

Sample Mental Health Procedures

Saint Francis University Sports Medicine & Athletics Mental Health Policy and Procedures

PROCEDURES:

I. ACUTE EMERGENT MENTAL HEALTH EMERGENCY

➤ **In the event of an acute emergent mental health emergency ON CAMPUS:**

1. Campus Police should be called immediately.
 - a. Notification to University Police will trigger automatic notification to:
 - i. *Associate Dean of Students*
 - ii. *Director of Residence Life*
 - iii. *Director of Counseling Services*
2. Do not leave the student-athlete alone.
3. Saint Francis University Crisis Management of Suicidal Students Procedure will be in effect.
 - i. **Initial parental notification should be by the Associate Dean of Students in Student Development per Saint Francis University Policy.**
4. University Head Team Physician, Director of Sports Medicine, Director of Athletics and Sport Administrator will be notified.
5. The student-athlete's mental health provider in conjunction with the University Head Team Physician will determine a safe return to sport participation on an individual basis.

➤ **In the event of an acute emergent mental health emergency OFF CAMPUS:**

1. Dial 911.
2. Do not leave student-athlete alone.
3. University Head Team Physician, Director of Sports Medicine, Director of Athletics, and Sport Administrator will be notified immediately. University protocol regarding crisis management should be followed.
 - a. It is the responsibility of the Director of Sports Medicine to notify:
 - I. *Associate Dean of Students*
 - II. *Director of Residence Life*
 - III. *Director of Counseling Services*
4. Saint Francis University Crisis Management of Suicidal Students Procedure will be in effect where appropriate (Appendix A).
5. The student-athlete's mental health provider, in conjunction with the University Head Team Physician, will determine a safe return to sport participation on an individual basis.

II. ACUTE NON-EMERGENT MENTAL HEALTH CONDITION

➤ In the event of an acute non-emergent mental health condition ON CAMPUS and OFF CAMPUS

1. Coaches will refer student-athlete to Sport Medicine Staff.
2. Sports Medicine Staff will refer student-athlete to the Director of Sports Medicine and inform the Sport Administrator.
3. The Director of Sports Medicine will notify the Head Team Physician, the respective Sport Administrator, and the Counseling Center.
4. The University Head Team Physician in consult with Head of Sports Medicine will oversee and coordinate the appropriate mental health referral for the student-athlete on an individual basis.
5. It is the responsibility of the Director of Sports Medicine to notify:
 - a. *Associate Dean of Students*
 - b. *Director of Residence Life*
 - c. *Director of Counseling Services*
 - d. *Director of Athletics*
6. The student-athlete's mental health provider, in conjunction with the University Head Team Physician, will determine a safe return to sport participation on an individual basis.

III. CHRONIC MENTAL HEALTH CONDITION

1. If student athlete has a mental health diagnosis and is in need of treatment, a referral will be made to the Head Team Physician and Counseling Center, who will coordinate the mental health treatment on an individual basis.
2. If the student-athlete is currently under the care of a mental health professional upon arrival to campus, it is encouraged for them to inform the Sports Medicine Staff, so that we can better serve their needs.
3. If coaches become aware of a mental health concern, contact the respective Certified Athletic Trainer.
4. If a Certified Athletic Trainer becomes aware of a mental health concern, contact the Director of Sports Medicine and the respective Sport Administrator.
5. The Director of Sports Medicine will contact the Head Team Physician and the Counseling Center.