

Student Athlete Mental Health: An Interdisciplinary Perspective and National Trends

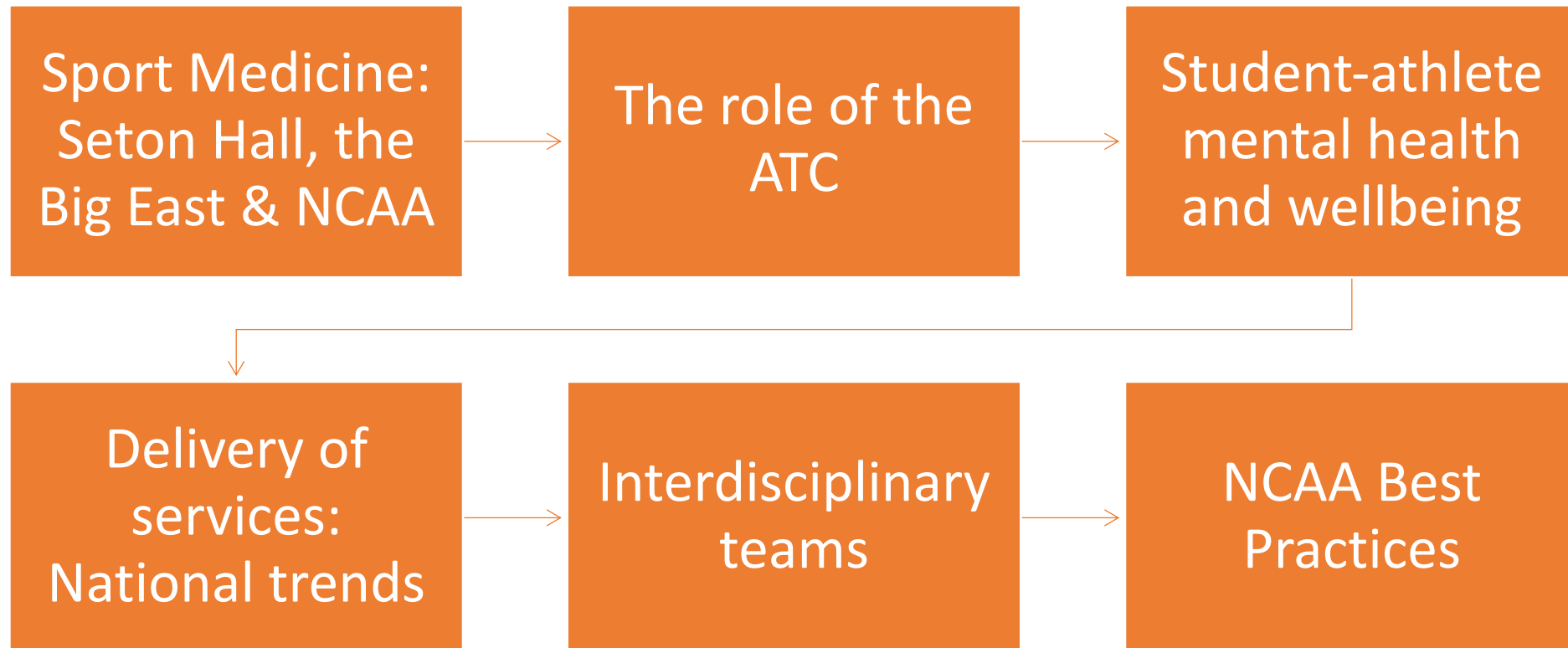
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& Peter Economou, PhD, ABPP



Disclosures

- We have no financial support for this presentation.
- There are no actual or other potential conflicts of interest in relation to this presentation.

Agenda





Who we are...

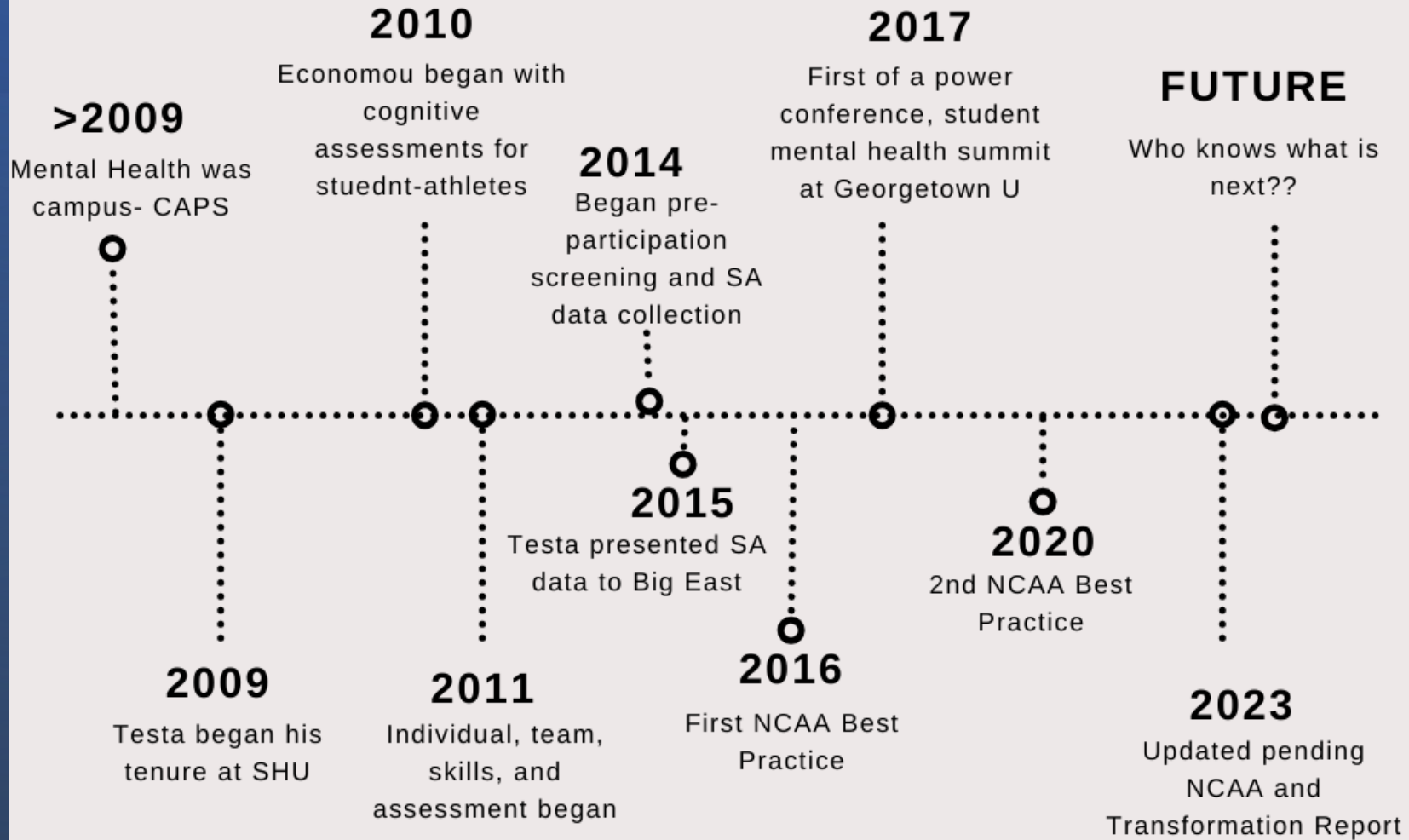


What is an ATC and their Role

- ATC- Certified Athletic Trainer licensed by the State Board of Medical Examiners



Mental Health Timeline & SHU





Interdisciplinary Teams

Physicians

Athletic
Training

Academic
Support

SWA and
Development

CAPS

Sport
Psychology

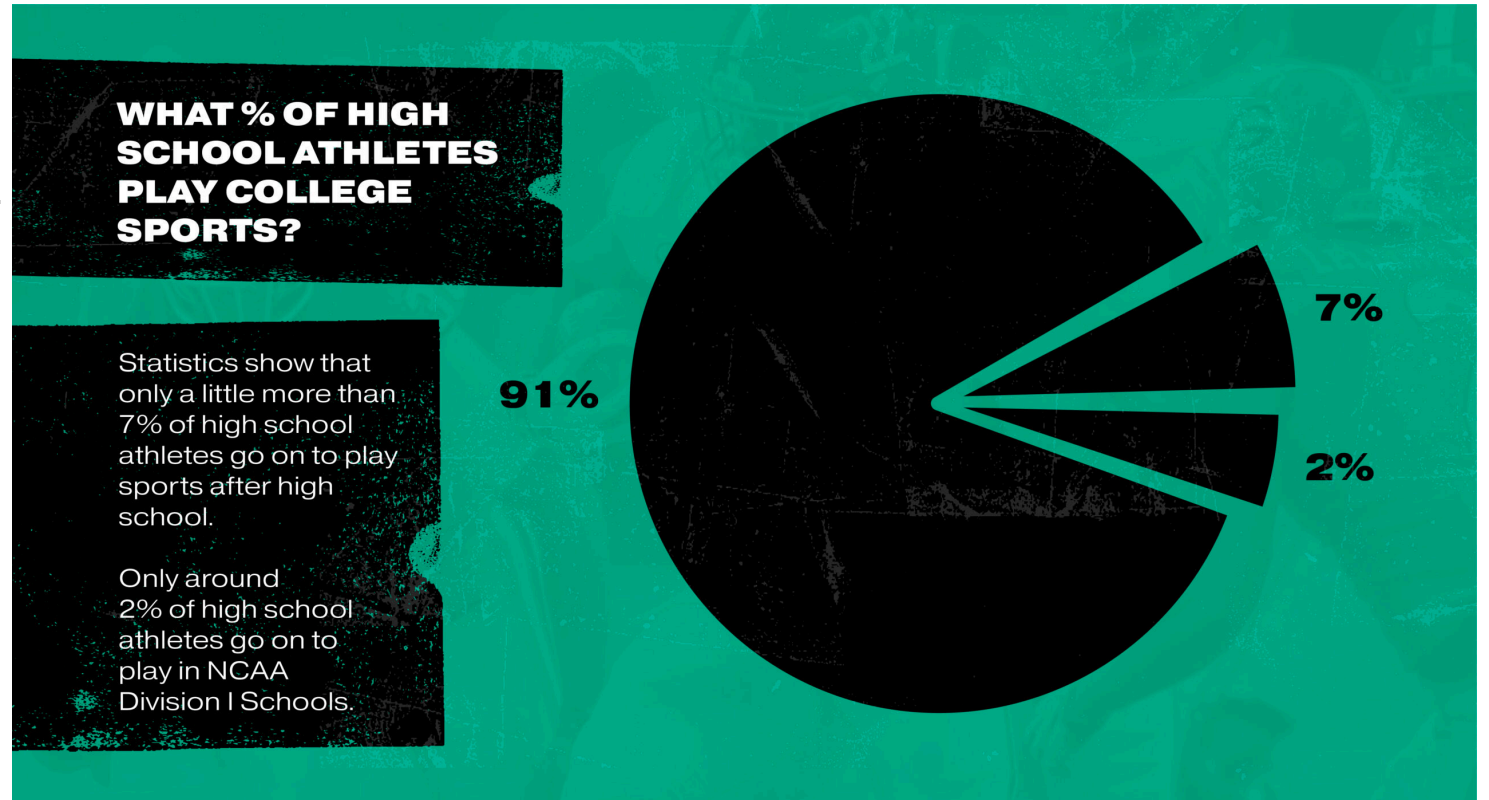
Nutrition

Strength and
Conditioning

Coaches

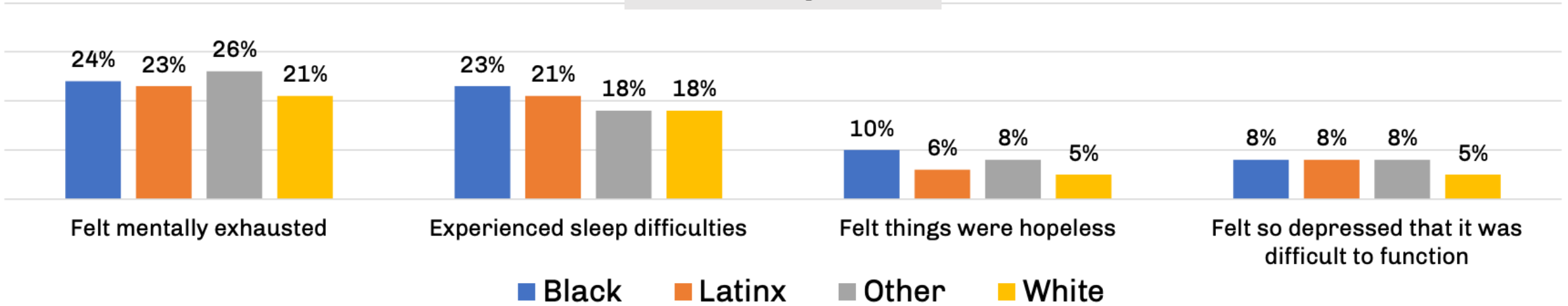
Student-athlete versus Student

- How are they the same
- How are they different
- Amateurism v. Professionalism

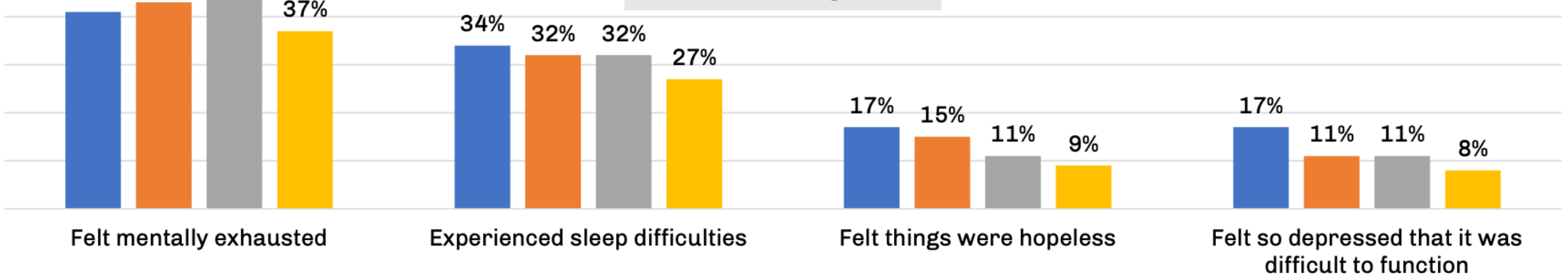


(Percentage of Participants Who Endorsed “Constantly” or “Most Every Day” by Race/Ethnicity)

Men's Sports

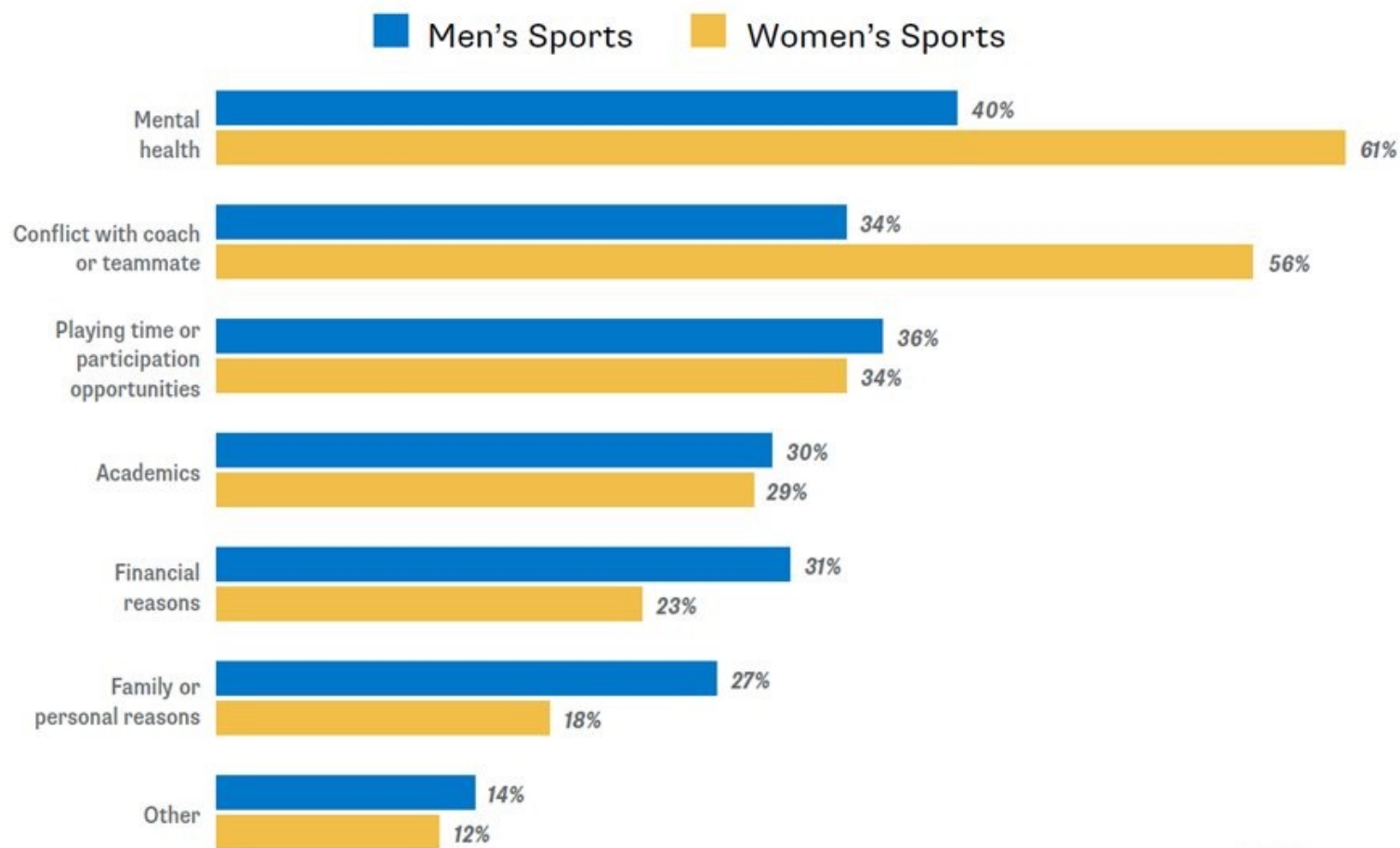


Women's Sports



Note: "Other" includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

Reasons for Considering Transfer (Percentage of Participants Who Endorsed “Somewhat Likely” or “Very Likely”)



Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



AUCCCD
Association for University and College
Counseling Center Directors



**AMERICAN COLLEGE
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COLLEGE
HEALTH
ASSOCIATION**

Navigating a Path
Forward for Mental Health
Services in Higher
Education



Ψ ACCTA
Association of Counseling Center Training Agencies

AUCCCO
Association for University and College
Counseling Center Outreach

ASSOCIATION *for* APPLIED
SPORT PSYCHOLOGYSM



Interassociation Consensus Document:

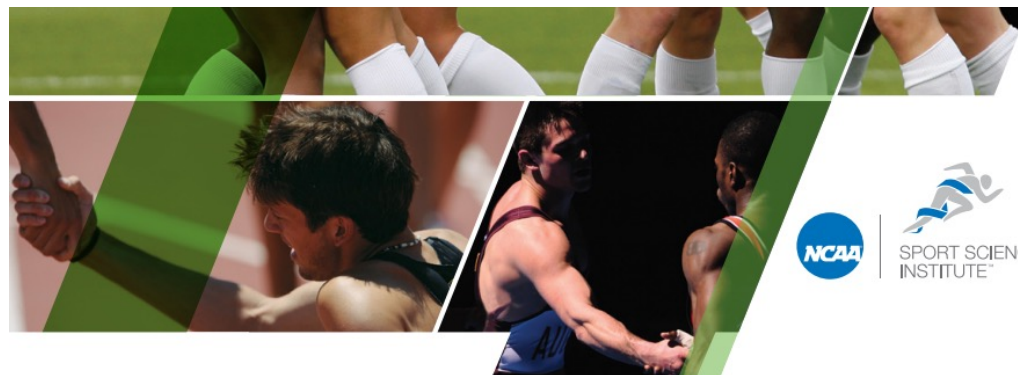
MENTAL HEALTH BEST PRACTICES

Understanding and Supporting Student-Athlete Mental Wellness



APA Division 47

SOCIETY FOR SPORT, EXERCISE & PERFORMANCE PSYCH



A close-up photograph of a person's arm, showing a tattoo of a bird in flight. The lighting is dramatic, with strong highlights and deep shadows. The text is overlaid on the lower half of the image.

MENTAL HEALTH

**ARE WE DOING ALL WE
CAN?**

What we serve and do...

- Mental health and wellbeing
- Injury recovery
- Group training and mental skills
- Team building
- Diversity Equity Inclusion and Belonging
- Coach, administrative and staff training
- Pre-screening
- Case management





Delivery of services: National trends

NCAA Best Practices

- See afternoon session
- #1 Clinical licensure of practitioners providing mental health care
- #2 Procedures for identification and referral of student-athletes to qualified practitioners
- #3 Pre-participation mental health screening
- #4 Health-promoting environments that support mental well-being and resilience

