

# Mental Health Interdisciplinary Team Planner

This planning tool is designed as a general guide for athletics department staff to support student-athlete mental health in collaboration with their campus partners. The grid provided identifies tasks associated with a comprehensive approach to supporting student-athlete mental health and can assist schools in implementing the **Mental Health Best Practices**.





Included below is a description of each task identified in the grid above. Also provided is a list of bulleted resources that can assist schools with the implementation of each task.



## Funding support

For this task, schools identify fiscal resources to provide mental health programming and staffing. Below are recommended resources:

- **NCAA scholarships and grants.**
- Conference grants: Schools may check with their conference office for grants to support student-athlete well-being.



## Policy development

For this task, schools model departmental mental health policy after endorsed best practices. Below is a recommended resource:

- **Mental Health Best Practices:** An interassociation consensus document.



## Assessment

For this task, schools assess to what extent mental health best practices are institutionalized and audit existing departmental and campus resources. Below are recommended resources:

- **Mental Health Campuswide Assessment Checklist.**
- **NCAA Mental Health Best Practices Institutional Self-Assessment Worksheet.**



## Staffing

For this task, schools evaluate staffing needs and credentials. Below are recommended resources:

- **Checklist for NCAA Mental Health Best Practice No. 1.**
- **What do People Mean When They Use the Term “Sport Psychologist”? Fact Sheet.**
- **Models of Care.**



## Education and training

For this task, schools provide education to student-athletes and staff and work with colleagues across campus to assure understanding of unique student-athlete needs. Below are recommended resources:

- **Mental Health Educational Modules.**
- **Mind, Body and Sport.**
- **Campus Stakeholder’s Guide for Mental Health.**
- **Student-Athlete Mentor Programs Information Sheet.**
- **Mental Health Fact Sheets.**
- **NCAA Coaches Assist for Empathic Response Training Video.**



## Screening

For this task, schools consider engaging with campus mental health screening events, and incorporate mental health screening in student-athlete medical care. Below are recommended resources:

- **Checklist and corresponding screening tools for NCAA Mental Health Best Practice No. 3.**



## Referral protocols

For this task, schools provide staff and student-athletes with written plans that provide guidance on referring for services. Below are recommended resources:

- **Mental Health Referral Decision Tree Worksheet.**
- **Sample Mental Health Procedures.**



## Intervention

For this task, schools include plans to support staff and student-athletes in need, and all students and staff during, and after, a crisis or mental health emergency. Below are recommended resources:

- **Sample Mental Health Crisis Intervention Plan.**
- **Higher Education Mental Health Alliance Postvention: A Guide for Responses to Suicide on College Campuses.**
- **National Alliance on Mental Illness College Guide.**
- **The Jed Foundation**
- **Mental Health First Aid**
- **Step UP! Program Depression Resources**



## Treatment

For this task, schools identify contact information for treatment resource options. Below are recommended resources:

- **Substance Abuse and Mental Health Services Administration help and treatment information.**
- **National Alliance on Mental Illness mental health treatment and service information.**



## Activism

For this task, schools engage students and faculty in promoting an environment that supports resilience, and destigmatizes and promotes help seeking. Below are recommended resources:

- **Your Words Matter Fact Sheet.**
- **National Alliance on Mental Illness reducing stigma information.**

