Division III: Collaborative Approaches – When Mental Health Intersects with Student-Athlete Identities
Panelist Introductions
Panelists

• Gerard Bryant, faculty athletics representative, John Jay College of Criminal Justice.
• Heidi Jaynes, associate athletics director, Carleton College.
• Kayleigh McCauley, associate dean of students, Lewis and Clark College.
• Marci Ridpath, NCAA disability consultant.
• Jake Santellano, former student-athlete, UW- Whitewater.
Student-Athlete Identities
Student- Athlete Identities

• What are some identities that we often see our student-athletes embracing?

• How would you describe the concept of a ‘Personal Disability Identity’ to someone who is unfamiliar with this term?
Stigmas and Barriers
Stigmas and Barriers

• What are some of the common barriers that disabled student-athletes face both on campus and within the athletics department?

• What additional challenges surface when providing mental health services to student-athletes of color?
Stigmas and Barriers

• What is the difference between people-first language and identity-first language?

• What do you use when referring to someone who identifies as disabled?
Campus Collaboration
Campus Collaboration

How does your athletics department collaborate and connect with student counseling, health promotion services, and/or disability services, regarding a student-athlete’s mental health concerns?
Education: Coaches and Student-Athletes
Education: Coaches and Student-Athletes

- How and when do you address mental health issues with coaches and students?

- As an administrator - discuss programming for coaches, and the role of the healthcare administrator.
Student-Athlete Support
Student-Athlete Support

Describe your athletics department’s flowchart for support student-athletes when a mental health concern is brought to a coach or athletics administrator’s attention. What is the support protocol?
What are some recommendations for signaling to student-athletes that spaces and places in athletics environments are inclusive and equitable?
Key Takeaways
Key Takeaways

• “Disability can be seen as part of the diverse human continuum of abilities.” (Dr. Barbara Gibson)

• Be a fierce advocate for student-athletes with challenges in order to help destigmatize mental health and disabilities.
Key Takeaways

• Educate yourself and staff on student-athlete identities.

• Recognize that you are part of an on-campus team who can assist student-athletes with the challenges that they face.
Resources

- Carleton College Physical Education, Athletics and Recreation (PEAR) Department Mental Health Resource Card for Student-Athletes and Coaches.

- Athlete Ally & Out In Athletics: Model Policy - Transgender and Nonbinary Athlete Inclusion.
Resources

• Athlete Ally & Out in Athletics: FAQ - LGBTQA+/Transgender & Gender Expansive Policies.

• National Suicide Prevention Lifeline 1-800-273-8255.
Resources

• NCAA Division III **OneTeam Program**.

• [https://www.ncaa.org/sport-science-institute/mental-health-educational-resources](https://www.ncaa.org/sport-science-institute/mental-health-educational-resources).

• [https://www.jedfoundation.org](https://www.jedfoundation.org).
Resources

• https://www.stevefund.org.

• http://www.ncaa.org/about/resources/inclusion.

• https://www.nami.org/
Questions