



IMPACT REPORT 2024-25



**DOC WAYNE**

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# A YEAR OF RESILIENCE, GROWTH, AND CONTINUED COMMITMENT



**DEAR FRIENDS, PARTNERS, AND SUPPORTERS,**

As we reflect on FY25, we are proud to share the remarkable resilience and growth of Doc Wayne in an increasingly challenging environment. Despite facing significant obstacles including delays in opening The Community Clinic, our outpatient therapy clinic based in Allston, and navigating a complex operational landscape, we remained unwavering in our mission to deliver impactful mental health services to youth and families.

- **Staff and Infrastructure:** We had to make strategic personnel adjustments, ensuring that our team remains strong, motivated, and equipped with the tools needed for high-impact work.
- **Community Engagement:** Our outreach efforts expanded, partnering with local organizations and stakeholders to reach more underserved populations and create a more inclusive, supportive environment.

**Key Highlights of FY25**

- **Adaptability and Resilience:** Our team demonstrated remarkable flexibility, adjusting to personnel shifts and operational challenges without losing sight of our goals. We overcame delays in the launch of The Community Clinic, strengthened our existing programs—Chalk Talk®, Therapeutic Recess, and the Champions Network®—and expanded outreach within the community.
- **Service Impact:** This year, we provided in-depth mental health support to almost 2,000 youth and families and their circles of support. This year, we provided in-depth mental health support to almost 2,000 families and their circles of support. We are also continuing to build upon over 1 million youth reached through our Champions Network trainings. Our innovative programs continued to foster healing, resilience, and positive development, positively impacting their lives.

**Looking Ahead to FY26**

As we move into FY26, we are focused on increasing our capacity within the newly opened Community Clinic, enhancing our existing programs further, and deepening our impact on the communities we serve. We remain grateful for your ongoing support, which empowers us to navigate challenges and continue making a lasting difference. We are poised for a successful FY26, committed to increasing our reach and impact.

Thank you for being part of our journey. Together, we are transforming lives and building a healthier, more resilient future for members of our community and beyond!

With gratitude,

David Cohen  
Chief Executive Officer



# 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. This past year, we made significant strides by formally opening The Community Clinic, our individual outpatient therapy clinic serving both youth and adults at our offices in Allston and Framingham. As always, we also continued to service our local community through Chalk Talk® Group Therapy and Therapeutic Recess, our sport-based therapy programs. Through these varying methods of delivery, Doc Wayne’s clinical team was able to support thousands of clients last year through their mental health journeys.



# THE COMMUNITY CLINIC

The Doc Wayne team has long served our local community through group therapy programs, but over the past few years, the need for quality mental health services for youth and adults in Greater Boston has become ever more apparent. According to Mental Health America, over 60 million adults in the U.S. experienced a mental illness in the past year, yet 25% of those individuals reported an unmet need for mental health treatment. The demand for quality mental health services is clear, but the supply has yet to catch up; for every mental health provider in the U.S., there were 320 individuals needing treatment.<sup>1</sup>

So while our innovative sport-based group therapy programs have proven successful for thousands of youth over the years, sometimes one-on-one talk therapy is what individuals need or want for their mental health journeys. After seeing this need in our community, Doc Wayne opened The Community



Clinic, our brand new outpatient therapy clinic, in February of 2025. We also recognize that a diverse client base requires a similarly diverse clinical team to suit the needs of all clientele. Over the course of the year, we built a diverse bullpen of more than 10 clinicians suited to serve all demographics including youth, adults, families, and couples. After just a few short months since opening, we are now poised to serve over 100 clients next year through The Community Clinic.

→ **1 in 5** US adults experience mental illness each year (NIMH)  
**48%** of MA individuals ages 14 to 24 reported feeling sad or hopeless in the past year (MAMH)  
**36%** of MA youth 0-17 experienced trauma, abuse, or significant stress in the past year (MAMH)

→ **Population Served**  
**INDIVIDUAL OUTPATIENT THERAPY**  
**93** Individuals in FY25  
**58%** Attend In-Person  
**42%** Attend via Telehealth  
**10+** Clinicians Available



**“IT WAS REALLY COOL TO SEE HER BUY INTO IT SO MUCH”**

- KAREN RATHJENS, LICSW, LEAD CLINICAL GAME CHANGER, ON INDIVIDUAL YOUTH CLIENT

<sup>1</sup> Reinert, M, Nguyen, T & Fritze, D. (October 2025). “The State of Mental Health in America 2025.” Mental Health America, Alexandria VA.

# CHALK TALK® AND THERAPEUTIC RECESS

For well over a decade, Doc Wayne has been in the community providing sport-based therapy services through our Chalk Talk® Group Therapy and Therapeutic Recess programs. Designed to heighten youth social-emotional skills through the power of play, both programs take place at partner sites such as schools, youth centers, and more.

Chalk Talk® Group Therapy, our flagship program, is led by our team of licensed clinicians and seeks to improve mental health outcomes for youth facing a variety of behavioral and emotional challenges. Through sports like flag football, soccer, and basketball, our clinical coaches help teach our 8-12 student groups to process and persevere through adversity.

Of course, not every young person needs the level of direct intervention that Chalk Talk® provides. That's where Therapeutic Recess comes in. Each week, our highly-trained Youth Coaches visit schools throughout Greater Boston to provide structure and social-emotional support during students' regularly scheduled recess time using the well-researched principles of sport-based therapy. Through Therapeutic Recess, we also provide assistance with the early identification of more serious concerns, and our collaborative relationship with our partner schools allows us to communicate with student support teams and refer students to higher levels of treatment as needed.

## SPOTLIGHT: CHALK TALK®

### Amanda Morin / Social Worker at the Higginson-Lewis K-8 School

To support our lead clinicians during Chalk Talk® Group Therapy sessions, Doc Wayne onboards a new cohort of graduate students every year through our longstanding internship program. The program serves to provide prospective social workers and clinicians with the knowledge and skills to support young people in their mental health journeys onsite at schools such as the Higginson-Lewis K-8 School. Often, it is our interns first exposure to their future careers.

It was through this very program that Amanda Morin, social worker at Higginson-Lewis, began her own career during the 2016-17 school year. Now in her second year as a social worker at Higginson-Lewis—fourth in the Boston Public Schools system—Morin credits Doc Wayne with giving her the clinical foundation for her future career.

was, noting that she is still in touch with her former supervisor and some of the other interns from her group.

*"It's one of the best experiences that I've had both personally and professionally," she said of her year with Doc Wayne.*

When Morin started working at Higginson-Lewis, she was thrilled to learn of the school's partnership with Doc Wayne. Over the course of her first year in the school, she saw again just how impactful our programs can be.

*"When [new students] start at group," she says, "they may not have [social-emotional skills], but later on, they're leaders in the community, they're able to advocate for themselves, they're expressing themselves."*

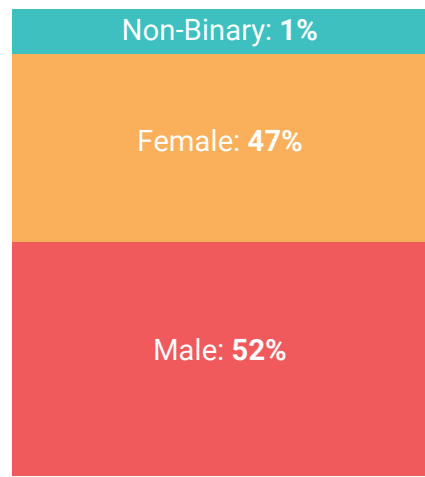
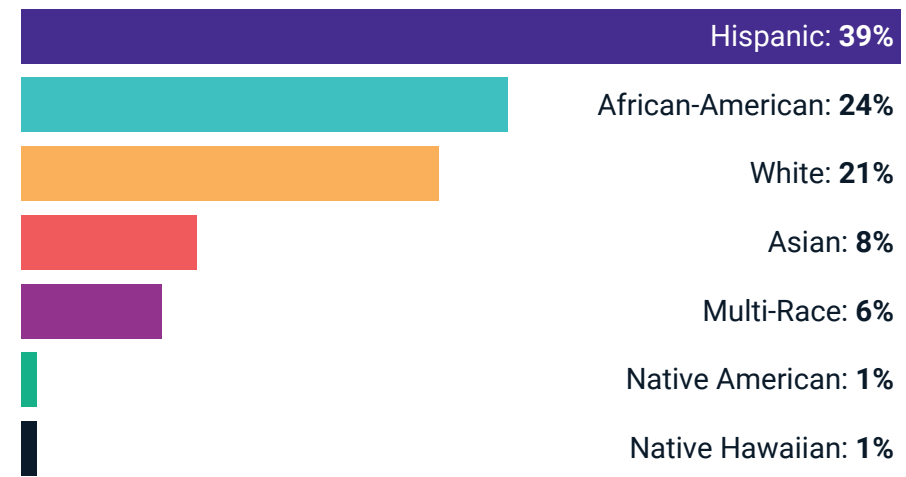
The sport-based nature of our programs also helps remove the stigma around therapy, leading to more buy-in from both parents and youth. Thanks to Doc Wayne, Morin has seen a marked improvement in youth who enter the program.

*"It works and the kids look forward to it," Morin said.*

# FY25 COMMUNITY STATS



## DEMOGRAPHICS



## OUTCOMES

- > 87% indicated they would like to return to Chalk Talk® next year
- > 74% of respondents reported feeling more confident in school and while completing school
- > 80% felt more confident about themselves overall
- > 91% feel supported by their Doc Wayne coach
- > 87% feel they can bounce back from hard things
- > 89% feel they have a safe space to express their feelings
- > 84% agree that they are learning new skills to manage emotions, advocating for themselves, and building confidence in school and personal settings

# CHAMPIONS NETWORK®

This past year, The Champions Network® continued to expand its reach and deepen its impact, training youth-serving professionals across the country and around the world to create trauma-informed, inclusive spaces where kids can build resilience and thrive. Through new workshops, partnerships, and interactive learning opportunities, the program helped coaches, teachers, and mentors strengthen

their ability to support young people’s mental health through the power of sport. Each training focused on practical strategies for fostering connection, emotional safety, and confidence. By equipping caring adults with these skills, Doc Wayne is helping communities cultivate resilience from the field to the classroom and beyond.



**14 COUNTRIES SERVED THIS YEAR**

## TRAININGS

- **547** Trainees at **22** Organizations
- **25** Trainings provided including:
  - **Breaking the Silence (Self-Paced)**
    - Implemented in the state of Ohio mental health resources portal
  - **Two New Workshops**
    - Trauma-Informed Care for Females in Sport
    - Addressing Toxic Masculinity
  - **Community Conversations**, two-hour discussion-based trainings we provide upon request



**“DOC WAYNE REALLY MEETS PEOPLE WHERE THEY ARE. THEY UNDERSTAND HOW TEACHERS LEARN, HOW CHILDREN LEARN AND PROCESS, AND REALLY TAILOR WHAT THEY DO TO MEET PEOPLE WHERE THEY ARE AND MOVE THEM FORWARD”**

-AMANDA GORNER, EXECUTIVE DIRECTOR, CRISPUS ATTUCKS CHILDREN’S CENTER

## ESPN

ESPN’s continued support has been instrumental in helping Doc Wayne expand access to mental health training for coaches and youth development professionals, particularly those serving Black and Brown youth in under-resourced communities. Through a combination of live virtual workshops and self-paced modules, the partnership allows participants to learn strategies for trauma-informed care, support LGBTQ+ youth, and foster inclusive environments for athletes of color.

## Morgan Stanley

In March 2025, Doc Wayne was honored as a Children’s Mental Health Innovation Award winner by Morgan Stanley, recognizing our innovative approach to supporting youth mental health through sport-based therapy and training. With this award, we plan to expand The Champions Network® in FY26, offering additional workshops and resources for coaches and youth development professionals. This support will allow us to reach more participants in under-resourced communities, and continue equipping adults with the tools to foster resilience, inclusion, and emotional wellbeing with the young people they serve.

## COUNTRIES

- Cameroon, Central African Republic, Cyprus, Egypt, France, Guinea, Hong Kong, Kenya, Mexico, Mongolia, Morocco, Philippines, Tanzania, USA

## US STATES

- CA, MA, NY, PA, GA, VA, IN, IL, MD

## LANGUAGES DELIVERED

- English, French, Arabic, ASL

## DOC WAYNE GOES PRO



### Doc Wayne @ New England Patriots Training Camp

Thanks to an invitation from our long-time partners at the New England Patriots Foundation, members of the Doc Wayne team had the opportunity to check out a practice during the Patriots' 2024 Training Camp. In addition to watching the mid-morning practice, our team took pictures with the players, got a few autographs, and even made a cameo in the background of a sports talk show.



### Doc Wayne and the Boston Red Sox "Changeup the Conversation"

As part of the Red Sox new season-long "Changeup the Conversation" mental health initiative, Doc Wayne was highlighted for our work expanding access to mental health in New England preceding the Red Sox May 7, 2025 game against the Texas Rangers. During the pregame ceremonies, CEO David Cohen took to the field alongside leaders from other area nonprofits who are working to raise awareness, challenge stigma, and create positive experiences for youth and adults across New England.



### New England Revolution Donate Soccer Balls to Doc Wayne

Last Giving Tuesday, we were honored to receive a donation of dozens of soccer balls from the New England Revolution. Their generosity directly impacted the thousands of kids we serve weekly through Therapeutic Recess and Chalk Talk® groups. Thank you to the New England Revolution for helping us make a difference through our revolutionary sport-based therapy.



## CELEBRATING OUR PARTNERS



### Shuley Cup

The Shuley Cup is a competitive, invite-only hockey tournament presented by the Shuley Nakamura Charitable Foundation (SNCF), which has evolved into a significant charity fundraising event. Since its inception in 2010, the tournament has donated to various nonprofit organizations, including Doc Wayne. In 2023 and 2024, the Shuley Cup's support helped Doc Wayne expand The Community Clinic, as we doubled the number of youth and families served and reduced wait times for therapy. The 2025 tournament will continue this tradition, with all funds raised directed to Doc Wayne. This partnership exemplifies how community-driven initiatives can make a lasting impact on youth mental health.

### ESPN and Doc Wayne "Take Back Sports"

Doc Wayne is proud to be among the nonprofit grantees supporting Take Back Sports, ESPN's nationwide initiative to make youth sports more inclusive, accessible, and fun for all kids. The campaign seeks to reverse the drop in youth participation and reimagine sports as a source of joy, connection, and confidence. Through this partnership, Doc Wayne is helping create spaces where young people can experience the power of play while learning essential life and coping skills. By combining mental health expertise with the universal language of sport, we're working alongside ESPN to inspire a new movement that ensures every child has the chance to play, belong, and build resilience both on and off the field.



**“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

## AWARDS AND RECOGNITION

### Chronicle

This year, Doc Wayne was grateful to be featured on WCVB’s Chronicle, New England’s beloved, Emmy Award–winning nightly newsmagazine that has aired since 1982 and is recognized as the longest-running local newsmagazine show in American television history. Known for its in-depth storytelling and celebration of community innovation, Chronicle highlighted how sport can be a game-changer for mental health through the lens of Doc Wayne’s sport-based therapy model. The segment featured interviews with CEO David Cohen and Managing Director Rebekah Roulier, LMHC, along with several of our Doc Wayne coaches and courageous youth participants, offering an authentic look at how therapy and sport intersect to foster healing and resilience. The episode also celebrated our partnership with the Boys & Girls Club of Dorchester, demonstrating how collaboration expands access to sport-based therapy in communities that need it most. The episode can be watched here: <https://www.youtube.com/watch?v=No6nbW2OzQ4>

### Morgan Stanley Innovation Award

Doc Wayne was honored to be selected as a 2025 Children’s Mental Health Innovation Awards winner by Morgan Stanley. This recognition celebrates organizations developing groundbreaking approaches to improve youth mental health nationwide. With this support, Doc Wayne can expand The Champions Network®, training coaches and youth development professionals with practical tools to build resilience and wellbeing for youth through sport. The award highlights how sport-based therapy can be both accessible and transformative, meeting kids where they are and supporting them directly in the environments where they learn, play, and grow. We’re deeply grateful to Morgan Stanley for investing in innovative solutions that make mental health care stronger and more inclusive for all youth.

## IN THE COMMUNITY

### Hoops for Health

Hosted by Doc Wayne interns Owen Kalvert and Archie Glazer, last summer’s Hoops for Health fundraiser saw community members compete in a 3v3 basketball tournament to support Doc Wayne. Every year, Doc Wayne’s development efforts are supported by a small group of high school interns during their summer break. Last July, Owen and Archie came to Doc Wayne by way of Positive Tracks, a longtime partner that supports young people to affect change through activity and movement, and their event raised almost \$2,000 for Doc Wayne. Thank you to Owen and Archie for their hard work in support of Doc Wayne!



### Doc Wayne’s Annual Field Day

Every summer, the Doc Wayne team celebrates another year of hard work in our community through our Annual Field Day, a tradition that honors our dedicated team and provides an opportunity for team bonding, socializing, and reflection. Featuring games like dodgeball, kickball, capture the flag and a water balloon toss, almost every team member joined in on the fun last July. As always, we would like to thank our team for their tireless work in support of our mission to move youth and adults toward stronger mental health and brighter futures. Without them, none of our work would be possible.



# FY25 SUMMARY OF FINANCIALS



## LETTER FROM DEVELOPMENT MANAGER

Dear Friends,

Every day at Doc Wayne, we witness the remarkable ways kids grow when they're supported emotionally and given the space to learn how to navigate life's obstacles. None of this would be possible without you. Your belief in our mission and trust in our approach allows us to reach kids who might otherwise be on their own.

Your support is an investment in moments that transform lives. Each dollar allows our skilled clinicians to meet kids where they are, whether on a playground, in a classroom, or at our clinic. It allows us to break down barriers, shorten waitlists, and provide guidance and support that turn small steps into lasting progress.

Because of you, kids are learning to manage their toughest emotions, build their confidence, and discover their own strength. Thank you for believing in what we do, and for helping us give every young person the chance to grow, thrive, and face their challenges with courage.

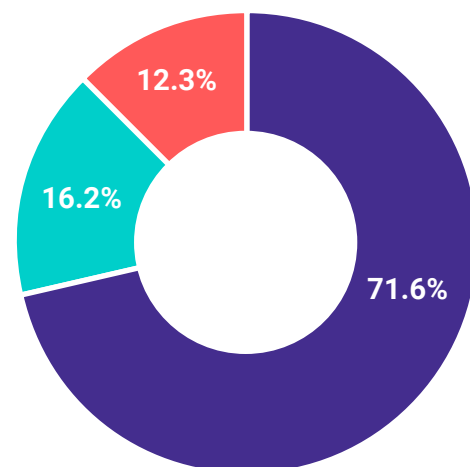
Ben Machlin

Grants & Development Manager

# INDIVIDUAL GIVING

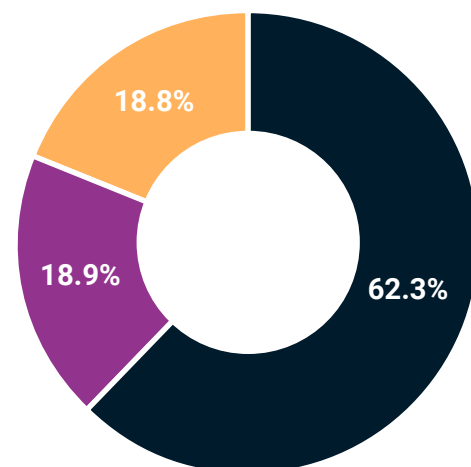


## Expenses



- Program Services
- General/Administrative
- Fundraising

## Sources of Revenue



- Grants & Contributions
- Program Service Fee
- Contract Revenue

Doc Wayne's individual giving efforts in FY25 were powered by the passion and commitment of our supporters participating in athletic fundraising events. Our Boston Marathon team, through the Official Charity Program, raised a significant portion of our individual giving, with each runner surpassing their fundraising goals and demonstrating the strong community support for our mission. The Falmouth Road Race similarly engaged runners and donors, helping to expand access to sport-based mental health services for youth in under-resourced communities. This year, our summer interns organized a new Hoops for Health basketball fundraiser, bringing together friends, family, and local supporters to raise funds and awareness for our programs. Together, these campaigns exemplify how our community channels the energy and spirit of sports into tangible support for kids' mental health.

**“EARLY INTERVENTION IS THE KEY TO PREVENTING DANGEROUS BEHAVIOR AND ADDRESSING THE MENTAL HEALTH NEEDS OF YOUTH IS AN INTEGRAL AND NECESSARY ELEMENT TO ACCOMPLISHING THIS”**

- TOM COURY, EXECUTIVE DIRECTOR, GARDINER HOWLAND SHAW FOUNDATION

# PHILANTHROPY

## PLATINUM (\$60,000+)

The Charles Hayden Foundation  
ESPN, Inc.  
Brigham and Women's Faulkner Hospital  
Community Health Impact Funds  
J.E. & Z.B. Butler Foundation  
Wellington Management Foundation

## GOLD (\$30,000-\$59,999)

Boston Children's Hospital  
Shifting Gears on Brain Health  
Liberty Mutual Foundation  
Shuley Nakamura Charitable Foundation  
Schrafft Charitable Trust  
Bank of America, N.A., Trustee of the Perpetual  
Trust For Charitable Giving

## SILVER (\$15,000-\$29,999)

Ludcke Foundation  
New Balance Foundation  
James Boskey Memorial Foundation  
Trefethen Family Fund  
Hamilton Company Charitable Foundation  
Comeau Foundation  
Project SixLove

## BRONZE (\$1,000-\$14,999)

Fallon Health Community Impact Grant  
Massachusetts Medical Society and Alliance  
Charitable Foundation  
Monogram Loves Kids Foundation  
Reliant Foundation  
Rhonda S. Zinner Foundation  
Highland Street Foundation  
Fundplay Foundation  
Forest Foundation  
Carl & Ruth Shapiro Family Foundation  
Rockland Trust Charitable Foundation  
Coverys Community Healthcare Foundation  
Mary W.B. Curtis Trust

**“DOC WAYNE’S APPROACH TO  
MENTAL HEALTH INTERVENTION  
IS NON-THREATENING TO YOUNG  
PEOPLE AND MEETS THEM IN A  
SETTING WHICH IS COMFORTABLE  
TO YOUTH”**

- TOM COURY, EXECUTIVE DIRECTOR,  
GARDINER HOWLAND SHAW FOUNDATION





**At Doc Wayne, we see every day that resilience is not built alone. It grows through trusted relationships, trauma-informed support, and communities that show up consistently.**

Across the globe, mental health has reached a critical stage – the World Health Organization reports that one in seven adolescents experiences a mental health disorder, and across the United States, more than 40% of high school students report persistent sadness or hopelessness. Suicide remains the second leading cause of death among young people. For LGBTQ+ youth and youth of color, rates of trauma and barriers to care remain disproportionately. These numbers are not just statistics; they represent real people navigating overwhelming challenges.

Doc Wayne’s Chalk Talk® sport-based therapeutic program continues to offer something that traditional clinical environments often cannot: a space to move, connect, and heal through sport. By pairing licensed clinicians with the structure of team sports, our programs create spaces of safety, trust, and emotional development. Young people learn to regulate emotions in real time, practice communication through teamwork to build confidence and resilience.

With the Champions Network® program, we continue to expand our reach through workshops and consulting for coaches, educators, and youth development professionals with therapeutic tools and coaching strategies that turn moments of vulnerability into opportunities for connection and strength.

Because healing must extend beyond the individual, our recent opening of The Community Clinic continues to provide essential outpatient mental health services for adults, youth, caregivers, parents, and families to strengthen environments for everyone – recognizing that resilience grows deepest when everyone is supported.

Whether through Chalk Talk®, The Champions Network® or our Community Clinic, our teams are creating environments where people are seen and supported.

To all our supporters who have invested time, resources, and belief in our mission – THANK YOU! Your support does more than sustain our programs; it fuels resilience in people’s lives who deserve to be seen, heard, and championed.

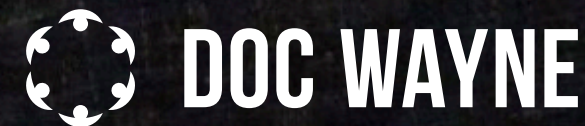
Shalini Kasida

Board Chair  
Doc Wayne



# INDIVIDUAL THERAPY NOW AVAILABLE

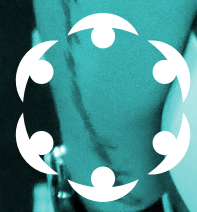
@ THE COMMUNITY CLINIC IN ALLSTON



Contact us @ [clinicalservices@docwayne.org](mailto:clinicalservices@docwayne.org) to schedule an appointment.



**COACH**



**DOC WAYNE**

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