

Cross Fit Restorative Practice: A Health and Wellness Approach to Improve Individual and Community Well-being



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Who we are

- Family Service of Rhode Island (FSRI) is a non-profit social service agency serving the State of Rhode Island
- Accredited by Council on Accreditation
- We serve people across the lifespan from birth to the elderly
- Services range from behavioral health to basic needs support and case management and school based programs
- Partner statewide with other agencies- non-profits, for-profits, schools and government
- FSRI contracts with school districts throughout the state to provide a full continuum of Restorative Services



Who Our Partner Is: Central Falls School District

Restorative Crossfit Workouts began in 2010. Central Falls, Rhode Island - an urban school district with an impoverished population.

Youth Restoration Project in conjunction with Family Service of Rhode Island was asked by the Central Falls School District to support students and faculty.

Veterans Memorial Elementary (1-4)

Calcutt Middle School (5-8)

Central Falls High School (9-12)



Mission Statements

Family Service of Rhode Island

To build social service partnerships that respond creatively to the unmet needs of individuals, families and the community so that people are able to live independently, advocate for themselves, and better their own lives.

Central Falls

The mission of the Central Falls School community is to develop its diverse student population into responsible citizens, effective communicators, innovative problem-solvers and critical thinkers who are able to fully participate in and positively contribute to society.

The school community is committed to the attainment of high standards by all students by ensuring a literacy-rich learning environment and providing results-oriented educational leadership at all levels.



Creative Adaptation of Restorative Practices

Evolved in 2011 through identified needs which were based on feedback from students, parents, Restorative Practice staff and administrators in an effort to assist students.

In a joint partnership between ELO, physical education and Family Service of RI Restorative staff established the creation of Restorative CrossFit Workouts.

Restorative Workouts will:

- Decrease in tardiness
- Decrease in suspension
- Decrease in absenteeism
- Decrease in utilizing In-School Suspension Area
- Credit Recovery
- Improved sense of self and well being
- Become a positive member of the overall community



What are Restorative CrossFit Workouts?

- The Restorative philosophy behind CrossFit training is an all inclusive lifestyle change.
- Restorative CrossFit programming is meant to be scaled and suitable for all ages and physical conditions.
- CrossFit-incorporates Restorative model into an early morning core strength and conditioning program.
- Restorative CrossFit Programs were developed to enhance an individuals competency at all physical tasks and as forum to work towards academic credit recovery.
- Crossfit is offered Monday, Wednesday and Friday mornings before school



Television station WPRI was so impressed by what they were hearing that they did an extended segment on the effort in June, 2013.

<http://www.youtube.com/watch?v=o1B6RITyeiY>



Data...

From the school year 2012-2013 and 2013-2014 the following positive responses to Restorative Crossfit Workouts were reported:

- 40% reduction in tardiness
- 70% reduction in absenteeism
- 100% of students showed improvement in grades



Data (continues)

- **150-175 students have tried /attended Restorative CrossFit Workouts since it inception.**

- **12 students have advanced to 4 year colleges**
 - ❖ 5 students to Rhode Island College
 - ❖ 4 students to University of Rhode Island
 - ❖ 2 students to Brown University
 - ❖ 1 students to Providence College

- **1 student has advanced to a 2 year college (Community College Rhode Island)**

- **1 students had advanced to the military (Marine)**

- **Central Falls High School**
 - ❖ Currently enrolled 727 students grades 9-12
 - ❖ There are 7 students who currently attend Restorative CrossFit Workouts



Community Engagement

In May, 2014 Central Falls High School "Restorative CrossFit" students competed in "BoldrDash," a five kilometer obstacle course held on Scarborough Beach in Narragansett, Rhode Island.

Cheering them on, and competing himself, was Central Falls Mayor James Diossa. "Restorative CrossFit is a great program that provides Central Falls students the opportunity to lead an active and healthy style of living right at the beginning of their day," he said. "I appreciate Family Service of Rhode Island and all involved in this effort that are providing our youth this unique and fun opportunity." In the photo below, Mayor Diossa, on the right with the cap, meets the students and Josh just before they compete.



Restorative CrossFit Workouts and Community Building



Restorative CrossFit Workouts Values

Collaboration

Active listening

Mutual respect

Responsibility

Inclusion

Empowerment

Empathy

Facilitating Dialogue

Emotional articulation

Problem Solving



Comments from our Stakeholders

“Restorative Practices are changing the culture of our schools and increasingly, of the community itself. Training and technical support from the Youth Restoration Project has given us a much broader tool set for handling everything from classroom management to building the capacity of our families. However difficult the circles are themselves, our community members increasingly trust that they’ll be heard and get a positive outcome. In partnership with Family Service of RI, we now have professional Restorative Specialists, in school every day, bringing their trauma-informed care to our students in everyday interactions, from the trivial to the troubled. Shifting our culture from a punitive mindset has been far from easy, but very rewarding.”

*- Dr. Frances Gallo, Superintendent of
Central Falls School District*



“The Restorative staff from Family Service of Rhode Island are an integral part of the Central Falls High School team. They are proactive and provide a valuable service to our school community. The Restorative team has been supportive in building a comprehensive plan that is aligned with our school’s values and priorities. The members of the Restorative team have been key partners in the transformation of Central Falls High School and we look forward to continuing our work together.”

*- Victor Capellan, Deputy Superintendent
for Transformation, Central Falls High School*



“When she started she had a reputation of walking out of class and not following the rules. Since her first day of Cross Fit she has made huge progress in school and with her confidence. Over the summer she was part of the Restorative Cross Fit team who competed in a Spartan race. During the race, she was the driving force on our team. She lead the team all the way to the finish line. This school year she has joined as many after school programs as she could. Her grades are much better than last year and her attitude has changed for the better. Her goal is to go to college next year to be a nurse.”

*- Josh Reis, Restorative Coach and Cross Fit Coach,
Veterans Elementary School and Central Falls High School,
Central Falls, in respect to a 17 year old female participating
in Restorative Cross Fit*

