Mental Health: Cross Cultural Perspectives

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ATHLETES CONNECTED
STUDENT-ATHLETE VOICES
NCAA Grounded in Health and Safety

• Established 1906.
• Membership governed.
• Committed to supporting:
  • Academics
  • Well-being
  • Fairness
• National office supports rules, and provides guidance and resources.

Flying wedge
NCAA Sport Science Institute

Mission

To promote and develop safety, excellence, and wellness in college student-athletes, and to foster life-long physical and mental development.

www.ncaa.org/ssi
SSI Strategic Priorities

1. Concussion
2. Cardiac health
3. Doping & substance abuse
4. Mental health
5. Nutrition, sleep, & performance
6. Overuse injuries & periodization
7. Sexual violence prevention

- Supported by athletics healthcare administration and data-driven decisions
NCAA Mental Health Task Force
November 2013

• Clinicians, researchers, advocates, educators, athletics administrators, coaches and student-athletes;

• To address emotional health in our student-athletes;

• To advance recommendations and recommend research that support members institutions in meeting their membership obligations to provide a healthy and safe environment for student-athletes.
• Personal narratives
• Experts
• Stressors: transitions, performance, injury, academic stress, coach relations
• Sexual assault, hazing bullying
• Cultural pressures: Ethnicity, Gender Identity
• Roles & responsibilities of sports medicine staff
• Coaches’ needs and roles
• Models of service
• NCAA resources and policies
  [www.ncaa.org/mentalhealth](http://www.ncaa.org/mentalhealth)
Mental Health Best Practices

1. Ensure that mental health care is provided by licensed practitioners qualified to provide mental health services.
2. Clarify and disseminate referral protocol.
3. Consider mental health screening in PPEs.
4. Create and maintain a health-promoting environment that supports mental well-being and resilience.
2017 Task Force on Mental Health Best Strategies Summary

• GOALS:

• Develop tools and strategies to assist member schools with the implementation of MHBP.
• Identify emerging mental health issues.
• Engage additional constituents and stakeholders.

• NEXT STEPS:

• The SSI will collaborate with task force members on the following recommendations:
  • Infrastructure strategies and tools
  • Educational strategies and tools
  • Policy considerations
• Supplemental resources tentatively scheduled for summer 2018.
Sociocultural Competence

• **Awareness** of one’s beliefs and attitudes toward diverse cultures and people

• **Knowledge** and **Appreciation** of social and cultural differences

• **Skills** to interact effectively with people from diverse backgrounds
Dimensions of Potential Sociocultural Conflict Between Coaches and Athletes

Commonly reported and observed conflicts demonstrated by coaches

- Overt or subtle racial and ethnic bias
- Positional “stacking” based on racial and ethnic stereotypes about innate athletic ability
- Sexism, gender stereotyping, sexual harassment and abuse
- Homophobia and intolerance of alternative sexual identities
- Intolerance and bias against certain religious beliefs
- Ableism and stereotypes about people with disabilities
In the last month, how often have you felt difficulties were piling so high that you couldn’t overcome them? (% Men Responding Very Often or Fairly Often by Race/Ethnicity)

Note: Endorsement of top two scale points on a 6-point scale. Race/ethnicity breakdowns restricted to subgroups with over 100 SAs in each gender/division disaggregation. “Other” includes those who identified as American Indian/Alaskan Native, Asian, Native Hawaiian/Pacific Islander, and Multiracial.
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I have a sense of belonging at this college
(% Responding Agree or Strongly Agree – By race/ethnicity)

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<td>Division I</td>
<td>68%</td>
<td>73%</td>
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<td>Division II</td>
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<td>74%</td>
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<td>Division III</td>
<td>70%</td>
<td>71%</td>
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My coaches care about my mental well-being
(% Responding Agree/Strongly Agree)

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<td>78%</td>
<td>82%</td>
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I would feel comfortable talking to my coaches about mental health issues
(% Responding Agree or Strongly Agree)

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<td>Division III</td>
<td>70%</td>
<td>75%</td>
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A Call to Action

Sociocultural Competencies for Sport Coaches

- Self awareness of personal values/beliefs & biases
- Understanding of the diverse perspectives of student-athletes
- Enhancing multicultural skills & strategies
Panelists

• Jason Hite
  • University of Indianapolis
  • Head Coach - Swim & Dive
  • Go Hounds!

• Enna Selmanovic
  • NCAA Division 1 American Athletic Conference SAAC Representative
  • University of Cincinnati - Pre Medical Biological Sciences '19
  • Varsity Women's Swimming & Diving