

APPENDIX D

Resource Checklist for Mental Health Care

Below is a checklist that can be used as a resource when evaluating institutional mental health plans. Please note that “Best Practices” do not provide prescriptive details regarding clinical care. As such, care is individualized for the needs of each student-athlete and is based on evidence-based care that is within the scope of practice for the primary athletics health care providers (athletic trainers and team physicians) and the licensed practitioner who is qualified to provide mental health services.

1. Clinical Licensure of Practitioners Providing Mental Health Care

- Mental health care of student-athletes should be done in collaboration with the primary athletics health care providers (athletic trainers and team physicians) and the licensed practitioners who are qualified to provide mental health services.
- Formal mental health evaluation and treatment for student-athletes is provided ONLY by practitioners who are qualified to provide mental health services (clinical or counseling psychologists, psychiatrists, licensed clinical social workers, psychiatric mental health nurses, licensed mental health counselors, board certified primary care physicians with core competencies to treat mental health disorders.)
- Individuals providing mental health care to student-athletes have autonomous authority, consistent with their professional licensure and professional ethical standards, to make mental health management decisions for student-athletes.
- Individuals providing mental health care to student-athletes should have cultural competency in treating student-athletes from diverse racial, ethnic, gender identified, and other unique cultural experiences influencing help-seeking.
- Individuals providing mental health care to student-athletes ideally should have cultural competency in working with collegiate student-athletes, as evidenced by professional training related to athletics, continuing education courses related to athletics or other professional development activities or experiences related to athletics.

2. Procedures for Identification and Referral of Student-Athletes to Qualified Practitioners

Mental Health Emergency Action Management Plan (MHEAMP) that specifies:

- Situations, symptoms or behaviors that are considered mental health emergencies.
- Written procedures for management of the following mental health emergencies:
 - Suicidal and/or homicidal ideation.
 - Sexual assault.
 - Highly agitated or threatening behavior, acute psychosis or paranoia.
 - Acute delirium/confusional state.
 - Acute intoxication or drug overdose.
- Situations in which the individual responding to the crisis situation should immediately contact emergency medical services (EMS).
- Individuals responding to the acute crisis should be familiar with the local municipality protocol for involuntary retention, e.g., if the student-athlete is at risk of self-harm or harm to others.
- Situations in which the individual responding to the crisis situation should contact a trained on-call counselor.

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- Identifying trained on-call counselors who will be able to provide direct and consultative crisis intervention.
- The management expectations of each stakeholder within athletics during a crisis situation.
- Specific steps to be taken after an emergency situation has resolved to support the student-athlete who has experienced the mental health emergency.
- A procedure for reviewing preventive and emergency procedures after the resolution of the emergency situation.
- A formal policy for when student-athlete family members will be contacted in the event of a mental health emergency.

Routine mental health referral plan that specifies:

- Situations, symptoms or behaviors that may indicate a possible nonemergency mental health concern.
- The licensed mental health professional to whom student-athletes with possible nonemergency mental health concerns should be referred.
- Who should be responsible for making the referral to a licensed practitioner who is qualified to provide mental health services.

Communication about mental health management plans:

- MHEAMPs are provided to all stakeholders within athletics who work with student-athletes, clearly specifying each stakeholder's role in managing a crisis situation.
- Annual communication is conducted with all stakeholders within athletics who work with student-athletes about the importance of reviewing their role in all emergency action plans – specifically the MHEAMP.
- All stakeholders within athletics who work with student-athletes are provided with written instructions about the practitioners to whom student-athletes with potential non-emergency mental health concerns should be referred.

3. Pre-Participation Mental Health Screening

- Screening questionnaire(s) for mental health disorders are considered as part of the pre-participation exam.
- A procedure is established for when and to whom symptomatic or at-risk student-athletes identified through this screening process will be referred.
- All decisions related to what approach will be taken to screening (including what screening instrument to consider and what responses or scores on this instrument warrant further follow-up) will be made by the primary athletics health care providers (athletic trainers and team physicians) in collaboration with the licensed practitioners who are qualified to provide mental health services. Examples may include those listed in Appendix F.