Division III April Webinar
Mental Health, Part II

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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
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
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.
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
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
MHBP #3 Strategy

• Consider mental health screening as part of Pre-Participation Exam
  o In consultation with sports medicine team and licensed mental health provider
  o Part of referral process

• NATA suggested screening tool
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
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

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Q/A

• Questions?

THANK YOU!