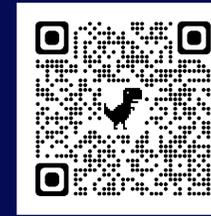


Trauma-Informed Youth Sport: Identifying Program Characteristics and Challenges to Advance Practice

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

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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 at-risk 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

PURPOSE

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

METHOD

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

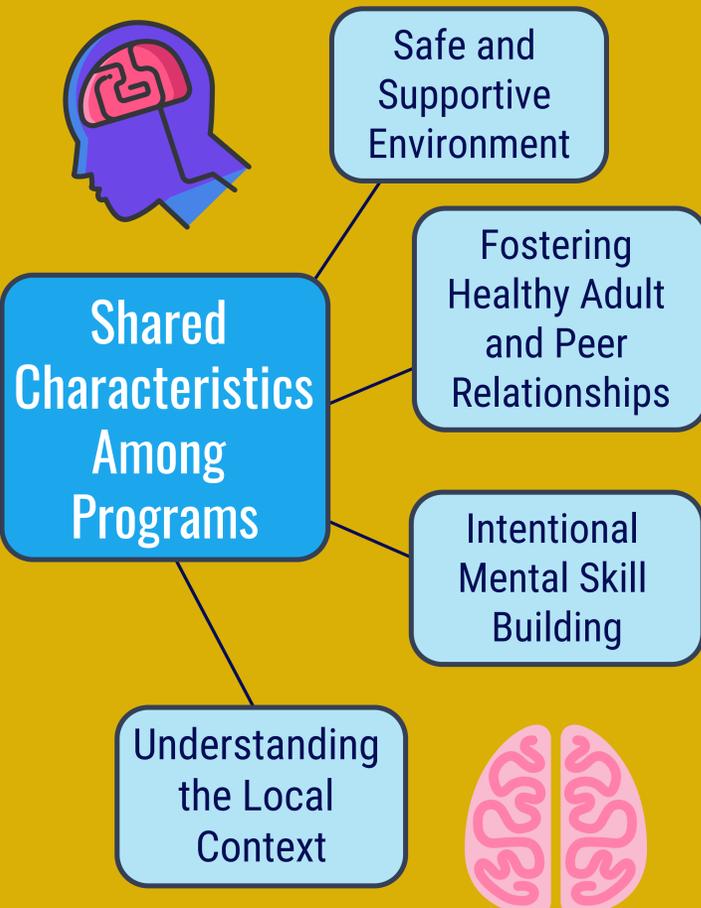
PARTICIPANTS

10 Total Trauma-Informed Youth Sport Facilitators

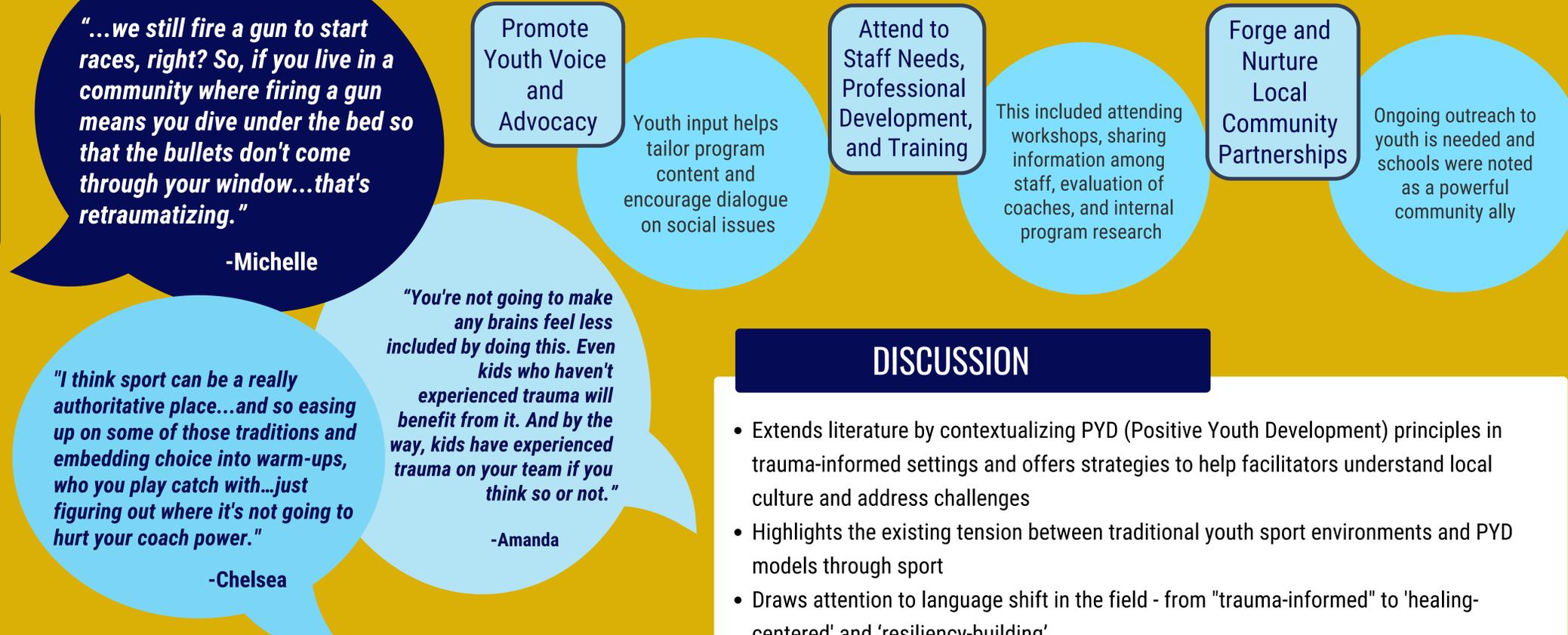


- Self-Reported Sex: 8 female; 2 male
- Self-Reported Race/Ethnicity: White (n=7), African-American (n=1), Italian-American (n=1), Hispanic (n=1)
- Avg. Age 36.2 yrs old
- Four major regions of United States represented
- Avg. 4.43 years of experience in current leadership role
- 3 participants were 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

FINDINGS AND APPLICATION TO PRACTICE



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



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 'healing-centered' and 'resiliency-building'