

NAIA Health and Safety: Mental Health

The NAIA bears an organizational responsibility to promote the welfare of its participating student-athletes. We recognize that optimal health and safety – on and off the field – are necessary conditions for learning and competing. In order to empower our student-athletes to fulfill their personal and professional potential, we view protecting their health and safety as a fundamental obligation. This report follows a prioritization effort in early 2016 that named mental health among the top health and safety topics facing NAIA student-athletes now and in the immediate future (see Appendix 1). As mental health problems in the college population typically emerge as anxiety-related conditions, body image disorders, and depression, this resource section will support those areas.

This document contains mental health resource information available to NAIA stakeholders. Each resource is coded according to the alphabetical legend below to indicate appropriate/relevant audience:

- AD - Administrator
- AT - Athletic Trainer (or other health care professional)
- C - Coach
- P - Parent
- SA - Student-Athlete

Subject-Matter Experts

The following groups (listed in alphabetical order) would be considered among thought leaders in mental health as it relates to general topics and audiences:

[Academy for Eating Disorders](#) (AED) is a global professional association committed to leadership in eating disorders research, education, treatment, and prevention.

[American Psychological Association](#) (APA) exists to advance the creation, communication and application of psychological knowledge to benefit society and improve people's lives by encouraging the development and application of psychology in the broadest manner; promoting research in psychology, the improvement of research methods and conditions and the application of research findings; improving the qualifications and usefulness of psychologists by establishing high standards of ethics, conduct, education and achievement; and increasing and disseminating psychological knowledge through meetings, professional contacts, reports, papers, discussions and publications.

[Centers for Disease Control and Prevention](#) (CDC) takes a public health approach to mental health by documenting the prevalence and impact of mental disorders; evaluating programs, services, and policies; and identifying strategies to support mental health promotion and prevention of mental disorders.

[National Eating Disorders Association](#) (NEDA) is the leading 501 (c)(3) non-profit organization in the United States advocating on behalf of and supporting individuals and families affected by eating disorders. Reaching millions every



year, they campaign for prevention, improved access to quality treatment, and increased research funding to better understand and treat eating disorders. They work with partners and volunteers to develop programs and tools to help everyone who seeks assistance.

[National Institute of Mental Health](#) (NIMH) is the lead federal agency for research on mental disorders. NIMH is one of the 27 Institutes and Centers that make up the National Institutes of Health (NIH), the nation's medical research agency. NIH is part of the U.S. Department of Health and Human Services (HHS).

[Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services](#) (ODPHP) provides leadership for disease prevention and health promotion among Americans. ODPHP undertakes this mandate through the formulation of national health goals and objectives; the coordination of the Department of Health and Human Services activities in disease prevention, health promotion, preventive health services, and health information and education with respect to the appropriate use of health care; and the stimulation of public and private programs and strategies to enhance the health of the Nation.

The following groups (listed in alphabetical order) would be considered among the thought leaders in mental health as it specifically relates to college students and student-athletes:

[Active Minds](#) is a nonprofit organization that empowers students to speak openly about mental health in order to educate others and encourage help-seeking. They seek to change the culture on campuses and in the community by providing information, leadership opportunities and advocacy training to the next generation. By developing and supporting chapters of a student-run mental health awareness, education, and advocacy group on campuses nationwide, the nonprofit organization works to increase students' awareness of mental health issues, provide information and resources regarding mental health and mental illness, encourage students to seek help as soon as it is needed, and serve as liaison between students and the mental health community.

[American College Health Association](#) (ACHA) links college health professionals throughout the nation (and more recently around the globe), forming a powerful, collaborative networking base that serves as the principal leadership organization for advancing the health of college students and campus communities through advocacy, education, and research.

[Athletes Connected](#) project led by [Daniel Eisenberg](#), Associate Professor, Department of Health Management & Policy, School of Public Health at the University of Michigan. [Interview](#) conducted by the NCAA with Dr. Eisenberg.

The [Female Body Project](#) led by Tiffany M. Stewart, PhD, Associate Professor and Director of [Behavior Technology Laboratory: Eating Disorders & Obesity](#) at Louisiana State University.

The [Jed Foundation](#) was founded in 2000 by Donna and Phil Satow after they lost their son Jed to suicide. Through the guidance of respected experts in the fields of mental health and higher education, The Jed Foundation has become the leading nonprofit organization addressing issues related to mental health and suicide in the college



population. A key initiative from this foundation is [ULifeline](#), an anonymous, confidential, online resource center, where college students can be comfortable searching for the information they need and want regarding emotional health. Currently, more than 1,500 colleges and universities participate in the ULifeline Network. The foundation also created the [Half of Us](#) national awareness campaign to highlight the prevalence of mental health issues on campus.

[National Athletic Trainers' Association](#)

[NCAA Sports Science Institute](#)

[Sports, Cardiovascular, and Wellness Nutrition](#) (SCAN) is the largest dietetic practice group of the Academy of Nutrition and Dietetics. Members are registered dietitians with nutrition expertise in the areas of sports, physical activity, cardiovascular health, wellness, and the prevention and treatment of disordered eating and eating disorders. Its mission is to empower members to be the nation's food and nutrition leaders through excellence and expertise in nutrition for sports and physical activity, cardiovascular health, wellness, and disordered eating and eating disorders. The National Athletic Trainers' Association has a formal partnership with SCAN, endorses this organization and links to its eating disorder references. SCAN has an expert panel, [Disordered Eating and Eating Disorders \(DEED\) Subunit Leadership Team](#), that guides practice guidelines and resource development

The [Whole Image for Athletes](#) (WIA) initiative led by [Athena Robinson](#), Clinical Assistant Professor, Psychiatry and Behavioral Sciences at Stanford University.

Position Statements, Best Practices and Policies

[National Athletic Trainers' Association Position Statement: Preventing, Detecting, and Managing Disordered Eating in Athletes](#) (AD, AT, C)

[Inter-Association Recommendations for Developing a Plan to Recognize and Refer Student-Athletes With Psychological Concerns at the Collegiate Level: An Executive Summary of a Consensus Statement](#) (AD, AT, C)

The NATA's [Mental Health](#) website contains articles and handouts appropriate for their own continuing education as well as to guide education conversations with coaches and student-athletes. (AT)

[2014-15 NCAA Sports Medicine Handbook](#), Guideline 20 Mental Health Interventions (AT)

[Mind, Body and Sport: Understanding and Supporting Student-Athlete Mental Wellness](#), editor Gary Brown from NCAA, covers major disorders relevant to the college student-athlete, including depression, anxiety, eating-disorders, and includes case studies and personal stories. (AD, AT, C, SA)

[Mental Health Best Practices](#), NCAA's Sport Science Institute's inter-association consensus document outlining best practices for understanding and supporting student-athlete mental wellness (AD, AT, C)



[Managing Student-Athletes' Mental Health Issues](#), NCAA (AD, AT, C)

[Mental Health Screening Resources](#), NCAA (AT)

[Attention Deficit Hyperactivity Disorder and the Athlete: An American Medical Society for Sports Medicine Position Statement](#), AMSSM (AT)

[2014 Female Athlete Triad Consensus Statement on Guidelines for Treatment and Return to Play](#), NCAA (AT)

[ADHD and the Student Athlete](#), NCAA (AT)

Programs, Education and Support

Awareness and General Communication

- APA informational webpages: [Anxiety](#), [Depression](#), [Eating Disorders](#), and [Stress](#) (AD, AT, C, P, SA)
- CDC informational webpages: [Mental Health Basics](#), [Coping with Stress](#), [Anxiety](#), [Depression](#) and [College Health and Safety](#) (AD, AT, C, P, SA)
- NIMH informational webpages: [Anxiety Disorders](#), [Depression](#), [Eating Disorders](#) and [Attention Deficit Hyperactivity Disorder \(ADHD\)](#) (AD, AT, C, P, SA)
- The Jed Foundation informational webpages: [Anxiety](#), [Depression](#), and [Eating Disorders](#) (AD, AT, C, P, SA)
- ULifeline informational webpages: [Anxiety Disorders](#), [Depression](#), [Eating Disorders](#) and [Stress](#) (AD, AT, C, P, SA)
- Half of Us informational webpages: [Anxiety Disorders](#), [Depression](#), and [Eating Disorders](#) (AD, AT, C, P, SA)
- [A Strategic Primer on College Student Mental Health](#), APA (AD, AT)
- [Helping Support Student-Athlete Mental Health](#), NCAA (AD, C, P)
- [Tips for College Health and Safety](#) podcast, CDC (3:18)
- [The Mental Health of the College Athlete](#), The Wall Street Journal (AD, AT, C)
- [Ask the Expert: Anxiety and Athletes – What Can We Do?](#), NCAA Sport Science Institute (AT, C)
- [Disordered Eating in Student-Athletes: Understanding the Basics and What We Can Do About It](#), NCAA
- [Disordered Eating and Eating Disorders](#), SCAN
- [About Eating Disorders](#), AED
- [10 Eating Disorders Awareness Tips for Coaches and Athletics Professionals](#) by Emily Kroshus, ScD, MPH, Post-Doctoral Research Fellow, Harvard School of Public Health & NCAA Sport Science Institute (AD, AT, C)
- [CBS Radio Interview with John MacPhee on JED Foundation and College Mental Health, March 7, 2016](#). Hear the discussion between JED's Executive Director, John MacPhee, and Deborah Gordon at WCBS-FM about JED's work to protect emotional health and prevent suicide among emerging adults, the state of college mental health and suicide, and issues like cyberbullying, social media, supporting students of color, how to get help and more. (AD, P)
- [Help a Friend](#) resources from ULifeline and [How to Help a Friend](#) from Active Minds. (C, SA)

Case Study or Story

- Former University of Michigan athletes, football player Will Heininger (video 6:34) and swimmer Kally Fayhee (video 5:53), share their mental health struggles and coping skills as part of the [Athletes Connected](#) program. (SA)
- [The Weight](#), American tennis star Mardy Fish shared first-hand his journey through mental illness, which included a Top 10 World Ranking, on his way to mental health. (SA)
- [The Way People Talk About Mental Health is Crazy](#), Huffington Post, 5-time Pro Bowl wide receiver and current New York Jet standout Brandon Marshall, opened up about the way we discuss mental health and mental illness, and how often inaccurate media coverage — and subsequent discussion in society — increases the stigma, and makes people less likely to seek help for treatable disorders. (AD, AT, C, P, SA)
- The JED Foundation #JEDstorytellers video (5:59) [Chamique Holdsclaw: Mental illness and a difficult home life left WNBA superstar, Chamique Holdsclaw, yearning for normalcy. She found structure in her friendship with her grandma and hope after finding treatment and support.](#) (SA)
- [Half of Us](#) video library supporting a national campaign to highlight the prevalence of mental health issues on campus. Developed in partnership by Jed Foundation and mtvU, and reaching over 9 million students, high-profile artists like Mary J. Blige, Pete Wentz and Brittany Snow discuss their own struggles with mental health issues. (SA)
- [Active Minds Video 2013: Ten Years of Changing the Conversation](#) (7:03) (AD, AT, C, P, SA)
- [Taking Notice of the Hidden Injury](#), ESPN (AD, AT, C, P, SA)
- [A Female Athlete Triad Case Study](#), NCAA (AD, AT, C, SA)
- [Recovery from an Eating Disorder: What Does Real Recovery Look Like?](#), NEDA (59:51) (SA)
- [Stories of Hope](#), NEDA (SA)

Training

- [Brain Basics](#) web-based training from the NIMH provides information on how the brain works, how mental illnesses are disorders of the brain, and ongoing research that helps us better understand and treat disorders. (AD, AT, C, P, SA)
- The Jed Foundation provides free resources designed to educate and support targeted audiences on mental health on the college campus:
 - [Programming](#) and [resources](#) for college students (SA)
 - [Programming](#), [tools](#), and [resources](#) for parents (P)
 - [Programming](#) and [resources](#) for campus professionals (AD, AT, C)
- SupportForSport.org web-based training provides evidence-based information about excellence and well-being in sport, health, and life. They provide an anonymous, confidential resource center where student-athletes can provide evidence-based information regarding [mental health challenges](#) they may face. SupportForSport.org was developed with input from leading experts in sport psychology and student-athlete development and in consultation with athletes, coaches, athletic directors, and university counseling centers. Research for this project was funded by an NCAA Innovations in Research and Practice Grant to improve the well-being of the student-athlete. Participants can “choose their own adventure” by watching a scenario

and selecting strategies to address the problem or the student-athlete can view mini-dramas that demonstrate how to talk to a teammate they are concerned about. (SA)

- NEDA provides free resources designed to educate targeted audiences on eating disorders:
 - [Educator Toolkit](#) (AD)
 - [Coaches and Trainer's Toolkit](#) (AT, C)
 - [Parent Toolkit](#) (P)
- [Athletics & Eating Disorders: What Fitness Professionals Need to Know and How They Can Help](#), NEDA (25:10) (AT, C)
- [Eating Disorders on Campus: A Webinar for Student Advocates](#), NEDA (49:00) (SA)
- [Mirror, Mirror: Standards of Beauty, Body Image and the Media](#), NEDA (1:02:44) (SA)
- [Campus Mental Health Action Planning \(CampusMHAP\)](#) webinars and associated resources from The Jed Foundation and Education Development Center, Inc. (AD)
 - Building Momentum (1:26:38)
 - Identifying Priorities (1:24:44)
 - Developing Programs (1:29:48)
 - Measuring Impact (1:27:43)
- myPlaybook required course #4: [The Transition from College Athlete to Healthy Adult Lifestyle](#) (3 previous seasons of competition) - Maintaining a healthy lifestyle after college can be challenging for many student-athletes. The transitions course will help senior student-athletes transition out of collegiate athletics. Student-athletes will explore their identity (who they are) outside of athletics, learn how to develop effective goals conducive to optimal health promotion, and develop decision making skills that will aid them beyond college sports. (Coming Sep 1, 2016) (SA)

Social Media

- Follow [Mental Health NIMH](#) @NIMH.gov on Twitter (AD, AT, C, P, SA)
- Follow [#NIMHchats](#) on Twitter to access an NIMH sponsored Twitter chat, an organized event where people participate in an interactive conversation through tweets. The conversation focuses on a pre-arranged topic and hashtag. The chats are scheduled for a specific time and date, but are archived on [this](#) web page for viewing anytime. (AD, AT, C, P, SA)
- Follow [The JED Foundation](#) @jedfoundation and/or [Active Minds](#) @Active_Minds on Twitter (AD, AT, C, P, SA)
- Follow [The JED Foundation](#) and/or [Active Minds](#) on Facebook (AD, AT, C, P, SA)
- Follow [The JED Foundation](#) on Instagram (AD, AT, C, P, SA)
- Follow [Active Minds](#) on Pinterest (AD, AT, C, P, SA)
- Connect with [Active Minds](#) on You Tube (AD, AT, C, P, SA)
- Participate in the [SCAN Discussion Forum](#), a place to share and learn about eating disorders and the athlete. (AT, C)
- Follow [NEDA](#) @NEDAstaff on Twitter (AD, AT, C, P, SA)
- Follow [NEDA](#) on Facebook or on the [NEDA](#) YouTube network (AD, AT, C, P, SA)

- Monitor the [NEDA blog](#) (and specific blog tags) for current information regarding eating disorders (AT, C, P, SA)
- Join an online [NEDA support forum](#) (P, SA)
- Join an AED special interest group like [Sport and Exercise](#) (AT), [Student](#) (SA), or [Universities](#) (AD)
- Join an AED Twitter chat on a relevant topic such as [Prevention and Treatment of Eating Disorders on College Campuses](#) (AD, AT, C, P, SA)
- Follow [NASPA Student Athlete Knowledge Center](#) @NASPAsakc on Twitter (AD)

Posters, Cues, Environmental Support

- [Free booklets, brochures, fact sheets, and posters](#) for a variety of mental health disorders are available through direct ordering on the NIMH website (SA)
- [Dealing with Depression: What Everyone Should Know](#) brochure from ACHA addresses depression ranging from mild "blues" to suicidal feelings, suggests self-help techniques and identifies signs that professional help may be needed, and gives advice on helping a friend who is feeling depressed or suicidal. A pack of 50 costs \$37.50. (SA)
- [Stress in College: What Everyone Should Know](#) brochure from ACHA provides short- and long-term stress management techniques, including tips to beat procrastination and warns about risky behavior, difficulty sleeping, alcohol abuse, and other possible danger signs of stress overload. A pack of 50 costs \$37.50. (SA)
- [Depression Conversation Starters](#) from Office of Disease Prevention and Health Promotion (AD, AT, C, P, SA)
- [Stay Safe at College health-e-card](#), CDC (AT, C, P)
- A variety of [disordered eating and eating disorder factsheets](#) are available on the SCAN website. Example titles include: Recognition & Treatment of Deficient Energy Intake Among Athletes and Binge Eating Disorder. Fact sheets are FREE to members and \$3.95 each to non-members. Once purchased, the fact sheets may be downloaded, printed and copied for education. (SA)
- [Eating Disorders: What Everyone Should Know](#) brochure from ACHA features a self-diagnostic test, special information for athletes, and information on the many factors that cause eating disorders. A pack of 50 costs \$37.50. (SA)
- [Orthorexia Nervosa](#) fact sheet, NCAA (SA)

Additional Programming Ideas

- Post mental health-related fact, tip sheets, and [24 hour hotlines](#) in locker rooms and athletic training rooms.
- Share a case study or story for discussion with student-athletes.
- Hold a Mental Health Awareness Fair during championship events using [awareness campaign support materials](#) from Active Minds.
- Coordinate campaign for Mental Health Awareness Month (May).
- Establish programs such as [Athletes Connected](#) to increase awareness of mental health issues, reduce the stigma of help-seeking, promote positive coping skills among student athletes, and establish local support system for all audiences. Reference recommended [program implementation](#) process and lessons learned.
- Host [Mental Health Summits](#) by exclusive invitation for key influencers in all audiences.



- Include mental health topics as health and safety topic in leadership seminars.
- Encourage member schools to use [The Jed Foundation Campus Program Framework](#) to implement a comprehensive strategic plan for mental health promotion, substance abuse and suicide programming on campus.
- Promote NAIA student-athlete involvement on the [Jed Foundation Student Advisory Council](#) and connect the effort into current NAIA governance structure and initiatives.
- If not already present, position an influential NAIA member school representative on the [Jed Foundation Board of Advisors](#).
- Start [Active Minds Chapters](#) at member schools using the Developing Chapter Toolkit, and ask student-athletes to support and/or participate for community service recognition.
- Attend Active Minds [annual mental health on campus conference](#).
- Record short (1-2 minute) podcasts on mental health topics of concern to the NAIA.
- Send CDC Health e-Card to student-athletes.
- Meet with a sports psychologist to assess the possibility of ongoing consultation with an individual student-athlete, targeted teams, or entire athletic departments.
- Design an NAIA level award recognizing mental health champions selected from key audiences.
- Administer the online eating disorders screening tool as part of physicals or targeted to those suspected of having a challenge. Use [this guide](#) to host an eating disorder screening event.
- Distribute and/or post NEDA's [information and referral help line](#) and online chat information as a support resource.
- Connect student-athletes and/or their families to NEDA's [Navigator Program](#), a peer-to-peer, online program geared towards offering short-term, goal-oriented assistance to those who are currently battling an eating disorder or who are supporting a loved one who is struggling.
- Engage individual sports teams or whole athletic departments in Strategic Training Initiative for the Prevention of Eating Disorders (STRIPED) teaching case, [Weighing the Evidence: One University Takes a Hard Look at Disordered Eating Among Athletes](#).
- Connect administrators to the [NASPA Student-Athlete Knowledge Center](#) intended to create and advance knowledge in higher education specific to how partnerships among athletics, student affairs and other campus entities could enhance the well-being of all students, including student-athletes.
- Share inspirational messaging from [Active Minds Pinterest](#) boards.

Data, Analytics and Reports

[CDC Mental Health Data and Statistics](#)

[CDC Surveillance Data Sources for Depression](#)

Apps and Tools

The web-based [Self Evaluator](#) was developed for ULifeLine by Duke University School of Medicine and screens for thirteen of the most common mental health conditions that college students face. This screening does not provide a

diagnosis, but identifies problems that could be impacting thoughts, feelings and behaviors. The screening process also provides information on these conditions and how to reach out for help.

MindShift is a free app (available on [iTunes](#) and [Google Play](#)) designed to help young adults cope with anxiety by helping to change how they think about anxiety. It is intended to provide a portable coach to the target audience so they learn how to relax, develop more helpful ways of thinking, and identify active steps that will help them take charge of their anxiety. MindShift was developed in collaboration between [AnxietyBC](#), a non-profit organization devoted to increasing the public's awareness and access to evidence-based resources on anxiety disorders, and British Columbia Children's Hospital, both Canadian entities. This app includes strategies to deal with everyday anxiety, as well as specific tools to tackle test anxiety, perfectionism, social anxiety, performance anxiety, worry, panic and conflict

The free [Previdence](#) app created by Previdence Corporation, and only available on iPhone, provides an evaluation tool that allows individuals to assess themselves or others for depression, anxiety, drug and alcohol and suicidal issues. It gives recommendations to help with any issues at hand. The app allows individuals to monitor progress over time.

The National Eating Disorders Association has an [Online Eating Disorder Screening Tool](#) that provides people with the option to take a free, anonymous self-assessment to gauge their risk of an eating disorder. The anonymous screening takes only a few minutes and consists of a series of questions, developed by treatment professionals in the eating disorders field, which are designed to indicate whether clinical help is needed.

Rise Up + Recover free app was created by Recovery Warriors L.L.C., is available on [iTunes](#) and [Google Play](#), and is endorsed by AED. It is designed based off of self-monitoring homework, a cornerstone of cognitive behavioral therapy. Users can log meals and associated emotions and behaviors; set custom reminders; share motivational and inspirational quotes, images and affirmations; Access a wide range of resources to strengthen the mindset; export PDF summaries of your food logs to share with the treatment team; and find support and professional treatment nearby.

Asset Gap Evaluation

A variety of mental health online and printable resources readily exist. While most are free, the NAIA should seek permission from each entity to post resource links where licensing and copyright may be a concern. Several of the brochures listed above contain nominal fees for bulk ordering.

The NAIA should consider publishing a position statement outlining the importance of mental health awareness, education and management, and recommending member schools create a mental health management plan for student-athletes.

[Active Minds Speakers Bureau](#) offers professional speakers to attend panels, conduct roundtables, participate in awareness events, etc. Program fees vary by the speaker selected, nature of the event, number of presentations, travel required and any additional programming requested. Most Active Minds engagements cost between \$2,000 and \$9,000, although fees may vary based on travel or other factors. Always consult the Active Minds Speakers Bureau staff for a formal quote. Standard speaker fees include the speaker's honorarium, air or train fares, ground transportation in the speaker's city of origin and meals; in addition, the host organization is asked to provide local ground transfers and hotel accommodations.

Partnering Opportunities

- The [JED Campus Program](#), a nationwide initiative of The Jed Foundation, is designed to guide schools through a collaborative process of comprehensive systems, program and policy development with customized support to build upon existing student mental health, substance abuse and suicide prevention efforts. By becoming a member of the Campus Program, a school demonstrates a commitment to the emotional well-being of its students. Campus Program schools embark on a multi-year strategic partnership with JED that not only assesses and enhances the work that is already being done, but helps create positive, lasting, systemic change in the campus community. Over the course of their participation in the program, Campus Program schools receive:
 - Support in the development of an interdisciplinary, campus-wide team that includes senior leadership to steer this work at their university
 - An in-depth, confidential survey, at the beginning of the program and then again after three years, assessing mental health promotion and substance abuse and suicide prevention efforts
 - Customized feedback reports created by JED's clinical team after each survey identifying successes and opportunities for enhancement
 - An onsite meeting with a JED expert to develop a strategic plan tailored to a school's individual needs that will serve as a roadmap to implement enhancements over the course of the program
 - Ongoing support from a dedicated Campus Manager who provides consultation, guidance and resources to help each school achieve its goals
 - Membership in a nationwide Learning Community – a network of Campus Program schools that share advice and experiences as well as presentations/discussions on specific topics of interest that emerge from JED's work with Campus Program schools
 - The JED Campus Program membership seal to signify the school's commitment to student mental health

The cost of the program for each participating school is \$6,000 for a four-year commitment, plus the cost of travel for a Campus Program clinician to visit the school. The NAIA may be able to negotiate the rate down for multi-school projects and perhaps conference level programming. For more information, email info@thecampusprogram.org.

- [Sports, Cardiovascular, and Wellness Nutrition](#) (SCAN) website contains a plethora of resources focused on nutrition and the athlete, and provides a [Terms of Use](#) document to guide reproduction of materials, web use, commercial use, etc. Schools may find it helpful to join the organization, as members can access all



resources for free. In addition, partnership opportunities exist with SCAN (NATA and NCAA are current listed partners). This partnership could support both optimized performance and disordered eating efforts with NAIA student-athletes.

Asset Delivery

Those resources and assets deemed appropriate by the NAIA should be delivered through www.naia.org/wellness (or as otherwise determined by NAIA leadership). The Wellness page could be designed as a robust health and safety portal with content sections relevant to each stakeholder audience. A review and maintenance plan would need to be established to ensure the latest and greatest content is always available.

Appendix 1 Mental Health Initial Report (Apr 7, 2016)

Overview

While mental and behavioral health concerns are on the rise for all populations, the college-aged have unique experiences and challenges they face as they move into mature adulthood. A student's overall well-being directly impacts his or her ability to effectively engage in the learning environment. Mental disorders are often characterized by changes in mood, thought or behavior that materially impact a person's ability to conduct their activities of daily living.¹ Mental health problems "decrease students' intellectual and emotional flexibility, weaken their creativity, and undermine their interest in new knowledge, ideas, and experiences."² Mental health problems in the college population typically focus on anxiety-related conditions, body image disorders, and depression that may lead to higher risk of substance abuse, sexual violence and suicide.^{3,4}

Student-athletes are not immune to mental health challenges, in fact, their college experience is perfectly configured to disrupt the tenuous balance of the physical, mental, emotional, and spiritual dynamic. They often operate in a culture that emphasizes being mentally strong, disciplined, and performing in spite of pain.⁵ Although participation in sport provides many positive benefits, the student-athlete must manage additional stress demands: concurrent and sometimes competing academic and athletic expectations; competitive pressures to win; role expectations and identity as an athlete; conflict with teammates or coaches; rigorous practice schedules; and in some cases the public persona of hero or icon.^{5,6,7}

The National Institute of Mental Health, American Psychological Association, American College Health Association, American Council on Education, Student Affairs Administrators in Higher Education, and the NCAA Sport Science Institute have all positioned mental health concerns for college students on their strategic agendas or primary areas of concern.^{2,8,9,10} Likewise, key NAIA stakeholders also rank mental health among their top health and safety issues for their own student-athletes. Athletic trainers cited mental health (ranked third) directly on their recent survey (see Appendix 6). Student-athletes themselves also indicate challenges with mental health within their top five (see Appendix 6). Direct feedback relayed concerns with incidents of suicide.

Incidence Information

Most mental health related research and study of college students references yearly analytics produced by the Substance Abuse and Mental Health Services Administration (SAMHSA) sponsored by the US Department of Health and Human Services. SAMHSA data reflects the following for 2014.¹

- 18.1% (or 43.6 million) adults aged 18 or older experienced a mental illness in the last year; almost 25% of these experienced severe dysfunction.
- 18-25 year-olds experienced the greatest uptick in their incidence of mental illness from 18.5% in 2008 to 20.1% in 2014.
- 18-25 year-olds also led the field (9.3%, and up from 8.8% in 2005) in experiencing a major depressive episode (at least two weeks of depressed mood plus additional symptoms).

- Females in total experience higher rates (21.8%) than males (14.1%).

A 2014 national survey of college counseling center directors, supported by the American College Counseling Association, provides more insight into the problem.¹¹

- 86% reported more students arrive on campus with already-prescribed psychiatric medications.
- 94% reported an increase in the number of students with severe psychological problems.
- 89% of respondents noted significant increases over the last five years in anxiety disorders, while 58% cited an increase in clinical depression.
- 44% of diagnosed students experienced periods of severe distress.
- 8% of diagnosed students had severe enough impairment that they left school.

Data from the 2013 National College Health Assessment II indicate that about one-third of college students had problems functioning because of depression, while almost half reported they had felt overwhelming anxiety.² The implications of mental health conditions go well beyond bumps in the college road as 20% of students reported seriously considering suicide, and 5.8% said they had attempted it.²

In the bigger picture, about one in five Americans experience a mental illness each year. Related conditions are highest or trending up among the college-aged adult. Prevalence estimates of mental illness among college athletes are relatively similar to their non-athlete peers.¹² To top it off, these estimates conservatively target those with formal diagnoses. Many students (and student-athletes) experience subclinical symptoms related to anxiety, depression, poor sleep, and substances use or abuse that impair their academic or athletic performance.¹³

References

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³Hunt J & Eisenberg D. Mental Health Problems and Help-Seeking Behavior Among College Students. *Journal of Adolescent Health* 46 (2010) 3–10. Retrieved from http://www-personal.umich.edu/~daneis/symposium/2012/readings/Hunt_Eisenberg2010.pdf (accessed March 24, 2016).

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