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## CSB Student-Athlete Mental Health Promotion

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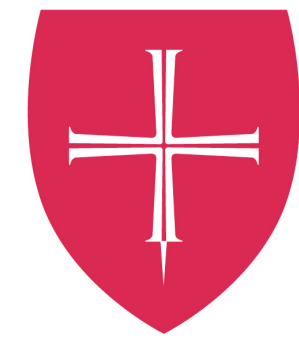
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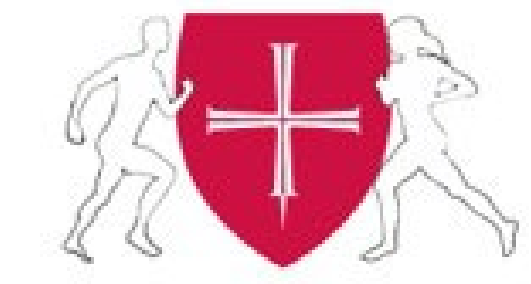
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# CSB Student-Athlete Mental Health Internship

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## Purpose

- Raise awareness of mental health issues experienced by CSB student-athletes across the campus community.
- Inform student-athletes of the importance of taking care of their mental health by providing resources that are beneficial to the promotion of mental health.
- Provide support and understanding for CSB student-athletes from the CSB Athletic Department.

## Approach

- A weekly "Mental Health Monday" post on various topics, such as coping mechanisms, stress relief, anxiety, and effective communication were posted on all CSB Athletics social media platforms.
- Content created based on feedback from CSB student-athletes and in consultation with CSBSJU Counseling Department.
- Student-athlete mental health drop-in hours to provide a safe space for CSB student-athletes to talk about stressors.

## Mental Health Survey

- The student-athlete mental health survey was conducted to gain an understanding of the baseline thoughts and beliefs of CSB Athletics and campus mental health climates. This survey was distributed to all current student-athletes via Front Rush. There were a total of 126 participants; 57 first years, 20 sophomores, 32 juniors, and 17 seniors.
- ¼ of CSB student-athletes disagree or strongly disagree that they know where to go on campus if they have mental health concerns.
- ¼ of CSB student-athletes disagree or strongly disagree that they are aware/know of positive coping mechanisms.
- 86.4% CSB student-athletes agree or strongly agree that their teammates take mental health seriously.
- Top factors that impact CSB student-athletes mental health regularly are planning for the future, academic worries, playing time, and health concerns.



## Mental Health Survey Evidence

Table 1. CSB Climate of Mental Health Support

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
My teammates support my mental health.	0.8% (1)	2.4% (3)	8.1% (10)	42.7% (53)	43.5% (54)
My head coach supports my mental health.	1.6% (2)	4.8% (6)	25.0% (31)	47.6% (59)	18.5% (23)
My assistant coach(es) supports my mental health.	0.0%	3.3% (4)	20.3% (25)	45.5% (56)	23.6% (29)
My athletic department supports my mental health.	1.6% (2)	5.6% (7)	37.9% (47)	33.9% (42)	16.1% (20)
The athletic training staff supports my mental health.	0.8% (1)	0.8% (1)	12.9% (16)	42.7% (53)	38.7% (48)
CSB, in general, supports student mental health.	0.0%	8.3% (10)	22.1% (27)	47.5% (58)	19.7% (24)

Table 2. Frequency of Emotions Experienced by CSB Student-Athletes.

Emotion	Never	Rarely	Occasionally	Frequently	Always
Happiness	0.0%	0.8% (1)	14.3% (18)	74.6% (94)	10.3% (13)
Overwhelming anxiety	1.8% (1)	18.3% (23)	37.3% (47)	31.7% (47)	11.9% (15)
Sadness	2.4% (3)	25.4% (32)	54.0% (68)	14.3% (18)	4.0% (5)
Mentally exhausted	0.0%	7.1% (9)	38.9% (49)	42.9% (54)	11.1% (14)
Anger	9.5% (12)	50.8% (64)	32.5% (41)	7.1% (9)	0.0%
Fear	15.9% (20)	42.9% (54)	27.0% (34)	13.5% (17)	0.8% (1)
Enjoyment	0.0%	0.8% (1)	18.3% (23)	69.0% (87)	11.9% (15)

Survey conducted 11/14-11/20/2022.

## NCAA

- NCAA reported the rates of mental health concerns experienced by student-athletes were one and a half to two times higher in the last year than what has historically been reported to the NCAA.<sup>1</sup>
- 94% of female student-athletes reported that they feel (constantly or most every day) overwhelmed by everything they must get done on top of their sport.<sup>1</sup>
- 36% of female athletes reported feeling overwhelming anger, 52% reported feeling hopeless, and 58% reported feelings of loneliness.<sup>1</sup>
- 88% of female student-athletes reported feeling mentally exhausted.<sup>1</sup>
- "While an individual's mental health status is personal, treatment and support are a community effort" (NCAA 2021).<sup>2</sup>

## Satisfactory Survey

- A satisfaction survey indicated student-athletes are happy and excited that the CSB Athletic Department is working to understand and promote the mental health of CSB student-athletes.
- Mental Health topics CSB Athletic Department can work on are normalizing and awareness, support systems and judgement, quitting/team check-ins, and creating open conversations.

## Follow-up Surveys

- A future follow-up survey may be administered each year with similar questions to the first survey.
- A follow-up survey may help CSB Athletics gain understanding of what focuses need to be started and/or continued based on the feedback of CSB student-athletes..

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2. NCAA Sport Science Institute. *Mental health best practices institutional self-assessment worksheet*. NCAA.com. Retrieved September 5, 2022, from [https://ncaaorg.s3.amazonaws.com/ssimaterial/SSI\\_MentalHealthBestPracticesInstitutionalSelfAssessmentWorksheet.pdf](https://ncaaorg.s3.amazonaws.com/ssimaterial/SSI_MentalHealthBestPracticesInstitutionalSelfAssessmentWorksheet.pdf)