

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**.



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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, school 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.**



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