

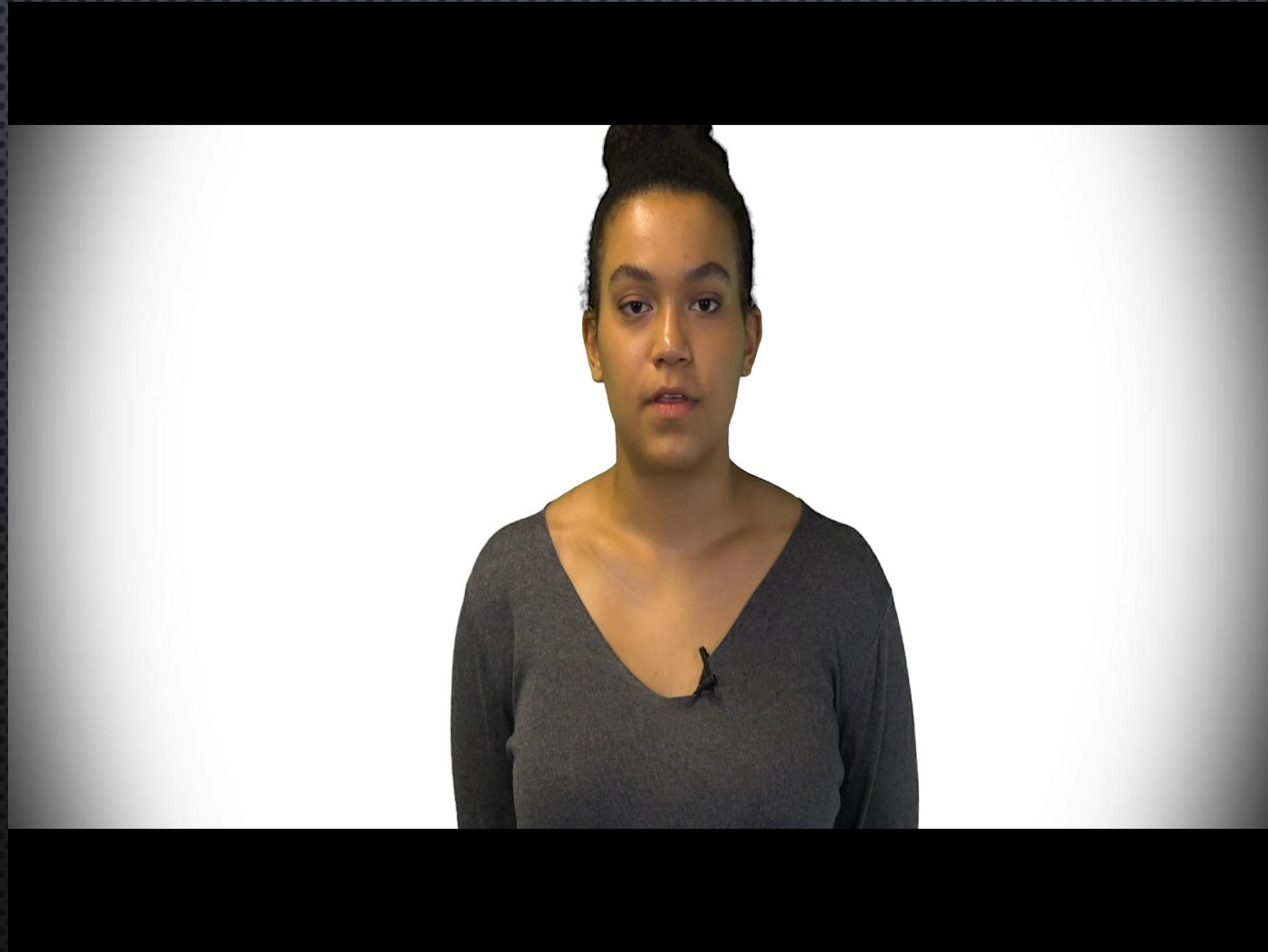
MODELS FOR MENTAL HEALTH AND WELLNESS SUPPORT SERVICES FOR STUDENT-ATHLETES

SUNY CORTLAND SPORTS MEDICINE SYMPOSIUM

APRIL 23, 2019



MENTAL HEALTH AWARENESS CAMPAIGN





CONTINUUM OF WELLNESS



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)
- IMPULSE 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

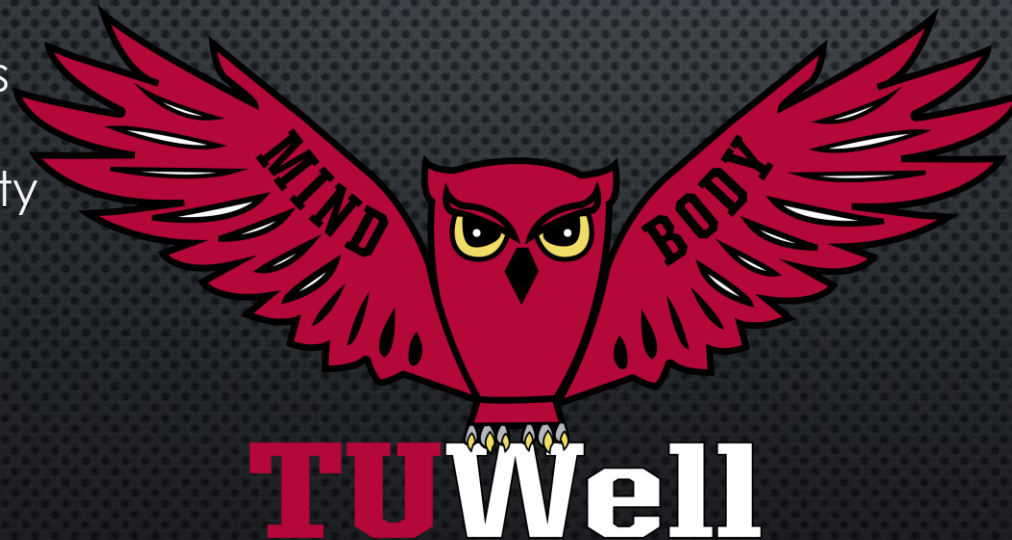
Groups (e.g. injury, transition,
depression)

Individual sessions

Peer mentors

Social responsibility

Special topics



Referral Network

Campus partners

Community partners

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](http://www.ncaa.org/sport-science-institute/mental-health-best-practices)



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