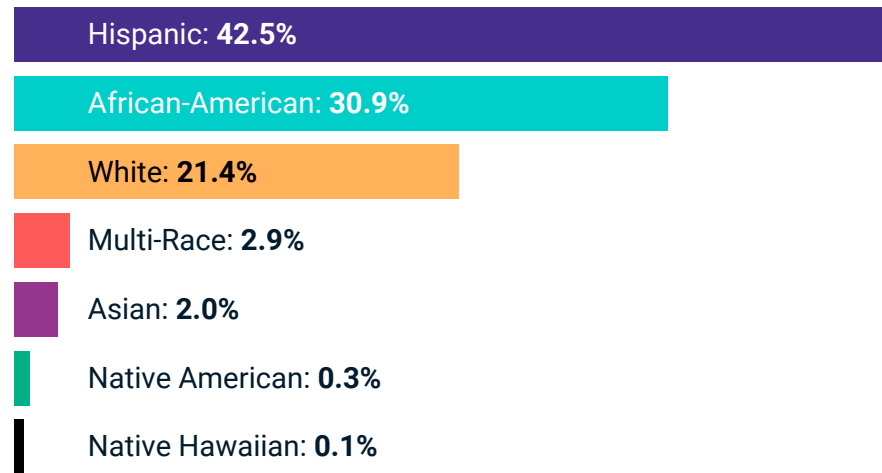
**"IT'S JOYOUS, AND IT'S FUN.... I LOOK FORWARD TO IT, WHICH IS SOMETHING THAT HAS BEEN SPECIAL TO ME.... I ALWAYS FEEL BETTER WHEN I LEAVE."**

- KATE BOLLERMANN, YOUTH COACH

# FY24 COMMUNITY STATS



## DEMOGRAPHICS



## OUTCOMES

Our end-of-year survey of Chalk Talk® Sport-Based Group Therapy participants highlighted the positive impact and areas for growth in the program.

- > **78.2%** indicated they would like to return to Chalk Talk® next year
- > **79.1%** of respondents reported feeling more confident in school and while completing schoolwork
- > **82%** felt more confident about themselves overall
- > **93.1%** feel supported by their Doc Wayne coach
- > **86%** feel they have a safe space to express their feelings
- > **Over half** agree that they are learning new skills to manage emotions, advocating for themselves, and building confidence in school and personal settings

## CHALK TALK®

For over a decade, Doc Wayne's flagship Chalk Talk® Group Therapy program has seen youth throughout Massachusetts engage in sport-based therapy sessions led by our team of highly-trained mental health providers. Using principles grounded in decades of research on trauma-informed care and proven clinical practices, Doc Wayne's Clinical Game Changers provide award-winning care to hundreds of students each week.

The necessity of quality mental health care has only increased in the years since the COVID-19 pandemic. According [Mental Health America](#), "1 in 5 youth had at least one major depressive episode (MDE) in the past year. Over half of them—nearly 3 million youth - did not receive treatment." Unfortunately, for many youth suffering from poor mental health, there are limited options for treatment—on average, there is only **one mental health provider for every 340 people in the United States**. And while school districts are starting to recognize the importance of quality mental health supports for youth, competing priorities such as statewide testing often force administrators to make difficult choices when allocating time and resources.

Chalk Talk® Group Therapy bridges this gap by providing affordable, high-impact mental health support directly to schools, youth centers, and other organizations. The uniqueness of Chalk Talk® lies in its delivery; each week, youth learn to navigate their various mental health challenges through the lens of sport. By using team sports, play and movement to engage with students, our clinicians are able to support youth in an environment that feels natural, supportive, and fun.

*"Being able to build relationships in a place where you're able to feel safe and you're able to feel accepted... is really the benefit of these groups," says Erin Kilpatrick, Director of Clinical Partnerships at Doc Wayne. "We're using...physical movement and activities to teach skills—confidence, communication, resilience, teamwork—that traditionally are taught in a sitting-down, lecture-based way [in group therapy]."*



For Rob Howes, Assistant Principal at Douglas MacArthur Elementary in Waltham, Massachusetts, the decision to bring Chalk Talk® to his school was simple. After working with Doc Wayne in his role as a K-8 PE and Health Teacher in the Boston Public Schools system, one of the first decisions he made in his new role as Assistant Principal was to bring our programming to MacArthur.

*"If social-emotional issues are getting in the way of learning, then learning's not happening," says Howes. "Doc Wayne filled that gap for us."*

Each of our Chalk Talk® groups is unique and tailored to meet the needs of the youth participating. Because our clinicians work with students who are incredibly diverse in their backgrounds and interests, they draw on knowledge from their students' communities—including parents, teachers, and other support staff. Howes has often noticed Doc Wayne staff going above and beyond to support their students, checking in with them outside of sessions and soliciting information from educators in the building. At another site, the Boys and Girls Club of Dorchester, Doc Wayne clinicians partner directly with on-site staff to lead groups every week and ensure that the lessons and skills youth learn in Chalk Talk® are used even after we've left.

*"We're able to play and we're able to use sport language but with a trauma-informed care perspective," says Kilpatrick, "so seeing every kid where they're at, and knowing a little bit about their background and what brings them there allows us to work with them in a less-structured, recreational setting in a therapeutic way."*

It was in preschool when Alena Gelfusa realized something was going on with her daughter Atalie. Despite reaching early childhood milestones—such as walking—rather quickly, Atalie started to show signs of struggle when she began to attend school. In particular, she was struggling with speaking. In fact, with the exception of one friend who she would whisper to, Atalie wasn't speaking to anyone, teachers and peers alike. A school employee asked Gelfusa if she would allow some consultants to observe Atalie in class, and after their observations, they diagnosed Atalie with Selective Mutism, an anxiety disorder that prevents people from speaking in certain social settings.

For Atalie, this manifests with her "shut[ting] down... like a deer in the headlights," says Gelfusa. Though she will eventually speak to those she feels a connection with, Atalie is completely silent around new, untrusted youth and adults. This proved to be a challenge in her early school years, so when Assistant Principal Rob Howes brought Doc Wayne's programming to MacArthur Elementary School, Gelfusa jumped at the chance to enroll Atalie in Chalk Talk®. It was a huge success.

*"[Atalie] is obsessed with Doc Wayne," says Gelfusa.*

Though she remained quiet during the first few sessions of group therapy, Atalie quickly began to open up. An avid athlete, Atalie was able to engage with her peers and Doc Wayne clinicians through sport and play. In fact, the use of sports as a vehicle to teach mental health skills was instrumental in Atalie's growth.

*"In a sports setting, she is quicker to open up because she's more focused on the sport versus the anxiety.... I feel like that's [where] Doc Wayne has really helped her," says Gelfusa.*

## CASE STUDY: CHALK TALK®

While Atalie still struggles with her Selective Mutism, she has grown significantly in her time with Doc Wayne. The skills she learned through Chalk Talk® have been incorporated into many areas of her daily life. Every day when she gets home from school, Atalie shares a "Swish" and a "Miss" from her day, a high-low check-in technique taught by Doc Wayne coaches. With her new soccer team this past year, Atalie was calling for the ball using her "brave voice" after just a few weeks - something inconceivable only a few years ago.

*"[Atalie] went from not saying two words to me to... telling me about her day," says Howes, a testament to the success of Doc Wayne's programming.*

Today, not only does Atalie still do Chalk Talk® each week, she also does individual therapy with Doc Wayne. In fact, Doc Wayne has been so impactful for the Gelfusa family that Alena enrolled her younger daughter Amara in individual therapy with Doc Wayne as well.

*"Get out of your own head and just get into the game," says Gelfusa. With the help of Chalk Talk® Group Therapy, Atalie has done just that.*

**"WHAT MAKES DOC WAYNE'S CURRICULUM IN PARTICULAR ATTRACTIVE IS IT IS SPORTS-BASED. THE WAY IN WHICH THEY ENGAGE IS APPROACHABLE.... IT'S REALLY HOW THEY ENGAGE [WITH MENTAL HEALTH] VIA SPORT THAT MAKES IT RELATABLE."**

- ANGELA WOODS, SENIOR DIRECTOR OF CORPORATE CITIZENSHIP AT ESPN

## THERAPEUTIC RECESS

According to the [National Alliance on Mental Health](#), 1 in 6 youth experience a mental health condition each year. Many more experience symptoms such as feelings of hopelessness, lethargy, and anxiety without receiving a formal diagnosis, and of youth who are diagnosed, **nearly half do not receive any form of mental health counseling.**

Where Chalk Talk® and The Community Clinic meet the needs of youth and adults suffering from ongoing mental health challenges, Doc Wayne's Therapeutic Recess seeks to provide all youth with the tools to navigate their complex social and emotional lives. Recess teaches youth vital Social-Emotional Learning (SEL) skills through sport-based therapy. Our team of highly-trained Youth Coaches travel to schools throughout Massachusetts to lead structured recess sessions for students, engaging with students through play and conversation while promoting a safe and fun environment for all.

During sessions, Youth Coaches engage in activities to help facilitate game play, manage group behaviors and conflicts, and promote effective communication skills, and our practices are based on years of research and the experience of our trained clinical staff. Each recess session begins and ends with a Youth Coach-led activity that gives space for students to practice important social-emotional skills and share gratitude for their peers. The physical activity and environment in which recess typically takes place (loud, busy, and full of interpersonal dynamics) often heightens emotional responses from youth. Youth Coaches can provide in the moment support, identify students who need further skill development or clinical assessment, and assist with general awareness around emotion regulation.



**"IT'S REALLY IMPACTFUL TO HAVE ADULTS THAT WILL PLAY WITH THEM, THAT THEY CAN TALK TO ABOUT HOME LIFE, SCHOOL LIFE, FRIEND DRAMA... THAT'S ONE OF THE BIGGEST THINGS I SEE."**

- AVERY KELLEHER, YOUTH COACH

***"[Play] is the ticket in," says Kate Bollermann, Youth Coach at Doc Wayne. "It also brings up the psychoeducational opportunities because that's where things happen. If they're not doing anything, it's hard to give those teaching moments.... Play is everything"***

Because these sessions occur at schools during traditional recess time, the program allows our Youth Coaches to interact with students in an environment with which they are familiar. In turn, youth are quicker to open up, engage with staff, and participate in our programming.

***"We meet them where they are.... Going into their space, letting them be the teacher... that is really empowering for kids," says Kate Bollermann, Youth Coach at Doc Wayne.***

Bollermann recalls a student from one of her recess sessions last year who often struggled to control his emotions, lashing out at other youth when things weren't going his way. Determined to help this student develop the skills necessary to better manage his anger and subsequent aggression, Bollermann focused on developing a rapport with the student. Over the course of the school year, she noticed a marked change in his behavior during these moments of frustration. Though at first she had to intervene when his behavior escalated, by the end of the year, the student was practicing emotional regulation without staff intervention.

Providing youth with the skills to navigate their individual, complex social-emotional lives is exactly what Therapeutic Recess seeks to do, and our success with students has led to a massive increase in the services we provide. In the 2023-24 school year, more than 2,700 youth participated in Therapeutic Recess, 1,000 more than the 2022-23 school year. All youth deserve adequate mental health support, and by providing all students with vital social-emotional skills, we set them up for success long after they've graduated from Doc Wayne programming.

# EVENTS

## Hero of the Match

As a leader in the sports-based mental health space, Doc Wayne has deep ties with the Greater Boston area's sporting community. The region's deep-seeded passion for sports has a profound impact on our work, and this extends to our extensive partnerships with the area's professional sports teams over the years. In 2024, Doc Wayne was honored to be guests at the New England Revolution's soccer match against Charlotte FC as part of the team's campaign during Mental Health Awareness month. The Revolution also honored Doc Wayne Managing Director Rebekah Roulier, LMHC, as their "Hero of the Match" for her extensive work providing mental health services to youth across the globe. The Revs provided Doc Wayne staff with tickets to the match, and Roulier and her family took to the field at halftime for the Hero of the Match ceremony. The team donned custom green Adidas jerseys reading "It's okay to not be okay." during warmups and premiered a new mental health-focused **PSA** across their social channels. The Revolution had this to say about Becky's work in the community:



*"For over a decade, Becky's clinical background, combined with her exceptional work ethic and vision have been instrumental in leading initiatives that positively impact Doc Wayne and the communities they serve. Becky consistently goes above and beyond, offering support and guidance to others, demonstrating a true commitment to Doc Wayne's mission and fostering a collaborative environment."*

Her leadership and compassion inspire her coworkers to strive for excellence in their work, by reducing the stigma of mental health and to continue to create innovative programs in the field of sport-based therapy."

The opportunity to partner with the Revolution for such an impactful campaign was a perfect opportunity for Roulier, a former college soccer player and coach.

*"Soccer and mental health are my twin passions, and combining them to fight stigma is close to my heart," said Roulier. "Here's hoping this inaugural mental health and wellness match pushes forward mental health dialogue, encourages more people to seek support, and kicks off meaningful conversations."*



## Tennis Tournament and Dance Bash

In July of 2023, two of our summer high school interns planned and hosted a Tennis Tournament and Dance Bash fundraiser to support Doc Wayne. The event was hosted in collaboration with Positive Tracks, a longtime partner that supports young people to affect change through activity and movement, and 2023's Tennis Tournament and Dance Bash raised over \$2,000 for Doc Wayne. Thank you to Positive Tracks for their continued support and to our interns for their hard work and dedication to the mission of Doc Wayne!

## Send Silence Packing

On September 21, 2023, the Doc Wayne team traveled to Foxborough, Massachusetts, to participate in Active Minds' "Send Silence Packing" exhibit at Patriot Place. Doc Wayne was one of a number of mental health providers who prepared resources and activities at the exhibit. Active Minds, a nonprofit organization seeking to promote mental health awareness and education amongst young adults, partnered with the New England Patriots Foundation and KyleCares to put on the event, an interactive exhibit featuring nearly 100 backpacks representing lives lost to suicide. The Doc Wayne team spent the day sharing resources, engaging with the public, and helping to bring awareness to the discussion around mental health.



## Beyond Sport United 2023

Doc Wayne's Shalini Kasida and Ramona Cox, Ph.D., attended the Beyond Sport United 2023 conference in New York City to meet with and hear from global leaders in the field of sports. The event, titled "Challenge To Opportunity: Driving Equity Through Sport," explored some of the most pressing issues facing us today. Beyond Sport, a UK- and US-based foundation operating globally that believes sport can be used to spark social change, has a longstanding relationship with Doc Wayne including collaboration on the Head in the Game awareness campaign and coaches training created by Beyond Sport and the Z Zurich Foundation to address the youth mental wellbeing emergency.

# EVENTS

## 2nd Annual Mental Health Matters Fundraiser hosted by Emerson College Basketball to benefit Doc Wayne

On January 31, 2024, the Emerson College basketball program hosted the 2nd Annual Mental Health Matters Fundraiser to benefit Doc Wayne. The evening featured both the Men's and Women's basketball teams in a doubleheader at the Bobbi Brown & Steven Plofker Gym. The Doc Wayne team was represented at the event by David Cohen and Shalini Kasida. The campaign raised more than \$1,700, directly benefiting Doc Wayne's programming.



In addition to the basketball games, Emerson College invited Doc Wayne to attend its Self-Care Fair hosted by Emerson Wellness for the benefit of the entire student body. The event saw Doc Wayne staff interact with students across the school in order to connect them to our award-winning mental health services and internship and volunteer opportunities at Doc Wayne.



## Slyde Visits the Office

The Doc Wayne team welcomed Slyde, mascot of the New England Revolution, to our office on February 16, 2024. Slyde took time out of his busy schedule to take a tour of our offices, deliver a customized jersey, and meet with our team as one of the Revolution's Community Partners.



## Murals in Motion

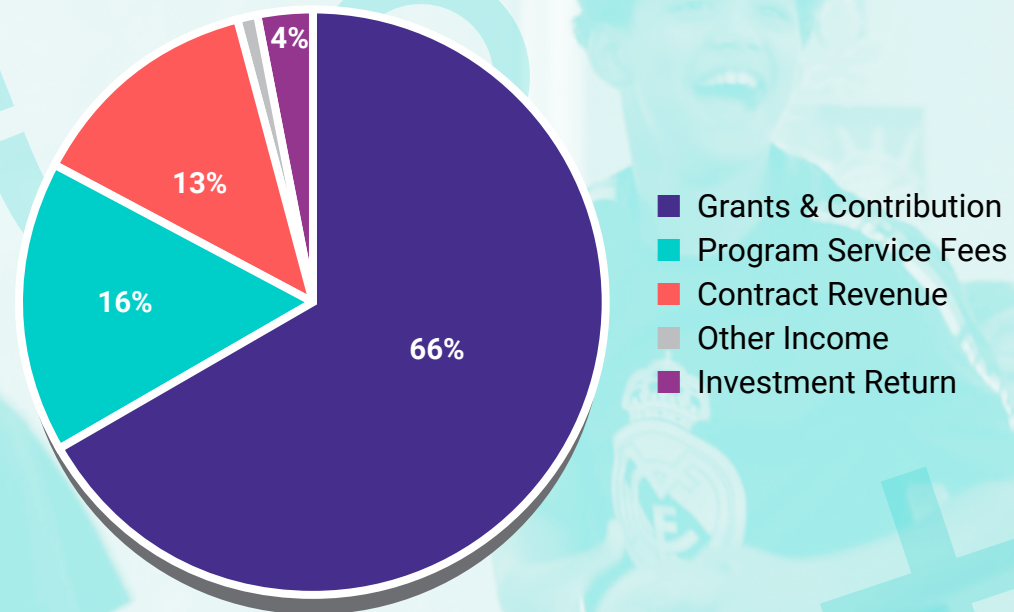
Thanks to the support of Allston Village Main Streets and their Murals in Motion program, a brand new mural was completed in the Doc Wayne office in March of 2024. The mural was designed and painted by local artist Brendon Foreman and sits in our Community Room, one of the

most-used spaces in our office. The Murals in Motion project seeks to provide funding for Allston-based small businesses to install murals at their place of business and highlights Doc Wayne's deep connection to our local community.

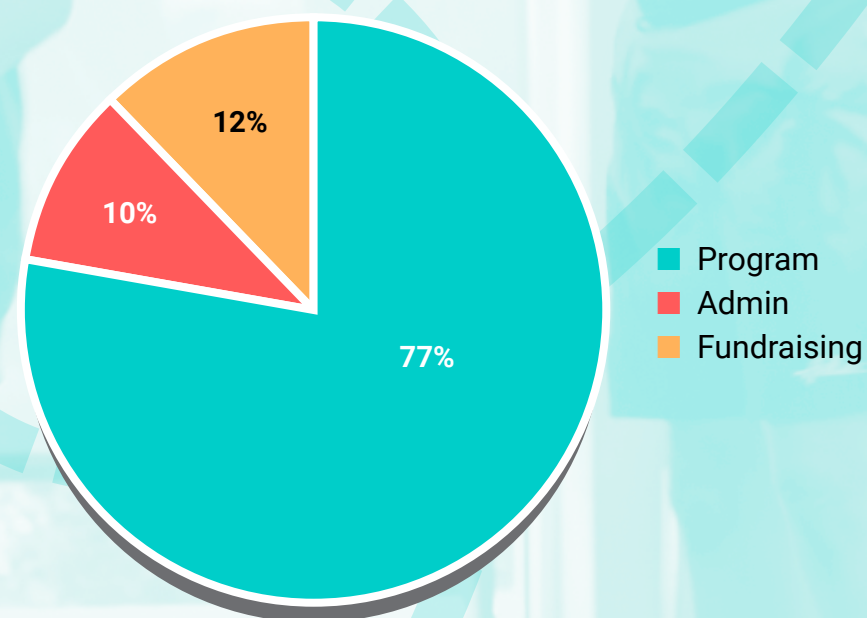


# FY24 SUMMARY OF FINANCIALS

## Sources of Revenue



## Expenses



# COMMUNITY & ACCESSIBILITY

Thanks to the generous support of our many esteemed funders, Doc Wayne was able to impact more individuals and communities than ever before this past fiscal year. The accessibility of quality mental health care for youth around the world is a driving force behind our work at Doc Wayne, and funding from partners like the Charles Hayden Foundation allows us to create greater access to these services for more communities, a necessity when so few mental health resources currently exist. And regardless of whether youth are currently struggling with mental health challenges, expanding access to mental health resources like Doc Wayne allow more youth to build the mental health skills to cope with more significant struggles down the line.

*"The more we can expand access to programs that provide young people with [mental health] tools...there will be less of a need to have these heavy duty programs on the other side when they are in their teenage years," says Sonni Holland, President and Chief Executive Officer of the Charles Hayden Foundation.*

Funding our programming since 2016, the Charles Hayden Foundation is one of Doc Wayne's earliest partners, and since the onset of the pandemic, our ties have deepened as we work together to meet the heightened need for youth mental health supports, particularly for elementary school-aged youth. While our programming was always popular, the demand for our services increased significantly during the pandemic, and philanthropic supporters like the Charles Hayden Foundation allowed us to expand our programming to meet the needs of our communities.

*"The more folks we can engage, the better," says Holland.*

The accessibility of our services also extends to the way they are delivered. By using sports and play to teach mental health skills, Doc Wayne's programs help break down stigmas surrounding mental health. They also promote engagement from the participants by creating a team-like environment in which youth feel connected and supported by their peers.

*"They can all feel like they are a part of something...in this safe space for them to express and share whatever...issues might be occurring in their life at that time and really get some solid support," says Holland.*

# TEAMWORK AND CONNECTION

Holland, a former professional basketball player, feels that being part of a team was crucial to his experience both in college and during his professional basketball career overseas. Without his teammates, he believes he may have found it hard to find a community going through similar experiences, but because of these teams, he found connection and a community of support.

*"When you're spending so much time with a group of people, much like a family, you're going to have your ups and your downs, but you know that that group of people have your back and that's your safe space," says Holland.*

Holland was personally drawn to Doc Wayne because he saw

this team environment replicated in our programming, and the quality of our services has kept the relationship between the Charles Hayden Foundation and Doc Wayne alive for almost a decade. Thanks to the support of the Hayden Foundation and so many others, we are excited to impact ever more communities by creating accessible programs for youth everywhere.

## THANK YOU



### TO OUR ESTEEMED SUPPORTERS,

We want to express our heartfelt gratitude for your partnership during this year of transformation at Doc Wayne. Despite financial hurdles tied to our recent merger, we've emerged stronger and more capable of expanding our impact.

The need for youth mental health support has never been more urgent. In 2023, 40% of youth reported persistently feeling sad or hopeless, while 9% attempted suicide. These statistics reflect a crisis that demands immediate action, and with your support, we can be a part of the solution by providing accessible, trauma-informed care to children in need.

With your support, we are making great strides in addressing this need. This year, we've held more individual therapy sessions than ever before, reaching over 60 youth through The Community Clinic alone. Our ability to bill insurance is a significant step forward, enabling us to sustainably meet the growing demand we are facing. As we look to the new year, we are hiring additional per diem clinicians to deepen the impact of The Community Clinic. At the same time, our group therapy programs continue to flourish with new and longstanding partnerships, creating safe, supportive environments where kids can heal, grow, and thrive. Your generosity is allowing us to adapt and innovate, providing mental health services tailored to the diverse needs of the communities we serve.

Thank you for standing with us during this pivotal time. Together, we can tackle the mental health crisis and create a brighter future for youth in our communities.

With our deepest gratitude,

Ben Machlin  
Grants & Development Manager

**“WHAT MAKES DOC WAYNE’S CURRICULUM IN PARTICULAR ATTRACTIVE IS IT IS SPORTS-BASED. THE WAY IN WHICH THEY ENGAGE IS APPROACHABLE.... IT’S REALLY HOW THEY ENGAGE [WITH MENTAL HEALTH] VIA SPORT THAT MAKES IT RELATABLE.”**

- ANGELA WOODS, SENIOR DIRECTOR OF CORPORATE CITIZENSHIP AT ESPN

## LIST OF FUNDERS

### LEGENDS (\$60,000+)

The Charles Hayden Foundation  
MA Department of Public Health  
Charitable Gift Fund - General Fund, Bank of America, N.A., Trustee  
WCVB Channel 5 Boston  
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DEAR DOC WAYNE FRIENDS AND SUPPORTERS,

As I reflect on the past year, I am struck by the immense challenges facing our youth globally and nationally—and the remarkable resilience they show. At Doc Wayne, we have the privilege of standing alongside young people as they navigate mental health struggles, offering them innovative, therapeutic sports programs that foster healing and growth.

Youth mental health is in a global crisis. According to the World Health Organization, nearly 1 in 7 teenagers worldwide experience a mental health disorder. These challenges have far-reaching effects, from disruptions in education to increased risk of self-harm, highlighting the urgent need for comprehensive support systems.

In the United States, LGBTQ+ youth are more than four times as likely to attempt suicide compared to their heterosexual peers as reported by The Trevor Project. Similarly, youth of color often face unique barriers to mental health care, stemming from systemic inequities, cultural stigma, and a lack of accessible resources.

Against this backdrop, Doc Wayne’s mission has never been more critical. This year, we’ve reached over a million youth through our programs, providing them with safe spaces to connect, grow, and thrive. Our trauma-informed approach, grounded in sport and play, is helping young people develop the skills they need to overcome adversity and envision brighter futures.

The demand for youth mental health services continues to grow, and the resources to meet that demand remains limited. With your continued support, we can expand our reach to more communities, train additional clinicians and



coaches, and scale our programs to serve youth who need us most. This gives young people the tools they need to heal, build confidence, and find hope.

As we look ahead, our commitment to expanding access to our programs remains steadfast. We aim to deepen our impact by reaching more communities, partnering with more schools and organizations, developing innovative programs to fit the needs of certain communities, and advocating for systemic change in youth mental health care.

None of this would be possible without your unwavering support. To our donors, partners, staff, and volunteers, thank you for believing in our mission and investing in the future of our youth.

Together, we are not only changing lives—we are building a world where every young person feels valued, supported, and empowered.

With gratitude and hope,



Shalini Kasida  
Chair, Board of Directors



DOC WAYNE



ONE IN A MILLION

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