PROF Academy: A Model to Enhance Overall Well-Being, Mental Health Practices and Professional Development Among Division III Student-Athletes as They Transition from PROF to Professional
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Student-athletes have indicated their desire to be prepared for academic success after college. The PROF Academy will serve as a model for Division III institutions to assist student-athletes as they transition into the professional environment by providing education on mental health and career development concepts such as mindfulness, stress management, anxiety, resume writing, interviewing skills and networking. This program seeks to enhance interdisciplinary collaboration throughout Rowan University to improve the psychosocial well-being and career preparedness of student-athletes.

Changing Minds, Changing Lives
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The transition to college can be challenging for many student athletes. Resilience-fostering interventions delivered during this transition can contribute to improved academic and athletic performance, as well as positive health outcomes. The Changing Minds, Changing Lives (CMCL) program, a strengths-based course, promotes an adaptive response to stress, improved self-regulation, cognitive flexibility, and positive identity development. CMCL brings mindfulness training and exploratory group writing to enhance resilience in the transition into college and beyond. NCAA support will enable the CMCL team to analyze further evidence of program outcomes, develop a program resource guide, and design a training curriculum for dissemination to NCAA-member schools.

Online Athlete Bridge to Career Development (A.B.C.D.) Program
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The goal of higher education is to ensure that students receive an education that allows them to obtain a career beyond college. Student-athletes may permit their identities as athletes to overshadow the need to explore viable career options beyond sport given athletic time commitments and focus on performance. This 100% online program is designed to assist athletes in (1) identifying potential career paths, (2) teaching the importance of developing an identity outside their sport, (3) learning how to positively promote themselves through social media and personal branding, and (4) providing the tools for applying and interviewing for employment.
Injured Athlete Wellness Program: Creation of an Internet-Based Intervention, Providing Mental Health Support for Injured Athletes
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An injured student athlete cannot recover from an injury unless guided through an optimal return to play environment addressing both physical and mental aspects of rehabilitation, with the end goal being pre-injury status. This on demand program is designed to provide easily accessible, multi-module, internet based support, for the mental well-being of the injured student athlete. This program will be conveniently piloted out of Sonoma State University’s, Sports Medicine Center during already scheduled rehabilitation times, using baseline and post injury scores assessed with the Athletic Coping Skills Inventory-28 to determine the psychological skills of specific sports.

The Development and Evaluation of a Mindfulness Based Training Program for Promoting Mental Health and Wellbeing in Student Athletes
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The severity and number of mental health symptoms are increasing on college campuses. Thirty percent of student-athletes reported overwhelming distress over the last month. Time commitments and performance pressure further contribute to this group being “at risk” for psychological and academic difficulties. Time-limited, evidenced-based interventions for coping and distress tolerance are greatly needed. This study seeks to implement a five-session, mindfulness-based training program with three primary goals: improve mindfulness skills, increase overall wellbeing, and reduce anxiety within student-athletes. Program was constructed to promote generalizability. Results will be formatted into a training program handbook for ease of implementation among NCAA member institutions.

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