



# **Athletes Connected**

**Developing and Evaluating a Model Program for  
Supporting the Mental Health of Student  
Athletes**

**Presentation at the NCAA Convention  
National Harbor, MD  
January 15, 2015**

# Presentation Outline

1. Program Overview
2. Research Findings
3. Next Steps

# Program Overview

# Multidisciplinary Team

**School of Public Health:** Daniel Eisenberg, PhD; Blake Wagner III, BA

**School of Information:** Sonia Doshi, Undergraduate Student

**Depression Center:** Nehal Agarwal, MSI; Trish Meyer, EdM; Stephanie Salazar, MPH, CHES

**Athletics:** Emily Brunemann, BA; Kally Fayhee, BA; Barb Hansen, LMSW; Will Heining, BA; Adam Kern, BA

**Film producer:** Will Del Rosario, Cinematographer

**Group facilitator:** Adrienne Pisoni, LMSW

# Program Components

1. Brief Videos
2. Team Presentations
3. Support Groups

# ATHLETES **CONNECTED**

Promoting Mental Health for Student Athletes



## Supporting the Mental Health of Student Athletes



Session at UM All-Coaches Meeting  
September 4, 2014

**PRIDE  
PROHIBITS  
THEM FROM  
ASKING FOR  
HELP**

**CHAMPIONSHIPS**





# Research Findings

# Brief Videos

**99%** videos engaging and relevant

Randomized trial: promising preliminary results

# Team Presentations

**96%** likely to use the information presented

**40** student-athletes requested counseling appointments

**63%** mental health affected performance in last 4 weeks

# Support Groups

**92%** expect to apply the lessons or coping skills

## Quotes

“Everyone can have difficulties, and mental illnesses can be similar to physical ailments.”

“I learned that my sport doesn't define who I am.”

“I learned the importance of creating a balance of healthy and fun activities outside of school and athletics.”

**Next Steps**

# Overall Vision

Athletes Connected aims to change the culture regarding the mental health and wellbeing of our student athletes at the University of Michigan, and beyond. Through a comprehensive approach involving student engagement, targeted interventions, and scientific research, we will equip student athletes with the evidence-based skills and support they need to increase their emotional health and be successful in athletics, academics, and all other aspects of their lives.

# Program Goals

- Build on success: new videos; additional team presentations and trainings; and continuation/expansion of the support group intervention
- Research on link between emotional health, and athletic and academic performance
- Empowerment and engagement of student athletes
- Integration of well-being strategies and support into daily lives of student athletes

**More**

**Information**



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