



GRANVILLE SCHOOLS
LEARNING FOR LIFE

Granville Athletics Mental Performance Initiative

In Partnership with The Ohio State University

Granville Schools was awarded a \$100,000 grant to help support student-athletes and train coaches in strategies to support student-athlete mental health. Here is how we plan to use it:



- **Assessment & Planning**
Develop, collect, and analyze data to identify emerging needs, create readiness, and align project priorities with Portrait of a Graduate and Continuous Improvement Plan
- **Parent & Family Engagement**
Introduce the initiative at preseason events, host mental health breakout sessions, and create a Parent Council that discusses priorities and provides feedback
- **Coach Beyond Training**
In partnership with Ohio State, implement a series of education sessions designed to ensure our coaches are properly equipped
- **Student-Athlete Mental Health**
Collaborate with Granville Athletics' Student Leadership Team to facilitate team-based training and provide Granville's own Headspace Mental Health Training to our athletes
- **Community Mobilization**
Create marketing materials to promote programming, host townhall meetings with school and community partners, and develop community linkages with a referral network
- **Project Management**
Hire a staff with expertise in sport and mental health/performance, build an advisory group, and connect work to broader state-wide priorities

Connection To The Portrait Of A Graduate



**CRITICAL
THINKERS**



ADAPTABLE



RESPONSIBLE



EMPATHETIC



COLLABORATIVE



RESILIENT

This project is intentionally designed to align with our Portrait of Graduate priorities and will help prepare our student-athletes with a balance of educational, human and interpersonal skills.