



# PHYSICAL ACTIVITY

TO IMPROVE MENTAL HEALTH IN ADOLESCENTS



# ABOUT ME

8 ACES

BA in Psychology from University of Victoria  
MBA from Seattle University

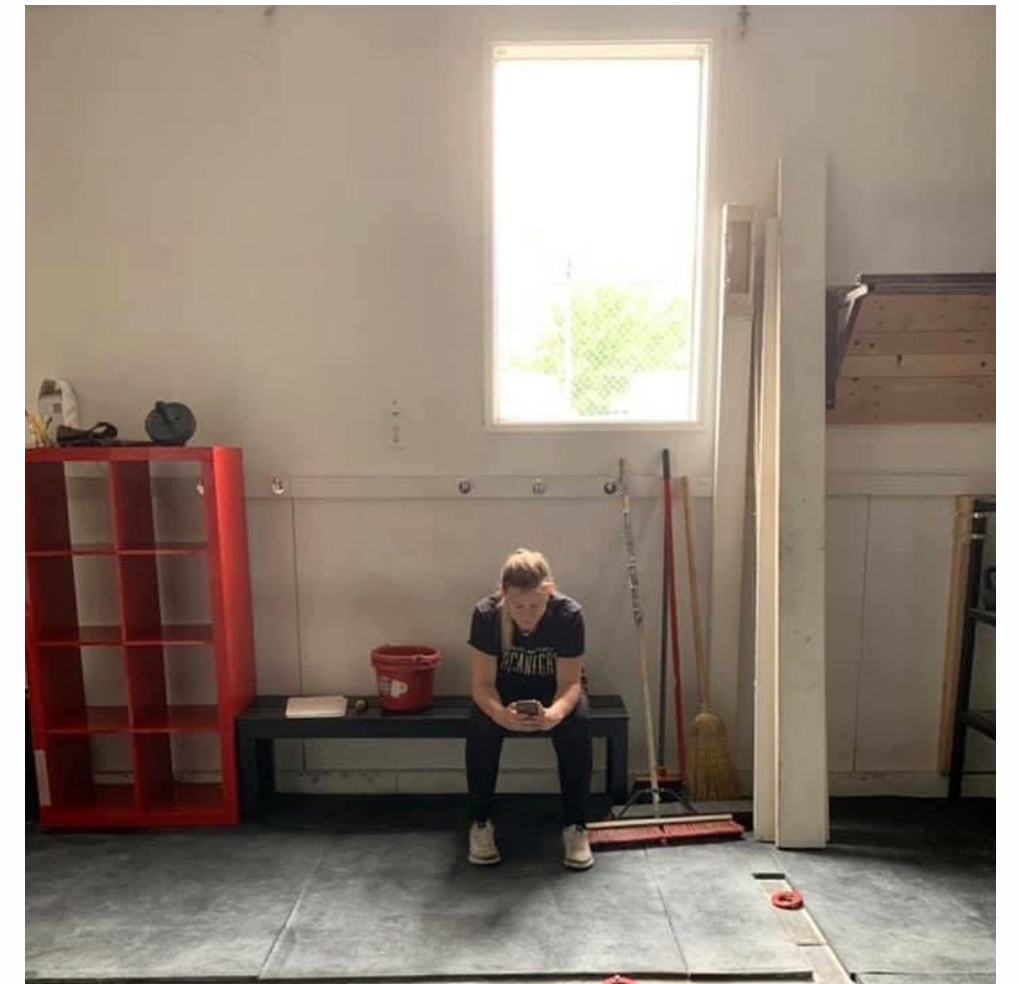
Set an unofficial world record in Kettlebell Lifting in 2017,  
and teach Kettlebell seminars around the country

## WHAT ARE ACES?

ACEs stands for Adverse Childhood Experiences. It is a list of ten categories of events that could cause trauma or a stress response.

## WHY ARE THEY IMPORTANT?

High ACEs can cause mental and physical health issues, and increase the likelihood of addiction, thereby making it more likely for the cycle to repeat itself, generation after generation.



# TYPES OF TRAUMA

- 1) Involving another person (physical, emotional, mental abuse or neglect)
- 2) Not involving another person (natural disaster)
- 3) Systemic

Divided further into:

- Acute
- Chronic
- Both

\*it's very rare to experience only acute trauma, it's usually chronic or both



# TRAUMA INFORMED APPROACH

- 1) Safety
- 2) Trustworthiness, and transparency
- 3) Peer support
- 4) Collaboration and mutuality
- 5) Empowerment, voice, and choice
- 6) Cultural, historical, and gender issues

# WHAT IS UNIQUE ABOUT WEIGHTLIFTING?



# THE MOST IMPORTANT LESSONS OF MY COACHING JOURNEY

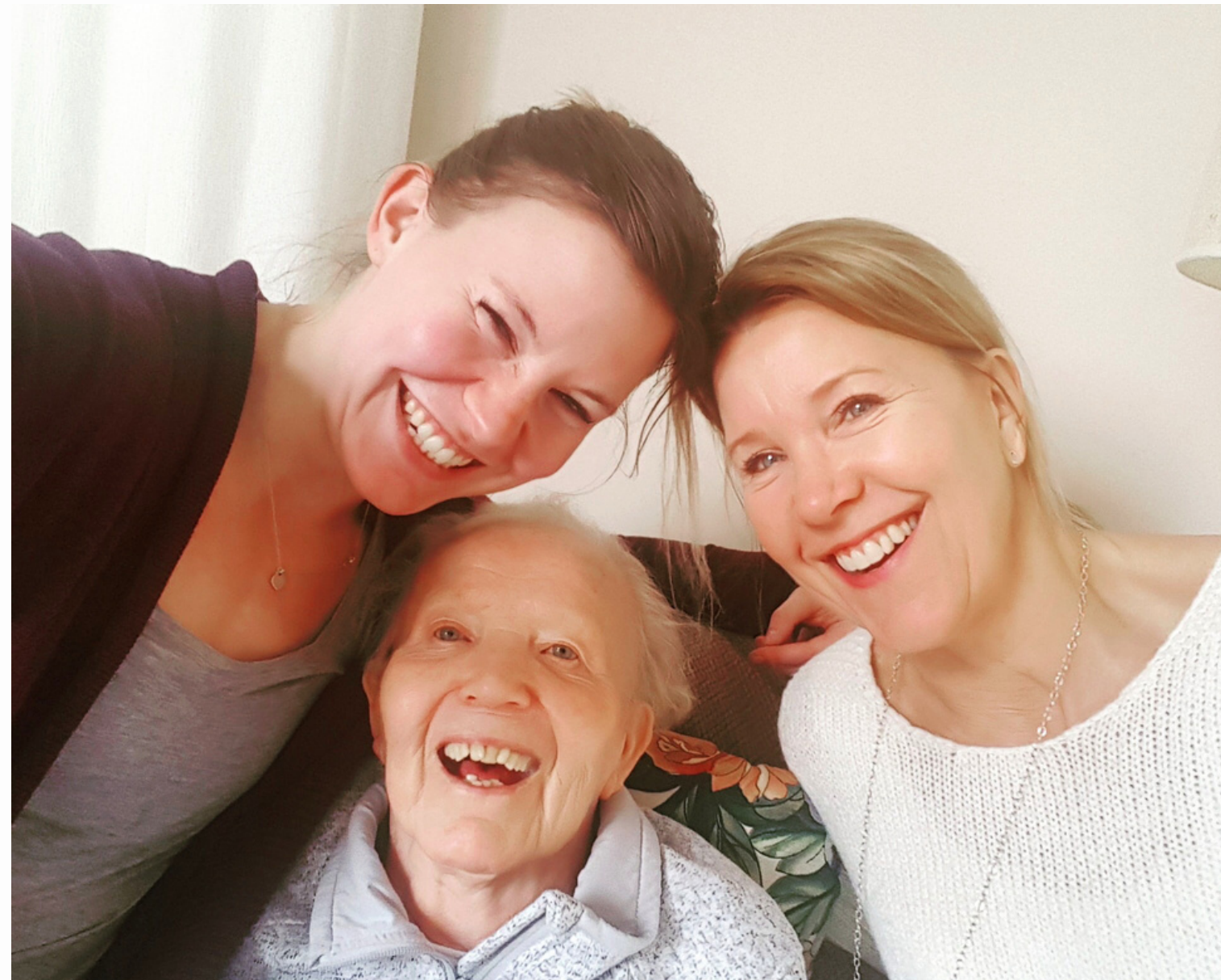


# UNDERSTANDING THE BRAIN-BODY CONNECTION





# BREAKING THE GENERATIONAL CURSE





## ABOUT MY ORG

Established in 2019

Taught over 400 kids & teens, both in-facility and in schools.

100% high school graduation rate

# HOW IT BEGAN

Peer Mental Health Support

Mental Health First Aid for Adults and Youth

Taking the leap



# TIMELINE

## 2018

Started the journey to 501c3

## 2019

Opened in our new location.

Applied for and received 501c3 status, had <20 youth participants.

## 2020

No in-person classes for 4 months  
From September to December, youth program exploded



## 2021

Zach and I began working in local charter schools, Power Monkey scholarship began, program continued to grow with the addition of BJJ and wrestling.

## 2022

We moved to our current facility, and served over 200 kids, ages 5 to 18.

# OUR MISSION



World-class physical training and a healthy, fitness-focused community shouldn't be a luxury for the lucky few. It should be accessible to anyone with the drive and commitment to improve themselves and go beyond what they thought they might be capable of.

206 South makes that a reality in Seattle.

# OUR NEIGHBOURHOOD

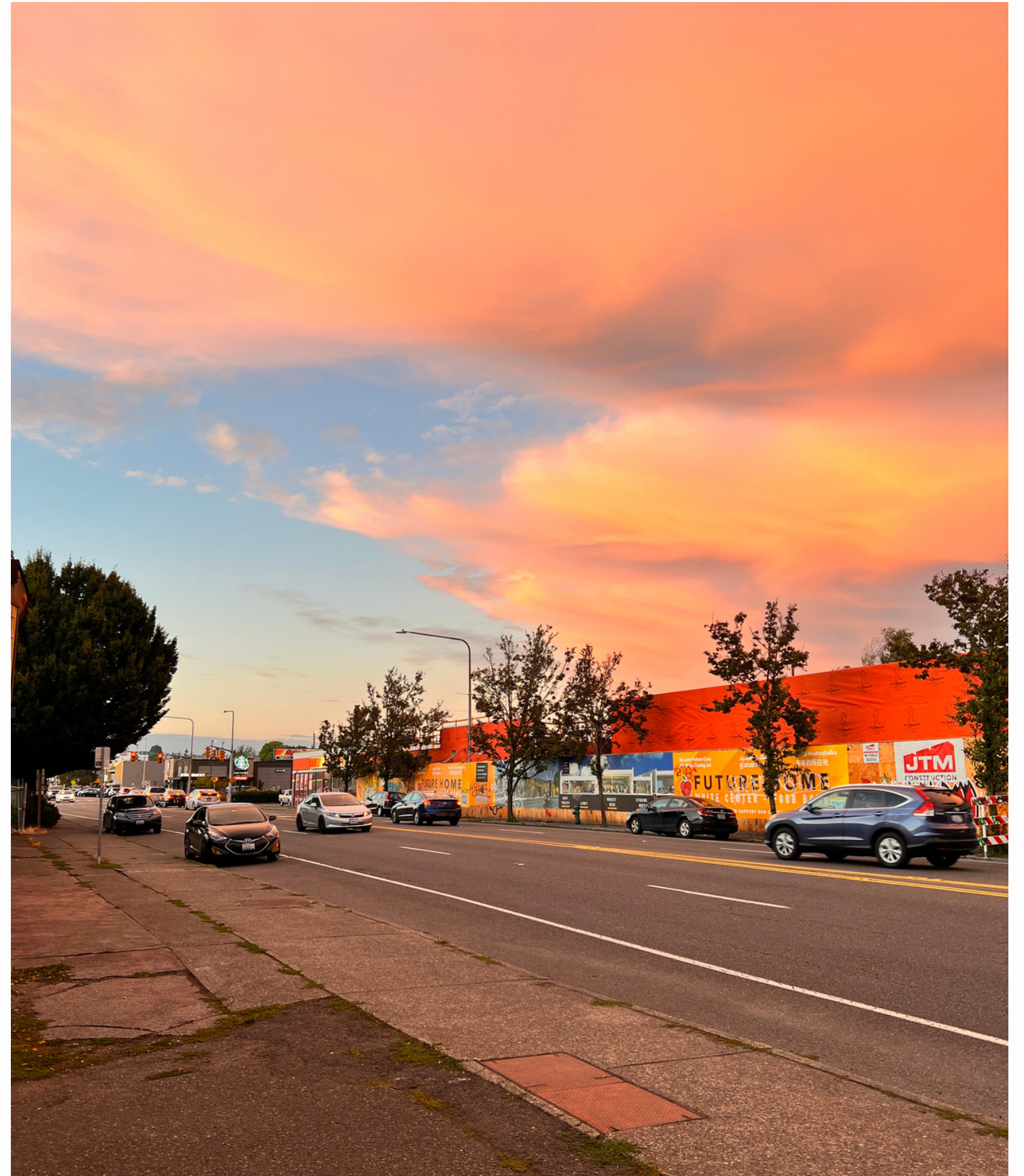
76% of students at our local high school are minorities

Two-thirds of students are considered low-income

Just under 50% of students meet English Language requirements

The school is ranked 7,718th in the nation, and 80th most diverse

There are multiple threats of violence and shelter in place orders each school year.



# HOW IT HAS EVOLVED

Practical accessibility & Transportation

Feedback from our participants

There's levels to this



# WHERE WE ARE NOW





# WHERE THEY ARE NOW





## CONTACT US

**E-mail**            [aj@206south.org](mailto:aj@206south.org)

**Website**        [www.206south.org](http://www.206south.org)

**Phone**            425-243-7704

**Address**        10031 16th Ave SW, Seattle 98146

# CITATIONS

Washington Office of Superintendent of Public Instruction. (n.d.). Chief Sealth International High School. Washington State Report Card. Retrieved September 20, 2023, from <https://washingtonstatereportcard.ospi.k12.wa.us/ReportCard/>