

Models for mental health and wellness support services for student-athletes

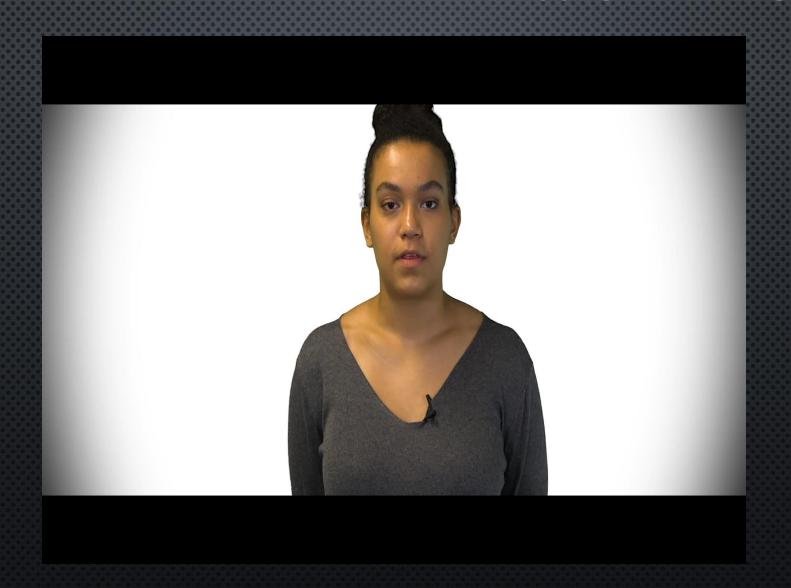
Suny Cortland sports medicine symposium

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MENTAL HEALTH AWARENESS CAMPAIGN









CONTINUUM OF WELLNESS

Continuum of Wellness

Self & Social Care



Physically active

- Socially active Normal mood fluxtuations
- Self-confident
- Consistent performer
- Sleeping well
- Coping well as a student-athlete

- Ocassionally
- stressed or worried Difficulty relaxing
- Ocassionally sad
- Low energy
- Decreased social activity
- Procrastination
- g · These periods do not last for a long time

Professional Care



Persistent worry and stress

- Persistent irritation and anger
- Lingering sadness,
- feelings of worthlessness
- Feelings of hopelessness
- Decreased performance in academics & athletics
- Difficulty concentrating
- Restlessness
- Insomnia
- Withdrawal or avoidance of social siutations

Extreme difficulty functioning day to day activities due to severe mental illness

- Withdrawn
- Constantly fatigued
- Overwhelmed
- High levels of anxiety Panic attacks
- Damaged relationships
- Agressive
- Clinical diagnosis
- Significant difficulty with thinking, emotions and behavior





SCOPE OF HEALTH PROBLEMS ON CAMPUS

- MOOD DISORDERS AND DEPRESSION
- ANXIETY DISORDERS
- ADJUSTMENT DISORDERS
- SUBSTANCE ABUSE
- DISORDERED EATING
- BODY DYSMORPHIC DISORDERS
- Psychosomatic illnesses

- BIPOLAR DISORDER
- SCHIZOPHRENIA
- Personality disorders
- ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)
- MPULSE CONTROL
- GAMBLING
- SLEEP DISORDERS

MODELS FOR THE PROVISION OF MENTAL HEALTH AND WELLNESS SERVICES

- COMMUNITY BASED SERVICES
- CONTRACTED SERVICES
- CAMPUS COUNSELING
- CAMPUS COUNSELING CENTER
 W/ DESIGNATED COUNSELORS
 FOR ATHLETICS
- ATHLETIC DEPARTMENT RESOURCE





Transition services
Into and out of Temple University
Athletics

TU Well

Pre-participation mental health and wellness screenings Wellness checks Crisis intervention

III Well

Groups (e.g. injury, transition,

depression)

Individual sessions

Peer mentors

Social responsibility

Special topics



Resilience Training

W.I.S.E. Series for Coaches/Staff

Support
Attend team meetings
Attend practices

Technology

Safe space

Performance enhancement

BEST PRACTICES

- ASSESSMENTS AND SCREENING
- COLLABORATE WITH SPORTS MEDICINE
- MENTAL HEALTH EDUCATION
- CAMPUS AND COMMUNITY PARTNERSHIPS
- STIGMA REDUCTION
- UTILIZE TECHNOLOGY



• HTTP://WWW.NCAA.ORG/SPORT-SCIENCE-INSTITUTE/MENTAL-HEALTH-BEST-PRACTICES



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