Sayre School Athletics:

Mental Health Management Plan

Purpose:

This Mental Health Management Plan (MHMP) is the protocol on how to manage mental health conditions and emergencies that may occur during participation in a Sayre School sanctioned athletic team. The purpose of the MHMP is to specify procedures for identification of at-risk individuals and steps for referral to mental health providers in both emergent and non-emergent situations, as needed, to connect individuals with treatment opportunities. This document will outline routine risk identification measures associated with pre-participation screening, exact protocol for emergency management, and information regarding referral and documentation. All policies and procedures detailed within this document are evidence-informed, and developed with systemic review, clinical expertise, and practical application.

This MHMP has been developed by Langston Asiatico, LAT, ATC in conjunction with Nicole Garrett, LMFT; and will be electronically available to the entire athletics staff.

Mental Health Personnel:

Position	Name	Phone	Email
EMS	-	911	-
School Counselor	Nicole Garrett	(859)244-2734	Ngarrett@Sayreschool.org
Athletic Trainer	Langston Asiativo	(270) 300-4926	lasiatico@sayreschool.org
Athletic Director	Richard Little	(859)213-0703	Rlittle@Sayreschool.org
Asst. Athletic Director	Rob Goodman	(859)621-5296	Rgoodman@Sayreschool.org

Screening Procedure:

The Athletic Pre-Participation Physical Form required by the KHSAA for Middle and Upper School student-athletes includes the Patient Health Questionnaire Version 4 (PHQ-4) which is a mental health screener for at risk individuals.

Patient Health Questionnaire Version 4 (PHQ-4)

Over the last 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

(A sum of ≥3 is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)

Upon review of a student-athlete's physical form, the PHQ-4 will be scored by the Sayre School Athletic Trainer or another member of athletic personnel. Should there be a positive score on the screener, the Sayre School Athletic Trainer or another member of athletic personnel will meet with the student to discuss the score of the screener. During the discussion, the Sayre School Athletic Trainer or other member of athletic personnel will refer the student-athlete to the School Counselor. Should the student-athlete request not to be connected to the School Counselor, the Sayre School Athletic Trainer or other member of athletic personnel will notify the student-athlete that a parent/legal guardian will be made aware of the screener result.

Mental Health Emergency Referral:

A mental health emergency is a situation that is life-threatening to the student-athlete or poses a threatening/dangerous situation for those around the student-athlete. This may include the following:

- Thoughts of self-harm or suicidal ideation, especially with a plan and/or intent to cause harm to self or to end one's life.
- Thoughts of harming others or homicidal ideation
- Acute psychosis (hallucinations, delusions)
- Acute delirium or state of confusion
- Highly agitated or threatening behavior
- Severe paranoia
- Acute intoxication or drug overdose

The following procedure should be followed to provide appropriate care to the student-athlete while preserving the safety of the individuals and those around them.

I. Contact the student-athlete's parent/legal guardian and clearly inform the parent/legal guardian of the risk to the student-athlete's safety. Depending on the situation, the athletic department personnel may need to request that the parent/legal guardian pick up the student athlete immediately and/or contact emergency services. Once a student-athlete has been released into the care of the parent/legal guardian, it may be recommended that they be taken for a mental health evaluation.

II. Contact the School Counselor to inform him/her regarding the emergency. The School Counselor will be available for consultation and follow-up. It should be noted that the School Counselor is not on-call outside of normal business hours. In the case of an emergency in the evening or on the weekend, athletic department personnel should notify the School Counselor of the situation by email and the School Counselor will respond no later than the next business day.

III. For cases in which the student poses an immediate risk of harm to him/herself or others, athletic department personnel should first address the risk to safety. Athletic department personnel may need to contact emergency services before informing the student-athlete's parents of the situation or consulting with the School Counselor. In these extreme cases, athletic department personnel should also notify the Sayre School Athletic Trainer and/or the Director of Athletics.

IV. Parents/legal guardians should follow all recommendations from medical and/or mental health treatment providers regarding ongoing treatment for the student-athlete and/or their ability to continue sport participation.

V. Return to sport participation following a mental health emergency will be determined by the Sayre School Athletic Trainer and/or the Athletics Director in conjunction with the mental health provider. They will have indisputable authority over all return-to-play decisions.

VI. Student-athletes and their parents/legal guardians are responsible for updating athletic personnel as to changes in the student-athlete's medical status and/or prescription medications. This information

appears on the KHSAA Athletic Participation Form. Updates can be provided verbally or in writing to the Sayre School Athletic Trainer.

VII. It is important that athletic department personnel help protect the student-athletes' right to privacy. Athletic department personnel should exercise discretion regarding the sharing of information related to a student-athlete's mental health and, in many cases, will need only discuss such information with the student-athlete's parent/legal guardian, the School Counselor, and the Sayre School Athletic Trainer and/or the Athletics Director (this is in regard to emergency situations).

Mental Health Routine Referral:

Non-emergent mental health conditions are behaviors that are a cause for concern when they are a change from a student-athlete's normal behavior and may include the following:

- ✦ Changes in eating or sleeping habits
- ✦ Unexplained weight loss
- ✦ Drug and/or alcohol use
- ✦ Withdrawal from social contact
- ✦ Decreased interest in activities that have been enjoyable
- ✦ Risky behaviors
- ✦ Loss of emotion or sudden changes of emotion within a short period
- ✦ Difficulty concentrating, focusing, or remembering
- ✦ Frequent complaints of fatigue, illness, or being injured that prevent participation
- ✦ Increased irritability or difficulty managing anger

The following procedure should be followed to respectfully address and provide appropriate care to the student-athlete when change from normal behavior is identified.

I. Athletic department personnel should communicate directly with the School Counselor if they witness or are aware of any of the following behaviors:
   a. Reported suicidal thoughts
   b. Multiple depressive symptoms
   c. A few depressive symptoms that persist for several weeks
   d. Depressive symptoms that lead to more severe symptoms or destructive behavior
   e. Alcohol and drug abuse as an attempt to self-treat
   f. Overtraining or burnout

II. The School Counselor may recommend that a student-athlete who is exhibiting signs or symptoms of a mental health issue be referred for therapeutic evaluation and treatment. In such cases, the School Counselor will make this recommendation to the student-athlete's parent/legal guardian. The parent/legal guardian will then have the responsibility of following the recommendation. The School Counselor may provide a list of therapeutic resources by request of the student-athlete or the studentathlete's parent/legal guardian.

III. Student-athletes and their parents/legal guardians are responsible for updating athletic personnel as to changes in the student-athlete's medical status and/or prescription medications. This information appears on the KHSAA Athletic Participation Form. Updates can be provided verbally or in writing to the Sayre School Athletic Trainer.

IV. Parents/legal guardians should follow all recommendations from medical and/or mental health treatment providers regarding ongoing treatment for the student-athlete and/or the student-athlete's ability to continue sport participation.

V. Ideally, the student-athlete and the parent/legal guardian will sign a release of information to allow the School Counselor to obtain information ensuring the student-athlete's overall mental health and ability to participate in sports, as well as to monitor for the student-athlete's compliance to care.

VI. It is important that athletic department personnel help protect the student-athletes' right to privacy. Athletic department personnel should exercise discretion regarding the sharing of information related to a student-athlete's mental health and, in many cases, will need only discuss such information with the School Counselor.