422020 Interdisciplinary
Behavioral Health in College Athletics Call

• Continue marketing the role of a sport social worker to coaches
  - Ways this can be done included: showing coaches how to support their athletes, showing them how to give resources, putting emphasis on building a relationship with their athletes, staying connected and remaining solution based
  - Examples can include using simple online health and wellness challenges or creating games between teammates.

• Coaches
  - What are coaches doing to check-in with their student-athletes. What has been the structure?
  - Have we been checking in with our coaches?
  - Do we check in with them first?
  - They are dealing with uncertainty, financially, personally and the program.
  - Numbers for summer enrollments and camps will potentially go down, and coaches may be going through challenges and will most likely trickle down to their student-athletes (Some coaches like tennis coaches only rely on one stream of income)
  - Do we challenge the coaches to have mental health and behavior be on the forefront? Ex. Coaches work on reconciling relationships with current student-athletes?
  - Try to Avoid Uncertainty - Coaches should help their athletes focus on what we do know versus what we do not know.
  - Maintain Normalcy - Coaches should encourage athletes (and self) to maintain a normal schedule as best as possible. This includes actively planning for the future.

• This could be an opportunity to help coaches take things to the next step (mentoring/repairing/regulating)
  - challenging coaches in the correct way- utilize this as a time to think outside the box in terms of how they can connect, re-connect, and stay connected with student athletes.

• One of the concerns for athletes that was heavily agreed upon: food shortage.
  - Universities (like Wayne State?) are keeping their food pantry open to all university students and employees

• Athletic programs are finding ways to engage with their coaches and athletes such as push up challenges and virtual links

• Discussion of the case rates, curve increasing, peaks in various states
  - We need to reiterate what we do know.
  - Provide helpful dates of what we do know. Ex. “We are in quarantine until April 30th, rehab sheets, etc.” Put the focus on what we do know.
- Accurate information - About 350,000 cases, 10,000 deaths, and 20,000 recovered. (COVID)

• Us/Behavioral Health/Training/Faculty
  - Seminars on Mindfulness.
  - Looking at this moment as an opportunity. What have you been wanting to do that you said you didn’t have time to do....
  - Stay in the now, but also still plan in the future.
  - Have we been checking in with the student-athletes families?
  - As folks in behavioral health, do we need to send something out to coaches
  - NOBODY HAS ALL THE ANSWERS RIGHT NOW. So how can we be more of the facilitator of what checking in with yourself and empower staff that usually have that face to face Ex. Athletic trainers.

• UCLA forming 5 groups amongst their entire athletic departmental staff for camaraderie and staff engagement
  - Coaches Working group on how to keep coaches engaged (meet once a week)
  - Health & Wellness (Once a week)
  - Community Engagement Group (How staff coaches an engage community)
  - Professional Development Group
  - Fun & Engagement (Scavenger Hunt, podcasts, books, social happy hour)