

Destigmatizing Mental Health in Athletes

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Learning Objectives

- Understand the role of pre-participation mental health screening in evaluating student athletes' overall health and well-being.
- Understand how to evaluate pre-participation mental health screening results and conduct follow-up interviews
- Become familiar with introducing (and destigmatizing) mental health issues with student athletes.
- Identify key mental health services that are needed within a university athletic department.
- Learn how to coordinate mental health services between a university's counseling center and athletic department.

What do these athletes have in common?



EST. 1890

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Hilinski's Hope



Your Experience

Have you (or have you known someone) who has experienced:

- Anxiety (worried, nervous, difficulty concentrating)
- Depression (felt sad, low energy, could not function at school/work)
- Substance Use (alcohol, marijuana, prescription drugs, others)
- Eating Disorder (bulimia, body image concerns, etc.)
- Relationship difficulties (w/family, romantic partner, etc.)

Athletes & Mental Health

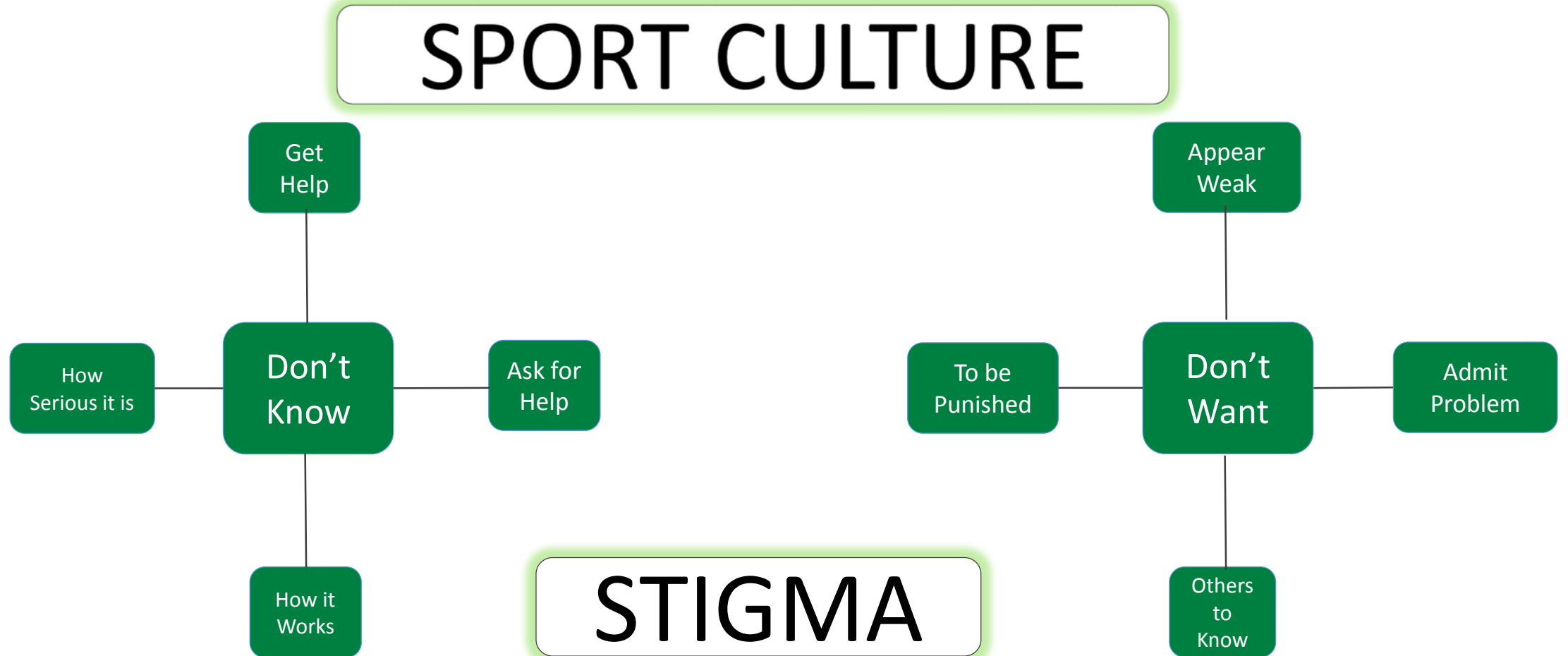
Clinical Challenge	Male	Female
Depression	21%	28%
Anxiety	31%	48%
Alcohol Abuse	31.9% (>5); 15.5% (>10)	39.6%(>4); 2.4% (>10)
Eating Disorders		
- Clinical	0% to 1.1%	0% to 6.3%
- Sub-Clinical (Symptoms)	12.2% to 19.2%	6.5% to 26.1%
- Asymptomatic	80.8% to 87.8%	67.6% to 93.5%
- Dissatisfied w/Current Weight	39.4%	54.4%

Athletes & Mental Health



[Athletes Connected](#)

Why is it hard to ask for help?



Signs of an athlete with mental health concerns



Athletes & Mental Health



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How can athletes help each other?

Care

Ask, & Ask Again



Share

Encourage

Providing Care Within The University Setting

Pre-Participation Screen



Name: _____

Sport: _____

Gender: _____

Race: _____

UNT Athletics

Your responses are confidential and will not be shared with your coaches without your consent.

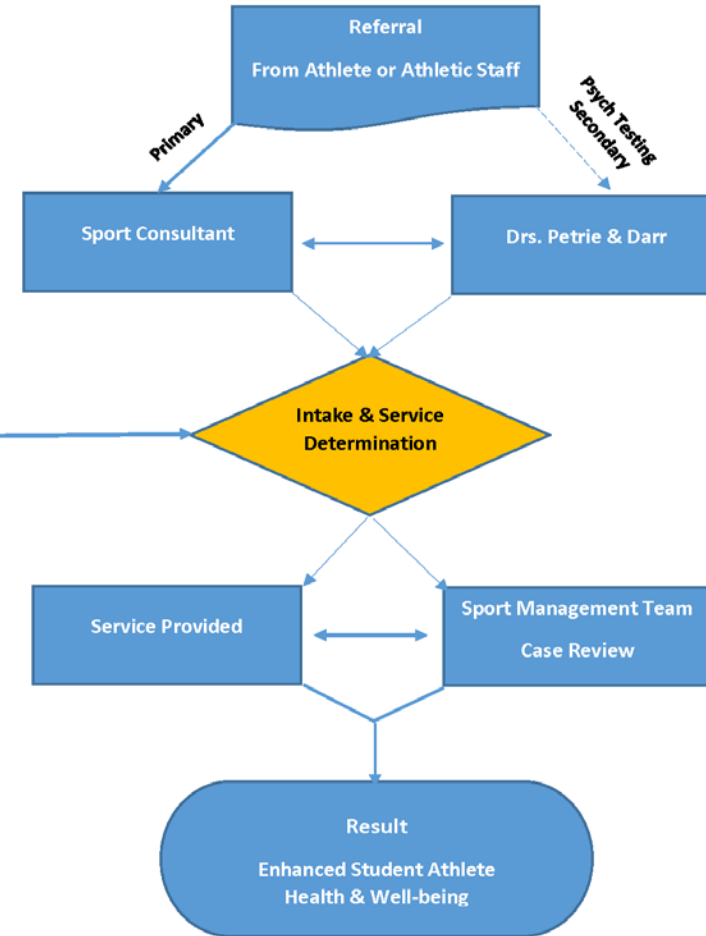
Please respond to each of the following questions based on your experiences during the LAST SIX (6) MONTHS. Please respond honestly based on your thoughts, feelings, and experiences.

MIND	YES	NO
I feel anxious and nervous much of the time		
I often feel sad, down or worthless		
I have a hard time managing my emotions (e.g., anger, frustration, sadness)		
I often worry about what's going on at home (e.g., with family, friends)		
Within the last 6 months, I have had feelings of hurting myself or others		
BODY	YES	NO
I often have trouble sleeping		
My weight affects how I feel about myself		
I am unhappy or dissatisfied with my body and how it looks		
In the last 6 months, I have taken prescription drugs that were not mine or used illegal drugs (If YES, please indicate what: _____)		
How often do you have a drink containing alcohol? (Never; Monthly; 2-4 per Month; 2-3 per Week; 4+ per Week)		
How many drinks containing alcohol do you have on a typical day when you are drinking? (I Do Not Drink; 1-2 drinks; 3-4 drinks; 5-6 drinks; 7-9 drinks; 10 or more drinks)		
How often do you use marijuana? (Never; once a month or less; 2-4 per Month; 2-3 per Week; 4+ per Week)		
PERFORMANCE	YES	NO
My current psychological state (e.g., LACK of confidence, POOR motivation, WORRY about mistakes) negatively affects my sport performance and training		
I often have difficulty concentrating or staying focused on important tasks (e.g., school projects, studying game film, practicing new plays)		
When injured, I struggle psychologically (e.g., feel sad, anxious, lack motivation)		
CURRENT HEALTH STATUS	YES	NO
I have been diagnosed with a Learning Disability or ADHD (circle which one) a. If YES, please describe: _____		
I have been seen by a psychologist or counselor a. If YES, please tell us why: _____		
I have received medication from a psychiatrist/physician for a psychological issue a. If YES, please tell us what medication: _____		

Collaboration

Services

- Sport Psychology Services**
 - Development and Enhancement of Confidence, Focus, and Resiliency
 - Team Building
 - Leadership Training
 - Coach Consultation
- Mental Health Services**
 - Individual Therapy
 - Group Therapy
 - External Referral, High Level of Care or Preferred Treatment by Athlete
- Substance Use Services**
 - Consultation and Psychoeducation
 - Individual Therapy
 - Group Therapy
 - External Referral: Higher Level of Care or Preferred Treatment by Athlete
- Psych Testing/LD Assessments**
 - Assessments
 - Screening



TAO Self-Help



Therapy Assistance Online

Sign up for Therapy Assistant Online

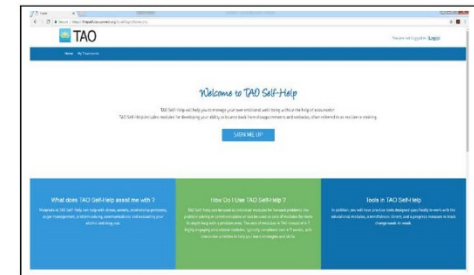
- see handout for instructions
- contains various self-help

Modules you can use by yourself or discuss with your sport psychology consultant, athletic trainer, and coaches.

TAO Self-Help Quick Start Guide

Short online sessions in TAO Self-Help can help with stress, anxiety, relationship problems, and much more.
Please access TAO Self-Help prior to meeting with your Clinician.

1. Access Self-Help resources 24 hours a day from any mobile device by going tao.unt.edu, then click on the green button: "Try TAO Self-Help" at the top of the page. On the next page click on the blue "Sign Me Up" button in the middle of the page.



2. Once the page loads, enter your name, UNT email address, create a password, enter enrollment code: optional demographic information; read and affirm that you have read the TAO Informed Consent.
3. Upon completing the login information you'll have the opportunity to complete short wellness surveys and have access to self-help resources.

Brief Introduction to the Toolbar

Home will bring you to the homepage of TAO, where you will be able to access all the tools and materials TAO has to offer, as well as crisis information in the event of emergency.

Your Pathways allows you to select and begin your lessons.

Tools will connect you to two important tools in TAO:

- Your Logs: these daily journals and logs will help you track your progress and gain self-awareness.
- Mindfulness Library: here you will find a variety of exercises to help you learn to stay calm and relaxed.

Progress Measures is where you will find the wellness survey. You will automatically be prompted to take this brief survey at the beginning of each module. Taking this survey regularly will help you identify patterns and improvements in your mood.

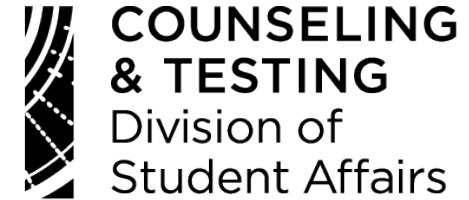
If you have question please ask contact your Sport Consultant(s)

Contact



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