



**NCAA Diverse Student-Athlete Mental Health
and Well-Being Summit
Meeting Summary
August 10-11, 2020**

Goal

Positively impact the culture around mental health disparities, particularly related to student-athletes of color.

Given the importance and challenge of understanding and supporting the manifestations and management of mental health symptoms and disorders in student-athletes of color, the NCAA Sport Science Institute and Office of Inclusion hosted a Diverse Student-Athlete Mental Health and Well-Being Summit August 10-11, 2020. This summit, held in conjunction with representatives from the membership and mental health/medical/sports medicine organizations, explored the mental health challenges facing student-athletes of color and discussed possible avenues to address those challenges.

Meeting Objectives

The summit focused on immediate, intermediate and long-term projects:

Immediate: Provide an analysis of the NCAA COVID-19 Mental Health and Well-Being Survey and conduct a narrative literature review of evidence- and consensus-based studies that address this matter.

Intermediate: Develop foundational statements and may be leveraged in support of education, research and policy initiatives to assist the membership in addressing this topic.

Long-term: Evaluate infrastructure needs that impact mental health and well-being in student-athletes of color, including athletic trainers, licensed mental health professionals, coaches, athletics personnel and physicians. Once infrastructure needs are identified, provide possible pathways that can address these needs.

Participants

This summit convened expertise from the mental health, higher education and sports medicine industries with student-athletes and other representatives from NCAA member schools.

Welcome and Introductions

Jessica Wagner, NCAA associate director of prevention and health promotion and Amy Wilson, managing director, office of inclusion, welcomed everyone, provided an overview of the summit and introduced Dr. Stephany Coakley and Darryl Conway as co-chairs of the event.

Welcome Remarks

Donald Remy, NCAA Chief Operating Officer, Brian Hainline, NCAA Chief Medical Officer, and Terri Gronau, Interim NCAA Chief Diversity Officer, provided opening

remarks. In the last few months COVID-19 has impacted the world and shed additional light in the United States on the health disparities that exist amongst our communities. This, coupled with the trauma of recent events of violence against people of color, continues to amplify and escalate the need to more closely evaluate the adequacy of mental health support that is available to student-athletes of color and those that are part of other marginalized groups. We recognize the importance and challenge of further exploring and adequately supporting these unique mental health needs and will continue our collaborative efforts with the NCAA Office of Inclusion, the membership and key mental health and medical organizations.

Background

To provide context prior to the discussions, several key leaders in the fields of mental health and racial disparity had been invited to provide brief updates. The speakers included Claudia Reardon, co-chair of the International Olympic Committee consensus Work Group on mental health, who provided information about the current IOC mental health framework; Courtney Turner, former NCAA student-athlete, who shared her personal story of mental health challenges and perspective around the importance of adequate mental health support for minority student-athletes; Lydia Bell, Associate Director, NCAA research who explained the findings of the NCAA COVID-19 Well-Being Survey and addressed the impact COVID-19 has had on student-athlete mental health; Victor Kidd, Program Director, Office of Victim Services and Justice Grants and a sports psychologist; and Emily Kroshus, NCAA Consultant, who shared summarized findings from a literature review on current mental health education for diverse student-athletes.

Breakout Group Sessions

Following the presentations, summit participants were introduced to the concept of the modified Delphi process that would be used to follow summit activities. Participants then worked in larger groups to discuss potential barriers and resolutions related to supporting the mental health needs of student-athletes of color. At the end of day one, discussion groups reported back to the full group with their ideas and findings. The feedback from these discussions influenced the consensus building portion of the day two agenda.

Topical Discussions and Consensus Building

On day two, participants joined breakout session discussions related to the following five topics that were identified as the result of day one feedback: (1) resources and support for athletes; (2) clinician training; (3) institutional systems; (4) training and resources for athletics staff (coaches, administrators, others); and (5) research.

Next Steps

Summit feedback will be further synthesized for purposes of identifying areas of consensus that might be used in support of intermediate goals related to the development of education, research and policy initiatives that can facilitate and support membership efforts to address the mental well-being needs of diverse student-athletes.