DIVISION III
ISSUES FORUM

Friday, January 25, 2019
Student-Athlete Health and Safety
Presenters

• Kellen Wells-Mangold, Assistant Athletics Director, University of Wisconsin – River Falls.

• Greg Johnson, Director of Athletics, North Central University.
Health and Safety

It is beneficial for Division III to have national standards (e.g. guidelines, policies) in the areas of health and safety for student-athletes.
Health and Safety

DIVISION III

#whyd3
Session Agenda

- The Sport Science Institute resources.
- Roundtable discussions about how the resources are being used on campus.
- Town Hall Forum to share successes and challenges with using the resources on campus.
Sport Science Institute Priorities

- Cardiac Health.
- Concussion.
- Nutrition, Sleep and Performance.
- Overuse Injuries and Periodization.
- Athletics Healthcare Administration.
- Data-Driven Decisions.
Sport Science Institute Priorities

• Doping and Substance Abuse.
• Mental Health.
• Sexual Assault and Interpersonal Violence.
Sport Science Institute Resources

- Substance Abuse Prevention Tool Kit.
- 360 Proof.
- Interassociation Consensus: Mental Health Best Practices.
- Mental Health Workshop Planning Kit
- Sexual Violence Prevention Tool Kit.
Substance Abuse Prevention

• A tool kit to assist schools in their efforts to reduce substance abuse to promote healthy choices and a positive environment for college athletes.

• Includes checklist for comprehensive alcohol and other drug prevention.
360 Proof

- An evidence-based, online prevention platform for NCAA Division III and NASPA Small Colleges and Universities Division Institutions.
- Reduces consequences of alcohol use and enhances collaboration on campus.
Mental Health Best Practices

• Best practice guidance for schools to support and promote student-athlete mental health in partnership with campus stakeholders.

• To assure availability and accessibility of appropriate mental health care for all student-athletes, independent of institutional resources.
Mental Health Best Practices

• To create and maintain an environment within the athletics department that destigmatizes and promotes help-seeking.
Mental Health Workshop Planning Kit

• Assists conference offices in planning and implementing a mental health workshop for member schools.

• Tool to support implementation of the Mental Health Best Practices.
Sexual Violence Prevention

• This resource contains strategies and resources to support campus sexual violence prevention.
Sexual Violence Prevention

• Checklists and implementation tools to advance five core commitments:
  • **Leadership** – from the highest levels in athletics and the institution as a whole.
  • **Collaboration** – between athletics, campus colleagues, and community services.
  • **Compliance and Accountability** – with federal and state laws, and campus policies.
Sexual Violence Prevention

• Checklists and implementation tools to advance five core commitments:
  
  • **Education** -- to promote respect of, by and for all students, staff and coaches.
  
  • **Student-Athlete Engagement** – to provide true opportunities for campus involvement.
Roundtable Discussion

• For each resource:
  o Have you used the resource?
  o If so, how?
  o If so, has it been helpful?
  o If so, what challenges have you experienced?
  o If you haven’t used the resource, why?
Roundtable Discussion

Countdown Clock
20 Minutes
Town Hall Forum

• Please step to the microphones and share:
  o Examples of success you’ve had with these resources on your campus.
  o Reasons you haven’t used these resources.
Division III University

• Online learning environment for Head Coaches, ADs, SWAs and Commissioners.

• Will contain student-athlete health and well-being, NCAA overview, and compliance modules.

• Accessed via ncaa.org/MyApps.
Thank You