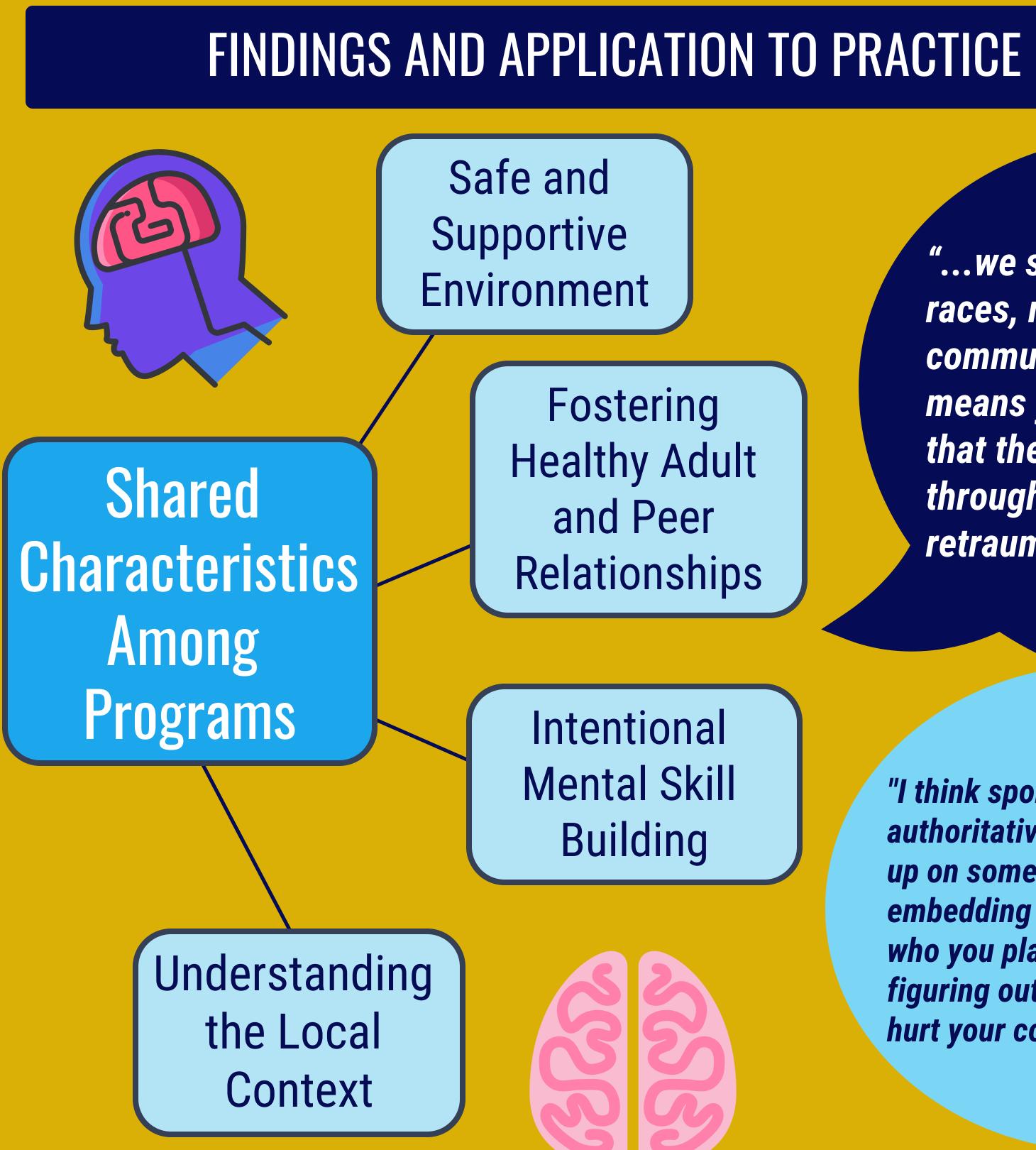
Trauma-Informed Youth Sport: Identifying Program Characteristics and Challenges to Advance Practice

Kayla Hussey, MA, West Virginia University; Lindsey Blom, EdD, Ball State University; Dana K. Voelker, PhD, West Virginia University; Zenzi Huysmans, PhD, West Virginia University

BACKGROUND

- Trauma = physically or emotionally harmful event (e.g., community violence, abuse) that effects an individual's physical or mental health
- High prevalence in youth population = Over 60% of U.S. adults across 23 states indicated at least one adverse childhood experience
- Youth sport settings are an opportunity for positive development with atrisk youth, yet traditional youth sport environments may be unintentionally activating trauma
- Trauma-informed approaches through sport aim to recognize trauma symptoms, limit retraumatization, & foster growth through safe spaces, developing relationships, & adapting common sport traditions



Through facilitator perspectives, the purpose of this study was to identify shared characteristics and local challenges associated with trauma-informed program design and implementation toward further development and sustainability of trauma-informed approaches to youth sport

Purposive and Snowball Sampling Postpositivist Lens Semi-Structured Interviews Thematic Analysis

Key Strategies to Promote Development and Sustainability of Trauma-Informed Youth Sport

"...we still fire a gun to start races, right? So, if you live in a community where firing a gun means you dive under the bed so that the bullets don't come through your window...that's retraumatizing."

-Michelle

Promote Youth Voice and Advocacy

"I think sport can be a really authoritative place...and so easing up on some of those traditions and embedding choice into warm-ups, who you play catch with...just figuring out where it's not going to hurt your coach power."

-Chelsea

"You're not going to make any brains feel less included by doing this. Even kids who haven't experienced trauma will benefit from it. And by the way, kids have experienced trauma on your team if you think so or not."

-Amanda



For reference list, contact information, and more details please follow this QR code

PURPOSE

METHOD

10 Total Trauma-Informed Youth Sport Facilitators

- Avg. Age 36.2 yrs old

Youth input helps tailor program content and encourage dialogue

on social issues

Attend to Staff Needs, Professional Development, and Training

This included attending workshops, sharing information among staff, evaluation of coaches, and internal program research

DISCUSSION

- Extends literature by contextualizing PYD (Positive Youth Development) principles in trauma-informed settings and offers strategies to help facilitators understand local culture and address challenges
- Highlights the existing tension between traditional youth sport environments and PYD models through sport
- Draws attention to language shift in the field from "trauma-informed" to 'healingcentered' and 'resiliency-building'

Association for Applied Sport Psychology Conference 2022

PARTICIPANTS

• Self-Reported Sex: 8 female; 2 male

• Self-Reported Race/Ethnicity: White (n=7), African-American (n=1), Italian-American (n=1), Hispanic (n=1)

• Four major regions of United States represented

• Avg. 4.43 years of experience in current leadership role • 3 participants were in *training organizations* that develop coaches; 5 participants were in *direct-service programs* that implement trauma-informed programs with youth sport participants; and 2 participants were involved in both

> Forge and Nurture Local Community Partnerships

Ongoing outreach to youth is needed and schools were noted as a powerful community ally