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: 285574357. Please mute your phone.

• The PowerPoint is posted on the Division III homepage, DIII Webinars Link, on ncaa.org.

Please MUTE your phone and/or computer microphone.
Agenda

• Introductions.

• Overview of the Sport Science Institute Mental Health Workshop Planning Kit.
  o Session 1.
  o Session 2.

• Q/A

Please MUTE your phone and/or computer microphone.
Mental Health Workshop Planning Kit

- Planning tool for conference offices to plan and implement a mental health workshop for member schools
- Approximately 7 hours
Mental Health Workshop Planning Kit

- Workshop instructions and checklist
- Scripted slides and group activities
- Evaluation form
- Agenda template
  - Overview of SA mental health
  - Empathic response training
  - Overview of MHBP and assessment
  - Campus collaboration strategic planning
Workshop Overview: Session I
1. Welcome

- Commissioner opens up workshop with goals of the workshop:
  - Increase awareness of student-athlete mental health issues
  - Encourage athletics engagement with campus
  - Train coaches and other athletic stakeholders in empathic response
  - Operationalize the Mental Health Best Practices and create a strategic action plan to implement them
2a. Overview of Student-Athlete Mental Health
2b. Introduction to Mental Health

(Use the scripted PPT that begins on the next slide)
Supporting Student-Athlete Mental Well-Being

The following NCAA content is for educational purposes only. You acknowledge that the NCAA owns all proprietary rights in and to the NCAA Content provided to you. You agree not remove, distort, or alter any element of NCAA Content. The NCAA reserves the right in its sole discretion to edit the Content or modify your permission to display the NCAA Content.
## Depression-NCHA Data

Have you ever felt so depressed that it was difficult to function?  
(Yes, in the last 12 months)

<table>
<thead>
<tr>
<th></th>
<th>STUDENT-ATHLETE</th>
<th>NON-ATHLETE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>27%</td>
<td>36%</td>
</tr>
<tr>
<td>Male</td>
<td>20%</td>
<td>29%</td>
</tr>
<tr>
<td>White</td>
<td>23%</td>
<td>32%</td>
</tr>
<tr>
<td>Black</td>
<td>23%</td>
<td>33%</td>
</tr>
<tr>
<td>Other</td>
<td>29%</td>
<td>37%</td>
</tr>
</tbody>
</table>

Within gender and within race differences are statistically significant, chi-square, $p < .01$
Summary

• Substance use is highest among Division III student-athletes and among male student-athletes.

• Excessive drinking is declining.

• Reported marijuana use has increased in all three divisions.
2c. World of Mental Health
Icebreaker Activity

- Answer each question below on a yellow sticky note:
  - What is the first word that comes to mind when you think of mental wellness?
  - What brings you joy?
  - How do you relax?

- Answer each question below on a blue sticky note:
  - What is the first word that comes to mind when you think of mental illness?
  - What causes you stress?
  - What interferes with your mental well-being?
2d1 and 2. Community and Campus Partners:

Conference Mental Health Initiatives

- Conference representative would present on mental health initiatives and resources offered by the conference.

- A mental health provider from one school would present data on student-athlete mental health.
2e. Reflection and Sharing Activity

- What did you find most surprising?
- From what you’ve just heard, what are your primary concerns about student-athlete mental health?
- What additional questions do you have about student-athlete mental health?
3. Empathic Response Training

- NCAA Coaches Assist for Empathic Response
- Strategy to have meaningful conversations about well-being with student-athletes and to support help seeking
Workshop Overview: Session 2
4. Conference Charge

- Conference representative discusses integration, assessment, and action plan of implementing Mental Health Best Practices within athletics department and campus.
5. Mental Health Best Practices

(Use the scripted PPT that begins on the next slide)
MENTAL HEALTH BEST PRACTICES

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Summary of Best Practices

1. Ensure that mental health care is provided by licensed practitioners qualified to provide mental health services.

2. Clarify and disseminate protocols for both emergency and routine referrals.

3. Consider mental health screening in pre-participation evaluation.

4. Create and maintain a health-promoting environment that supports mental well-being and resilience.
5b. Answer the following questions individually, then discuss as a group at your table:

- How can your peer groups best support student-athlete mental wellness?
- What are the greatest challenges that your peer group face in supporting student-athlete mental wellness?
- Identify important allies for your peer group efforts to support student-athlete mental wellness. What are the greatest barriers to working effectively with these individuals or other groups? What ideas do you have for working more effectively with those individuals or groups identified?
- What mental health education would be most helpful to your peer group? How would you want this education to be delivered?
5c. Mental Health Best Practices
Institutional Self-Assessment

- Participants are reseated by institution and work together with their team to complete assessment of the Mental Health Best Practices.
6. Campus Collaboration Action Planning

- Each institution completes the campus collaboration action plan worksheet and identify next steps.
7 and 8. Conclusion of Workshop

- Evaluations
- Closing comments by Commissioner
THANK YOU!
Questions?

- If you are on your phone, unmute your line and ask a question.

- All questions, via your computer, should be typed using the following instructions.

- Click on the chat icon – near the top of your screen. It will open a text box at the bottom of your computer screen.

- Type in message and click on send.