



## FOUNDER'S MESSAGE



### theBMSproject's EMERGING AGE CONTINUUM

#### "FOUR PILLARS - TEENS"

By Robert E. Martin

Most of theBMSproject's current affiliations have intentionally been limited to organizations that conduct youth sports events (tournaments, clinics and camps).

Now, with two fully developed programs solidly in place - Teens (Four Pillars) and an Adolescents' program (Adult Advisory Tips Sheets) – theBMSproject is ready to start affiliating directly with more teams and organizations with participating team members.

We currently have two fully developed programs that we are in the process of introducing to youth team organizations: A Teen's "Four Pillars Program" (ages 14-17) and an Adolescents' program (ages 6-9). The Adolescents' program has been designed to assist adult youth sports advocates to contribute to and support positive, safe, competitive environments and experiences for young athletes and their families.

theBMSproject's Four Pillars Teens' program emphasizes/promotes mental health awareness and contributes to suicide prevention. The program consists of: 1) An "INTRODUCTION," 2) an early season team behavior "PLEDGE," 3) mid- and post-season athlete safety and well-being **SURVEYS** and pillar 4) Help a Friend 2Day "STICKERS" that tout the "988" life-line, providing self-harm crisis phone intervention, as well as how to locate and vet therapists and counselors. Stickers also bear important safety and well-being messaging for incidents such as sexual misconduct, hazing, bullying, threats of violence, child abuse and other high-risk safety and well-being matters.

We are also proactively developing a 2024 Children's program, and a 2025 Adult/Elite Athletes' program... as we strive to be part of the solution... now and in the future!

### **CHANGING GEARS AND REGARDING AN ENTIRELY UNRELATED MATTER:**

Hello, it's me," Adele sings.  
Lee Corso famously says, "Not so fast, my friend!"  
Now, I say (not so famously), "Hello, I'm back!" r2.

Although, as it turns out, I was never really that far away.

Immediately after announcing and introducing Kristen Abernathy as the theBMSproject's new Executive Director she was unexpectedly confronted with a major disruption at her place of employment. And that development precipitates a change of plans at theBMSproject.

Instead of Kristen assuming duties as theBMSproject's Executive Director, she will assume a role on theBMSproject's Advisory Board in 2025. I will resume/maintain involvement by serving in an interim capacity performing duties normally associated with those of an Executive Director. This unanticipated "change of plans" will permit Kristen to continue to contribute to theBMSproject's future mission, as she navigates the unexpected personal/professional contingencies that have arisen.

Kristen has successfully opened doors with Home Field Kansas City (with facilities in Kansas and Missouri) and Building Champions) and 3,500 athletes. At the same time, theBMSproject is entering into a very strong affiliated partnership with the Diamonds Fastpitch Club. The Diamonds Club is a Kansas City softball organization with 16 teams of all ages.

2024 is indeed proving to be an "epic" pivotal year. And the 2025-26 "Home Stretch" portends to be even better. Reference to a "home stretch" infers a finish line, however, that is not the case... theBMSproject's mission does not anticipate a finish line. Rather, it represents theBMSproject entering a new, broader phase in the pursuit and fulfillment of its start-up, five-year strategic plan. The game of life is a perpetual undertaking... and theBMSproject's goal is to be there when needed... now, tomorrow and beyond.

Together... here for our youth!

Bob

## ANNOUNCEMENTS



**New Logo Treatment Drum roll, please...**

**theBMSproject.org**



The logo says it all... so we won't say anything else.

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**Another big drum roll, please...**



## KC Royals Coaches All Sports Expo 2024

In 2023, theBMSproject, along with presenter support from our Nashville, TN Affiliate, The Center of Clinical Training (“TCCT”), made mental health topic presentations at an All Sports Coaches’ Expo held at Kauffman Stadium (where the Royals rule). In 2024, we’ve been invited back!

**AND WATCH FOR THE ROYALS IN POSTSEASON PLAY AGAIN IN 2025...  
CONGRATS FOR A GREAT 2024 SEASON!**

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## “Show me the money!”



**Jerry Maguire  
(1996)**

In 2022, theBMSproject boldly set out on a mission that we shouldn’t have, but we did, because it needed to be done. We raised \$20,000 to get things rolling... at the end of 2024 the coffers will be bare and depleted... **which was anticipated as part of our five-year plan.** We are an all volunteer organization and can survive into perpetuity on a shoe-string budget, if needed. It won’t be needed, though.

Man, woman, and child can live on bread alone – and subsistence is important. However, to grow and flourish years four and five of the five year plan anticipated



fundraising. As we proactively lean forward adding teams to our youth affiliations and developing children's and adult/elite athlete programs, we are simultaneously applying for funding grants and initiating other fundraising initiatives... **according to plan.**

theBMSproject was created to address some very serious matters, but we will never lose sight of the spirit and joy of youth sports. We will battle the demons and continue to celebrate the positive aspects of sports participation.

IMPORTANT: We view youth sports as a portal into communities. Everything that we do is just as applicable to non-sports' participating siblings, neighbors, relatives... to musicians, artists, mathematicians and hamburger flippers, too... demons be damned, we embrace the challenges of living and are intent to contribute to life solutions.

Let's briefly talk about other another community that embraces laughter and enjoyment too... the handicapped and disabled communities.

As part of our new Children's Program in development, we are working with various other nonprofits to ensure that no one is left behind. This community also has its own demons to deal with... over the coming months, we will be incorporating resources to respond to the needs of handicapped and disabled athletes of all ages. Watch us work!

We'll seek and secure the cash and continue to contribute... Jerry Maguire was one heck of a movie and our script is going to plan... with intense focus on the high side, while maintaining a wary eye on the low side.

*Together... here for our youth.*

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## Legendary Buck O'Neil Award



*Pictured (left to right): Bob Martin, Chris and Kurt Nelson, Kristen Abernathy and her son Jaylon*



*Pictured Right: Kristen Abernathy and her son Jaylon*

On June 10, 2024, The BMS Project founder, Bob Martin, was honored and invited to sit in the Buck O'Neil Seat at a KC Royals baseball game. The bestowed honor was reflective of the community involvement of The BMS

Project's many volunteers, community leaders, youth organizations and service providers that have done so much to contribute to athletes' safety and well-being.

## NEW FEATURES

So, besides touting the "988" life-line and how to locate and vet therapists and counselors, what does theBMSproject actually do? We all get the... "Body, Mind and Spirit" with an emphasis on safety, well-being, promoting mental health, and suicide prevention... okay... is there more? *Yes there is!*

In this "NEW FEATURES" section, we're going to feature brief glimpses of our easy to access and use resources. Our intentionally cursory resources include Self-Help Topic Articles and Positive Advocate Tip Sheets; along with suggestions how to address minor injuries, what to put in a first aid kit, suggested music titles to set upbeat tempos during repetitive drills, how to create engaging practices, as well as resources associated with an introduction to spirituality.

Our approach to all matters of athletes' safety and well-being utilize our concierge approach. We provide brief orientation suggestions, then provide a limited number of possible "next-step" suggestions. From there, having been pointed in the right direction, users are able to seek solutions to solve their own problems.

Mental health, safety and well-being concerns and interjecting and maintaining positivity into youth and adult sports' experiences is highly complex and there are a plethora of confusing resources available to everyone... **far too much information** to process in the beginning. We strive to point users in the right direction by providing a guiding, supporting hand in your quest for solutions.

### Top 10 Tips: Youth Sports and Parenting By Robert E. Martin

#### #1 The Golden Rule.

Thou shalt never say things about someone else's child that thou wouldn't want said about thine.

#### #2 Whispering on Social Media is Like Shouting in a Crowded Room

Don't do it!

#### #3 Albert and Norman Could Not Hit Curve Balls

You would not necessarily hand the ball to Albert Einstein or Norman Rockwell on third and three but, they did pretty good in life. Just sayin'. If your child excels in sports, cool - if not, let them be what they be... learn, enjoy and use the experience(s) to become better human beings.



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- #4 Apple Trees and Fallen Apples**  
The cliché is that apples don't fall far from the tree. True. But a fallen apple has embarked on its own journey... our children are like us, but they aren't us. Share, enjoy, nurture, guide and love, but try not to live too much through your children - their games belong to them.
- #5 We Don't Skin Cats**  
There are lots of ways to do things, but some things we just shouldn't do. Generally, don't do your way (whatever that is) as long as it doesn't do harm to others. Preserving and nurturing the self-esteem of young athletes is everything!
- #6 COME ON, MAN... or MAM! REALLY?**  
Adults shouting demonstratively onto the field at players, coaches and/or officials is an anathema (strongly disliked). Unacceptable! Monkeys throw their poop... be better than that.
- #7 Everyone is Entitled to Their Opinion**  
Competition necessarily requires opposition. Dr. King said "... see all overcome." Then he advocated peaceful means to achieve change and progress. Zip it. The game begins and ends on the field with the kids... leave it there, where it belongs. Not in the stands, not on social media... in their capable young hands.
- #8 Guests are Best When at Rest**  
Hopefully, you know and abide by proper team protocols and standards of behavior at your children's practices and games. Grandma, Grandpa, Aunt Sally and Neighbor Charlie do not... let 'em know what's over the line.
- #9 Who Put them in Charge?**  
Well, it probably wasn't you. If ya gotta beef with the coach(es), handle it like an adult - away from the kids. Your child's welfare and well-being are your responsibility. If things are a-skee, find out who is in charge and take it up with them.
- #10 Cooler Heels versus Hot Kickin' Boots**  
Need we say it again? Come on, man! All sports - including youth sports - evoke strong emotions. Learning to channel emotions into positive outcomes is one of the most valuable lessons to be derived from participation in youth sports. Don't do something that you and your child will regret. If your team doesn't have a mandatory "cooling off period" before addressing emotional disagreements, then identify and use your own.

<b>EMERGENCY</b> In a crisis, call "911" immediately If considering self-harm, call "988" The National Suicide Intervention Lifeline	<b>SEXUAL MISCONDUCT</b> To speak to a counselor, call (800) 696-4473 or 1-800-696-4473	<b>BULLYING/HAZING</b> For helpful resources, visit stopbullying.gov or stopbullying.org	<b>CHILD ABUSE</b> To report suspected child abuse, call (800) 422-4433 Childhelp National Child Abuse Hotline
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It is recommended that incident(s) of serious misconduct be reported to law enforcement. Minors should report incidents of misconduct to their parent(s) or guardian(s).

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## Suicide: What to watch for in teens and young adults

By Larry Lauvetz, M.A. Counseling Psychology

No parent wants to think about their son or daughter having thoughts of suicide much less attempting suicide. According to the CDC, suicide is the second leading cause of death for teens and young adults ages 10-34. In 2023, 22% of high school students reported having seriously considered suicide in the past year, with 10% attempting suicide. For more complete statistics on suicide go to the JED Foundation at jedfoundation.org. As far as understanding the situations most commonly associated with suicidal ideations, SI, and understanding the warning signs leading up to SI, here is some helpful information.

[Read the article](#)

## American Red Cross: First Aid Guide

Shared by Jennifer Martin RN

On theBMSproject.org's site, resources are available on many topics, including what to put in a First Aid Kit, as well as a simple First Aid Guide to assist when dealing with minor injuries and ailments that occur during youth sporting/competitive events and/or practices.

[Go to the page](#)



Larry Lauvetz, M.A. Counseling Psychology [theBMSproject.org](http://theBMSproject.org)

Larry has worked in mental health since 1990. He began work with Mental Health Resources in 1996 and became a partner in 2000 and was named President in 2007. In 2005, Larry formed Willowbrook, Inc. with two partners. Both organizations are contract providers for Tri-County Mental Health services for children and adults in Ray, Platte and Clay Counties in Missouri. Larry currently supervises 12 clinicians and see 10 individuals for counseling.

For questions and/or permission to reprint this article in whole, or in part, for any purpose other than personal use, contact [inquiries@theBMSproject.org](mailto:inquiries@theBMSproject.org).



### "Suicide: What to watch for in teens and young adults" By: Larry Lauvetz, M.A.

No parent wants to think about their son or daughter having thoughts of suicide much less attempting suicide. According to the CDC, suicide is the second leading cause of death for teens and young adults ages 10-34. In 2023, 22% of high school students reported having seriously considered suicide in the past year, with 10% attempting suicide. For more complete

statistics on suicide, go to the JED Foundation at [jedfoundation.org](http://jedfoundation.org). As far as understanding the situations most commonly associated with suicidal ideations (SI) and understanding the warning signs leading up to SI, here is some helpful information.

**Isolation** - One of the best indicators for SI is isolation. Most teens will isolate to some degree as this can be a very challenging stage in their development. Allowing your child to spend time on their own can also be challenging to parents as most parents would prefer that their child spend time around the family and discuss their daily activities. As a parent who has had three teenagers, I know this is not always reality. The difficult thing for parents is to know where to draw the line between healthy time alone and excessive isolation. Having firm boundaries and clear expectations can relieve some of these frustrations and let your child know that there is going to be time given for privacy but too much time is not okay.

**A rapid level of decrease in interest or motivation in the things they love to do** - This is also a clear sign that something is wrong and having discussions about this is crucial. If your child is very interested in a certain sport, video games, hanging out with friends, whatever it is and then slowly starts to become detached to those interests, it is a warning sign that something is amiss.

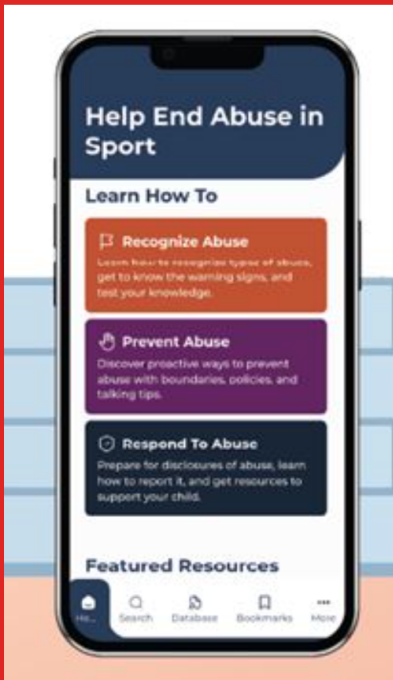
**Poor sleep** - Most teens that are contemplating suicide have difficulty sleeping because they will ruminate about this at night. Poor sleep also is one of the most correlated symptoms when it comes to SI in both teens and adults.

**Sports injuries, especially concussions** - Sports can be a healthy reprieve from the everyday stressors of life for many teens. Becoming injured in the sport they love, and subsequently not being able to play, can be very difficult to handle. Concussions have been shown to increase SI in teens, especially multiple concussions, leading to prolonged headaches, depression, confusion, and isolation.

**Statements like no one cares about me and then they stop** - Statements like this can be common in younger children when they do not get what they want. Teenagers may make these statements as a cry for help. A teenager who has made these statements in the past but now has ceased in making these statements, in absence of a change in their environment, can be a strong warning sign. Obviously if things in their life have changed for the better, these statements will also likely cease.



We are sharing a link to a new app, SafeSport Ready, the first mobile app featuring prevention education resources from the U.S. Center for SafeSport.



## SafeSport Ready

theBMSproject.com is sharing a link to a new app, SafeSport Ready, the first mobile app featuring prevention education resources from the U.S. Center for SafeSport.

With the SafeSport Ready app, you'll be able to:

- Take quizzes to check your sport's prevention policies.
- Explore articles on how to talk to youth athletes.
- Check to see if someone you know has been listed in the Centralized Disciplinary Database.

Download it on the [App Store](#)  
Get it on [Google Play](#).

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## Affiliates



**CHALLENGER**  
SPORTS™



**Diamond Club Fastpitch**





## Blue Springs Baseball



The BMS Project is a 501(c)(3) nonprofit organization whose mission is to assist amateur sports advocates to create positive, safe competitive environments and experiences for athletes and competitors of all ages and their families; as well as to promote mental health awareness and contribute to suicide prevention.

To accomplish our mission, we work closely with mental health service providers, partners, affiliates, youth organizations and advocates to provide healthy lifestyle resources and easily accessible mental health assistance. We define “youth sports’ advocates” as parents, coaches, mentors, officials and school counselors.

[Visit our Website](#)

View the [BMSproject.org's Organizational Chart](#) by [clicking here](#).

[Click here](#) to view 2023 IRS Form 990

Suicide prevention in young athletes has become a growing effort in recent years. The key towards helping these athletes involves parents, coaches, league leaders, and fellow athletes. The BMS Project works hard to identify opportunities to get the word out to athletes about what to do if their mental or physical well-being is at risk. Help us further our mission...

**Donate today to help the [BMSproject.org](#) protect young athlete's well-being and safety.**

[Donate Now](#)

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