

**NCAA**



# **DIVERSE STUDENT-ATHLETE MENTAL HEALTH AND WELL-BEING SUMMIT: IT'S ON US**

# PURPOSE

- August 10 – 11, 2020,  
1- 5 pm EST
- Background and literature  
review
- Facilitated breakout  
sessions
- Operationalize  
recommendations



# The Delphi Process

- **Phase 1: Exploration**
  - **Pre-Summit**
    - Narrative review of relevant literature (summary shared with participants)
  - **Day 1 & 2**
    - Expert presentations
    - Small group discussion and anonymous open-ended feedback
- **Phase 2: Evaluation (post-Summit)**
  - Synthesize all Summit documentation to identify emergent themes;
  - *Version 1* of statements sent to all Summit participants to vote on AND provide optional open-ended feedback; Pre-established quantitative thresholds for what it means to reach “consensus”
  - *Version 2* of statements sent to Summit participants (...this continues until all statements are included because they reach consensus thresholds or are removed because they cannot be edited to address problems identified in open-ended feedback, or are not changing statistically despite edits).



# Phase 1: Barriers and Solutions

- Expert presentations
- Facilitated breakout rooms
  - What at the barriers ?
  - What are the solutions?



# Phase 1: Recommendations and Outcomes

- Resources and support for diverse student-athletes
- Clinician training and clinical care
- Institutional systems
- Training and resources for athletic staff
- Research



# Phase 2: Evaluation

- Coaches
- Student-athletes
- Families of student-athletes
- Athletic department administrative staff
- Healthcare personnel
- Research
- Athletic department administrative leadership





# Consensus Results – Round 1

- Annual coach assessments of implicit bias, attitudes, and coaching practices as they relate to the experiences and well-being of BIPOC athletes
- Annual coach training that addresses anti-racist coaching practices
- Annual training for student-athletes to address the history of racism in sports in the United States
- Annual training for student-athletes that addresses anti-racism, as applied to the sport and college setting
- Meetings for student-athletes with career services to discuss career planning for life after sport
- Dissemination to families of students-athletes about mental health services and how to access those services



# Consensus Results – Round 1

- Annual training of healthcare personnel on culturally competent health care
- Prioritization of racial/ethnic diversity of mental healthcare providers in the hiring process
- Annual training for trauma informed clinical practices for healthcare personnel
- Inclusion of screening for mental health disorders as a part of the pre-participation process that allows for student-athlete privacy

# Consensus Results – Round 1

- Inclusion of a measure of racial discrimination or racial trauma
- Measurement and reporting that uses US census categories or other standardized categories for race and ethnicity.
- Annual review of practices to confirm that responsibility for stakeholder education about the issues related to racism does not fall to BIPOC student-athletes
- Annual implicit bias and anti-racism training for athletic department staff
- Annual athletic department self-evaluation of current policies and practices related to inclusion in the hiring process

# Finished Products

- Culturally competent mental health tool kit
- Publication of the best practices and standards of care for diverse student-athletes
- Coach, student-athlete, staff modules (e-learning)
- Systemic institutional policy changes
- Pipeline programs for diverse student-athletes

