Electronic Resources for NCAA Division III ADRs

Student-Athlete Mental Wellness:

**NCAA Mind, Body and Sports Handbook**
“This publication is the most comprehensive overview to date of college student-athlete mental health, and we hope this becomes a springboard for addressing mental health in the continuum from youth sport to intercollegiate sport and beyond. NCAA member institutions have committed to supporting student-athlete health and safety and ensuring that athletics departments are an integral part of the institutional mission for more than 100 years. But only recently have we begun to fully understand the mental health component of being a student-athlete.” –Brian Hainline, NCAA Chief Medical Officer


**NCAA Mental Health Best Practices**
Inter-Association Consensus Document: Best Practices for Understanding and Supporting Student-Athlete Mental Wellness


**Helping Support Student-Athlete Mental Health**
An NCAA primer for campus stakeholders outside of athletics.


**Supporting Student-Athlete Mental Wellness Modules**
Student-athletes, coaches, and faculty athletics representatives play a critical role in creating an environment that supports the mental health and well-being of college athletes. That’s why the Sport Science Institute developed web-based educational modules to help normalize and destigmatize mental health help seeking for college athletes. If you are an NCAA student-athlete, coach, or faculty athletics representative, the interactive modules will provide information to help you promote mental wellness and resiliency on your campus and to encourage and destigmatize help-seeking for mental health concerns.

A Strategic Primer on College Student Mental Health Handbook
This report is the product of a year-long partnership between NASPA, the American Council on Education, and the American Psychological Association focusing on student mental health issues. Responding in part to President Obama’s call to launch a national conversation to increase the understanding and awareness about mental health, the partnering organizations reviewed trends in college student mental health and sought out examples of practice that contribute to student well-being. It is our collective hope that through increased awareness and collaboration, institutions of higher education can continue to serve all students and support their learning and development.

https://www.naspa.org/rpi/reports/a-strategic-primer-on-college-student-mental-health

Alcohol and Other Drug Use:

360 Proof
NCAA Division III and the NASPA Small Colleges and Universities Division have joined forces to offer 360 Proof, a comprehensive, evidence-based program that helps participating schools reduce the consequences of high-risk alcohol use and enhance collaboration between athletics and student affairs. Built on solid research data and real-world results, 360 Proof combines effective tools, strategies and ongoing expert guidance to help all students make better decisions about their alcohol use. This program is free to NCAA Division III and NASPA Small College and University Division members.

www.360proof.org

myPlaybook
An evidence-based program for student-athletes, myPlaybook is designed to prevent harm related to alcohol and other drugs. Developed in conjunction with the Institute To Promote Athlete Health and Wellness, this interactive, web-based program includes educational modules for banned and recreational drugs, sexual violence, and general student-athlete wellness.

https://athletewellness.uncg.edu/myplaybook/

Red Watch Band Program
The Red Watch Band Program is a bystander intervention model developed at Stony Brook University and available to colleges and universities. The mission of the Red Watch Band is to provide students of the college/high school community with the knowledge, awareness, and skills to prevent toxic drinking deaths and to promote a student culture of kindness, responsibility, compassion and respect.

http://www.stonybrook.edu/redwatchband/
Physical Health Concerns:

NCAA Athletics Health Care Administrator Resource Center
The athletics health care administrator is a designated position, mandated by NCAA Independent Medical Care legislation (Division I Constitution 3.2.4.16, Division II 3.3.4.17, Division III 3.2.4.18). The legislation requires each NCAA member school to identify an athletics health care administrator as part of a broader obligation to establish a structure that supports the delivery of independent medical care for college athletes. It is recommended that athletics health care administrators be aware of, share and monitor NCAA health and safety-related legislation, interassociation recommendations and resources.


Concussion Safety Management
This link provides information for athletics administrators, athletic trainers and team physicians regarding the concussion safety protocol legislation passed by the five Division I conferences with autonomy, as well as best practices and resources for the diagnosis and management of sport-related concussion.


Concussion Safety Protocol Checklist
This resource for directors of athletics, athletic trainers and team physicians provides step-by-step guidance for the implementation of an athletics department’s concussion management plan.


The NCAA-DoD Grand Alliance: Concussion Assessment, Research and Education (CARE) Consortium
This Consortium offers the promise of a large-scale, multi-site study of the natural history of concussion in both sexes and multiple sports, that will address the current gaps in our knowledge, and shed light on the neurobiological mechanisms of concussion symptoms and trajectory of recovery. It will provide a cohort of richly phenotyped individuals with sport-related concussion to contribute to other datasets for public use, and result in a more informed public debate about concussion care and policy.

http://www.careconsortium.net/
Cardiac Health
The NCAA Sport Science Institute serves as a resource for physicians, athletics departments and campus partners in promoting the cardiovascular care of college athletes. Though many student-athletes with heart conditions can live active lives and not experience health-related problems, sudden fatality from a heart condition remains the leading medical cause of death in college athletes. The SSI has taken a leadership role, in collaboration with leading medical and sports medicine organizations, in promoting the cardiovascular care of college athletes and implementing a multipronged strategy of research, education, and collaborative best practices.

[https://www.ncaa.org/sport-science-institute/cardiac-health](https://www.ncaa.org/sport-science-institute/cardiac-health)

Overuse Injuries and Periodization
College athletes are often assumed to be some of the healthiest members of society, yet participation in years of competitive sports can expose them to overuse or overtraining injuries. The NCAA takes progressive steps to work with youth advocates, parents, clinicians, coaches and national sport governing bodies to modify safety guidelines, playing rules and equipment standards to minimize those risks and provide student-athletes with the best opportunity to enjoy a healthy career.


Nutrition, Sleep and Performance Educational Resources
The NCAA Sport Science Institute is a leader in providing health and safety resources to college athletes, coaches, athletics administrators and campus partners. Together with leading medical organizations, behavioral health centers and content matter experts, the SSI provides educational resources for member schools to promote and support the health and well-being of student-athletes. Located on this page are links to materials and resources related to the disordered eating, heat and hydration, and nutrition of college athletes.


Violence Prevention and Education:

Sexual Violence Prevention Toolkit
The NCAA Sport Science Institute, in partnership with the NCAA Office of Inclusion, engaged leading higher education organizations across the country to develop the
publication Sexual Violence Prevention: An Athletics Tool Kit for a Healthy and Safe Culture.


**Step UP! Bystander Intervention Training**
The program is a biannual, three-day facilitator training for athletics administrators and campus partners that educates students to be proactive in helping others. The program aims to raise awareness for helping behaviors and increase motivation to help, develop skills and confidence when responding to problems or concerns, and ensure the safety and well-being of self and others.

http://stepupprogram.org/

**It’s On Us**
It’s On Us is a national movement to end sexual assault. The campaign was launched following recommendations from the White House Task Force to Prevent Sexual Assault that noted the importance of engaging everyone in the conversation to end sexual violence. It’s On Us asks everyone – students, community leaders, parents, organizations, and companies – to step up and realize that the conversation changes with us. It’s a rallying cry to be a part of the solution. The campaign combines innovative creative content and grassroots organizing techniques to spark conversation on a national and local level.


**Intercultural Identity:**

**NCAA Office of Inclusion**
The NCAA conducts programming and education in promoting and supporting the five areas of inclusion: race and ethnicity, women, student-athletes with disabilities, LGBTQ and international student-athletes. Inclusion continues to be an important aspect of intercollegiate athletics and the NCAA looks forward to collaborating with the more than 1,100 member institutions and conference offices in support of their diversity and inclusion goals.

https://www.ncaa.org/about/resources/inclusion

**Champions of Respect**
This LGBT inclusion best practice resource was commissioned by the LGBTQ Subcommittee of the NCAA Committee on Women’s Athletics and the Minority Opportunities and Interests Committee in 2012. The subcommittee’s charge is to provide leadership and advocacy, raising awareness of and providing resources to address issues
related to equitable opportunities, fair treatment and respect for LGBTQ student-athletes, coaches, administrators and all others associated with intercollegiate athletics.

http://www.ncaapublications.com/productdownloads/CRLGBTQ.pdf

**NCAA Inclusion of Transgender Student-Athletes Handbook**

The purpose of this resource is to provide guidance to NCAA athletic programs about how to ensure transgender student-athletes fair, respectful, and legal access to collegiate sports teams based on current medical and legal knowledge. It provides best practice and policy recommendations for intercollegiate athletic programs to provide transgender student-athletes with fair and equal opportunities to participate. In addition to specific policy recommendations for college athletics, the resource provides guidance for implementing these policies to ensure the safety, privacy, and dignity of transgender student-athletes as well as their teammates. Specific best practice recommendations are provided for athletic administrators, coaches, student-athletes and the media.


**You Can Play**

You Can Play is dedicated to ensuring equality, respect and safety for all athletes, without regard to sexual orientation and/or gender identity. You Can Play works to guarantee that athletes are given a fair opportunity to compete, judged by other athletes and fans alike, and only by what they contribute to the sport or their team's success. You Can Play seeks to challenge the culture of locker rooms and spectator areas by focusing only on an athlete's skills, work ethic and competitive spirit.

You Can Play Website: [http://www.youcanplayproject.org/](http://www.youcanplayproject.org/)
Division III You Can Play Video: [http://www.ncaa.org/file/28901](http://www.ncaa.org/file/28901)

**NCAA Research**

The NCAA is committed to making policy decisions based on quality research data. The NCAA research staff conducts national research for its members on a wide variety of topics including academic performance, student-athlete well-being, finances of intercollegiate athletics programs, gender-equity and diversity issues and many others.

[https://www.ncaa.org/about/resources/research](https://www.ncaa.org/about/resources/research)

**NCAA Race and Gender Demographics Database.**

The NCAA compiles and provides statistical information regarding certain demographic characteristics of various groups within our member institutions and conferences. Since the 2010-11 year, data previously compiled as the Student-Athlete Race and Gender Demographics Report has been provided in an online searchable database.

[https://www.ncaa.org/about/resources/research/diversity-research](https://www.ncaa.org/about/resources/research/diversity-research)
Division III Specific Resources:

The Diverse Workforce: Recruitment and Retention Basics for Division III Athletics Departments
This guide provides best practices for diverse hiring and enhanced inclusion for DIII institutions.


Game Day the DIII Way

Gameday the DIII Way is an innovative and unique approach designed to achieve better fan decorum at athletics events around the country. The program was created by the Division III Sportsmanship and Game Environment Working Group, in conjunction with the Disney Institute, with the goal of improving the behavior of parents and fans and ensuring that all Division III student-athletes have a rewarding experience. Through the program, Division III institutions will be assisted in providing exceptional levels of guest service and event expectations that are consistent throughout the membership.

http://www.ncaa.org/governance/working-groups/division-iii-sportsmanship

DIII Professional Development Opportunities:

For Students:
https://www.ncaa.org/about/resources/inclusion/division-iii-career-next-steps-program
https://www.ncaa.org/about/resources/inclusion/division-iii-student-immersion-program

For Ethnic Minority Administrators:
https://www.ncaa.org/division-iii-institute-administrative-advancement

For Senior Woman Administrators:
https://www.ncaa.org/about/resources/inclusion/division-iii-senior-woman-administrator-program