



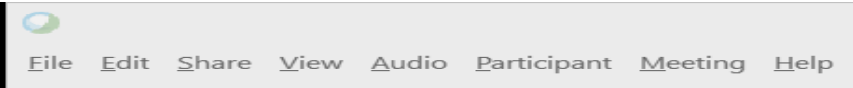
Division III April Webinar

Mental Health, Part II

Jessica Wagner

We will begin at promptly 1:30 p.m. (EST). Please MUTE your phone and/or the audio on your computer.

Webinar Instructions

- If using a computer, click on the audio link at the top of the screen.  Choose audio connection and then select call using computer. Turn off the computer video and make sure the sound is off.
- If your computer audio isn't working, please call 1-844-621-3956 and enter access code: 809527964. Please mute your phone.
- The PowerPoint is posted on the Division III homepage, [DIII Webinars Link](#), on ncaa.org.

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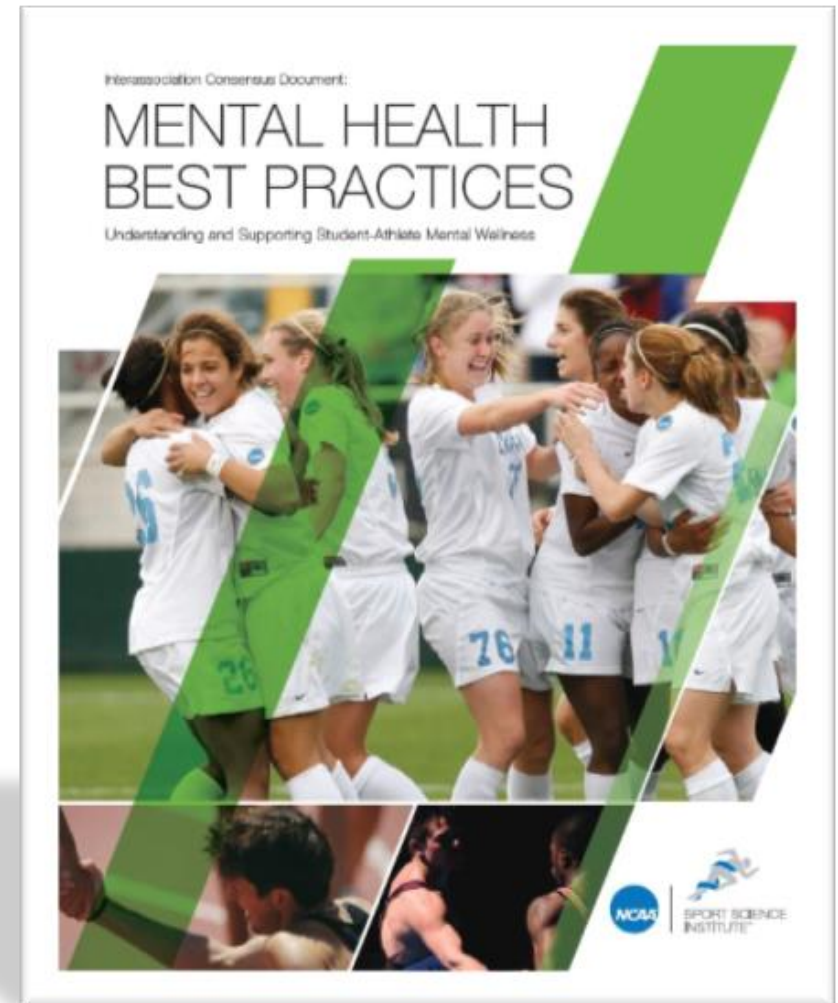
Agenda

- Overview of the MHBP
- Resources to implement MHBP
- Q/A

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Mental Health Best Practices

- Result of 2013 Mental Health Task Force
- Interassociation consensus document endorsed by 24 mental health, higher education, and sports medicine organizations



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Summary of Best Practices

- Ensure that mental health care is provided by licensed practitioners qualified to provide mental health services.
- Clarify and disseminate protocols for both emergency and routine referrals.
- Consider mental health screening in pre-participation evaluation.
- Create and maintain a health-promoting environment that supports mental well-being and resilience.

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MHBP #1 Strategy

- Athletics department should consider professional's credentials and cultural competency to support student-athlete mental health
- Collaborate with campus resources
 - [Mental health campuswide assessment checklist](#)

What do People Mean When They Use the Term 'Sports Psychologist'?

Only a licensed mental health provider can provide mental health treatment to student-athletes. Other professionals may provide sports performance consultation and sometimes, people refer to these individuals as "sports psychologists." It is important to note that "sports psychologist" is simply a non-specific title that does not have a unique certification; some sports psychologists are performance coaches and others are licensed mental health providers. See below for a list of professionals who fall under each category.

Licensed Mental Health Providers
Licensed mental health providers are individuals who are trained in, and licensed to provide, mental health counseling; they include:

- Clinical or counseling psychologists.
- Psychiatrists.
- Licensed clinical social workers.
- Psychiatric mental health nurses.
- Licensed mental health counselors.
- Primary care physicians with core competencies to treat mental health disorders.

Certified Sports Performance Consultants
Certified sports performance consultants are individuals trained and certified in areas of sports performance enhancement such as:

- Biomechanics.
- Physiology.
- Kinesiology.
- Psychology (may or may not be licensed).

Care Options

- Student-athletes may benefit from care provided by both a licensed mental health provider and a sports performance consultant when they are experiencing performance-related stress.
- Some athletics departments may employ individuals who are not licensed mental health providers, but rather are trained in performance enhancement. These individuals bring expertise in performance issues such as 'mental toughness' and 'focus'; however, they are not qualified to diagnose and manage mental health disorders.

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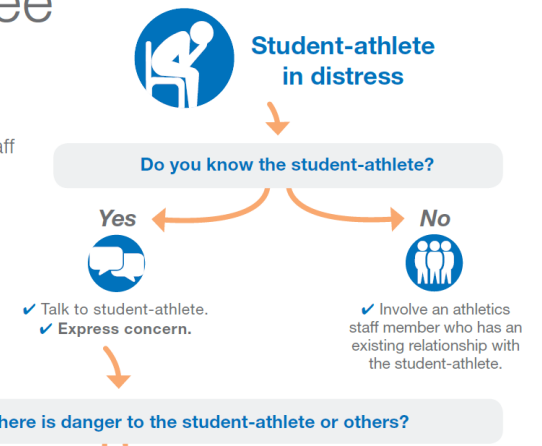
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MHBP #2 Strategy

- Athletic departments should have referral procedures for emergency and routine mental health referrals
- Example of referral policy
 - [Saint Francis Mental Health policy](#)

Mental Health Referral Decision Tree

This framework is designed to assist athletics department staff respond to a student-athlete in distress. Athletics department staff may use the decision pathway to determine the appropriate course of action. Schools should reference their mental health referral protocols for detailed procedures for referring student-athletes to licensed mental health providers.



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MHBP #3 Strategy

- Consider mental health screening as part of Pre-Participation Exam
 - In consultation with sports medicine team and licensed mental health provider
 - Part of referral process
- [NATA suggested screening tool](#)

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MHBP #4 Strategy

- Create a health promoting environment that supports mental well-being
- Educate student-athletes, FARs, coaches, and administrators on how to manage mental wellness and issues



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MHBP #4 Strategy

- Education modules for student-athletes, coaches, FARS
- [NCAA Coaches Assist for Emphatic Response Training Video](#)
- Student-athlete engagement
 - SAAC
 - [Student-athlete mentor programs](#)



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MHBP Implementation

- Assess your institution with the mental health best practices worksheet
- Collaborate with campus to create action plan
 - [Pg. 24 of mental health workshop planning kit](#)
- Utilize the Mental Health Interdisciplinary Team Planner

Mental Health Best Practices Institutional Self-Assessment Worksheet

Complete the worksheet with the numbers below to identify how well your school is implementing the components of each Mental Health Best Practice, using the following scale:

1 - Best practice has been fully implemented 2 - Best practice has been partially implemented 3 - Best practice has not been implemented

Best Practice No. 1: Clinical Licensure of Practitioners Providing Mental Health Care.		
COMPONENT	SELF-EVALUATION	NOTES
Mental health care of student athletes is done in collaboration with the primary athletics health care providers (athletic trainers and team physicians) and the licensed mental health providers who are qualified to provide mental health services.		
Formal mental health evaluation and treatment for student athletes are provided ONLY by licensed mental health providers who are qualified to provide mental health services (doctor or counseling psychologist, psychiatrist, licensed clinical social workers, psychiatric mental health nurse, licensed mental health counselors, primary care physicians with care competencies to treat mental health disorders).		
Institutions providing mental health care to student athletes have autonomous authority, consistent with their professional licensure and professional ethical standards, to make mental health management decisions for student athletes.		
Individuals providing mental health care to student athletes ideally should have cultural competency in working with college student athletes, as evidenced by professional training related to athletics, continuing education courses related to athletics or other professional development activities or experiences related to athletics. With regard to societal diversity, cultural competency should extend to treating student athletes from diverse racial, ethnic, gender identified, and other unique cultural experiences influencing help seeking.		

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Q/A

- Questions?

THANK YOU!

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