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Struggling Stressing Striving

An Introduction to Mental Health Strategies for
Athletic Administrators

Dr. Craig Perry
Charlie Campbell
Hutch Hunter

U.S. Council For Athletes' Health

- Partnership with NIAAA to provide health, wellness, and safety programming, resources, and education
 - Articles in IAA
 - Three Tiers of Professional Development Education Opportunities
 - Resources and Support for NIAAA members and NIAAA Member State Associations
- NADC—Mental Health Series
 - Talking and Trading 1: “The National Epidemic of Adolescent and High School Mental Health”
 - Workshop #20: Mental Health of Student Athletes—An Introduction to Mental Health Strategies for Athletic Administrators”
 - Workshop #30: Mental Health of Athletic Administrators—*Struggling, Stressing, Striving*
 - Talking and Trading 2—Tuesday 12:00 pm (Crystal NPQ: “Mental Health Emergency Action Planning and Other MH Resources”

Struggling—Stressing—Striving

- Today—An Introduction to available Mental Health programming
- USCAH Mental Health Programming designed to support :
 - Athletic Administrators
 - Coaches
 - Student Athletes and Parent
- Audience Specific Curriculum
 - E-Learning Handbook for each
 - Thought proving discussion questions
- Video Modules provide content, discussion opportunities, reflection, and resources
- Creation of a “*Common Language*”

Struggling—Stressing—Striving: 5 Steps

1. Introduction to Mental Health
2. Struggling—An Overview of Mental Illness
3. Stressing—A Look at Stress Management
4. Striving—Leveraging Mental Performance
5. Action Planning—Putting it all Together

Today will be a Survey/Sample of Programming

Struggling Stressing Striving: Intro

- Setting the Stage
- Mental Health Continuum
- The Paradox of Athletic Administration
- Overview of the Series
- Next Steps

Setting the Stage: Activity #1

- My Life as an Administrator is...?
 - How would you describe your life as an administrator?
- The Life of a Coach is...?
 - How would you describe the life of a coach?
- The Life as a Student is...? Overview of the Series
 - How would you describe the life of a student athlete?

Mental Health Definition

Your Condition, in Regard to
Your Psychological and
Emotional Wellbeing

The Paradox of Athletic Administration

- Two types of answers—the Pros and Cons
 - Joyous, Exhilaration, and Excellence
 - Stressful, Demanding, and Overwhelming
- Role of Athletic Administrator
 - To support and ensure everyone is raised up
 - A real obsession and dedication to growth and development
 - The Paradox—Mental Health Gets in the Way
 - Striving toward success and perfection gets in the way of self-supporting and help seeking behavior
 - We tend to serve others before we consider ourselves
- Please share a moment from the past year you believe is a moment of mental health strife?
- The Life of a Coach is...?
- The Life as a Student is...?
- Overview of the Series

The Mental Health Continuum

<STRUGGLING—STRESSING—STRIVING>

- **ACTIVITY #2—Reflection:**

- Where along the mental health continuum do you think you are?
- Where along the mental health continuum do you think your coaches are?
- Where along the mental health continuum do you think your student athletes are?

STRUGGLING—Objectives

- Objectives
 - Common Mental Health Concerns
 - Signs and Symptoms of Struggling
 - Impact on Performance and Wellbeing
 - Supporting Yourself
 - Supporting Others
 - Next Steps

Common Struggles

- Anxiety
- Depression
- Suicide
- Substance Abuse
- Sleep
- Eating
- Transition
- Injury
- Concussion
- Abuse
- Harassment
- Violence
- Others

Activity #3: Have you experienced any of these struggles and what was that experience like and what was that experience like?

- Anxiety
- Depression
- Suicide
- Substance Abuse
- Sleep
- Eating
- Transition
- Injury
- Concussion
- Abuse
- Harassment
- Violence
- Others

Stressing: A Look at Stress Management

- Objectives
 - Define Stress
 - The Stress Model
 - Signs and Symptoms of Stressing
 - Impact on Performance and Wellbeing
 - Supporting Self
 - Next Steps
- What does Stressing Mean to you?
- What is Stress? Result of Mental, Physical, and Emotional Overload
- Identify a time when you have experienced overload

Stressing—Signs and Symptoms:

- Mild worry/nervous
 - Impatient/Irritable
 - Decreased Socializing
 - Procrastination
 - Overwhelm
 - A little s
 - Negative thoughts
 - Low focus
 - Difficulty relaxing
 - Forgetful
 - Preoccupied with demands
- **Stress Model:**
 - **Demands > Coping = Stress**
 - What Demands are you currently experiencing?
 - How do you cope with those demands?

Striving: Leveraging Mental Performance

- Mental Performance: *One's ability to optimize performance execution by leveraging internal mental elements*
- Objectives
 - What is Mental Performance?
 - Signs and symptoms of Striving
 - Elements of Performance
 - Common Mental Skills/Outcomes
 - Assessing Mental Skills
 - Supporting Self
 - Supporting Others
 - Next Steps
- What does Striving mean to you?
- When have you experienced striving in your Life?

Striving: Signs and Symptoms

- Signs and Symptoms
 - Physically/Socially Active
 - Positive Thinking
 - Self Confident
 - Motivated
 - Consistent Performance
 - Normal Mood
 - Normal Sleep and Appetite
 - Energetic
 - Able to relax
- How do you know when you are striving?
- Mental Performance: One's ability to optimize performance execution by leveraging internal mental elements
- When Have you experienced striving in your Life?

Striving: Elements of Performance

- Elements of Performance
 - Physical
 - Technical
 - Tactical
 - Social
 - Mental
- Common Mental Skills
- *Assessment, Goal-Setting, Identity, Confidence, Composure, Concentration, Grit, Motivation, Readiness, Connection, Kindness*
- **Activity:** What are some of the most important mental aspects of sport?

Supporting Self and Supporting Others

- Self
 - Audit your mental fitness
 - Pick an area or two of focus
 - Progress in that area
- Activity:—What mental areas do you need to work on the most?
- Others
 - Take time for it/make a budget for it
 - Educate on the importance
 - Integrate mental skills training
- Activity: How can your department support the striving aspect of mental health?

Summary and After Action

- After Action—my best new favorite phrase
- A new approach to mental health—a deliberate plan of action
- How will Mental Health Action Planning be helpful for you to support mental health?
- Objectives
 - Remember the signs and symptoms—Struggling, Stressing, Striving and some days just Surviving
 - Realize Available Resources
 - Recognize the Need
 - Relate Appropriately
 - Respond Effectively
 - Review the Response
 - Supporting Others
 - Next Steps

My New Favorite Barometer: What Keeps you up at night?

- Considering the knowledge we now have regarding our barometric measurement:
 - Struggling
 - Stressing
 - Striving
- A new approach to mental health—“What Keeps You Up at Night?”
- Knowing where you are on the SSS Barometer...
- Should allow you to better address “What Keeps You Up at Night?”
- How will Mental Health Action Planning be helpful for you to support mental health?
- Objectives
 - Remember the signs and symptoms—Struggling, Stressing, Striving and some days just Surviving
 - Realize Available Resources
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