



UNIVERSITY OF CINCINNATI ATHLETICS

MENTAL HEALTH POLICY & CLINICAL PATHWAYS

Preparing for a Mental Health Event

"The physical and psychosocial welfare of the individual student-athlete should always be the highest priority of the athletic trainer and the team physician"- NCAA Sports Medicine Handbook, Appendix C.

The University of Cincinnati Athletic Department's Sports Medicine Department recognizes both Acute and Chronic mental health concerns as medical conditions. The Sports Medicine Department defines acute mental health events as a sudden change in a person's mental condition- and may be Emergent or Non-Emergent. Chronic mental health conditions are previously diagnosed disorders such as anxiety, depression, ADD/ ADHD, etc.

In preparation for an effective and timely response, the following should be fully considered with arrangements made prior to any catastrophic event.

Acute Mental Health Event

In the event that an acute mental health event is suspected, confirmed, or self-reported by a student athlete of the University of Cincinnati Athletic Department, the situation should be managed depending on the type of event: Emergent vs. Non-Emergent.

I. Emergent Mental Health Event

Definition

An emergent mental health event is defined by the University of Cincinnati Sports Medicine Department as a situation in which a student athlete poses an imminent threat to them self, others, or property. This can be a verbal, written, or otherwise communicated threat of suicide or self-harm, reported feeling of being out of control, inability to make sound decisions, incoherence, or confused or delusional thinking that may endanger them self or others.

Plan of Action

If the student athlete appears or acts violently, call for campus and/ or local law enforcement (911), and seek immediate assistance and steps to protect the athlete and bystanders from harm.

If the student athlete is not violent the athletic trainer or person to whom the emergency is communicated should not leave the athlete alone. The appropriate athletic trainer must be notified to activate the protocol.

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Contact List for Assistance

University of Cincinnati Counseling and Psychological Services

-Onsite Emergent services Monday through Friday 1-4pm

-225 Calhoun Street, Suite 200; (513) 556-0648

University Health Services

-Onsite Emergent services Monday through Friday 8:30-5pm

-Richard E Lindner Center, 3rd Floor, UC Health; (513) 556-2564

UC Psychiatric Emergency Services/ Mobile Crisis Team

-Emergency Care for suicidal or homicidal patients (24/7)

-311 Straight Street, 5th Floor; (513) 584-8577

Crisis Hotline (24/7)

- (513) 281-2273

Suicide Hotline (24/7)

-1-800-SUICIDE

Persons to Notify

Once the student athlete is out of the threat of immediate danger the following must be contacted:

-Sr. Associate AD/Sports Medicine, Bob Mangine (859) 802-2524

-Head Team Physician, Dr. Jon Divine (859) 992-9216

-Licensed Clinical Psychologist, Dr. Pete Ganshirt- Cell (859) 630-1067

-Executive Sr. Associate AD/ SWA, Maggie McKinley (513)295-7683

-Appropriate Head Coach

-Parent(s)/ Guardian(s) of student-athlete*

- Inform General Council in appropriate situations

*Laws governing the confidentiality of health information for student athletes allow parent(s)/ guardian(s) to be contacted in the event of a mental health emergency.

Referral

After the initial emergency has been addressed the student athlete should be referred to a licensed mental health professional, as listed below.

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P.O. Box 210021 Cincinnati, Ohio 45221-0021 • 513-556-4352 • GoBEARCATS.com

Updated: August 13, 2018



II. Non-Emergent Mental Health Event

Definition

A non-emergent mental health event is defined by the University of Cincinnati Sports Medicine Department as a situation in which a student athlete exhibits a sudden change in psychological status or behavioral patterns, or verbally expresses feelings of depression, anxiety, or other mental health conditions, including, but not limited to: bipolar disorder, personality disorder, ADHD, eating disorder, body dysmorphic disorder, adjustment disorder, substance abuse, impulse control disorder, and psychosomatic illness.

Plan of Action

- A) Contact Sr. Associate AD/ Sports Medicine, Bob Mangine (859) 802-2524
- B) Contact the appropriate sports' Athletic Trainer
- C) Per the direction of the Sr. Associate AD of Sports Medicine, a Sports Medicine team member will meet with the student athlete and determine which resource/ referral would most benefit the student-athlete. (Listed below)
- D) The parent(s)/ guardian(s) of the student athlete will be contacted only if specified by the student athlete- or if the student athlete is under the age of 18 years old. If the student athlete is under 18 years of age, the parent(s)/ guardians(s) will be contacted before any official referral is made.
- E) The coaching staff may not be notified unless specified by the student-athlete.
- F) After the initial referral, student-athletes (and/or parent/guardian) will be responsible for scheduling and attending follow up appointments and treatments, with clear communication to the Sports Medicine Department.

Referrals

See below list for Licensed Mental Health Care Professional Referrals



III. Chronic Mental Health Care

Definition

A chronic mental health condition is defined by the University of Cincinnati Sports Medicine Department as a previously diagnosed disorder such as anxiety, depression, ADD/ ADHD, etc., for which the student athlete has previously been evaluated or received treatment.

Plan of Action

It is the responsibility of the student athlete to inform the Sports Medicine department of any previously diagnosed condition, as well as any medication being taken to manage the condition. Continuation of treatment for the condition may be facilitated by the Sports Medicine Department.

All incoming student-athletes will undergo a pre-screening mental health baseline as a part of the pre-participation physical examination to help diagnose the existence and/or risk of mental health conditions.

In the event that the student athlete self-reports a previously undiagnosed chronic mental health condition at anytime, proper diagnosis and treatment can be facilitated by the Sports Medicine Department. Follow the plan of action listed in the above section, steps A-F.

IV. Referrals to Personnel Providing Mental Health Care

Evaluation and care of student-athletes with possible mental health concerns should be conducted by a ***licensed mental health professional***. Such licensed professionals may include:

- Clinical psychologists;
- Psychiatrists;
- Licensed clinical social workers;
- Licensed Substance Abuse counselors
- Psychiatric mental health nurses; or
- Licensed mental health counselors.

The licensed professional must adhere to all guidelines for ethical practice of his/her respective practitioner's association and state licensing boards.

Sports Performance Consultants

Sport performance consultants are individuals that are employed or contracted, that are trained and focus on performance enhancement. These consultants can bring an important performance expertise to individuals and teams. However, unless they are licensed mental health professionals they should not be providing mental health care to student-athletes. It is important to note that issues that may initially and appropriately be viewed as related to performance may, upon further engagement, reveal underlying mental health concerns. (i.e. an athlete who appears to be "choking" or failing to perform to their capabilities on key plays may be doing so because of an untreated post-traumatic stress disorder."

The policy of the University of Cincinnati Sports Medicine Department will require Sport performance consultants, including sports psychologists to be licensed mental health practitioners in the jurisdiction of their primary practice. They also should be made aware of institutional protocols for referral of student-athletes with potential mental health concerns to appropriately licensed personnel.

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Eating Disorders

For the treatment of eating disorders, it often is optimal to include a registered dietician with eating disorders expertise in the multidisciplinary team that includes a licensed mental health professional. It is important to note that treatment of eating disorders typically is recognized as requiring specialized expert care.

V. Licensed Mental Health Referrals

University of Cincinnati Clinical Psychologist, Dr. Pete Ganshirt: Cell (859) 630-1067

University of Cincinnati Counseling and Psychological Services (513) 556-0648

University of Cincinnati University Health Services, Mental Health (513) 556-2564

Licensed Psychologist outside of the University of Cincinnati