



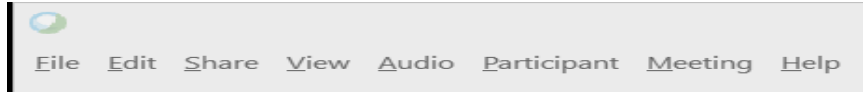
Division III March Webinar

Mental Health, Part I

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: 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.
 - Session 1.
 - Session 2.
- Q/A

Please MUTE your phone and/or computer microphone.

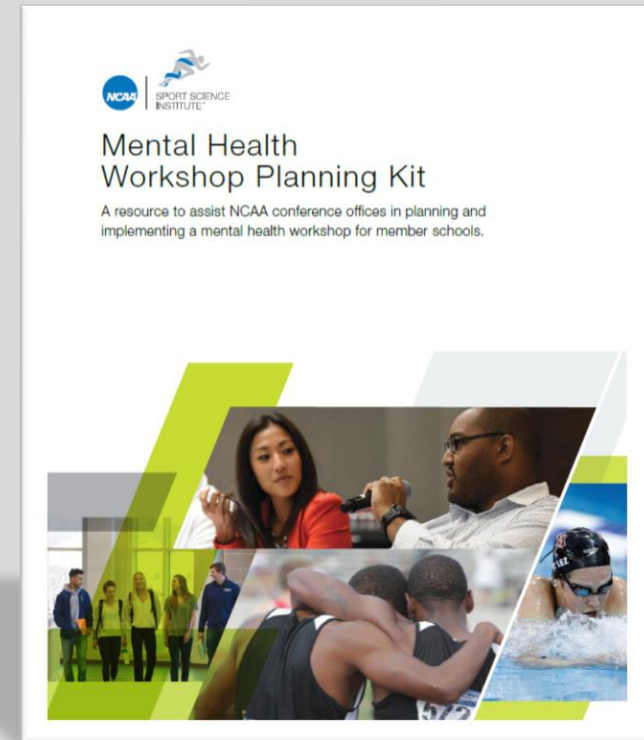


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Overview of Mental Health Workshop Planning Kit

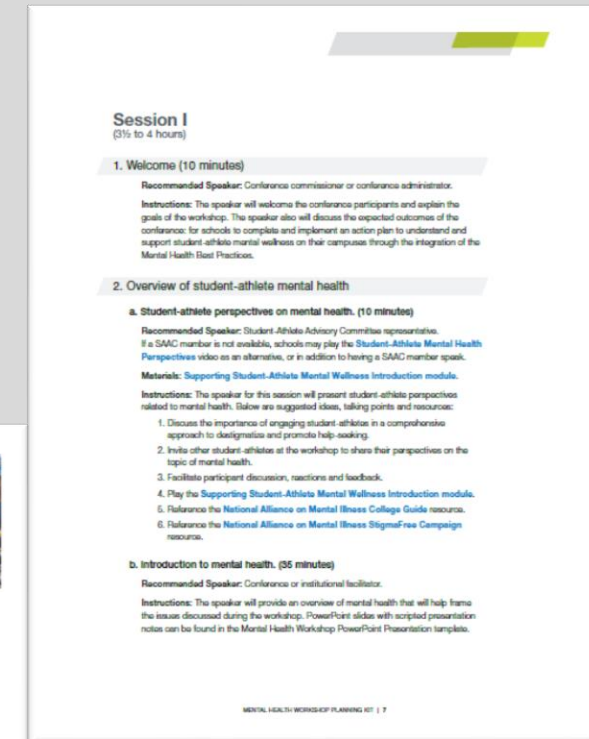
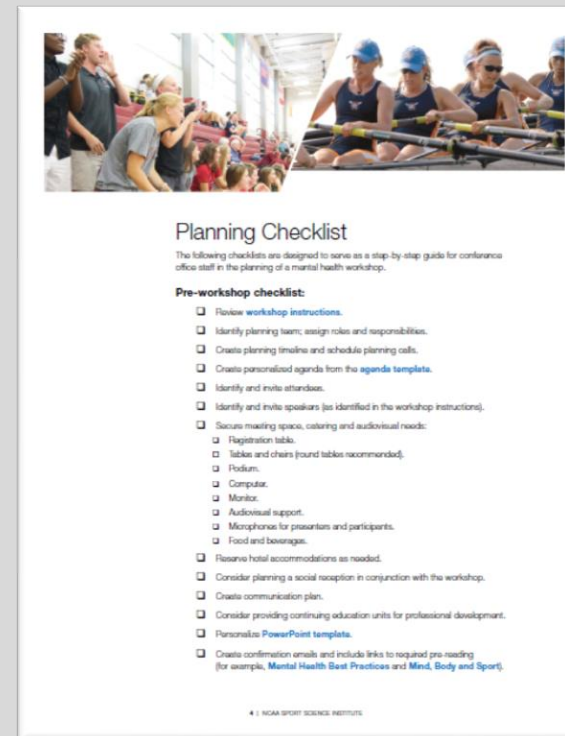
Mental Health Workshop Planning Kit

- 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



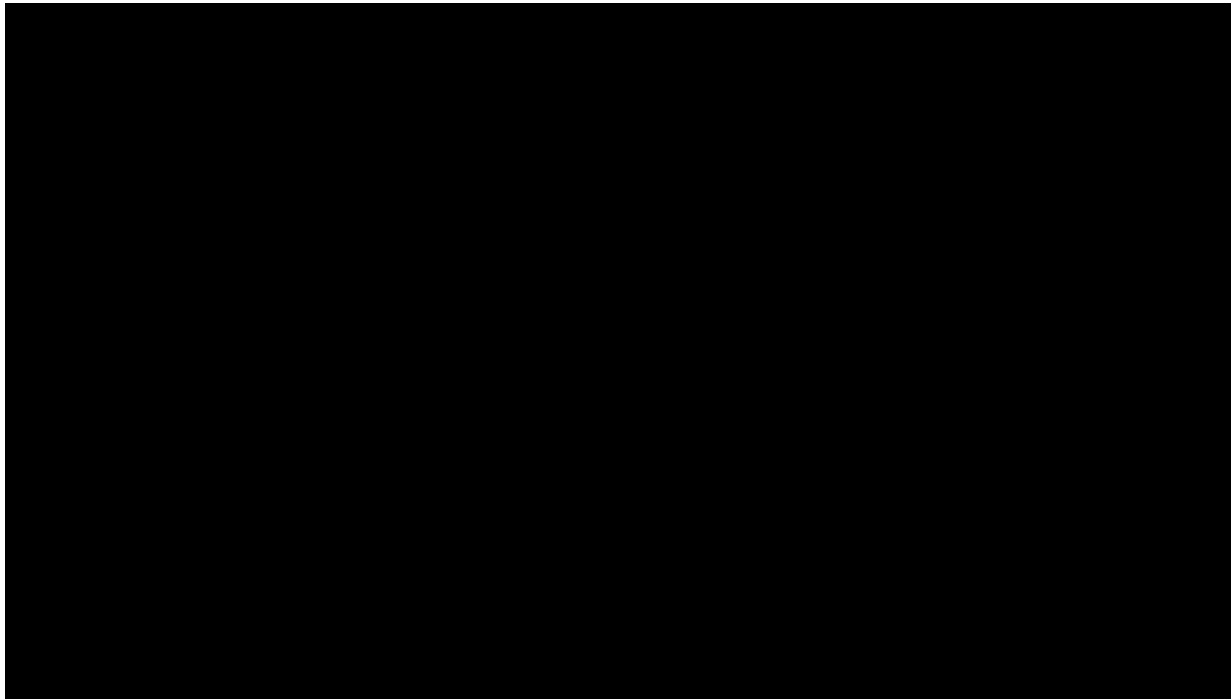


Workshop Overview: Session I

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)



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Supporting Student-Athlete Mental Well-Being

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Depression-NCHA Data

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

	STUDENT-ATHLETE	NON-ATHLETE
Female	27%	36%
Male	20%	29%
White	23%	32%
Black	23%	33%
Other	29%	37%

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



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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.



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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)



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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.

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:

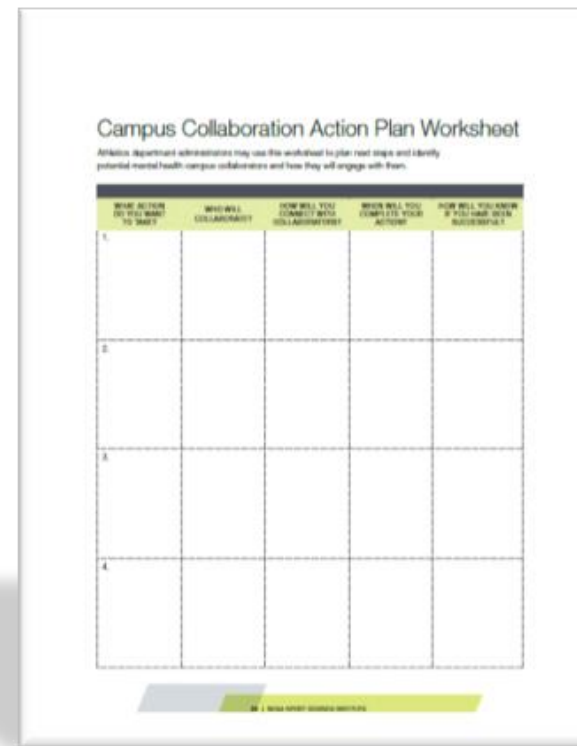
1-Best practice has been fully implemented 2-Best practice has been partially implemented 3-Best practice has not been implemented

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 (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).		
Individuals 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 collegiate 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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6. Campus Collaboration Action Planning

- ▶ Each institution completes the campus collaboration action plan worksheet and identify next steps.

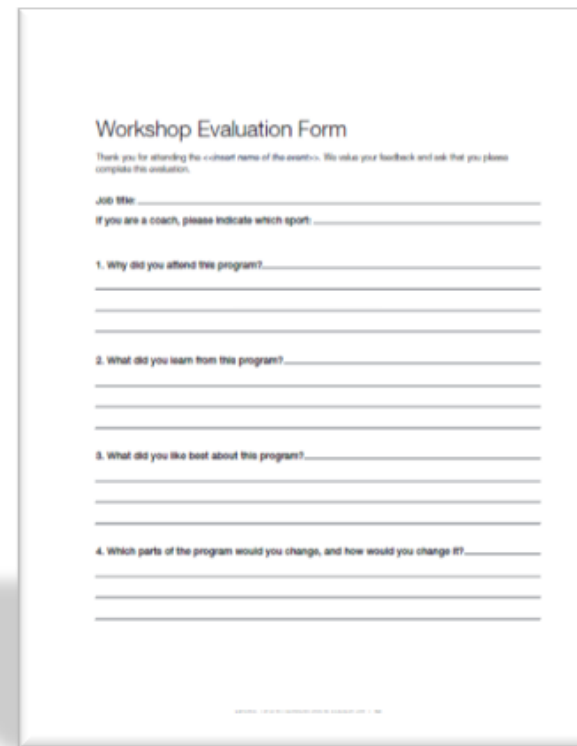


The image shows a worksheet titled "Campus Collaboration Action Plan Worksheet". Below the title, there is a subtitle: "Athletic department administrators may use this worksheet to plan next steps and identify potential mental health campus collaborators and how they will engage with them." The worksheet contains a table with five columns and four rows. The columns are labeled: "WHICH ACTION DO YOU WANT TO TAKE?", "WHY WILL COLLABORATION?", "HOW WILL YOU COME TO THIS COLLABORATION?", "WHEN WILL YOU COMPLETE YOUR ACTION?", and "HOW WILL YOU KNOW IF YOU HAVE BEEN SUCCESSFUL?". The rows are numbered 1, 2, 3, and 4. At the bottom of the worksheet, there is a small logo and the text "© 2014 NACAC NATIONAL ASSOCIATION OF COLLEGE ATHLETIC ADMINISTRATORS".

WHICH ACTION DO YOU WANT TO TAKE?	WHY WILL COLLABORATION?	HOW WILL YOU COME TO THIS COLLABORATION?	WHEN WILL YOU COMPLETE YOUR ACTION?	HOW WILL YOU KNOW IF YOU HAVE BEEN SUCCESSFUL?
1.				
2.				
3.				
4.				

7 and 8. Conclusion of Workshop

- ▶ Evaluations
- ▶ Closing comments by Commissioner



Workshop Evaluation Form

Thank you for attending the <insert name of the event>. We value your feedback and ask that you please complete this evaluation.

Job title: _____

If you are a coach, please indicate which sport: _____

1. Why did you attend this program? _____

2. What did you learn from this program? _____

3. What did you like best about this program? _____

4. Which parts of the program would you change, and how would you change it? _____



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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.