



Division III

DISCOVER | DEVELOP | DEDICATE

# 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

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- 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

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- 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

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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

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- 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

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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?

# Student-Athlete Support

What are some recommendations for signaling to student-athletes that spaces and places in athletics environments are inclusive and equitable?



# Key Takeaways

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- “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.jedfoundation.org>.

# Resources

- <https://www.stevelfund.org>.
- <http://www.ncaa.org/about/resources/inclusion>.
- <https://www.nami.org/>.

# Questions