

APPENDIX E

Additional Resources: Emergency Response to Mental Health Crises

The National Athletic Trainers' Association¹⁴ has provided detailed recommendations about developing a plan for recognizing and referring collegiate student-athletes with psychological concerns. Athletics departments and sports medicine departments are encouraged to use these recommendations for developing the content of their emergency and routine mental health referral procedures.

The Center for Mental Health Services, Substance Abuse and Mental Health Services Administration (SAMHSA)¹⁷ has outlined core elements for responding to mental health crises (<http://store.samhsa.gov/shin/content/SMA09-4427/SMA09-4427.pdf>). An adapted list of these core elements is below. Please refer to the SAMHSA for additional detail.

Core elements in responding to mental health crises:

1. Provide timely access to supports and services.
2. Provide services in the least restrictive manner.
3. Ensure peer support is available.
4. Spend adequate time with the individual in crisis.
5. Consider the context of the individual's overall plan of services when providing emergency interventions.
6. Ensure that individuals with appropriate training and demonstrable competence to evaluate and effectively intervene with the problems being presented provide crisis services.
7. Ensure that individuals in a self-defined crisis are not turned away.
8. Ensure that interveners have a comprehensive understanding of the crisis.
9. Help the individual to regain a sense of control.
10. Attend to issues of culture, gender, race, age, sexual orientation, health literacy and communication needs of the individual being served.
11. Respect individual rights.
12. Ensure services are trauma-informed.
13. Note recurring crises and consider whether they signal problems in assessment or care.
14. Take meaningful measures to reduce the likelihood of future emergencies.