

## ***OPERATING AREA: HEALTH AND WELLNESS***

**No. 1 – Collaborate with the Sport Science Institute and the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports to create an environment/culture that supports and enhances total wellness for all individuals (physical, mental, social and personal well-being).**

Action	Oversight Group(s)	Expected Completion Date	Budget Impact?	Notes
a. Consider whether to add mental wellness as a core component of the Division II Life in the Balance Philosophy.	Management Council.	Immediate.	No.	Also incorporate into the revised Division II Philosophy Statement, which will require Convention legislation.

**No. 2 – Develop initiatives to help athletics departments and conference offices provide optimal health and wellness support for student-athletes.**

Action	Oversight Group(s)	Expected Completion Date	Budget Impact?	Notes
a. Determine whether to increase mental health resources and programming, including education and training (e.g., seed money to assist schools in starting	Strategic Planning and Finance Committee; Management Council; Student-Athlete Advisory Committee.	Ongoing.	Yes, if resources are produced (i.e., training).	Collaborate with the Sport Science Institute, Committee on Competitive Safeguards and Medical Aspects of Sports, and the National

<p>services, programs and/or meeting requirements with mental health first aid, in-person training, evaluating mental health action plans) that help athletics department personnel manage mental wellness issues in ways that destigmatize mental health and allow student-athletes to access the help they need.</p>			<p><b>Budget Estimate:</b> Mental Health First Aid – \$5,000 to \$7,000 per school.  \$5,000 to \$7,000 grant per school if already did mental health first aid.</p>	<p><b>Athletic Trainers' Association.</b></p>
<p>b. Determine how to connect coaching, athletic performance, and student-athlete well-being directly to the educational mission; emphasize the competitive advantage of mental wellness as an asset to athletic performance.</p>	<p>Management Council.</p>	<p>Ongoing.</p>	<p>Yes, if resources are produced (i.e., training).</p> <p><b>Budget Estimate:</b> TBD (may be part of 2-a).</p> <p><b>Budget Source:</b> \$2 million (one-time allocation for new initiatives).</p>	<p>Work with SSI, CSMAS, NATA, D2ADA and D2CCA to develop strategic initiatives and education/training for coaches.</p>

c. Collaborate within the Student-Athlete Advisory Committee network to activate the Division II SAAC's commitments and goals in the areas of student-athlete wellness.	Management Council; Student-Athlete Advisory Committee.	Ongoing.	No.	
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**No. 3 – Increase support for the athletic training profession in college sports to help with hiring and retention.**

Action	Oversight Group(s)	Expected Completion Date	Budget Impact?	Notes
a. Create a representative working group composed of athletic trainers, athletics directors, senior woman administrators and health professionals to recommend strategies that have originated with other groups, including working groups gathered by the Sport Science Institute to determine Division II-specific strategies.	Strategic Planning and Finance Committee; Management Council; Executive Board.	Ongoing.	<p>Yes, to fund meeting logistics and potential recommendations.</p> <p>Budget Estimate: \$20,000-\$30,000.</p> <p>Budget Sources: \$2 million (one-time allocation for new initiatives) and/or fiscal year 2025 surplus.</p>	Collaborate with the D2ADA, SSI, CSMAS and NATA.

<p>b. Consider grants/scholarships and other incentives (e.g., culture changes) to address the shortage of athletic trainers in college sports.</p> <p>See Operations and Positioning Item 2-b.</p>	<p>Strategic Planning and Finance Committee; Management Council; Executive Board.</p>	<p>Ongoing.</p>	<p>Yes.</p> <p>Budget Estimate: TBD.</p> <p>Budget Sources: New \$1.5 million allocation to initiatives and/or evaluation of current grants: \$218,500 – Internship Grant. \$950,000 – Strategic Alliance Matching Grant. \$370,000 – Coaches Enhancement Grant.</p>	<p>Collaborate with the D2ADA, SSI, CSMAS, and NATA.</p>
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