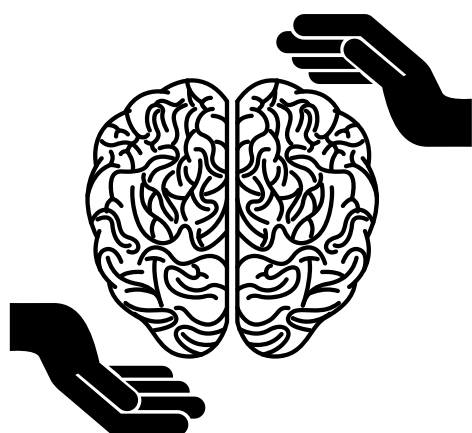


SAMHI

BUILDING A CASE FOR THE VARSITY MENTAL HEALTH COORDINATOR

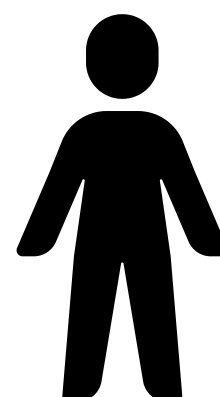
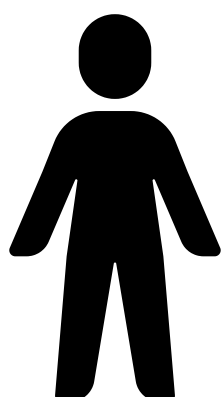
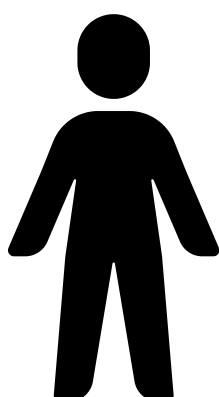
Purpose

The project aims to examine the role of varsity mental health service providers, by determining how & why the role/service was implemented, identifying the barriers to implementation, and analyzing the outcomes.



Methods

In-depth interviews were conducted with three professionals who help to provide mental health services to student athletes.



Services Provided by Mental Health Professionals

- 1 on 1 counselling support
- Connecting student athletes to appropriate resources
- Graduate student job training
- Mental health & performance workshops for staff & student athletes

"Mental performance coaching has opened the door to athletes coming in to talk about life and-or mental health"

- Mental Performance/Counselling Support Staff



Tips for Implementing the Role

- Focus on small systemic changes
- Develop partnerships with existing on-campus resources
- Look to merge mental performance coaching with mental health services.
- Recognize educational opportunities

Possible Barriers

- Systemic barriers (cost, budget, accessibility, etc.)
- Lack of precedent; very few individuals working in the role
- Confidentiality concerns
- Stigma



"I think we've done a great job of normalizing mental health support in this high performance environment just by having the role exist"

- Varsity Mental Health Coordinator & Counsellor

Outcomes

- Normalizing & de-stigmatizing seeking help
- Prevention of mental health crises
- More accessible, specialized & inclusive support for athletes
- Greater awareness of on/off-campus resources

