

# Healing Centred Re-Empowerment: Building Resilience for At-Risk Youth

Insights from the U25-GO program funding 2024-2026

Dina Bowman

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## Executive Summary

The U25-GO grant aimed to support the delivery of programs to support crime prevention and drug diversion for youth under the age of 25 at risk of engaging with the criminal justice system. This report reviews the U25-GO funded youth programs delivered by Hoops 4 Health between 2024 and 2026.

The Northern Territory has the highest rate of incarceration of young people aged 10-17 (AIHW 2025). Those in detention, whether on remand or sentenced are much more likely to be First Nations young people (Northern Territory Government 2026). The reasons for these high rates are complex and relate to government policies, policing practices and the effects of intergenerational trauma (Senate Legal and Constitutional Affairs References Committee 2025). In this context, the U25-GO program provided the opportunity to offer healing-centred, culturally safe engagement that builds resilience, life skills and positive community connections for at-risk young people aged 10-25 years.

The U25-GO grant enabled Hoops 4 Health to offer a range of activities across two streams: community-based programs as well as those for youth involved with the justice system. The U25-GO funding supported 2,559 participant engagements, in addition to more than 400 participants involved in NAIDOC Day activities at Holtze Youth Detention Centre. Strong referral pathways were set up across community organisations, schools, health services, youth justice agencies, police, and families, enabling young people to access support at critical points of need.

Analysis of participation records, program reports, participant feedback, and stakeholder reflections indicates that the program delivered significant benefits. Across the program activities, participant feedback emphasised the importance of having a safe space with strong role models where they could learn, have fun and celebrate First Nations success. Importantly, the programs adopted a relational approach, building trust and intergenerational community connection. Through ongoing mentoring, yarning circles, flightpath coaching, and culturally grounded engagement, Hoops 4 Health fostered trust and meaningful connections with young people, families, and communities. Community events and family participation further strengthened intergenerational relationships and reinforced positive cultural identity, pride, and belonging.

Despite not being part of the government referral system, Hoops 4 Health successfully drew on strong grassroots referral networks and maintained program delivery through a range of external challenges, including weather disruptions, operational constraints within justice settings, and staff changes. Improvements to data collection and evaluation systems would strengthen evidence of long-term outcomes and support future program planning and funding opportunities.

This review highlights the importance of community based, First Nations led and delivered programs to support young people's health and wellbeing. The Hoops 4 Health model makes an important contribution to supporting young people's wellbeing and sense of connection by bringing together First Nations wisdom with insights from neuroscience. Hoops 4 Health provides a safe space, strong role models, tools to foster resilience and confidence and is underpinned by a relational approach that builds trust and fosters engagement. By enabling and support young people to build resilience and find strength and hope in culture and community, Hoops 4 Health provides important insights into how best to support young people to thrive.

## Introduction

This report reviews the U25-GO funded youth programs delivered by Hoops 4 Health between 2024 and 2026. The U25-GO grant aimed to support the delivery of programs to support crime prevention and drug diversion for youth under the age of 25 at risk of engaging with the criminal justice system.

The objectives of the grant opportunity were to:

- provide alternative pathways for young people who are at risk of being engaged in criminal and/or anti-social behaviour
- promote inclusion and build community resilience and strengthen family support structures
- enable young people at-risk to break patterns of recidivism and cyclical engagement in criminal activity
- help young people at-risk to develop life skills to prevent them from becoming entrenched in the criminal justice system and to promote inclusion and build community resilience.

The intended outcomes of the grant opportunity were:

- improved engagement of young people at-risk in education, work ready programs and the community more generally
- decrease anti-social behaviour or engagement in criminal activity and an increase in positive community and family engagement (Australian Government 2024).

## Context

The Northern Territory has the highest rate of incarceration of young people aged 10-17 (AIHW 2025). Those in detention, whether on remand or sentenced are much more likely to be First Nations young people (Northern Territory Government 2026). The reasons for these high rates are complex and relate to government policies, policing practices and the effects of intergenerational trauma (Senate Legal and Constitutional Affairs References Committee 2025). In this context, the U25-GO program provided the opportunity to offer healing-centred, culturally safe engagement that builds resilience, life skills and positive community connections for at-risk young people.

The project targeted an estimated 250 at-risk young people aged 10-25 years. The participants were expected to be sourced through referral processes established with the Minister for Territory Families (Northern Territory Government), Northern Territory Police Force, Director of Public Prosecutions (NT), youth service providers, community engagement, Territory Families Youth Outreach & Re-engagement Teams (YORET), the Youth Justice System and the state education sector.

Key project activities were expected to include:

- Trauma and Culturally Informed Mentorship and Coaching
- Cultural and Community Engagement
- life skills development
- education and work-ready programs
- healing centred sport and physical activities, and
- community-based Interventions.

## Program delivery insights

This report adopts an Appreciative Inquiry (Preskill and Catsambas 2006) approach to the review of program related material, including participation data, participant and community feedback, coaches' notes, program documentation and presentations. Appreciative Inquiry entails 'the art and practice of asking questions that strengthen a system's capacity to apprehend, anticipate, and heighten positive potential' (Cooperrider and Whitney 2005 p.3). In the context of a First Nations organisation where staff and participants may be wary of evaluations, such an approach provides a useful alternative to approaches that could appear extractive or culturally unsafe.

As a post program review, this report relies on available program related data on which to assess the U25-GO program activities' benefits and opportunities for development. While careful planning was undertaken to collect relevant data, implementation of these plans was patchy. For example, individual attendance was not recorded for all sessions, meaning that it is not possible to state total number of participants. Instead, we refer to participant engagements or touch points. Nevertheless, adopting an appreciative inquiry approach enables the capture of valuable program insights.

## The Hoops 4 Health model

The Hoops 4 Health model Hoops 4 Health is a First Nations-led and owned health and wellbeing organisation based in Darwin. Building on his work in mental health and basketball, it was developed by Timmy Duggan OAM between 1995 and 2001. Timmy is a former professional basketball player, who has links to the Warumungu people of Central Australia, the Wagiman near Katherine and the Nyikina people of the Kimberley. Hoops 4 Health was officially launched in February 2002 out of Wuchopperen Health Service, a community controlled Aboriginal health organisation in Cairns.

The Hoops 4 Health model underpins healing-centred, culturally safe engagement that builds resilience, life skills and positive community connections for at-risk young people. The model integrates trauma-and culturally-informed mentorship and coaching, cultural and community engagement, life skills development, education and work-ready programs, healing-centred sport and physical activities, and community-based interventions.

Importantly, Hoops 4 Health recognises the ongoing harms of dispossession, colonisation and racism and the associated need for preventative approaches that include protective measures as part of a holistic approach to anti-social behaviour and criminal activity. Combining First Nations wisdom with and neuroscience, the model draws on Perry's (2013) neurosequential model of therapeutics which is based on an understanding of the effects of trauma on brain development and the 'healing power' of sport (Center for Healing and Justice through Sport 2025). Applied to sport the neurosequential model enables coaches to better understand how to effectively work with young people who have experienced trauma. These insights make an important contribution to the Hoops 4 Health approach.

Hoops 4 Health uses a range of therapeutic tools to support staff to engage with participants in a calm and supportive manner and to deescalate dysregulated behaviours. Three Rs are fundamental to the Hoops approach:

**Regulation rather than dysregulation:** Breath work and exposing individuals to moderate stress through exercise helps people regulate their emotions. This is important for those who

have had unpredictable, extreme and prolonged stress, and as a result have a sensitised stress response that can lead them to give up if pushed too hard, too fast. Drawing on Perry's neurosequential model, Hoops 4 Health encourages patterned, repetitive, rhythmic moderate activity (PRRMA) activity to support emotional regulation and resilience. Through coaching and mentoring Hoops 4 Health responds to participants' needs and supports emotional regulation. The model encourages 'above the line thinking' (Taylor 2015, Duggan 2019) supporting ownership, accountability and responsibility rather than blame, excuses and denial.

**Relate:** Hoops 4 Health works to build trust and meaningful relationships, recognising that people who have experienced trauma may feel isolated and distrustful. Through building a sense of connection it supports people to rebuild and maintain kinship systems. The use of flightpath coaching (Lonergan 2024) means feedback is provided in the moment and directly to the individual instead of singling them out and potentially embarrassing them.

**Reason:** A key element of the approach is the Calmness Circle, which draws on the First Nations' practice of yarning and deep listening – sitting in a circle and reflecting in a safe space. Sessions are designed with a check in so that coaches can understand how participants are feeling, and a check out so that participants can reflect on the session.

## How the program was delivered

The U25-GO grant enabled Hoops 4 Health to offer a range of programs across two streams. Concepts such as above the Line thinking (Taylor 2015) and Karpman's (1968) drama triangle framework were applied across all streams to develop communication, conflict resolution, self-accountability and pro-social decision-making. Session-based mentoring conversations, flightpath coaching and yarning circles supported personal goal setting, resilience and future orientation for participants across all age groups.

### Stream 1: Community based programs

Alcohol-free events and camps, including the Resilience Rumble, September Resilience Camp, Gloves of Hope sessions, Corporate 3x3 Challenge and community BBQs, created safe celebration spaces that strengthened family bonds, modelled healthy community gathering, and gave young people a genuine alternative to substance-associated socialising. NT Police participation in yarning circles and community sessions modelled positive, relationship-based engagement and contributed to improved community-police dynamics in participating areas.

Basketball, boxing, AFL, circuit training, strength and endurance sessions and relay activities were delivered across all program streams, combining physical development with relationship building, discipline and healthy lifestyle modelling. The Gloves of Hope Boxing Academy developed into the largest single stream of the program, delivering structured, age-appropriate physical training with a strong ethos of respect and discipline. Mobile basketball trailer deployment at Knuckeyes Lagoon and Bagot Community expanded access for participants who faced barriers to attending fixed-venue sessions. Videos and resources provided support for engagement between sessions.

- **Training centre:** The H4H Training Centre delivered structured twice-weekly sessions for 'on the radar'<sup>1</sup> participants using Calmness Circle, Deep Listening, Flightpath Coaching, PRRMA, Strength and Endurance, and Above the Line thinking. These sessions developed executive function, emotional regulation, and positive decision-making that are preconditions for re-engagement in school or employment.
- **The academy:** These sessions provided accessible, low-barrier entry points that built trust and routine before participants progressed to more intensive program streams. Sessions were held twice a week in urban Aboriginal communities (Minmarama, Bagot and Knuckey Lagoon); Holy Family School Karama; the SHAK; Malak Community Centre; as well as sessions with a group of Daly River and Pulumpa residents who had been evacuated due to flooding.
- **The Haileybury boarding school after-school program** was launched in April 2026. All participants are students from remote communities outside of Darwin, making this program an important bridge between remote origin and Darwin-based support. Sessions incorporate calmness circles, shooting drills, relay activities, basketball and yarnning circle discussions with the Head of Boarding. The program supports their transition into structured boarding school life and their social and emotional wellbeing during a significant period of educational transition.
- **Quarterly resilience camps and events** such as the Resilience Rumble – a dedicated boxing night staged as a standalone alcohol-free event showcasing emerging talent in a culturally, safe, family-oriented setting. The three-week resilience camps engaged new participants in boxing, providing amateur athletes with structured practice at the Hoops 4 Health training centre. Support partners included First Nations Broadcasting, Heart Foundation, Top End Aboriginal Bush Broadcasting Association (TEABBA), Plumbing NT, TEC and First Build.
- **Gloves of Hope:** Sessions followed a structured PRRMA approach: dynamic warm-up, boxing fundamentals, pad work and 1-on-1 sparring, incorporating Calmness Circle and Flightpath Coaching throughout. Family engagement was a defining feature of Gloves of Hope, with 10–15 parents and family members regularly attending sessions and with intergenerational groups participating. Special guest appearances by Anthony and CJ Mundine brought significant cultural resonance and motivated participants across age groups.
- **Community events:** Special events such as the Resilience Rumble, Corporate 3x3 Challenge and community BBQs were celebrated community, culture and connection
- **Remote visits:** H4H coaches visited Minjilang (Croker Island), Yarralin, Pigeon Hole, Galiwinku, Mutitjulu, Yulara, Impanpa, Tiwi Islands and communities in the Daly River region. A Minjilang visit in June 2026 reached 60 community members across all ages, from five-year-olds to adults, including local school staff, health clinic staff and community store staff, through a community BBQ and basketball session at the school court. Remote visits were complemented by the Marrara Boarding School session (28 March 2026), where 28 students completed a 12-step circuit with 1-minute rounds.
- **Engagement in other Hoops 4 Health programs:** Participants were also supported to engage with related programs such as the Hoops 4 Wealth financial education program, delivered at CAAPS, Salvation Army Open House and FORWAARD, to support work-ready

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<sup>1</sup> that is participants at high risk of offending or re-offending

skills for 44 enrolled participants, many of whom were navigating barriers including financial stress, substance use recovery and housing instability. H4H also incorporated TIS health education into Academy sessions at Bagot Community, Knuckeyes Lagoon and the H4H Centre, reaching young people and families with smoking and vaping cessation messages alongside physical activity sessions. TIS health education incorporated into Academy sessions at Bagot Community and Knuckeyes Lagoon directly addressed substance use (smoking and vaping) in a culturally safe, activity-based context.

## Stream 2: For youth involved with the justice system or at risk of reoffending

These programs supported justice-connected participants creating predictable routines, clear boundaries and positive peer and coach networks that reduced the likelihood of reoffending during community time.

- **Hoops on the Inside:** weekly sessions at the Holtze Youth Detention Centre
- **Leave of Absence:** two sessions a week at the Hoops 4 Health training centre with Holtze Youth Detention Centre 'leave of absence' youth in partnership with NT Department of Corrections;
- **Bail Support:** weekly session with bail support facility clients<sup>2</sup>, with support from partner organisations, Top End School of Flexible Learning and First Step Development Enterprises. The program provided structured activity during the critical bail period, a high-risk window for re-engagement with anti-social networks, for 206 participants across the life of the project. It emphasised health literacy, teamwork, and persistence. The relationship with that school continued to generate referrals into Training Centre programs.

## Referral pathways

Unfortunately, Hoops 4 Health was excluded from the planned referral processes due to its for-profit status<sup>3</sup>. Nevertheless, Hoops 4 Health developed strong referral pathways across both streams of activities through:

- **Self/family referrals:** Young community members who wanted to explore their own behaviour or social and emotional wellbeing could self-refer. More commonly referrals were made by families and primary caregivers due to their concern about young people's emerging or escalating attitudes and behaviour.
- **Community referrals** including
  - Youth development organisations such as Clontarf/Stars Programs, YMCA, Children's Ground, Pathfinders NT, Larrakia Nation Outreach Program, Mission Australia, Brother to Another, Woollybutt, Back on Track, Saltbush, Aunties Place, Darwin/Palmerston City Councils, Church Groups)
  - Health and emotional wellbeing organisations, such as the Heart Foundation, Danila Dilba Health, Kentish Community Services, Anglicare, Catholic Care, FORWAARD, Council for Aboriginal Alcohol Program Services (CAAAPS), Darwin Indigenous Men's Service, Team Health, Headspace, Melaleuca Australia, and NDIS service providers

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<sup>2</sup> Note this program ceased when the facility closed in October 2025

<sup>3</sup> Note changes to its organisational status are underway, with the establishment of a not-for-profit entity

- Housing/accommodation providers such as Housing NT, Aboriginal Hostels, YISSA - Yilli Rreung Housing Aboriginal Corporation, Salvation Army Open House Unit
- Sporting organisations such as Cedar College, Darwin Basketball Association, Community Basketball Club, Pathfinders NT, Kentish Community Services and BoxFit NT
- Schools with referrals from NT Schools and Inclusion Support Services and through Work Experience placements, and the Bidjipidji Camp (Charles Darwin University) for remote NT students
- Existing Hoops 4 Health program participants such as scholarship holders, Academy participants at Minmarama and Holy Spirit school, and those in the Basketball and Boxing Academy and Youth Development Basketball teams
- Community engagement sessions in identified neighbourhoods, for example, Malak community sessions
- **Community care/Youth justice referrals** from NT Police, Department of Children and Families, Legal Services (Public Prosecutions, North Australian Aboriginal Justice Agency (NAAJA), Throughcare, NT Legal Aid Service, YORET – Youth Outreach and Re-Engagement Teams and Community Corrections Teams (Casuarina and Palmerston). Bail Support Programs (First Steps). Justice referrals were also made by Forensic Development Unit of Darwin Corrections (Low Security Unit)

Referral pathways with Youth Justice, NT Police, Corrections, education and community services enabled rapid diversion into constructive activity following incidents or at the point of increased risk. NT Police participation in yarning circles at Humpty Doo holiday sessions modelled positive police-community relationships for young people.

## Participation

Hoops 4 Health delivered a sustained, culturally grounded program of activities to build the regulation, routine, confidence and connection young people need to re-engage in education, work-ready pathways and community life. Across the various program streams, between October 2024 and June 2026, the U25-GO funding enabled 2,559 engagements and sustained family and community participation. In addition, over 400 people participated in NAIDOC day events at Holtze Youth Detention Centre.

## Benefits of the program

Across the program activities, participant feedback emphasised the importance of having a safe space with strong role models where they could learn, have fun and celebrate First Nations success. Importantly, the programs adopted a relational approach, building trust and intergenerational community connection.

### A safe space supports culture and connection

Feeling safe and valued supports young people to grow and flourish (Calder and Dakin 2023). The Hoops 4 Health model supports a feeling of psychological and cultural safety. As a parent of a participant observed, 'I can see our culture reflected in the activities. It means a lot to our family [...]

the Academy feels like a place for us'. Simple things like allowing choice of music helped participants feel comfortable and be themselves.

*I love that when we get to the shed, we can just be ourselves. We get to listen to the music we listen to at home. That makes me feel happy.* (participant Training Centre)

Feeling safe provided participants with a sense of support and care, as a Training Centre participant explained, 'I used to not really talk about how I feel. Now I know I have someone to talk to'. Another participant appreciated how the program integrated physical activity and discussion, saying:

*I like that we can talk and also go outside to do basketball and footy together. They get that we need breaks.* (Bail support participant)

## Strong role models promote pro-social behaviour

The Training Centre is decorated with large photos that celebrate generations of First Nations sporting success. These images reinforce messages of resilience and persistence in the face of adversity, as a Holtze leave of absence participant said:

*That's my uncle on the wall. He grew me up from a little kid. That makes me proud.* (Holtze LOA participant)

Respected figures such as Patrick Stephenson (strength and conditioning coach), Scott from BoxFit, and Olympian Patrick Johnson provide powerful role models while promoting positive alternatives to anti-social behaviour. Throughout March 2026, Hoops 4 Health shone a spotlight on legendary Territory boxing champions. This celebration of First Nations pride creates a powerful ripple effect, instilling a deep sense of connection and pride in their Indigenous heritage and trailblazers. Events like the Resilience Rumble gave the opportunity for participants, their friends and families to come together in a safe alcohol-free space to showcase 'strength, culture and community' as an interest holder put it.

On a more personal level, participants connected with the achievements of Hoops 4 Health coaches. As one said, 'My coach is from my community. If he can make it, maybe I can too' (Academy participant).

## Tools to build resilience and foster emotional regulation

The accepting, non-judgemental approach fostered confidence and resilience among participants. For example, a Training Centre participant said

*'I usually feel shy meeting new people. But at Hoops they say everyone can make mistakes. There is no shame and just try to keep getting better'* (Training centre participant)

The Hoops 4 Health model encourages moderate stress to build resilience. Young people responded to this approach, for example, a Gloves of Hope participant said: 'I'm exhausted and sore all over my body but this is the greatest experience for me right now, so you'll be seeing my face every day'. Developing the capacity to manage stress and persist is an important outcome of the program. For example, a parent of an Academy participant explained how they had seen 'a huge shift in our son's attitude'. They went on to explain,

*He would always give up at the first sign that something got hard. He would walk away before he would admit that he couldn't do something, but at Hoops the coaches have encouraged him to not give up, and if he walks off, they get him involved in the sessions again. (Parent of Academy participant).*

The Hoops 4 Health approach supports participants to better understand their responses to stress and regulate themselves: 'The H4H coaches teach us ways to handle our stress. They also get us to do our own thinking and not just follow people' (Academy participant). A Training Centre participant explained:

*I know what to do when I'm stressing out. Basketball makes me feel more chill. The coaches told me to count when I bounce the ball and to keep counting till I start to feel better. It's working pretty good.*

Another participant told us: 'When I feel wired, I do wall push-ups. It gets rid of the bad vibe'. Importantly, the sessions are fun, with coaches recording moments of connection as indicators of wellbeing. For one young man '13 high-fives, 15 smiles, 6 thumbs up' expressed the impact of the program.

## A relational approach builds trust and fosters engagement

As part of the Hoops 4 Health model, the coaches take time to build trust, listen and check in on how they are feeling and celebrate their progress. For example, Don Duggan is a well-regarded Elder, with strong community connections, who has been visiting the youth detention centre for over a decade. This demonstration of commitment and care engenders trust and respect, as a Holtze leave of absence participant explained: 'Don has been working with me since I was just a little kid. He remembers me and my family from years ago. He believes in me and that helps'.

Trust built on connection fosters engagement. As a coach in the bail support program observed: 'The connection we build helps to motivate them to engage in the session'. The program also enabled young people in detention to maintain connection with their community and fostered hope for the future, as a Holtze staff member put it: 'It's great for the kids to remain connected to their community. They can talk to the staff about what they are going to do when they are released'. Another Holtze staff member remarked on the impact of the program, noting that 'It's a great incentive for them and a way of keeping on track'. Modelling a calm and engaged manner, also supports Corrections staff in their interactions with young people.

An important aspect of community events such as the Resilience Rumble is that they foster intergenerational connection. For example, a young resilience camp participant was pleased to demonstrate his accomplishments to his family: 'I'm here with my grandmother. I'm going to show her what I can do'. A family member summed the impact of the community events: 'Having everyone together is part of our healing process'.

## Opportunities

The relationships, venues, program structures and community trust built through this project provide H4H with a solid foundation to continue delivering healing-centred sport programs in

Greater Darwin. The H4H Training Centre continues to operate as a culturally safe hub for the Greater Darwin community, with the Gloves of Hope and Academy programs both well-established. Remote community relationships developed through the project create pathways for future program extension to communities that have historically lacked access to this type of support. In addition, Hoops 4 Health Champions<sup>4</sup> identified through the program provide a pipeline of future coaches and mentors from within the communities served.

Delivering the program adapted to systemic, social, environmental, and organisational challenges. We consider these below:

- **Systemic:** Exclusion from Referral Link due to Pty Ltd status meant that Hoops 4 Health could not access the referral system set up to support service providers. Despite this Hoops 4 Health's strong networks and grassroots connections.
- **Social or environmental:** Weather-related cancellations (storms, wet season) were managed through flexible scheduling, with sessions rescheduled or replaced with indoor alternatives where possible. Some community sessions were cancelled to social or environmental issues such as community unrest or flooding.
- **Organisational:**
  - **External organisational issues:** The Bail Support program was discontinued October 2025. The impact of this decision was mitigated through participant transition to Training Centre's alcohol and other drugs (AOD) program and continuation of referral relationship. There was a delivery gap between December 2025 – January 2026 of the Hoops on the Inside program caused by external facility operational factors. The sessions continued through Holtze LOA sessions at the Training Centre and resumption of inside delivery from February 2026. Some sessions at Holtze were cancelled or curtailed due to operational requirements of the centre. The delivery of the Academy at Minmarama and school holiday program at the SHAK had to change venues but maintained program delivery.
  - **Internal organisational issues:** Staffing changes led to compressed onboarding, but the guest coach coverage and structured plans enabled continuity of program delivery. Unavailability of cars to take the Hoops 4 Health trailer meant that the content of some community sessions had to be changed. While detailed plans for data collection and evaluation were developed, implementation was patchy. For example, the number of participants in each session was recorded, rather than individual attendance, which makes it difficult to understand the total number of participants engaged in the various activities. While the patchy nature of data collection can be explained to some extent by staff changes, it points to the need for greater investment in an evaluation culture with robust systems to support data collection and organisational evaluation capabilities.

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<sup>4</sup> Participants who show promise and commitment can become Champions which enables them to further develop and share their skills and knowledge

## Conclusion

This post-program review highlights the importance of community based, First Nations led and delivered programs to support young people's health and wellbeing. The findings resonate with the findings of Grey's (2026) qualitative evaluation of the Hoops 4 Health Training Centre and the Hoops 4 Health Academy. Grey's findings centred on the relational impacts of the program and an increased sense of accomplishment, confidence, regulation and wellbeing, safety and inclusion, and pride and identity, while also identifying some organisational issues, like those mentioned in this report.

Providing young people with the tools to self-regulate and be resilient is an important part of deterring anti-social behaviour. Indeed, a recent review of the effectiveness of interventions to reduce juvenile offending and antisocial behaviour (Farrington, Gaffney et al. 2022) found that the most effective interventions included 'child skills training, cognitive-behavioural therapy and mentoring'. The Hoops 4 Health model makes an important contribution to supporting young people's wellbeing and sense of connection by bringing together First Nations wisdom with insights from neuroscience. Hoops 4 Health provides a safe space, strong role models, tools to foster resilience and confidence and is underpinned by a relational approach that builds trust and fosters engagement. By enabling and support young people to build resilience and find strength and hope in culture and community, Hoops 4 Health provides important insights into how best to support young people to thrive.

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