

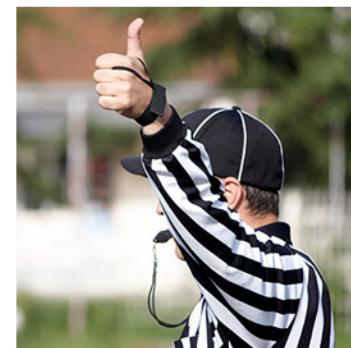
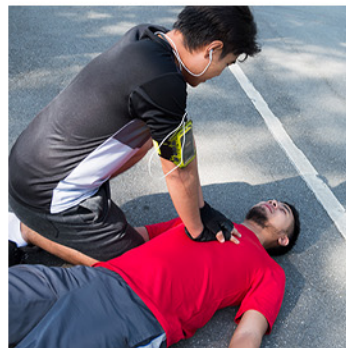


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Athlete Mental Health

Best Practices and Guidelines





Key Considerations

- Student Athlete concerns
- Generation Z
- Best practices for student athlete, coach, and AT regarding mental health education
- Mental health EAP
- Finding mental health resources



Student Athlete Concerns

Mental
more

**'Burnout is real
mental health**

**'Morgan's Message:' High school
athletes work to raise mental
health awareness**



**Under Pressure: Are Sports Too Intense for
Young People?**

Research shows that the pressure of elite sports competition is taking a heavy toll on young athletes' mental health. Two athletes share their stories.

**alth to the
in sports**

**Student-athletes having long overdue
conversations on mental health and life off
the field**

...the ... parents ...

Who is Gen Z?

Birth Year

Born after 1996.

First Job

54% believe their first job will come through digital/social connections

Confidence

52% are more confident in their tech skills than soft skills.

Ethnicity

Nearly 50% of Gen Z are non-white.

Technology

First 100% digitally native generation.



- Born between late 1990's and early 2010's
- First 100% digitally native generation
- More comfortable with tech skills than "soft" skills
- 50% of Gen Z is non-white



Gen Z

- Decreased rates of
 - Drinking
 - Drug and alcohol use
 - Dating/sex
 - Overall, less risky behavior
- Delays in work and obtaining driver license
 - Delayed adulthood?
- Time with friends, but alone



Gen Z – Contributors to Anxiety

- More time on-line, alone
- “virtual friends”
- FOMO
- Huge emphasis on academic and/or athletic success
- Life is scheduled



Gen Z

- Gen Zers, ranging from middle school students to early professionals, are reporting higher rates of anxiety, depression, and distress than any other age group
- Gen Zers were more likely (1.8x) to report having a behavioral-health diagnosis but less likely to seek treatment compared with other generations
- Factors that account for Gen Z's lack of seeking help: developmental stage, disengagement from their healthcare, perceived affordability, and stigma associated with mental disorders



Gen Z

- When they do seek support for behavioral-health issues, Gen Z may not be turning to regular outpatient mental-health services and instead may **rely on emergency care, social media, and digital tools**.
- Many Gen Zers also indicated their first step in managing behavioral-health challenges was going to **TikTok or Reddit for advice from other young people**, following therapists on Instagram, or downloading relevant **apps**.
- Gen Z cares about diversity when choosing a healthcare provider



Gen Z Athletes

- Many student-athletes report higher levels of negative emotional states than non-student-athlete adolescents.
- High-school sports have begun to copy the training methods and intensity levels of college sports - “sports professionalization”
- “intensive parenting” has become the norm, parents in recent decades have pressed upon their kids the idea that endless practice is the route to athletic mastery.
- Youth sports industrial complex



Gen Z Athletes

Why Have We Allowed Money to Ruin Youth Sports?

Study from Utah State: the more parents spend on their kids' sports, the less the kid enjoys it and the more pressure they feel.





Gen Z: Areas to Explore

- Emerging role of digital and telehealth
- Need for stronger community-based response to behavioral-health crises
- Better meeting the needs of Gen Z where they live, work, and **go to school**
- Promoting mental-health literacy Investing in behavioral health at parity with physical health
- Supporting a **holistic approach** that embraces behavioral, physical, and social aspects of health.

Holistic Approach

HEALTH & WELLBEING FOR ALL



NUTRITION

Online Nutrition Courses
Expert Nutrition Webinars
Personal Stories



MENTAL HEALTH



SLEEP

Downloadable Wellbeing Packs & Apps
Expert Webinar With Q&A
Tools For Facilitated Sleep Discussions



PHYSICAL ACTIVITY

Company-Wide Steps Challenge
Wellbeing App Activity
Team Competitions



CONNECTED

Coffee Connect/Virtual Networking
Remote Work Support - Tools & Ergonomics
Skills Pills



FINANCIAL WELLBEING

Expert Financial Webinars
Pensions, Savings, Budgeting etc.
Promote Free Available Resources



Mental Wellness

- Mental “wellness” is more than the **absence** of mental illness
- “A state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.” [World Health Organization]

**Athletic departments must strive to create a
culture of mental wellness**





Culture of Mental Wellness

- The department's culture around mental health is what reduces stigma and empowers athletes to access mental health resources

Athletic Directors and Coaches create the culture!

- Must create an inclusive environment
- All personnel need proper training/education and support
- Remove obstacles for obtaining care



Decreasing Stigma

Athletic Directors and Coaches MUST:

- Support mental wellness education
- Avoid negative words around mental health
 - Crazy, nuts, psycho, etc.
 - Use “people first” communication
- Emphasize appropriate sleep/rest
- Provide safe space to talk about mental health
- Acknowledge that stigma may exist
- Stress the importance of seeking help



Decreasing Stigma

Coaches MUST:

- Be intentional to empower student-athletes to take control of their mental wellness by practicing good self care
- Self care requires a partnership between the coach and student-athlete with open dialogue





Psychologically Safe Team Environment

- A psychologically safe team environment stems from a sense of trust and respect across the team environment
- psychologically safe teams facilitate both high-performance and wellbeing among team members
- Abusive coaches create a toxic environment



Psychologically Safe Team Environment

- Interpersonal relationships
 - high-quality interpersonal relationships, particularly the coach-athlete relationship
- Consistency and accountability
 - Athletes felt unsafe when there was inconsistency between words and action
- Fostering vulnerability
 - Observe vulnerability from someone in a position of power and see this vulnerability met with acceptance and support
- No athlete voice suppression
 - Communication must flow in both directions



Mental Health Best Practices

Key Components

- Procedures for identification and referral of athletes with mental health concerns
- Pre-participation mental health screening
- Health promoting environments that support mental well-being and resilience





Mental Health Best Practices (NCAA)

Identification and Referral

Written institutional procedures for:

- management of emergency mental health situations
- routine mental health referral.

Mental Health Emergency Action and Management Plan





Mental Health Awareness Action Plan

- Leadership within school
- Student, coach and parent education
- Emergent and non-emergent intervention options
- Collaborate with healthcare team
 - Connect immediately with the needed resources
- Mobilize the students support system
- Follow-up with referrals



Interassociation Recommendations for Developing a Plan to Recognize and Refer Student-Athletes With Psychological Concerns at the Secondary School Level: A Consensus Statement

Know when emergency mental health referrals are necessary:

- If a harm to self, to others or to property; or reports feeling out of control, unable student athlete demonstrates violence or imminent threat to self
- unable to make sound decisions, incoherent or confused, an emergency mental health referral is recommended



Pre-Participation (PPE) Screening

- Mental health screening questionnaires should be considered part of the PPE
- Screening tools not validated for stand alone use and must be considered in the context of the entire PPE process
- Should be reviewed by licensed providers with experience in mental health
- Referrals should be made if indicated



Pre-Participation (PPE) Screening

Patient Health Questionnaire Version 4 (PHQ-4)

Over the last 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

(A sum of ≥ 3 is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)



Pre-Participation (PPE) Screening

- Not without controversy
 - Are we creating disease?
- Need to have a plan for how you deal with results of screening
 - Referral to MH provider or PCP
 - Emergency plan



Not Just Athletes

- Coaches face increasing pressures from parents at a time when we are seeing younger coaches with less experience get head coaching positions
- Administration must recognize need for support in all areas of the job
- Parents fuel anxiety in kids AND coaches
- Leads to burnout and increased turnover
 - Starts a vicious cycle
- Find opportunities for mentorship





What can we do?

- Create a culture of mental wellness to help reduce the stigma around mental health
- Must train/educate coaches, athletes administrators to help develop this culture
- Identify local MH resources
- Have a plan!



QPR Training/Mental Health First Aid

- Training to equip personnel on how to recognize a mental health emergency and get a person at-risk the help they need.
- MHFA gives trainees the background knowledge and tools to handle a mental health crisis
- QPR is a brief course that trains individuals to ask the tough questions surrounding suicide and get them appropriate help.



Technology

- **Best for beginners:** [Calm](#)
- **Best for reducing daily stress:** [Headspace](#)
- **Best mood journal:** [Moodnotes](#)
- **Best for reducing anxiety:** [Sanvello](#)
- **Best for children and teenagers:** [SuperBetter](#)
- **Best for seeking help anonymously:** [7 Cups](#)
- **Best for forming new habits:** [Happify](#)
- **Best for counseling:** [Talkspace](#)

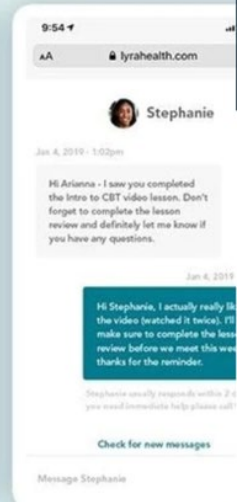
Virtual/Telemedicine

- Mantra
 - Integrated digital mental health
- Lyra
 - Blended care therapy program



Mantra

Digital mental health designed for



MySSP

- My Student Support Program
 - Connects students with confidential emotional health and well being support 24/7

MY SSP Student Support Program

24/7
24/7 access to Masters/PhD clinicians

Connect by chat, phone & video

Language & culture matching

Real-time & ongoing support

Available in: English, Spanish, French, Mandarin & Cantonese (Simplified Chinese chat)

Assess your mental health. It's completely anonymous.

Depression Assessment
This survey set will help reveal your risk of depression and evaluate the impact of potential health problems.

General Anxiety Assessment
This survey set will help reveal your risk of general anxiety and evaluate the impact of potential problems.

Drug Use Assessment
This survey set will help reveal your risk of drug use and evaluate the impact of potential health problems.

Search

All calls, chats, and conversations with My SSP are strictly confidential.

Chat
Connect with My SSP by chat message 24/7.

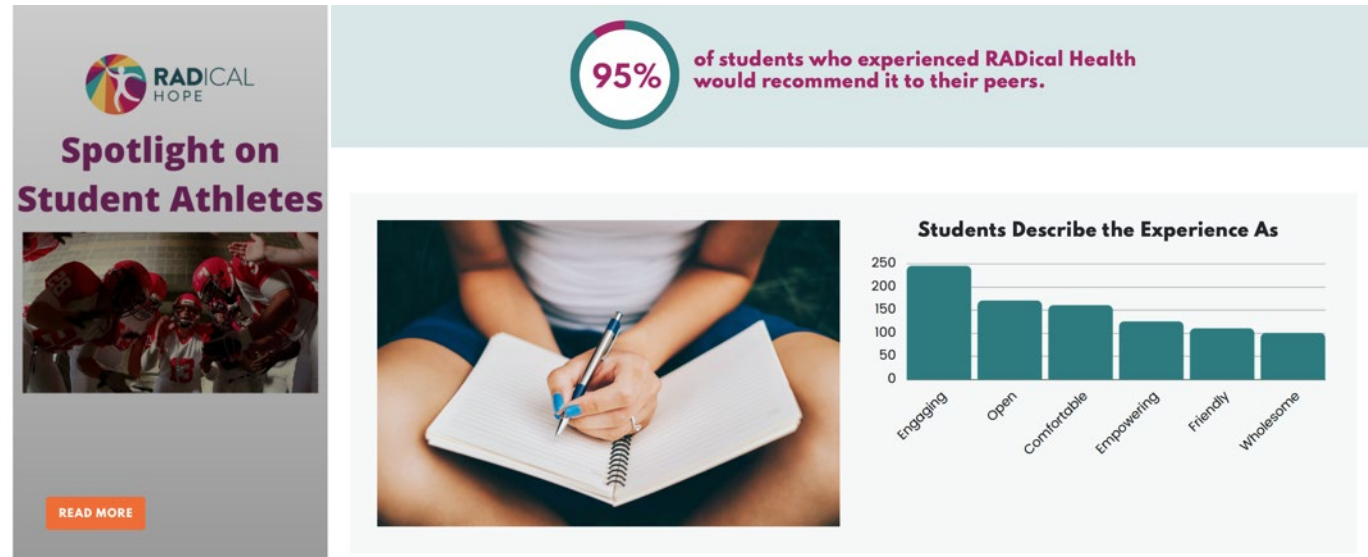
Call
Access My SSP anywhere, anytime. Find the phone number in your region.

Online Group Support Now Available! (English)
Are you feeling anxious or stressed about recent events? Join a professional-led group discussion with fellow students! Limited spots available - request to sign up now!

Explore Contact Assessment More

Radical Health

- Peer-Peer Mental Health Support Training
 - Non-profit, free to institution
- Small stipend for student leaders
- <https://radicalhealth.org>





Digital Mental Health

- Evaluate:
 - Focus – are they focused on students/athletes?
 - Cost – can you afford?
 - Expertise – are you engaging with licensed professionals?
- Implementation
 - Partner with school district/local resources
 - Athletics only roll out

Solutions

Athletics Healthspace

Athletics Healthspace

USCAH's proprietary e-learning platform, houses a growing library 170+ courses that can be **customized** by audience and completed via the website or app.

**DOWNLOAD
THE ATHLETICS
HEALTHSPACE APP**

search: Ath Healthspace



Course Categories include:

- Athlete Health, Safety, and Wellness
- Diversity, Equity, and Inclusion in Sport
- Education for Healthcare Providers
- Emergency Preparedness
- Mental Health

Programming to meet NCAA Required Education

- Preventing and Preparing for Catastrophic Injuries
- For Administrators, Coaches, Staff, and Athletes
- For Healthcare Providers
- Diversity, Equity, and Inclusion in Sport



Solutions

Athletics Healthspace Mental Health Education

USCAH has created a series of mental health education modules designed for collegiate athletes, coaches, and staff to increase awareness of mental health topics and highlight areas of focus specific to athletes.

The video player interface features a dark grey header with the USCAH logo on the left, the title 'Introduction - Mental Health in Sport for Athletes' in the center, and a 'Share' button with a right-pointing arrow on the right. The main content area has a white background with the title 'INTRODUCTION TO STUDENT ATHLETE MENTAL HEALTH' in large, bold, red capital letters. A play button icon is centered over the word 'ATHLETE'. At the bottom, there is a dark grey bar with the USCAH logo and the text 'Watch on YouTube' on the left, and the 'Mindurance' logo on the right.



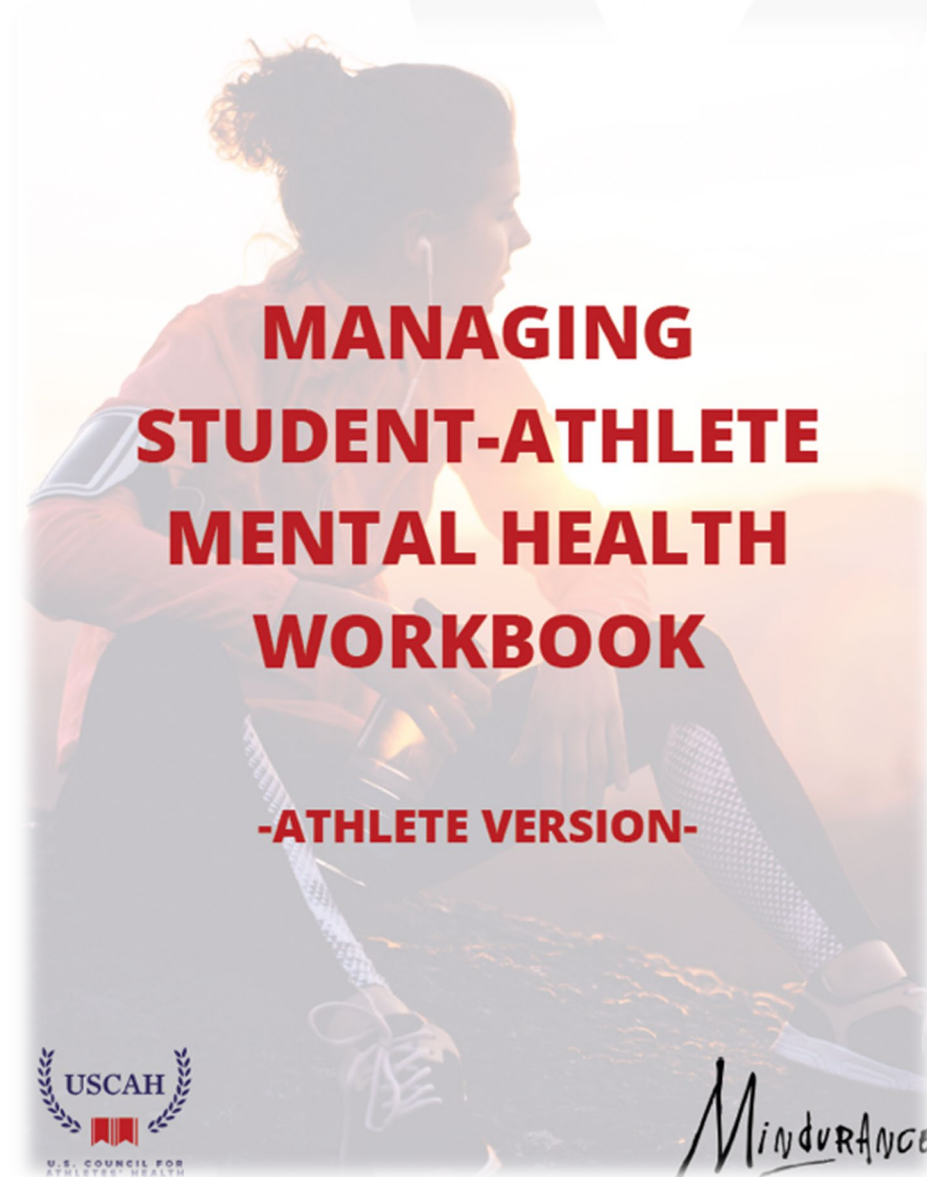
Solutions

Athletics Healthspace Mental Health Education

Mental Health Courses Include:

- Anxiety
- Depression
- Managing Relationships
- Mental Health Access
- Mental Health and the Injured Athlete
- Mental Health Emergency Action Plans
- Mental Health in Sport
- Mental Recovery Techniques
- Mindfulness
- Resilience and Grit
- Social Media and Mental Health
- Trauma-Sensitive Coaching Practices
- Role Specific Mental Health Education

Only 10% of student-athletes who experience mental health issues will seek help.



Solutions

Policy and Procedure Development

Athletics Healthspace

Compliance to policies and procedures starts with the development. USCAH has developed a policy and procedure development tool to assist with the creation of documents that meet minimum standards.

Extensively researched and continually updated to align with:

- Best Practices
- Current position statements
- Governing Body Recommendations
- Up-to-date medical community recommendations



Mental Health

[Edit My Policy](#) [View My Policy](#) [Create a Policy](#) [Export](#) [Templates](#) [Fields](#) [Presets](#)

New entry

1. Who is your primary population of participants?

2. What is your organization's/school's name?

3. What is your organization's definition of mental health?

HTML format

4. What mental health practitioners does your organization/school utilize (psychologists, social workers, psychi)
This should be completed as a list.

Solutions

Emergency Action Plan Development

Athletics Healthspace

Emergency Action Plan Development and Rehearsal is critical to appropriate emergency response. The Emergency Action Plan development tool can assist you and your institution with venue-specific emergency action plans.

“At a minimum, well-rehearsed and venue-specific emergency actions plans should be developed.”



EMERGENCY ACTION PLAN: Shoyer Gym

Remain calm and survey the scene for any possible safety concerns.

Determine the person's responsiveness.

Call 9-1-1 from a cell phone or a landline.

Retrieve equipment (or send someone else to do so), and provide care based on your level of training. If you have no training, ask the 911 operator for next steps.

State the following-

1. My name is:

Provide your name.

2. I need paramedics at:

ADDRESS

Shoyer Gym

123 Main St

Bozeman, MT

MEETING LOCATION

At the south entrance to Shoyer Gym, just off Kagy Blvd, at the bottom of the ramp next to the stairs.

3. I am calling from:

Provide the phone number you are calling from.

4. Describe the nature of the emergency

Send someone to meet EMS at the meeting location.

Do not hang up first. Wait for the operator to tell you when to discontinue the call.

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Solutions

Emergency Action Plan Development



East Campus Facility Emergency Action Plan

Each coach is responsible for having a copy of the emergency plan for any facility they use. And, the plan should be practiced/reviewed at least once a year by each coaching staff.

Please download the East Campus Facility Emergency Action Plan below.

Off-campus practice sites, please see your Athletic Trainer.



Updated Emergency Action Plan, East Campus, Simpson, 7_2019 LIVE.pdf

111.2 KB





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