



*Creating opportunities. Transforming lives.*

## **Sportable CNI Research Grant - Nov 2021 to Nov 2024**

In Fall 2021, Sportable was awarded our first grant through the Commonwealth Neurotrauma Initiative (CNI) Trust Fund. Established in the late 1990s through Acts of the Virginia General Assembly, the CNI Trust Fund collects revenue from specific dangerous driving fines and fees and directs them towards research and programs to improve the treatment and care of Virginians with traumatic spinal cord (SCI) or brain injuries (TBI). The fund is overseen by an advisory board of leaders with experience in traumatic SCI or TBI (expertise or lived), and administered through the Virginia Department for Aging and Rehabilitative Services (DARS). This grant award is significant as it marks Sportable's first contract with the Commonwealth of Virginia to fund our programs through earned revenue.

The grant funded research project is titled "Developing and Testing the Efficacy of Targeted Wellness Training in Children and Adults with SCI, TBI and other Trauma-related Disabilities Participating in a Recreational Sports Program." In the first 18 months, Sportable will test the feasibility of implementing an evidence based wellness program called "MENTOR" with our athletes, collecting crucial feedback on the program, before executing a group comparison experimental research study (launching May 2023) evaluating health outcomes of athletes with SCI or TBI who receive the wellness training versus those who do not. The results of this translational research will be widely shared to advance best practices for promoting holistic health outcomes for individuals with disabilities.



To execute this research study, Sportable identified an existing evidence-based wellness curriculum, created by the National Center on Health, Physical Activity and Disability (NCHPAD) in collaboration with the Lakeshore Foundation and University of Alabama Birmingham (UAB), industry leaders in promoting

health of individuals with disabilities. NCHPAD, with funding from the Centers for Disease Control and Prevention (CDC), has recently been working to expand the reach of the MENTOR wellness program to new communities and agreed to share this wellness program with Sportable, training and supporting us to execute it, and allowing us to customize it for our athletes, all at no cost. NCHPAD is as excited to partner with us as we are with them, and we look forward to continuing our collaboration in the future.

### **Mindfulness**

### **Exercise**

### **Nutrition**

Self-Care Skills | Core Values | Outdoor Time In Nature | Rest/Relaxation | Contribution To Others | Arts And Leisure | Relationships | Spiritual Practice

MENTOR (Mindfulness, Exercise, and Nutrition To Optimize Resilience) is an 8-week intensive program, meeting 5x/week to provide 40 hours of instruction across 11 evidence-based wellness domains, all through live, interactive group Zoom sessions. Sportable's first MENTOR cohort started in July 2022 with 16 participants. At least 2 more cohorts are expected to go through the program as part of our feasibility phase. Preliminary feedback from participants include sentiments of high enjoyment and satisfaction as well as changes in daily actions they take to promote their own wellness.

### **Questions?**

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