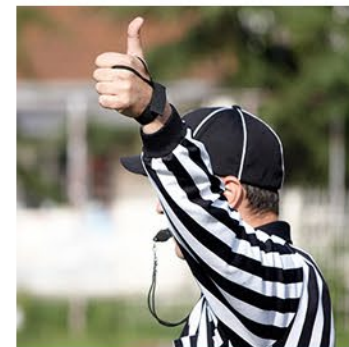
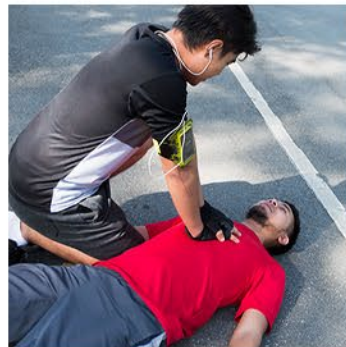




Mental Health of Student Athletes

Mental Health of Athletic Administrators

uscah.com






NIAAA partnership with USCAH

- Provide health, wellness, and safety education, resources, and support to members of the NIAAA.
- Provide the same health, wellness, and safety education, resources, and support to members state associations of the NIAAA
- 3-Tiered Professional Development program: Tier 1 has 10 modules with 3 free modules for NIAAA members.
- Additional programming for schools—administrators, coaches, students and their parents, and the greater school communities.
- NIAAA—Rich Barton



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- Dr. Craig Perry, Senior Advisor U.S. Council for Athlete's Health
 - Hutch Hunter, UIAAA Executive Director Emeritus
 - Charlie Campbell, Associate Director, Minnesota State High School League





Key Considerations

- 4-Part Approach—Talking and Trading & 2 Workshops: Summary tomorrow
- Generation Z
- Best practices for student athlete, coach, and AT regarding mental health education
- Mental health EAP
- Finding mental health resources



Today's Topics/National Trends

- The Gen Z student and the Gen Z coach
- Mental Health
- Emergency Situations and Preparedness
- What keeps you up at night



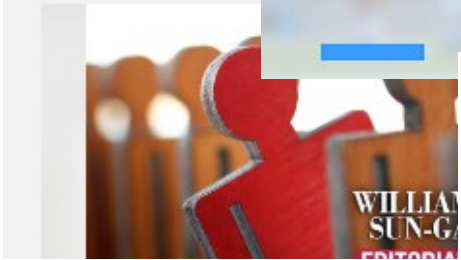
Student Athlete Concerns

Mental
more

**'Burnout is real
mental health**

**'Morgan's Message:' High school
athletes work to raise mental
health awareness**

is not a game



**Under Pressure: Are Sports Too Intense for
Young People?**

Research shows that the pressure of elite sports competition is taking a heavy toll on young athletes' mental health. Two athletes share their stories.

**alth to the
in sports**

**Student-athletes having long overdue
conversations on mental health and life off
the field**

...the ... parents ... need to ...

Who is Gen Z?

Birth Year

Born after 1996.

First Job

54% believe their first job will come through digital/social connections

Confidence

52% are more confident in their tech skills than soft skills.

Ethnicity

Nearly 50% of Gen Z are non-white.

Technology

First 100% digitally native generation.



- Born between late 1990's and early 2010's
- First 100% digitally native generation
- More comfortable with tech skills than "soft" skills
- 50% of Gen Z is non-white



Gen Z

- Decreased rates of
 - Drinking
 - Drug and alcohol use
 - Dating/sex
 - Overall, less risky behavior
- Delays in work and obtaining driver license
 - Delayed adulthood?
- Time with friends, but alone



Gen Z – Contributors to Anxiety

- More time on-line, alone
- “Virtual friends”
- FOMO
- Huge emphasis on academic and/or athletic success
- Life is scheduled



Gen Z

- Gen Zers, ranging from middle school students to early professionals, are reporting higher rates of anxiety, depression, and distress than any other age group
- Gen Zers were more likely (1.8x) to report having a behavioral-health diagnosis but less likely to seek treatment compared with other generations
- Factors that account for Gen Z's lack of seeking help: developmental stage, disengagement from their healthcare, perceived affordability, and stigma associated with mental disorders



Gen Z

- When they do seek support for behavioral-health issues, Gen Z may not be turning to regular outpatient mental-health services and instead may **rely on emergency care, social media, and digital tools**.
- Many Gen Zers also indicated their first step in managing behavioral-health challenges was going to **TikTok or Reddit for advice from other young people**, following therapists on Instagram, or downloading relevant **apps**.
- Gen Z cares about diversity when choosing a healthcare provider



Gen Z Athletes

- Many student-athletes report higher levels of negative emotional states than non-student-athlete adolescents.
- High-school sports have begun to copy the training methods and intensity levels of college sports - “sports professionalization”
- “intensive parenting” has become the norm, parents in recent decades have pressed upon their kids the idea that endless practice is the route to athletic mastery.
- Youth sports industrial complex



Gen Z: Areas to Explore

- Emerging role of digital and telehealth
- Need for stronger community-based response to behavioral-health crises
- Better meeting the needs of Gen Z where they live, work, and **go to school**
- Promoting mental-health literacy Investing in behavioral health at parity with physical health
- Supporting a **holistic approach** that embraces behavioral, physical, and social aspects of health.



Group Activity #1

- Based on the information shared so far, discuss a student athlete mental health moment, either directly with the student athlete or in a conversation with a coach



Group Activity #2

General Mental Health: With the baseline knowledge now of the Gen Z student—what assistance, resources, or programs would you like to be able to provide?





Mental Health Resources for Students

- Support/Resources you are currently providing
- Available programs to meet your needs
- Minnesota State High School League
- Coach Beyond—Ohio State University
- USCAH Programming
- NIAAA Programming
- Group Share—What else is available?





Today's Topics/National Trends

- The Gen Z student and the Gen Z coach
- Mental Health
- Emergency Situations and Preparedness
- What keeps you up at night



Final Thoughts

- Craig Perry: cperry@mshsl.org
 - 612-991-3567
- Charlie Campbell: ccampbell@mshsl.org
 - 218-513-3877