IF YOU KNOW OF A FORMER PLAYER IN NEED OF ASSISTANCE, PLEASE CONTACT US

PHONE: 1-800-635-4625
EMAIL: nflplayercare@nfl.com
ADDRESS: PO Box 4746 • New York, NY 10163
WEBSITE: www.nflplayercare.com
SOCIAL: @nflpcf

MISSION
The NFL Player Care Foundation (PCF) is an independent organization dedicated to helping retired players improve their quality of life. PCF addresses all aspects of life by providing programs and assistance with medical, emotional, financial, social, and community issues.

PCF STATEMENT ON DIVERSITY, EQUITY, AND INCLUSION:
The NFL Player Care Foundation is committed to advancing diversity, equity, and inclusion in athletics and society at large. We fundamentally believe that all people deserve fairness, justice, opportunity, and equity. Our efforts promote an inclusive culture where persons’ differences are celebrated, and discrimination is not tolerated. We seek to promote an environment where society seeks to develop and promote healthy social and prosperous economic environments.
LETTER FROM THE PRESIDENT

This past year was unique for the NFL Player Care Foundation (“PCF”). As the world struggled with a health crisis and consequent economic upheaval, PCF responded with leadership and passion focused on helping former players and families whose lives were disrupted by the Covid-19 pandemic. Our staff members responded to the devastating circumstance by providing innovative solutions for improving the lives of a former player community facing financial struggles, existences, unemployment, and other increasing uncertainties. PCF continues to determine how to help those still navigating the remnants of the ongoing pandemic.

Another significant piece of our work this year was continued evaluation of our internal operations to gauge for any possible institutional racism or discrimination. We initiated new learning experiences and staff trainings as we continue to work within our mission to combat inequality.

The accomplishments of the NFL Player Care Foundation, especially during a most challenging year, are both ample and noteworthy. The PCF Career Portal continues to develop and grow its list of participating companies, as well as its list of registered former players. Similarly, the behavioral health Portal continues to develop and grow its list of participating companies, as well as its list of registered former players. Additionally, we received substantial new funding commitments that will allow us to strategically plan for continued growth.

Our disaster relief efforts started at the end of fiscal year 2019 and continued to dominate our attention throughout this year, with many of PCF’s energies focused on continuing to assist the former players and families whose lives were disrupted by the Covid-19 pandemic. Our staff members responded to the devastating circumstance by providing innovative solutions for improving the lives of a former player community facing financial struggles, existences, unemployment, and other increasing uncertainties. PCF continues to determine how to help those still navigating the remnants of the ongoing pandemic.

The recent struggles our nation and society endured were paused indefinitely, the PCF staff continued to use their flexibility and creativity to find new avenues to connect with those they serve. In fact, some pandemic-related limitations exposed new opportunities that led us to virtual platforms and strategies which allow us to maintain a more consistent presence among the former player population.

The PCF Career Portal now hosts over 860 former player registrations and more than 60 employers eager to hire them. This year’s challenges were not limited to COVID, as we all saw and many experienced the scars of systemic racism roil our communities. Again, PCF responded by further amplifying our commitment to advancing diversity, equity, and inclusion by creating and empowering the PCF Racial Equity Committee (REC). The REC has led us through a self-examination that has included reviewing our infrastructure, conducting training and highlighting potential DEI concerns in all our decision making.

Despite the turmoil of 2020, we are proud to say that our partnerships with the NFL and our other stakeholders have enabled us to make significant strides in executing our mission of improving the quality of life of NFL Legends.

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Although much innovation resulted from the turmoil of 2020, I’m thrilled that we are able to resume our landmark PCF Healthy Body and Mind Screenings. After a COVID-induced hiatus, we are proud to resume and have adapted it to include responsible, medically advised precautions to make each participant feel safe while still undergoing the extensive cardiovascular screening at no cost.

Screenings. After a COVID-induced hiatus, we are proud to resume and have adapted it to include responsible, medically advised precautions to make each participant feel safe while still undergoing the extensive cardiovascular screening at no cost.

In a year filled with many obstacles and frequent audibles, our team remained steadfast to its mission while pushing past their own challenges without compromising quality and care. I am grateful to them for their unwavering commitment and look forward to continuing growth as a staff and foundation. If we can undergo remarkable growth in a year of turmoil, I’m confident and excited to look ahead at how we will impact the retired player community in years to come.

Belinda Kune
Executive Director, NFL Player Care Foundation

LETTER FROM THE EXECUTIVE DIRECTOR

It was a challenging year for everyone across the globe and the Player Care Foundation (PCF) was not spared. In response, we used this time to deepen our commitment to serve and redouble our efforts to adapt and innovate. As a result, we are emerging on the other side stronger and more responsive to our mission of improving the quality of life of NFL Legends.

PCF saw a significant portion of this assistance through our financial grants. In March 2020 when the world was shut down by Covid-19, PCF built a staff, collaborative disaster relief program. Due to that effort, we were able to distribute $1.07M to former players who unexpectedly found themselves with reduced or no income. Due to our Covid response and our other financial grants we achieved the momentous milestone of surpassing $20 million in total grants since our 2007 inception.

Recognizing that financial assistance could alleviate but not resolve the issue of unemployment, PCF took the opportunity to expand its career program. The PCF Career Portal, which connects NFL Legends with job opportunities to many of the nation’s leading employers, including NFL sponsors, broadcasters and clubs, rose to the challenge. Barely one year old, it pivoted to become a valuable resource to former players whose lives were disrupted by the Covid-19 pandemic. Our staff members responded to the devastating circumstance by providing innovative solutions for improving the lives of a former player community facing financial struggles, existences, unemployment, and other increasing uncertainties. PCF continues to determine how to help those still navigating the remnants of the ongoing pandemic.

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STATISTICS FROM INCEPTION

Displayed below are statistics that the Player Care Foundation has recorded since its inception in September 2007.

<table>
<thead>
<tr>
<th>Category</th>
<th>Value</th>
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</thead>
<tbody>
<tr>
<td>Financial Contributions</td>
<td>$20.1 million</td>
</tr>
<tr>
<td>Players Assisted</td>
<td>1,990</td>
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<tr>
<td>Research Distribution</td>
<td>$11.4 million</td>
</tr>
<tr>
<td>Players Screened</td>
<td>6,283</td>
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<tr>
<td>COVID-19 Disaster Relief</td>
<td>$1.07 million</td>
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</table>

"During a standard dental checkup my dentist informed me that an autoimmune disease had developed, resulting in 16 cavities to form in just 12 months. My only option was to undergo a $50,000 procedure to extract and replace every tooth at once, which was an extremely painful and expensive process. As a retired man with a fixed income, I would have had to sell my house to afford this surgery. Fortunately, I was introduced to the Player Care Foundation and the other wonderful programs they partner with. The Player Care Foundation staff members were nothing but professional and courteous as they assisted me with a financial grant, and I am forever grateful and appreciative of their help. It is more than gratifying to be an ex-player who has this type of support system when in need."

– Mike Taliaferro
Quarterback, 1964-1972
The unaudited financial information set forth above is preliminary and subject to adjustments and modifications.
Through charitable grants from the NFL Foundation and the generous contributions from several NFL clubs and alliance members, the Player Care Foundation continues its financial assistance to former NFL players and their families who are in dire need. Since the first financial hardship grant in 2008, the Player Care Foundation has contributed over $20.1 million to 1,990 former NFL players to assist in their day to day living expenses, coordinated medical care, and mental health resources. In the most recent fiscal year the Player Care Foundation has distributed over $2 million in financial grants to 686 former players.

Player Care Foundation grant applications adhere to the Foundation's financial and NFL service time eligibility requirements and are considered on a case-by-case basis. Eligible retirees include NFL players with at least one credited season or two seasons as a practice squad player. Widows and children of deceased former NFL players, who would otherwise be eligible for support, may also apply.

FISCAL 2020 ASSISTANCE: APRIL 1, 2020 – MARCH 31, 2021

TOTAL FUNDING: $2,060,451.02
AVERAGE YEARS IN THE NFL: 4 Credited Seasons
MEDIAN AGE: 42 Years Old
PLAYERS ASSISTED: 686

“I had no clue about the Player Care Foundation’s disaster relief program. When I learned of it, I immediately applied and began working with Dana Lihan. I explained everything going on in my life, and Dana was open and honest throughout the entire process. In the end, this grant was extremely helpful for me in a variety of ways. Most importantly, with uncertainty worldwide, PCF allowed me to be dependable and to continue providing for my kids. As a father, you always want to be that strong figure who provides, and in this case, every little bit of assistance went a long way.”

– Will Davis
Cornerback, 2013 – 2016
<table>
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<tr>
<th>NFL Seasons</th>
<th>Approved Applicants</th>
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<td>0 - 2</td>
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<tr>
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<td>9 - 11</td>
<td>64</td>
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<tr>
<td>12+</td>
<td>26</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>686</strong></td>
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<table>
<thead>
<tr>
<th>Age Range</th>
<th>Approved Applicants</th>
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<tr>
<td>20 - 30</td>
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<td>31 - 40</td>
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<td>71 - 80</td>
<td>13</td>
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<tr>
<td>81 - 90</td>
<td>2</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>686</strong></td>
</tr>
</tbody>
</table>

| Deceased    | 2                   |

The unaudited financial information set forth above is preliminary and subject to adjustments and modifications.
COVID-19 DISASTER RELIEF FUND

The start of the NFL Player Care Foundation’s Fiscal 2020 year was truly like no other. Fear and uncertainty gripped our global community, and PCF and the NFL Legends Community were not immune. Through the generous and compassionate support from our collaborative partners at the NFL Management Council, Gridiron Greats and Pro Football Hall of Fame, in just under two months, PCF was able to distribute over $1.07 million to over 500 NFL Legends impacted by the effects of COVID-19. Though PCF’s COVID-19 Disaster Relief Fund has since closed, PCF continues to monitor the ongoing pandemic and will continue to assist NFL Legends through its standard financial grant guidelines.

In unpredictable and unprecedented times, PCF embodied its mission statement by helping former players improve their overall quality of life.

<table>
<thead>
<tr>
<th>MONTH / YEAR</th>
<th>AMOUNT</th>
<th>APPROVED APPLICANTS</th>
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</thead>
<tbody>
<tr>
<td>April 2020</td>
<td>$484,000.00</td>
<td>242</td>
</tr>
<tr>
<td>May 2020</td>
<td>$458,000.00</td>
<td>229</td>
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<tr>
<td>June 2020</td>
<td>$130,000.00</td>
<td>65</td>
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<tr>
<td>July 2020</td>
<td>$4,000.00</td>
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</tr>
<tr>
<td>August 2020</td>
<td>$2,000.00</td>
<td>1</td>
</tr>
<tr>
<td>TOTAL</td>
<td>$1,078,000.00</td>
<td>539</td>
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</tbody>
</table>
HEALTHY BODY & MIND SCREENING PROGRAM

Since 2016, the Player Care Foundation has partnered with one of the nation’s premier medical providers – Tulane University School of Medicine – to conduct its Healthy Body and Mind Screening Program. Piloted in 2007, this program is a national screening program available to any former player who has ever been on an NFL roster. Each screening provides medical testing valued up to $10,000 at no cost to attendees. The screening program, which takes approximately two hours, is held at various private facilities, and includes cardiovascular, prostate, and mental health screening, along with comprehensive blood testing, body composition analysis and a coronary CT scan. These screenings have identified conditions which have inspired life-saving treatments former players were previously unaware of.

PCF’s medical screenings are offered as part of the Foundation’s research efforts, helping to advance public awareness and scientific understanding of the specific health issues affecting former NFL players. The medical data collected at the screenings is shared to draw conclusions regarding the health of this group of elite athletes. De-identified data is then shared at national and international medical conferences. Research studies inspired by this collection of data have primarily focused on sleep apnea risk, cardiovascular and blood pressure risks.

Healthy Body and Mind Screenings are typically held in 10 locations annually, rotating each year to screen as many former players as possible. Unfortunately, the screenings came to a sudden halt during the onset of the global COVID-19 pandemic in March of 2020. The absence of the screenings highlighted their significance to the physical health of former players and perhaps more importantly to the thriving sense of camaraderie and community enjoyed by former players. Since its inception, the program has screened over 6,000 attendees in total, and the Player Care Foundation will resume screenings in the fall of 2021. Screenings will resume in NFL cities nationwide and will again be held at future Super Bowls and Drafts.

“If you are a former player who has been hesitant about visiting the clinic or hospital, the Player Care Foundation’s Healthy body and Mind Screening Program makes the experience of seeing doctors and taking charge of your health an easy and effortless process. It eliminates the pain points of going to several different doctors’ offices and brings various medical testing and resources from the NFL, PCF, and The Trust all to one place. In addition, the staff goes above and beyond to make sure you understand your results and get any help that you may need. It is very organized, and you and your loved ones will be happy that you attended.”

– Corey Mays
Linebacker, 2006-2010
NFL Player Care Foundation serves a great purpose for transitioning from the NFL. When I left the National Football League, I first transitioned into coaching and I enjoyed it but I reached a point where I wanted to spend more time with family. The NFL PCF Career Portal gave me that pathway through their Career Fair and it allowed me to transition into a new career. It also provided me an opportunity to provide & serve my community.

– Cleo Lemon
Quarterback, 2005-2009

When we piloted the NFL PCF Career Program in the fall of 2018, we quickly learned there was a strong appetite from our NFL Legends as well as national employers. While the Super Bowl Career Fair had quickly evolved into a staple annual event, we wanted to do more to assist former players in connecting with employers—beyond the in-person fairs and during the other 364 days a year. In May of 2020, we launched our NFL PCF Career Portal. The Portal allows players to browse and apply for opportunities that were posted by hiring managers across the country. I’m proud that we were able to provide career resources, opportunities, and hope to players at a time when our country was facing record unemployment numbers that were fueled by COVID-19. Since our initial launch, we have had over 850 former players register to network and interview with 60+ employers, including PepsiCo, FedEx Ground, Visa, Lowe’s, NBC Sports, and many of our NFL clubs. Additionally, with assistance from Atrium Workforce Solutions, PCF has been able to review, update and improve over 340 player resumes.

I am looking forward to the continued growth of our NFL PCF Career Program in the upcoming fiscal year. In addition to the introduction of our inaugural Kickoff Career Fair in September 2021 that follows our successful 3rd Annual Super Bowl Career Fair in February 2021, we are making a concerted effort to diversify the career offerings on our portal. We have started engaging with municipalities and national non-profits to hire NFL Legends. Visa will also be launching their “NFL Players in Business Development Program” this fall. The 2-year paid rotational program will expose NFL Legends to different departments across Visa. I believe this innovative model is one that other employers will adopt in the years to come.

– Jason Cantor
Program Manager, NFL Player Care Foundation

NFL PCF CAREER PROGRAM

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CAREER PROGRAM

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NFL PCF CAREER PORTAL | STATS FROM INCEPTION

<table>
<thead>
<tr>
<th>NFL PCF CAREER PROGRAM</th>
<th>3rd Annual Super Bowl Career Fair</th>
</tr>
</thead>
<tbody>
<tr>
<td>150 NFL Legend Registrations since Launch</td>
<td>150 NFL Legend Participants</td>
</tr>
<tr>
<td>62 Employer Registrations since Launch</td>
<td>46 Different Employers</td>
</tr>
<tr>
<td>430 Unique Jobs posted</td>
<td>342 Resumes submitted, reviewed and approved</td>
</tr>
</tbody>
</table>
Our mission at PCF is improving the quality of life for former players. One way we support former players is via behavioral health case management by emotional wellness experts. Behavioral Health takes the whole person into account — not just mental illness. Behavioral health is a term that describes how our actions impact our overall health and well-being; these actions may be influenced by major life events, trauma, transitions, grief and loss, mental health, mental illness, substance use, physical health, eating and sleeping habits, and more. During the past year, the former player community has been uniquely impacted by the COVID-19 pandemic, as well as race-based violence against communities of color. In response, PCF has taken action to support former players by providing increased training opportunities for our staff. PCF creates safe, relaxed spaces for former players to navigate issues in their own lives by demonstrating respect, empathy, and confidentiality. PCF works with former players to identify needs and connects them to resources and services ultimately helping them to address and improve their mental and emotional health and wellness.

PCF has cultivated strong relationships with its partners at NFL Lifeline, Cigna, Eisenhower Center, the Trust (powered by the NFLPA), and Professional Athlete’s Foundation in recent years, and these partners are key to how the foundation offers clinical support and referrals. PCF’s extensive behavioral health efforts have evolved and increased throughout the years in response to need. The foundation now benefits from the presence of three full-time clinical social workers and one graduate social work intern. This devoted group collaborates to best help players navigate mental and behavioral health challenges/needs to improve well-being. Outreach efforts of PCF continue to progress. During a year of internal struggle for many, PCF sought new ways to continue combating stigma, address crises, and respond to difficult topics including suicide. Behavioral health has always been a priority for PCF, but we continually meet the challenge to expand and improve the quality of care and efforts for the former player population.

“At a time in my life, when all hope seemed lost and I was struggling with my addiction, the Player Care Foundation was there for me. They were the help I needed at a desperate time and provided the pathway back to the productive person, father, husband and son that I once was. Using those same tools that they provided me, I began to give back MORE to my brothers that played with, and against who were also struggling. The relationship that I formed with PCF out of desperation, evolved into a wonderful partnership with White Sands Treatment Center and helping former players that are struggling with substance abuse and self medicating their underlying issues, I found myself again... and that is the HOPE PCF and White Sands Treatment Center offer! There is HOPE... We can HELP!”

— Randy Grimes
Center, 1983-1992

BEHAVIORAL HEALTH
Social Justice

The NFL Player Care Foundation recognizes the longstanding and continued impacts of systemic racism and race-based violence against communities of color. As an organization serving former NFL Players, most of whom are Black men and men of color, we felt it most important to take a deep dive to learn how to better support and serve the men and families we work with every day. Since the formation of the PCF Racial Equity Committee, our staff and board members have engaged in meaningful conversations about how to help bring attention to these issues as they directly impact the retired player community.

During the 2020 year, our staff sought additional support and consultation from expert professionals to help us with both a thorough internal examination of our practices and the inauguration of ongoing learning initiatives focused on cultural sensitivity. First, Maria Lewis, the Chief Diversity Officer for Faegre Drinker, took an in-depth look at our policies and practices to help us determine how to be more deliberately antiracist. Led by Valon Alford, the REC also organized a cultural sensitivity training for our staff and board members with scholar and speaker Tim Wise. As a result of our consultation and training, PCF has updated its website and documentation to reflect our commitment to diversity, equity, and inclusion. Additionally, the REC has explored meaningful ways to align with initiatives that support Black and Brown former players.

Another initiative of the REC was to highlight PCF Board Member Ozzie Newsome, who has had a considerable influence on the National Football League and the larger communities. In June 2021, Ozzie was honored by Baltimore Ravens owner Steve Bisciotti and his wife Renee with a $4 million gift in his name to Historically Black Colleges and Universities in Maryland which include the University of Maryland Eastern Shore, Morgan State University, Coppin State University, and Bowie State University. The Ozzie Newsome Scholars Program will provide scholarships to graduates of Baltimore City Public Schools. As PCF looks toward a brighter future, we are continuing to explore ways to best support our Black and Brown former players. We are embracing learning, growing, and communicating our support for antiracism and equity which improve the quality of life for former players.

As the Chief Diversity Officer of the national law firm Faegre Drinker, I believe that our values are reflected in our collaborations and partnerships with clients in a team-oriented approach. By building community with our clients, we bolster our capacity to contribute meaningfully to advance our clients and communities. If I call it an ethos, a commitment to embrace justice, equity, diversit, and inclusion is critical for a truly inclusive society, we are reminded that this commitment is necessary to build a shared inclusive culture including a specific emphasis on anti-racism that shows a determination and negative bias in all of its forms.

It has been a rewarding experience during the third and fourth quarter of 2020 to partner with the NFL Player Care Foundation and Building Community in Mindset with the persons and community it serves. While my engagements involved examining the nuts and bolts of the NFL Player Care Foundation’s policies, by-laws, procedures, forms, and processes to ensure standard diversity principles are in place, it was equally important to make up this organization and team believe in these same diversity principles. I am pleased to report that I found that the NFL Player Care Foundation has a strong foundation from which to build with no major issues or concerns. I discussed new enhancements to best practices including providing a diversity, equity, inclusion statement, finding ways to reiterate that commitment and sensitivity on the website and in various forms and conversations, and a new committee that focuses on these efforts. We look forward to the continued work of the NFL Player Care Foundation as a representative organization where these values are promoted and celebrated.”

- Maria L.H. Lewis, Esquire
Chief Diversity Officer, Faegre Drinker
PARTNERSHIPS

ATRIUM

Atrium, a pioneering WBENC-certified organization, delivers workforce management and talent acquisition solutions. Informed by people, process and technology, our goal remains to enhance the candidate experience and elevate each unique employer brand. Our expertise includes nationwide temporary and direct hire staffing, payroll services, independent contractor compliance, direct sourcing, managed service provider (MSP) programs and intern program design.

Atrium assists with the NFL PCF Career Program by conducting resume reviews for NFL Legends. Additionally, Atrium lends their expertise to the Foundation through workforce readiness best practices.

For more information visit: atriumstaff.com

EISENHOWER CENTER

Established in 1993, Eisenhower Center is a residential neuro-rehabilitation facility headquartered in Ann Arbor, Michigan. Starting with 16 clients, Eisenhower Center has grown to over 160 residents, extensive outpatient programs, vocational programs and four campuses. Expertise in behavioral programming, substance abuse prevention and veteran programming has established national attention for excellent care standards and significant clinical results for the most challenging cases.

The Eisenhower Center focuses on treating men and women recovering from physical, emotional, and neurological injuries acquired during participation in professional sports. Through the NFL Player Care Foundation, the Eisenhower Center has connected with NFL alumni suffering from mental health issues or neurological injuries. This transitional, residential treatment program works with motivated individuals to gain awareness of their strengths and weaknesses, and apply them to short and long term goals.

For additional information visit: eisenhowercenter.com

“I have found our partnership with the NFL Player Care Foundation to be both enjoyable and beneficial. It is a pleasure to interact with such a talented and diverse group of professionals and assist in their continued career growth!”

– Brian Jeffcoat
Associate Recruiter – Campus Recruiting, Lowe’s Companies Inc.
NATIONAL FOOTBALL LEAGUE ALUMNI ASSOCIATION

The National Football League Alumni Association is a non-profit organization comprised of retired National Football League players, coaches, professionals, and Associate members. The focus of NFL Alumni is to serve, assist, and inform players in their post-NFL lives. The Association offers a variety of medical, financial, educational, and social programs to keep members and their families healthy, productive, and connected.

NFL Alumni members are organized into chapters around the country and with a history going back to 1967, the NFL Alumni’s charitable efforts typically raise more than $1 million per year for charity. The NFL Alumni Association has become an important partner in PCF’s Healthy Body & Mind Screenings and has brought an invaluable set of resources to participants of the program.

For additional information visit: nflalumni.org

GRIDIRON GREATS ASSISTANCE FUND

The Gridiron Greats Assistance Fund (GGAF) is a non-stock, non-profit 501(c)(3) organization providing financial grants and ‘pro bono’ medical assistance to retired NFL players in dire need. The organization focuses on the humanitarian side of post-football related issues, which includes coordination of social services to retired players who are in need due to a variety of reasons including inadequate disability and/or pensions.

The Gridiron Greats Assistance Fund’s mission is to assist dire need retired NFL players who were pioneers of the game and who have greatly contributed to the NFL’s status as the most popular sport in America. Gridiron Greats Assistance Fund provides hands-on assistance to help retired players and their families deal with hardships they face after football. The services include medical assistance, transportation costs for medical evaluations and surgeries, housing assistance, financial assistance for utilities, medication, and coordination of services for food, automotive payments, and childcare. Since its creation, GGAF has helped more than 1,000 former NFL players and their families.

Additionally, the Gridiron Greats Assistance Fund provided tremendous support to the Player Care Foundation by helping the Foundation respond to the significant volume of inquiries from former players during the COVID-19 crisis.

For additional information visit: gridirongreats.org

NATIONAL FOOTBALL LEAGUE FOUNDATION

The NFL Foundation is the League’s nonprofit organization representing the 32 NFL clubs. Its mission is to support the health, safety and wellness of athletes, youth football and the communities which support our game.

Through its generous grants benefiting the NFL Player Care Foundation, the NFL Foundation has strengthened its support of former NFL players in transition while also contributing to important research components through the Healthy Body & Mind Screening Program.

In addition, the NFL Foundation supports NFL clubs, players, and coaches in their efforts to grow the game and support a variety of charitable causes. Through its philanthropic arm, the NFL Foundation funds important, enterprise-wide initiatives aimed at making a big difference in communities across the nation. The NFL Foundation also works alongside leading nonprofit organizations to promote physical activity and healthy environments for children in their schools and homes.

For additional information visit: nflfoundation.org

NFL LEGENDS COMMUNITY

The NFL Legends Community was created to celebrate, educate, embrace, and connect all NFL Legends with each other, their former teams and the League. Since its launch in 2013, the Legends Community peer-to-peer model has fostered one of the strongest brotherhoods in professional sports.

The NFL Legends Community hosts events with the 32 clubs and at key calendar events throughout the year. They communicate through a monthly Legends Community Newsletter, the Players Community App (available in the App Store and Google Play), and on social media (Legends on Twitter and Instagram). Legends Community Directors and Coordinators lead the efforts across the country. They streamline communication and serve as a central resource for players to learn about programs and benefits available to them. They play in different areas, for multiple teams and at various positions, but they are passionate about helping their fellow Legends.

For additional information visit: players.nfl.com
PROFESSIONAL ATHLETES FOUNDATION

In 1990, NFLPA Executive Director Gene Upshaw recognized that the transition from football was very challenging for former players. The Professional Athletes Foundation (PAF) was founded to support, strengthen, and inspire players as they navigate the many obstacles of life. Beyond offering a range of health and educational resources, over 3,600 former players have received assistance through the Gene Upshaw Players Assistance Trust Fund (GU PAT).

With over $21 million in financial, medical, and educational assistance granted to former players, the PAF is the leading foundation assisting NFL Former Players. This organization and platform were created for and inspired by the players and their support networks. We hope you explore all that is possible with and through the PAF. We encourage you to reach out to discover how action creates opportunity.

For additional information visit: yourpaf.com

NATIONAL FOOTBALL LEAGUE PLAYER ENGAGEMENT

NFL Player Engagement (NFLPE) serves, equips, empowers, and supports players along with their entire ecosystem through the pillars of Financial Literacy, Continuing Education, Professional Development and Personal Development. NFLPE accomplishes its mission through building a Community of Care model with innovative programming and service that meet the dynamic needs of the player and his family. These programs and resources include a unique series of Boot Camps, Job Shadows & Internships, as well as financial literacy programs. NFLPE assists in creating meaningful development opportunities for players and Directors of Player Engagement while also providing them with tools to reach their educational goals. Through the Personal Development program, NFLPE assists players, agents, and their families as they live healthy and fulfilling lives — mentally, physically and holistically — before, during, and after their playing experiences.

For additional information visit: players.nfl.com

NFL LIFE LINE

In 2012, the National Football League provided a grant to establish the NFL Life Line for members of the NFL family who may be in crisis. The program serves current and former NFL players, coaches, team and league staff, and their family members.

The NFL Life Line’s hotline, online Wellness Check and web-chat are free, confidential, and independently operated resources that connect those in crisis with trained counselors who can help them work through personal or emotional challenges. These counselors are trained to understand specific issues that may arise during or after a career in professional football and are available 24 hours a day, 7 days a week, 365 days a year by calling 800-506-0078 or online at nfllifenow.org.

For additional information visit: NFLLifeLine.org or contact NFL Life Line Director Dr. Ciara Dockery at cdockery@Vibrant.org

PRO FOOTBALL HALL OF FAME

Located in Canton, Ohio, the birthplace of the National Football League, the Pro Football Hall of Fame is a 501(c)(3) nonprofit organization with the important mission to “Honor the Heroes of the Game, Preserve its History, Promote its Values, & Celebrate Excellence EVERYWHERE.” Hundreds of thousands of fans from around the globe travel to Canton each year to experience “The Most Inspiring Place on Earth!” that chronicles America’s most popular sport by focusing on the values learned from the Game. The Hall of Fame is accredited by the American Alliance of Museums, the first and only major sports Hall of Fame to earn the recognition; and was voted by USA Today readers as the Best Attraction for Sports Fans.

The NFL’s Hall of Fame Committee is chaired by Dallas Cowboys Owner, President, and General Manager and Pro Football Hall of Fame member Jerry Jones and provides guidance and leadership to the Hall of Fame. The 48-person Selection Committee, comprised of media, is charged with the vital task of continuing to be sure that newly enshrined Legends are the finest the game has produced.

Additionally, the Hall of Fame provided tremendous support to the Player Care Foundation by helping respond to the significant volume of inquiries from former players during the COVID-19 crisis.

For additional information visit: profootballhof.com
The Trust's mission is to support NFL players as they live their purpose beyond football. It was made for players, by players. Through partnerships with many of the nation's premiere organizations, The Trust provides access to financial, medical, nutrition and wellness, career, entrepreneurial and continuing education services, at no out-of-pocket cost to the former player. A former player who has completed at least two (2) credited seasons is eligible for The Trust's services.

The Trust offers services within three key areas of life: Community and Connection Opportunities, Health and Wellness Resources, and Personal and Business Development. Through the strength of these Pillars, The Trust provides support with a trusted team dedicated to helping our Members win in their next season.

For additional information visit: playerstrust.com or call 1-866-725-0063

The Tulane University School of Medicine in New Orleans is one of the nation’s most recognized centers for medical education, research, health care, and public service. The School of Medicine offers several programs designed to assess the health needs and provide world-class medical care to former NFL players.

The School’s Office of Student Affairs was established to address the needs of students both in and out of the classroom. The School’s Office of Alumni Affairs was established to ensure that alumni are engaged and support the mission of the School of Medicine.

In 2011, the Professional Athlete Care Team (PACT) at the Tulane Center for Sport was formed and has been caring for retired professional athletes through partnerships with the National Football League and National Football League Players Association. PACT’s unique care model – using athletic trainers to provide athletes a higher level of comfort and familiarity – is designed to meet the specific needs of former professional athletes. Privacy and transparency are hallmarks of the program, allowing professional athletes the freedom to discuss their health in a safe, trusting environment.

For additional information visit: centerforsport.tulane.edu
The Player Care Foundation’s Board of Directors are committed to advancing the Foundation to better serve retired players. Our directors come from a variety of backgrounds and each contribute their unique expertise to find ways to increase outreach.

MARY AGEE – PCF Board Appointee
Mary Agee is the former President and CEO of Northern Virginia Family Service (NVFS), the largest private non-profit human service organization in Northern Virginia, serving over 36,000 individuals and families each year. Mary brings her social services expertise to PCF and is pleased to share her experience and guide PCF in helping former players. In addition to serving PCF, Mary supports a variety of locally-based organizations within her community. She also had been with NVFS for over 40 years before she retired in 2015. Mary has served on the NFL Player Care Foundation’s Board of Directors since 2009.

GEORGE C. BRANCHE III, MD – PCF Board Appointee
George C. Branche III MD is an Orthopedic surgeon specializing in Sportsmedicine and Arthroscopic surgery at the Anderson Orthopedic Clinic in Arlington, Virginia who has completed over 34 years of practice. He is a fellow of the American Academy of Orthopedic Surgeons, an Active member of the Arthroscopy Association of North America with involvement as a Master Instructor at National courses for orthopedic surgery residents, a current member of the Advocacy Committee, and an inaugural member of the Diversity and Inclusion task force charged with improving the presence of underrepresented minorities in Arthroscopy and Sportsmedicine. He is also a member of the faculty at Georgetown University and Walter Reed Army Medical Center working with medical students and senior residents. Current affiliations include the ATP and WTA professional tennis tours. His practice is focused on arthroscopic surgery of the knee and the shoulder in current and former athletes.

Dr. Branche has served on the NFL Player Care Foundation’s Board of Directors since 2009.

BOARD MEMBER HIGHLIGHT:
WHY IS IT IMPORTANT TO YOU TO HAVE A POSITION ON THE PCF BOARD?

“Over the years, I have been asked to serve on many boards, advisory committees and other roles. But I have especially enjoyed developing a special relationship with individuals and commissioners of the game – going back from Pete Rozelle, Paul Tagliabue and now Roger Goodell — and using those to be supportive of young men playing the game and those who are retired. The challenges of being a current and active player are very real, that’s why it’s important to me.”

— Willie Lanier
NFL PCF Board of Directors
Pro Football Hall of Fame Appointee

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Dr. Branche has served on the NFL Player Care Foundation’s Board of Directors since 2009.
OZZIE NEWSOME – National Football League Appointee

Ozzie Newsome played in the NFL for 13 seasons as a Tight End for the Cleveland Browns and is a member of the Pro Football Hall of Fame. He has spent an additional 28 years holding various executive positions in the NFL. From 2002 to 2018 Ozzie served as the General Manager of the Baltimore Ravens, the first African-American to occupy this position in League history. Despite stepping down as General Manager in 2018, Ozzie is still heavily involved in the Ravens front office operations. Ozzie has experienced many great NFL moments, but it is the day to day, being in touch with the players that he most enjoys. His PCF board position gives him the opportunity to help the many great men who paved the way for today’s game.

Ozzie has served on the NFL Player Care Foundation’s Board of Directors since the Foundation’s inception in 2007.

ANDRE COLLINS – NFL Players Association Appointee

Andre Collins played in the NFL for 10 years including starting in Super Bowl XXVI for the Washington Football Team. He currently serves as Executive Director of the NFLPA’s Professional Athletes Foundation, providing assistance to players and their families in a time of need. He is responsible for managing a team that services the League’s former players, creating a sense of community, compassion and opportunity. Andre is committed to helping former players a better quality of life and new sense of purpose after the game.

Andre has served on the NFL Player Care Foundation’s Board of Directors since the Foundation’s inception in 2007.

WILLIE LARIER – Pro Football Hall of Fame Appointee

Willie Lanier played in the NFL as a Linebacker for the Kansas City Chiefs for 11 seasons. He is a member of the Pro Football Hall of Fame and was elected to eight consecutive Pro Bowls, among many other distinctions. His favorite NFL moment was being a part of the Chiefs’ first Super Bowl-winning team in 1970. Willie’s goal as a board member is to help active players, but also to raise awareness about the many issues of transition for former players. He is currently a Senior Advisor for Cary Street Partners and the President of The Lanier Group, an acquisition firm in Richmond, VA.

Willie has served on the NFL Player Care Foundation’s Board of Directors since the Foundation’s inception in 2007.

ROME OBEN – PCF Board Appointee

Rome Oben joined the NFL in 2015 and now serves as the NFL’s Vice President of Football Development. He leads NFL Youth football development and growth platforms assisting all 32 clubs and their communities, as well as external football stakeholders’ engagement; Rome also revamped the NFL College Outreach program to improve communications with college programs and their student athletes. Rome’s professional playing career began with the New York Giants in 1991 and continued in Cleveland, and then Tampa Bay, where he was a starting left tackle on the Buccaneers Super Bowl XXXVII team. Rome finished his 12-year NFL career with the Chargers. Rome has been a leader and advocate for post-NFL career transition receiving countless awards for community service both on and off the field.

Rome has served on the NFL Player Care Foundation’s Board of Directors since 2015.
**KEN SCHERER**  
**PCF Board Appointee**

Ken Scherer is the former CEO of the Motion Picture and Television Fund Foundation (MPTF), the leading Hollywood charity providing health and social services to the entertainment industry. In 2018 Ken left the MPTF Foundation to establish Scherer Strategies, an independent consulting firm working with multiple non-profits in the areas of strategic planning, resource development, and board development. Ken is a lifelong NFL fan and is pleased to have helped shape an organization that helps take care of former players and their families.

Ken has served on the NFL Player Care Foundation’s Board of Directors since 2009.

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**AL SMITH**  
**NFL Alumni Association Appointee**

Al Smith played in the NFL for 10 seasons as an All-Pro Linebacker for the Houston Oilers. After his playing career ended, Al spent over 9 years in the Tennessee Titans (formerly the Houston Oilers) front office in various Scouting and Player Development roles. Since 2015, he has worked for the League as a Game Day Compliance Operations Officer. Additionally, the former NFL All-Pro is also a Chairman of the Board of Chapter Presidents and on the national Board of Directors for the NFL Alumni Association, providing independent advice and counsel to the CEO and Chapter Presidents. Al also serves on the American Cancer Society Board. Al published a book titled Think Like a Pro – Act Like a Pro, which focused on game-winning strategies to achieve results, discipline, and success in life and business.

Al has served on the NFL Player Care Foundation’s Board of Directors since 2019.
DENNIS CURRAN – Treasurer

Dennis Curran served as Senior Vice President of the National Football League and General Counsel of the NFL Management Council Executive Committee for sixteen years. In 2007 Mr. Henderson focused on Player Development programs, drug, alcohol, steroid, and conduct policies, and benefits for current and former players. He has been President of the Player Care Foundation since its creation, and he has continued in that role after his retirement from the NFL in 2012.

BELINDA LERNER – Executive Director

Belinda Lerner is the Executive Director for the Player Care Foundation and Vice President of NFL Alumni Affairs and Retired Player Programs. In her role as Executive Director, Belinda is responsible for directing all the Foundation’s operations, including grant distribution and managing charitable partnerships and programs. As Vice President, Belinda represents the NFL in a variety of matters focusing primarily on player disabilities and health and wellness programming.

HAROLD HENDERSON – President

Harold R. Henderson served as NFL Executive Vice President for Labor Relations and Chairman of the NFL Management Council Executive Committee for sixteen years. In 2007 Mr. Henderson focused on Player Development programs, drug, alcohol, steroid, and conduct policies, and benefits for current and former players. He has been President of the Player Care Foundation since its creation, and he has continued in that role after his retirement from the NFL in 2012.

DENNIS CURRAN – Treasurer

Dennis Curran served as Senior Vice President of the National Football League and General Counsel of the NFL Management Council before retiring in 2019. He was the principal NFL negotiator of all collectively bargained benefits, including those dealing with temporary and permanent disabilities, neurocognitive deficits, and dementia. He is proud of the current collective bargaining benefit structure which has evolved and expanded to provide post-career help to players in multiple stages throughout their retirement.
Valon Alford, LICSW, LCSW, PMH-C, CSE – Clinical Program Manager

Valon Alford is a Clinical Program Manager with the Player Care Foundation. In this role, Valon serves as a mental health and wellness advocate where she assists former players who have separated from the game in addressing critical transition areas. Valon's education and training as a clinical social worker, sexual health educator, and maternal mental health clinician helps former players and their family members navigate systems and barriers impacting behavioral health to help them thrive. Valon steers PCF's Racial Equity Committee (REC), an employee group focused on promoting social justice and advocating on behalf of Black and brown former players. Since its inception in 2020, the REC has proactively engaged staff and board members in cultural sensitivity training, as well as completed diversity, equity, and inclusion consultation to strengthen our organization's commitment to creating a culture of antiracism embedded in our policies and practices. Additionally, Valon serves as Chair of the Alliance of Social Workers in Professional Sports Committee. Prior to his time with the Player Care Foundation, Valon worked on the philanthropic and volunteer initiatives of the 2016 NYC Super Bowl Host Committee, and he served as the Baseball Assistance Team at Major League Baseball. In his free time, Valon serves on the Leadership Council for Up2Us Sports and on the Auburn Board of Directors at his alma mater, The College of New Jersey.

Jason Cantor – Program Manager

Jason Cantor is a Manager of Retired Players Programs at the National Football League. In this role, Jason manages incoming player cases for the Player Care Foundation and provides support to retired NFL players in the areas of financial assistance, health and wellness, and NFL benefits. In addition to case management, Jason also serves as a Liaison with the NFL Alumni Health and Wellness Foundation, as well as providing support to the NFL Alumni's Dire Need Charitable Trust, and since 2001 he has served as a Certified Child Advocate with the Guardian Ad Litem Program, which provides legal support for abused, abandoned, and neglected children in foster care.

Andrew Jo – Program Manager

Andrew Jo is a Senior Manager of Retired Player Programs at the National Football League. In this role Andrew manages incoming player cases for the NFL Player Care Foundation and provides support to retired NFL players in the areas of post career resources, financial assistance, mental health and wellness and NFL benefits/eligibility. In addition to case management, Andrew manages PCF's annual operating budget, financial reporting and public relations needs for the Foundation. Since 2018, Andrew has served as a member of the NFL's Diversity Council, where he works to increase engagement and response to the NFL's Employee Engagement Groups. In 2019 he was named the inaugural Chairperson for the NFL's Asian Professional Exchange (APEX) Affinity Group. Prior to his work at the NFL, Andrew was a Peace Corps Volunteer in the Republic of Zambia where he worked alongside the Zambian Ministry of Education on strengthening its radio education and open & distance learning initiatives.

Nate Recknagel, LMSW, LICSW – Clinical and Research Director

Nate Recknagel is currently the Clinical and Research Director for the Player Care Foundation. Nate’s prior experience as a Clinical Social Worker allows him to effectively serve as a liaison between former players and social service providers, with the goal of satisfying the emotional, financial, health, employment, and all other needs of former players. Nate provides direction on all Clinical PCF Programs, which includes PCF’s Mental Health Screening Program, clinical research, and clinical treatment partnerships. In the past, Nate served as a Mental Health Clinician with the Psychiatric Emergency Services in the University of Michigan Department of Psychiatry and as a Medical Social Worker at Saint Joseph Mercy Hospital in Ann Arbor, MI. Prior to becoming a social worker, Nate played baseball at the University of Michigan and with the Cleveland Indians organization.

Valon Alford, LICSW, LCSW, PMH-C, CSE – Clinical Program Manager

Valon Alford is a Clinical Program Manager with the Player Care Foundation. In this role, Valon serves as a mental health and wellness advocate where she assists former players who have separated from the game in addressing critical transition areas. Valon’s education and training as a clinical social worker, sexual health educator, and maternal mental health clinician helps former players and their family members navigate systems and barriers impacting behavioral health to help them thrive. Valon steers PCF’s Racial Equity Committee (REC), an employee group focused on promoting social justice and advocating on behalf of Black and brown former players. Since its inception in 2020, the REC has proactively engaged staff and board members in cultural sensitivity training, as well as completed diversity, equity, and inclusion consultation to strengthen our organization’s commitment to creating a culture of antiracism embedded in our policies and practices. Additionally, Valon serves as Chair of the Alliance of Social Workers in Professional Sports Committee. Prior to joining PCF, Valon worked as a Clinical Social Worker with the U.S. Department of Defense, where she provided psychotherapy and clinical care management to active duty military personnel and their beneficiaries.
A.J. Forbes serves as an instrumental piece in the Player Care Foundation Career Portal. In this role, A.J. oversees various administrative responsibilities essential to the overall function of the Foundation and engages in a multitude of organizational initiatives. With experience as a NCAA basketball player at the University of Richmond and as a group leader in Social Work from Fordham University, Lauren focuses on the behavioral health of athletes, employing a unique case management skill set. Lauren is also a member of PCF’s newly formed Racial Equity Committee where she advocates to enhance social and racial justice for former players. She is currently a doctoral student at Louisiana State University. Before joining PCF, Lauren covered Auburn University athletics as a reporter for SEC Country and wrote for Sports Illustrated and Sports Illustrated Kids.

Milton Carthens is currently a MSW Clinical Intern from the University of Michigan School of Social Work. Milton graduated in July of 2021, focusing on Interpersonal Practice in Integrated Health, Mental Health, and Substance Abuse. Milton’s prior experience as a Certified State Licensed Bachelor Social Worker with 25 years of experience in clinical Mental Health settings. Milton is currently working as a Contractual Social Worker with Michigan Department of Corrections, through their Re-entry Project for Offenders with Special Needs who suffer from Mental Health Issues. Prior to becoming a Social Worker, Milton was a student athlete at the University of Michigan on its football team from 1980-1983. Milton’s professional playing career began with the USFL Michigan Panthers in 1983 and continued with CFL BC Lions in 1985, Indianapolis Colts in 1987 and finished his career with the Detroit Lions in 1988.

Lauren Shute is the Operations Support Coordinator for the Player Care Foundation. In this role, Lauren directs various administrative responsibilities essential to the overall function of the Foundation and engages in a multitude of organizational initiatives. With experience as a NCAA basketball player at the University of Richmond and as a group leader in Social Work from Fordham University, Lauren focuses on the behavioral health of athletes, employing a unique case management skill set. Lauren is also a member of PCF’s newly formed Racial Equity Committee where she advocates to enhance social and racial justice for former players. She is currently a doctoral student at Louisiana State University. Before joining PCF, Lauren covered Auburn University athletics as a reporter for SEC Country and wrote for Sports Illustrated and Sports Illustrated Kids.