Mental Health Referral for Student-Athletes: Web-Based Education and Training

Judy L. Van Raalte, Springfield College
Staci Andrews, Monmouth University
Allen E. Cornelius, University of the Rockies
Nancy S. Diehl, Hong Kong International School
Britton W. Brewer, Springfield College
THE FACTS
• Student-athletes have mental health needs
• Campuses have mental health resources

THE CHALLENGE
• Getting student-athletes to the resources
• Suicide is the third-leading cause of death for NCAA student-athletes
EMPOWERING STUDENT-ATHLETES

- Knowledge
- Confidence
- Skills

THE METHOD

- Website
- Non-linear
- Multiple paths to key ideas

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KEY IDEAS

- Referral helps people get better faster and stay better longer
- To make a referral
  - **Recognize** - what’s going on in this situation
  - **Extend** knowledge - learn more
  - **Facilitate** a conversation - start talking
  - **Evaluate** the experience - how did things go?
  - **Revise** and revisit - continue the conversation with follow up as needed

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OVERVIEW OF WEBSITE

Myth
Student-athletes drink but they don’t have real alcohol problems.

Fact
Serious alcohol problems affect student-athletes.

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RESEARCH RESULTS

- Study 1 - usability high
- Study 2 - acceptable to ADs and coaches
- Study 3 - student-athlete controlled trial
  - Increased knowledge
  - Increased mental health referral efficacy
  - Good treatment acceptability

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TAKE HOME MESSAGE

- SupportForSport.org is effective
- Viewing takes 15-20 minutes
- SupportForSport.org access is free

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