

# Lantern Gun Violence Prevention Boxing Program at the Healthplex

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# Choosing our community partner

**Lantern Community Services:** a non-profit that serves New Yorkers impacted by homelessness. Its services build community, reduce social isolation, and promote physical and emotional wellness.

**The Healthplex** is a partnership between SBH Health System and Healthplex Associates, a national company that teams up with hospitals, universities and medical facilities around the country - our aim is to serve the health and recreational needs of the communities we serve.

The partnership aims to introduce at-risk teens and pre-teens to alternative models of conflict resolution. It helps them de-normalize harmful behaviors through structured learning, while having fun and focusing on personal growth. The program aligns with both organizations' goals and addresses multiple social determinants of health, promoting a healthier and safer future for the community.



# Overview

Our no-contact youth boxing program (ages 10-17) uses the sport of boxing to teach the fundamentals of movement, rewarding participation and emphasizing community. Through boxing our students learn:

- de-escalation tactics;
- ways to build their self-esteem; and
- awareness of their safety, health and fitness.

Our training staff establish mentoring relationships with our students and serve as role models. Some trainers have similar backgrounds, which helps them build relationships. The program can help improve behavior, as students receive support from trainers, their peers, and the fitness center.



# Program structure

## Program Parameters

- 3-month program
- 12 boxing sessions, once a week
- 6-month gym membership
- Gift card for successful program completion

## Fitness Tests Administered

- Tall Plank
- Sit & Reach
- Curl-up Test
- Pro-Agility Test (5-10-5)
- 300-Yard Shuttle

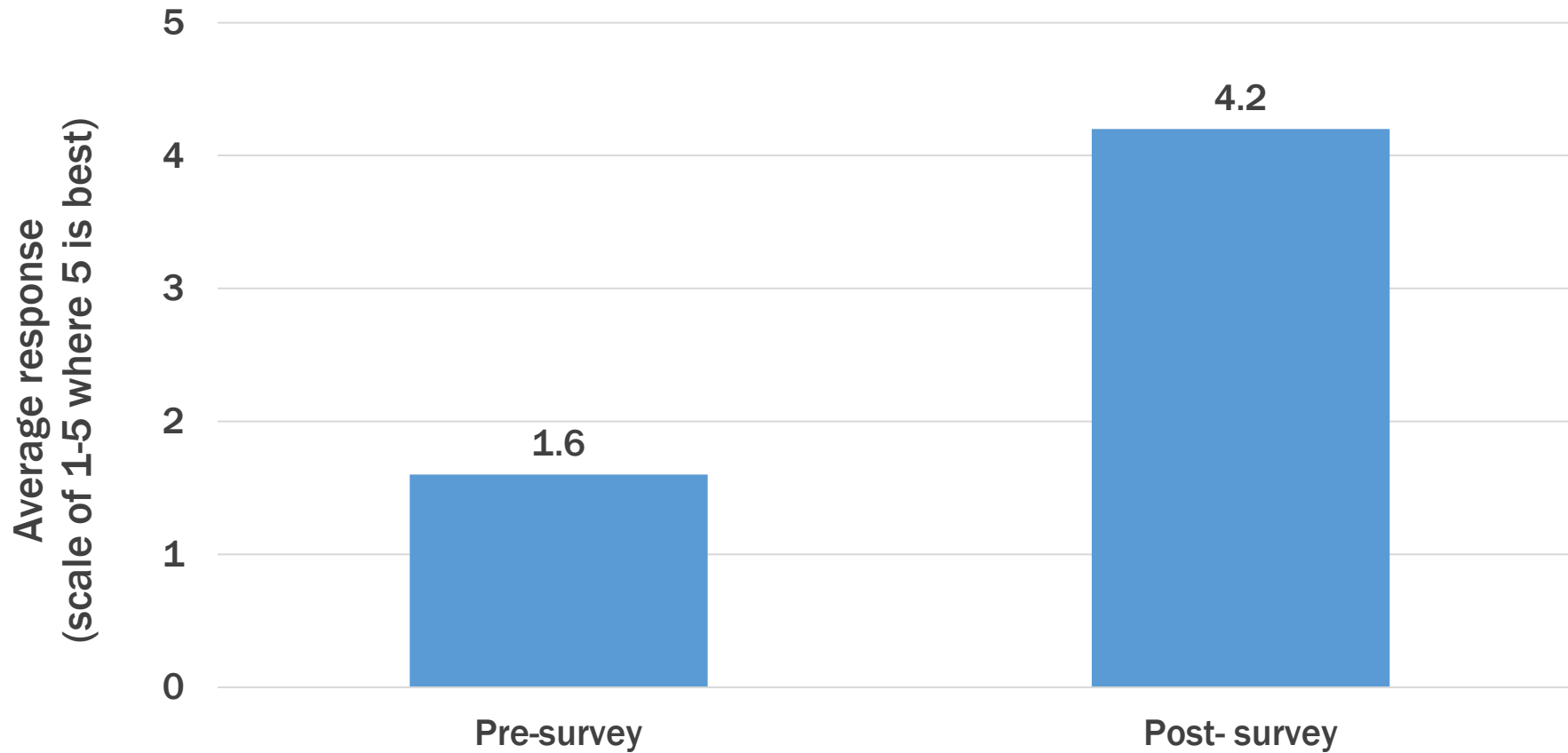




# Results



How likely are you to use de-escalation skills to help you when confronting a violent situation?



Source: baseline quiz administered in the classroom and again at end of program at SBH

# Success stories

We observed significant improvements in our cohort’s ability to handle conflict by the end of the program.

One success factor is the strength of the mentoring relationships between individual students and their trainers. The trust was especially vital for the all-girls cohort.

## Student impressions:

- 11-12-year-old: after completing the program one of the pre-teens joked about **“being able to stand up to a bully now,”** and learning how to **“remove myself from a bad situation.”**
- Female cohort (15-17): all the teens expressed a desire to learn how to defend themselves. After the cohort ended, they all felt that they had learned the skills needed to do this. All of them were **“more comfortable”** in their bodies and were eager to continue improving their physical self with the additional 1-1 strength training sessions added to their pilot.



# Challenges

- Recruitment was difficult to achieve due to leadership changes with our community partners.
- Difficulty scheduling sessions due to transportation barriers and the requirement of an adult chaperone.
- Scheduling around the fitness center's community programming and the offerings for our paying member base was challenging. Due to the young age of our program participants, their school and family obligations limited the schedule as well.
- A significant learning curve for our staff: this pilot has allowed us to identify several areas that can improve and enhance the program while still benefiting the participants. We are confident that we can now “scale up” the program and expand its reach.

# What's next?

- Expanding metric and program parameters:
  - Execute health assessments (PHQ-9, SECA, baseline fitness testing)
  - Conduct required pre and post participant surveys
  - Perform post-program improvement evaluation
- Establish formalized mentorship
  - Begin mentorship early for trust development.
- Enhance boxing and fitness programming
  - Boost recruitment strategies for specific cohorts
  - Concentrate on skill development
  - Establish plans for resource management and sustainability





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# Questions?

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