

IMPACT FRAMEWORK

HOOPS 4 HEALTH IMPACT FRAMEWORK

Hoops 4 Health is a First Nations owned and led organisation based in the Northern Territory. Hoops 4 Health brings together First Nations wisdom with insights from neuroscience, psychology and education. The Hoops 4 Health model was developed by former NBL basketball player, Timmy Duggan OAM who has links to the Warumungu people of Central Australia, the Wagiman near Katherine and the Nyikina people of the Kimberely.

The impact framework was prepared by Dr Dina Bowman, Research Lead and Mentor Hoops 4 Health, and Honorary Principal Fellow in the School of Social and Political Sciences at the University of Melbourne; Timmy Duggan OAM, Founder and Chief Executive, and Matt Nason, General Manager Hoops 4 Health.

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ACKNOWLEDGEMENT

Hoops 4 Health acknowledges the Larrakia People as the Traditional Owners of Larrakia Country and Arrernte Country where Hoops 4 Health is based and delivers our work from the Northern Territory's Top End and Central Australia. We recognise that healing, connection, and wellbeing have been practiced on our lands for over 60,000 years, and we are honoured to continue that tradition through our work.

- Timmy Duggan, OAM, Founder and CEO

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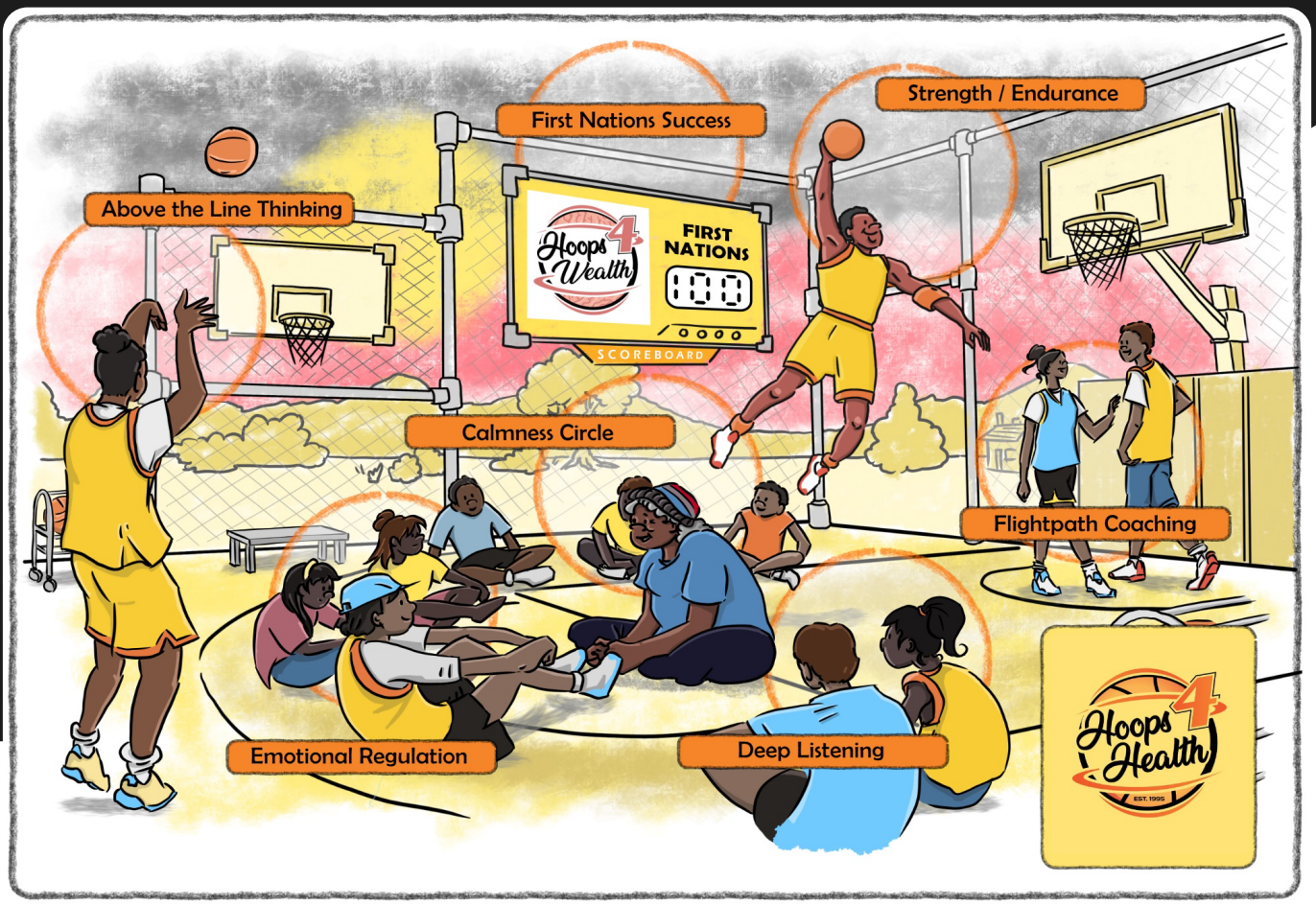
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INTRODUCTION

Hoops 4 Health's Impact Framework sets out our theory of change and approach to monitoring, research and evaluation.

OUR PURPOSE

First Nations people continue to experience the harms of dispossession, colonisation, racism and criminalisation. In addition, intergenerational trauma contributes to persistent gaps between First Nations and other Australians' health, social and emotional wellbeing, education and economic security.

As a First Nations owned and led organisation, we engage with communities to deliver programs that build hope, foster resilience and celebrate First Nations success. Grounded in the Hoops 4 Health model we demonstrate a culturally safe, healing centred approach to support First Nations people and others in the Northern Territory and beyond to learn, feel stronger and more confident and have fun.

Our work is founded on respect, engagement and trust creating increased knowledge, confidence, and resilience which contributes to stronger and happier people, families, and communities. Based in the Northern Territory, we deliver programs in sports, justice, education, rehabilitation and other community settings in urban, regional and over seventy remote Northern Territory communities. We work with government, private and community sector organisations to better understand how to deliver culturally safe healing centred programs and policies.

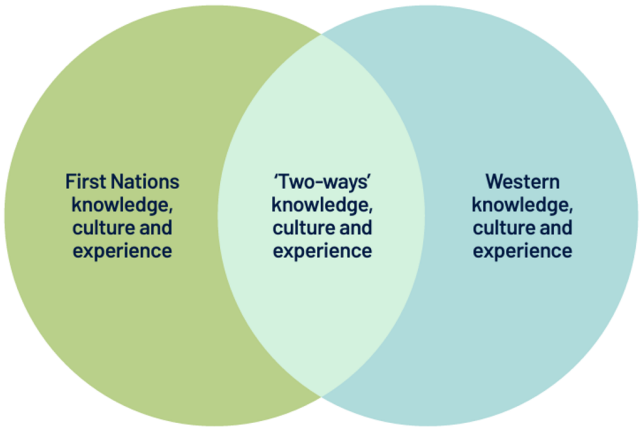
BACKGROUND AND GUIDING PRINCIPLES

Our aims are to:

- Promote strength, resilience, hope, joy, health, social and emotional wellbeing.
- Create pathways to financial capability, leadership, education, employment.
- Support connection to kin, community and culture.

Hoops 4 Health was founded by Timmy Duggan OAM, a Warumungu and Nyikina man and the first person from the Northern Territory to play professionally in the National Basketball League. He understood the power of sport to support the social & emotional wellbeing of First Nations people.

Developed in community, over three decades, Hoops 4 Health adopts a 'two ways/ both ways' approach that brings together First Nations wisdom and insights from coaching, neuroscience, psychology and education.



Source: adapted from Ober and Bat (2007 p.73) and AhChee (1991)

The program recognises that people who have experienced trauma may feel isolated and excluded. Through a trusting relational approach, the program supports participants to maintain or rebuild connections to kin, community and Country.

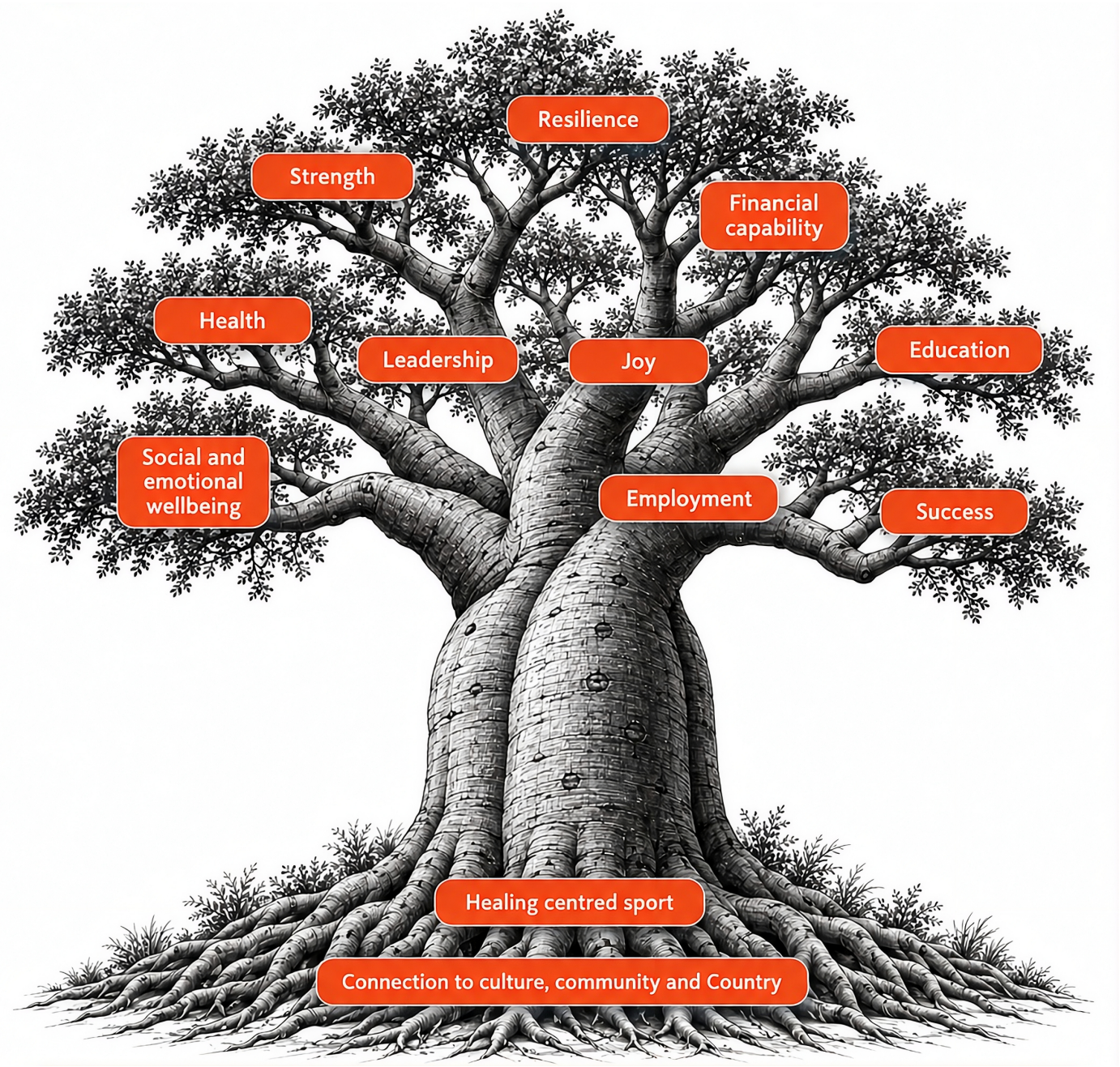
Sport, active movement and trusted First Nations coaches foster engagement. The Hoops 4 Health model draws on Perry's (2013) neurososequential model of therapeutics which is based on an understanding of the effects of trauma on brain development. Those who have experienced unpredictable, prolonged or extreme stress can develop a sensitised stress response which can lead them to give up if pushed too hard. To support engagement and learning, individuals must first be in a calm regulated state. Breath work and exposure to moderate stress through exercise helps people to regulate their emotions and build resilience.

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.

By training and mentoring local champions, the program ensures that First Nations communities continue to benefit from structured, culturally relevant sports initiatives.



Figure 1: 'You mob should spread out like branches in a tree' Hoops 4 Wealth participant.



Developed in community for over thirty years, the Hoops 4 Health model brings together First Nations wisdom with insights from coaching, neuroscience, psychology and education

OUR WORK

At first, Hoops 4 Health used basketball as an engagement tool to support participants' social and emotional wellbeing. Building on this foundation, we now offer sport, health and wellbeing programs in eight main areas:

- **Healing centred sport academy and training centre:** Mentoring, social and emotional wellbeing and leadership
- **Gloves of Hope:** Boxing-based engagement, discipline, resilience, and intergenerational connection.
- **'At Risk' Youth Program Services:** Accessible sport and mentoring for young people aged 12 to 25 in Greater Darwin communities.
- **Hoops on the Inside and Leave-of-Absence Continuity:** Trauma-informed sport programming supporting young people in, or transitioning from, youth justice settings.
- **Remote community outreach:** Flexible, culturally responsive delivery across communities in the Tiwi Islands, Central Australia, Katherine, Barkly and East Arnhem regions.
- **Hoops 4 Wealth:** First Nations-led financial capability and wellbeing program currently offered in Darwin, Palmerston and Alice Springs
- **NT Corrections Domestic, Family Sexual Violence Specialist Program:** Targeted programming in areas including domestic, family and sexual violence, for men, in all Corrections facilities in the Northern Territory.
- **Tackling Indigenous Smoking and Alcohol and other drugs programs:** Health education delivered through trusted community-based active movement and mentoring settings.

OUR AMBITION

First Nations people continue to experience the harms of dispossession, colonisation and racism, which along with intergenerational trauma contributes to persistent gaps between First Nations and other Australian's health, social and emotional well-being, criminalisation, education, employment and economic security. Supporting First Nations people's healthy lifestyles and social emotional wellbeing is an important step towards closing these gaps.

Our theory of change sets out how we understand our efforts will contribute to an improved quality of life for First Nations people; adoption of more culturally safe and healing centred approaches; and steps towards reconciliation.

Theory of Change

IF WE

If we work in partnership with First Nations people and meet them where they are, building trust, providing them with tools to regulate emotions, and opportunities to learn, connect with culture and community, and have fun.

If we work in partnership with community organisations, government, the private sector and universities

THEN

Then they will feel stronger, more confident, connected, hopeful, and resilient.

Then they will better understand how to deliver culturally safe healing centred programs

LEADING TO

Stronger and happier individuals, families and communities, with the tools to engage with education, employment and other opportunities.

More inclusive policy and service settings to address the harms of dispossession, colonisation, criminalization and racism.

AND ULTIMATELY

Improved quality of life and wellbeing of First Nations people with a closing of the gap in health, social emotional wellbeing, education, employment and economic security.

Reconciliation between First Nations and other Australians for the benefit of all.

OUR IMPACT FRAMEWORK

Reflecting the Hoops 4 Health model, our monitoring, evaluation and research work is guided by a recognition of the harms of dispossession, colonisation and racism.

We undertake our own research and evaluation, as well as in partnership with external research partners. Our impact framework guides our research and evaluation work so that we better understand what we do well, how our work benefits those we work with, and how we can innovate and further develop our programs.

Our monitoring and reporting mechanisms help us to better understand who we work with and how to best develop our programs.

Evaluation supports us to reflect on how we achieve planned outcomes and impact, build on our success through refining our approach and developing new programs, and enables us to share our outcomes and impact, and influence positive change.

Research enables us to develop a deeper understanding of the issues and contribute to new knowledge as thought leaders.

The conceptual frameworks we draw on acknowledge First Nations peoples' ways of being and doing.

Social and Emotional Wellbeing (Gee, Dudgeon et al. 2014) recognises the multidimensional nature of health and wellbeing as shown in the diagram below. Health does not just relate to the physical wellbeing of people.



© Gee, Dudgeon, Schultz, Hart and Kelly, 2013

The National Strategic Framework for Aboriginal and Torres Strait Islander People's Mental Health and Social and Emotional Wellbeing 2017-2023 also sets out nine guiding principles that underpin the social and emotional wellbeing framework, namely:

1. Health as holistic
2. The right to self determination
3. The need for cultural understanding
4. Recognition of human rights
5. The impact of racism & stigma
6. Recognition of cultural diversity
7. The impact of history in trauma and loss
8. Recognition of the centrality of kinship
9. Recognition of Aboriginal strengths (AIHW 2025)

These principles align with how we develop and deliver our programs and undertake our research.

The methods we use in our evaluations are chosen in the context of the program's design, participant characteristics and funders' requirements. At all times we work to ensure that our evaluation efforts are 'ethical, credible, useful and transparent' (Productivity Commission 2024).

We recognise the power of 'stories and numbers' (Cairney, Abbott et al. 2017). While funders may require quantitative data relating to outputs, such as the number and characteristics of participants or the application of scales to assess impact, assessing the impacts of our programs often requires a qualitative approach, using methods such as interviews, research focused yarning (Atkinson, Baird et al. 2021), photovoice (Breny and McMorrow 2020) or narrative assessment (van Wessel, Ho et al. 2021).

Our approach is trauma informed and healing centred. It aligns with the Australian Institute of Aboriginal and Torres Strait Islander Studies (AIATSIS) Code of Ethics (2020) which articulates the importance of:

- Recognition and respect
- Engagement and collaboration
- Informed consent
- Cultural capability and learning
- Indigenous led research
- Indigenous perspectives and participation
- Indigenous knowledge and data
- Benefit and reciprocity
- Impact and risk
- Indigenous land and waters
- Ongoing Indigenous governance
- Reporting and compliance.

PROGRAM LOGICS

Program logics help articulate what each program is seeking to do, and how our resources and activities contribute to outcomes and impacts at an organisational, individual, community, and systemic level.

Our ambition is to use the following framework to develop Program Logics for each of our programs.

Hoops 4 Health program logic

Inputs

- The Hoops 4 Health model
- First Nations and other staff
- Funding
- Service contracts
- IT and administrative systems
- Marketing and promotions
- Relevant data and knowledge including cultural knowledge and community connections
- Specific program inputs (e.g. financial capability material)
- Training centre or other venues
- Organisational partners
- Inputs relevant to specific programs

Activities

- Application of the Hoops 4 Health model bringing together First Nations wisdom with insights from coaching
- Activities relevant to the specific program

Outputs

- Number of participants
- Retention of participants
- Graduation of participants
- Number of champions
- Promotional material
- Special events
- Number of referrals
- Number of organisational partners/ networks
- Media coverage
- Outputs relevant to specific programs

Organisational outcomes

- Targeted and accessible promotional materials and market insights
- Services are relevant, respectful, and culturally safe
- Due diligence processes (reporting etc.) are timely and efficient
- Strong organisational relationships
- Reputational benefits

Individual outcomes

- Understanding of the Hoops model and key tools to assist with emotional regulation
- Steps towards resilience and confidence
- Leadership, education or employment pathway outcomes
- Specific outcomes relating to particular programs



Community outcomes

- Strengthened connections
- Greater awareness of healthy lifestyles
- Awareness of tools to strengthen emotional regulation and foster resilience

Systemic outcomes

- Greater awareness and adoption of culturally safe and appropriate service delivery
- Specific outcomes relating to particular programs (e.g. Advocacy re financial issues relating to Hoops 4 Wealth)

Impacts

- Enhanced resilience and self-determination through increased levels of knowledge, skills, and confidence improved quality of life and wellbeing of First Nations people with a closing of the gap in health, social emotional wellbeing, education, employment & economic security
- Steps towards reconciliation between First Nations and other Australians for the benefit of all.

The Hoops 4 Health model was developed in community over thirty years, but much of our work and its impact was not adequately documented. Implementation of this Impact Framework will guide our evaluation efforts to help us better understand the impacts of our work and inform further development and innovation.

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RE-EMPOWER

RESILIENCE

REGULATE

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HEALING CENTRED SPORT



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