



NCAA x Adelphi Athletics
Mental Health Best Practices
Adelphi University | Garden City, N.Y.



ADELPHI
ATHLETIC
TRAINING

Guidelines for Student-Athlete Mental Health Care

Licensure of Practitioners Providing Mental Health Care to Student-Athletes

Supporting the mental health and wellbeing of student-athletes at Adelphi University is a coordinated effort facilitated by a multidisciplinary care team of campus partners including the Athletic Training Department, Health Services Center (HSC), and Student Counseling Center (SCC). This care team is composed of New York State licensed or certified athletics administrators, Athletic Trainers, nurses, social workers, mental health counselors, and psychologists. There are also students in training who work with the care team such as interns, externs, and graduate assistants. These students are supervised by appropriate clinicians in their respective fields. Although the SCC provides mental healthcare to Adelphi's student-athletes, Athletic Trainers and Health Services Center staff can provide mental health screenings and referrals to the SCC and community providers upon request.

The Athletic Trainers and health services team may act to screen student-athletes or refer student athletes to the SCC when necessary. The SCC is composed of qualified New York State licensed mental health practitioners that provide affirming, accessible, culturally-congruent mental health services. SCC practitioners attend training and have experience demonstrating cultural humility in treating student-athletes from diverse racial, ethnic, gender identified and other unique cultural experiences.

Services provided by the SCC:

- Individual, couples, and group counseling
- Crisis intervention
- Workshops
- Outreach and consultation
- Medication management
- Drug and alcohol education and counseling
- Referrals to both on- and off-campus resources

The SCC is located in the Nexus Building, Room 132. Its hours of operation are as follows:

Fall and Spring Semesters: *(in-person and virtual availability)*

- Monday-Thursday, 9:00 a.m. - 7:00 p.m.
- Friday, 9:00 a.m. - 5:00 p.m.

Winter and Summer Semesters:

- Monday-Thursday, 9:00 a.m. - 5:00 p.m. (in-person and virtual)
- Friday, 9:00 a.m. - 5:00 p.m. (virtual only)

Scheduling an appointment with the SCC is easy.

Call or email: 516-877-3646, scc@adelphi.edu. Or, drop by Nexus Room 132 to speak with a support staff member.

When the SCC is closed: If you or someone you know is experiencing a mental health emergency, please contact Public Safety at 516-877-3511 for on-campus support; call 911 for off-campus support; call or text 988; or visit the Emergency Room of your nearest hospital.

Procedures for Identification and Referral of Student–Athletes to Qualified Practitioners

Mental Health Emergency Action Management Plan (MHEAMP):

The purpose of the MHEAMP is to support Adelphi University student-athletes who may be a danger to themselves, a danger to others or gravely disabled. The MHEAMP is distributed to all coaches, athletic trainers, student-athletes and athletics administrators via email at the start of every academic year and is posted in the Coaches' Manual and Student-Athlete Planner. Coaches and administrators participate in an annual review of this policy and are given an updated contact list indicating who to call in a mental health emergency and non-emergency. Any changes to the MHEAMP must be communicated to the Assistant Athletic Director for Sports Medicine.

Emergency Mental Health Referral Protocol

Situations that are considered a mental health emergency—those requiring immediate response—are situations where a student-athlete presents with symptoms or behaviors such as:

- Suicidal and/or homicidal attempts
- Suicidal/homicidal ideation, plan, and intent (QPR positive)
- Sexual assault
- Highly agitated or threatening behavior, acute psychosis, or paranoia
- Acute delirium/confusional state
- Acute intoxication or drug overdose

Emergency Mental Health Response Protocol

Call for help and be able to provide the exact location of the emergency:

1. **On-campus:** Contact the SCC during regular hours of operation or call Public Safety at 516-877-3511 when the SCC is closed. Either office will facilitate the Emergency Transport Protocol to Northwell Health Behavioral Health College Program. A copy of this protocol is on file with the SCC, Assistant Athletic Director for Sports Medicine, and the Office of Public Safety.

Off-campus: Dial 911 to request Emergency Medical Services (EMS).

1. Follow the instructions provided by the SCC clinician, Public Safety Officer, or EMS worker to learn how to connect the student-athlete to the help they need.

Do not leave the student-athlete unattended at any time unless instructed to do so.

If the student-athlete is transported to the hospital, obtain the location of the hospital to which the student-athlete is transported. This information will be asked of you later.

Report transport to proper personnel. There is a specific procedure for each person:

For students: Notify Michael Gavagan, Assistant Athletic Director for Sports Medicine, when appropriate, at gavagan@adelphi.edu or 516-877-4230.

For athletic trainers: Document the transport and notify student-athlete's emergency contact.



For SCC personnel: Obtain consent from the student-athlete before notifying anyone of the transport.

Post-emergency

The SCC will provide relevant information about the student-athlete's return to play only if consent has been obtained from the student-athlete.

Student-athlete family members will be contacted by the Department of Athletic Training **only if the student-athlete has provided consent to do so.**

Following a mental health emergency, the multidisciplinary team may hold a post-event meeting to discuss its circumstances and reflect on how the situation was ultimately resolved.

Non-Emergency Mental Health Response Protocol

There are times when a student-athlete may be experiencing mental health concerns that do not rise to the level of a crisis (refer to the previous section for instructions regarding how to handle a mental health emergency). These concerns may make it difficult for the student-athlete to focus on their academics or their sport.

Examples of concerning, non-emergency, mental health issues or behaviors* include:

- Athletic performance issues
- Stress/time management issues
- Homesickness
- Issues related to family or significant other
- Noticeable changes in behavior or communication
- Feeling sad or "down"
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant fatigue, low energy or problems sleeping
- Detachment from reality (delusions), paranoia or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Alcohol and other drug misuse or abuse
- Major changes in eating habits
- Sex drive changes
- Excessive anger, hostility or violence
- Suicidal thinking
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***Take any of these signs and symptoms seriously and do not delay getting help.**

Once a mental health concern has been identified by observation, report, and/or screening:

1. Approach the student-athlete and ask to speak with them in private.
2. Share what you have observed and listen without judgment. If you have a duty to report, inform the student-athlete of this before they begin sharing personal information.
3. Offer the student-athlete information about the SCC including how it is a confidential service provided by licensed mental health practitioners. Offer to assist in connecting the student-

- athlete with the SCC.
4. Let the student-athlete know that you will be checking in on them periodically—whether or not they accept the referral—and be prepared to offer the referral again.
 5. Continue to observe the student-athlete’s concerning behavior and be supportive:

For students: Notify Michael Gavagan, Assistant Athletic Director for Sports Medicine, when appropriate, at gavagan@adelphi.edu or 516-877-4230.

For athletic trainers: Document concerning changes in behavior and the referrals made.

For SCC clinicians: Obtain consent before notifying anyone of their mental health concerns.

General tips for how to have conversations about mental health:

- Speak directly and honestly if you feel/know they are in academic and/or personal distress
- Ask if the student-athlete has support from family or friends.
- Explain to the student-athlete why you are concerned about their safety.
- Comment directly on what you have observed. Behavior that is strange or inappropriate should not be ignored.
- Explain the importance of understanding and helping minimize the possible tension that can exist in student-athletes about adverse consequences for seeking mental health care.
- Do not discuss your concerns with other student-athletes.

Mental Health Screening for Student-Athletes

Mental Health screening for student-athletes will be made available annually by the SCC clinical team. The screening process is one important way to identify student-athletes who may benefit from further mental health support. The SCC utilizes the Patient Health Questionnaire (PHQ-9) for screening student-athletes mental health. The PHQ-9 is a self-administered survey used to detect the presence of depression and assess its severity.

The PHQ-9 is available online through the SCC’s web portal, a confidential portal through which the PHQ-9 may be completed and submitted to the SCC team for review. Once a student-athlete submits their completed PHQ-9 through the web portal, it will be reviewed by an SCC clinician in a timely manner. Student-athletes who score high on the PHQ-9 will be contacted by a SCC clinician and invited to speak with a counselor either in person or via telehealth. As the SCC must maintain confidentiality for all of its students, the results of the PHQ-9 are not shared with anyone outside the SCC and meeting with a counselor is completely voluntary.

Any questions about the PHQ-9 or the mental health screening process in general may be directed to the SCC by calling, emailing, or stopping by the SCC office.

Health-Promoting Efforts to Support Mental Health and Well-Being

- Annually: The multidisciplinary care team will meet to discuss this Mental Health Action Plan. If the plan needs revision, the revisions will be made and the new plan will be distributed.



- Annually: The SCC and Office of Health Outreach may be available to deliver outreach programming to student-athletes, coaching staff, athletic training staff, athletics administrators, and other campus partners. These programs will be delivered upon request. Topics for outreach programming include but are not limited to:
 - Question, Persuade, Refer (QPR) Suicide bystander training
 - Green Dot Bystander Training for sexual assault and dating violence
 - Substance misuse and abuse
 - Interpersonal violence
 - Hazing and peer intervention.
- Placed in each athletic locker room, athletic training room, coaches' manual, and student-athlete planner: Information regarding signs and symptoms of mental health concerns, how to respond to a mental health crisis, and how to refer student-athletes to the SCC
- SCC clinicians are available to student-athletes for individual and group counseling, referrals to care, crisis counseling, and outreach services.
- Workshops related to mental health and well-being are available through the SCC upon request. Topics can include, but are not limited to: mindfulness and relaxation, time management, visualization and imagery, goal setting, self-talk and communication, healthy living on campus, social media use and misuse, and identity and transitions.

Medical Leave of Absence

Requirements to Request a Medical Leave of Absence From the University

If a student-athlete is seeking a medical leave of absence from the University, they must follow the Student Medical Leave of Absence Policy as stated on the Adelphi website, adelphi.edu/policies/medical-leave-of-absence, and also University policy stated below: Submit all letters to the Office of Academic Services, OASR@adelphi.edu

1. The student-athlete shall request leave in writing and state the reason why request is being made.
2. The student-athlete shall submit a letter from a licensed healthcare provider* which contains:
 - A. Diagnosis
 - B. The duration of treatment prior to request
 - C. Plans for treatment during period of leave (if appropriate)
 - D. A positive recommendation that the leave is necessary for medical reasons

**International students must follow specific guidelines for obtaining this letter.
Please consult AU International or the Office of International Student Services.*
3. Adelphi University retains the right to obtain supplemental medical information.
4. All requests and documentation must be made during the semester for which the leave is requested.
5. Requests for a medical leave of absence will not be considered after the deadline provided by the university for each specific semester. If appropriate, the grade of

Incomplete may be issued.

6. If a medical leave of absence is approved, all current and future courses for which the student is registered will be dropped. The student will not be able to register until cleared by their healthcare provider and be readmitted to the University (see below for details). Approval does not imply the right to a refund. For all financial questions related to a medical leave of absence contact the One-Stop Student Services Center onestop@adelphi.edu for all financial questions.

7. If you are an International Student in F-1 status, you give permission for OASR to forward your medical paperwork to the Office of International Student Services. OASR approval does not imply approval through the Office of International Student Services.

8. If you are a resident student, please be aware that you will be asked to move out upon approval of your medical leave of absence. Please follow up with The Office of Residential Life & Housing regarding the move out procedure.

Requirements to Return from Medical Leave of Absence

Submit all letters to the Office of Academic Services, OASR@adelphi.edu.

1. The student-athlete must request readmission. Readmission may not be considered until two weeks before the start of the upcoming semester.
2. The student-athlete must submit a letter from a licensed healthcare provider.
 - a. If possible the letter should be from the same provider who recommended the leave.
 - b. If that person is unable to provide the letter, a health care professional from the same specialty may provide the letter.
 - c. The letter must contain:
 - i. treatment that has taken place during the leave.
 - ii. if needed, treatment plans after return from leave
 - iii. any recommended restrictions (i.e., reduced credit load)
 - iv. statement that student-athlete is medically able to return to school
 - v. recommendation regarding a student-athlete's ability to return as a student and to function successfully while attending school.
 - d. Adelphi University retains the right to obtain supplemental medical information
3. Upon readmission copies of the medical documentation for the leave and the return will be filed with the Adelphi Health Services Center and if applicable, Adelphi's Student Counseling Center.



Exemption from Athletic Participation

Absences from athletics due to mental health require documentation from a qualified and licensed individual to support a student-athlete's contention that they cannot participate in team practices

During such absences, it will be up to the coaches discretion on how the student-athlete will remain a part of the team. Examples of this may include:

- Attending practices and/or contests
- Attending film sessions/team meetings
- Attending athletic department events/meeting
- Team community service

To return to full team activities the student-athlete will need to provide the proper documentation from a qualified and licensed doctor to the athletic training department.

Return to Athletics

After a student-athlete has had a medical leave or absence due to a mental health emergency or a condition, a few factors will need to take place.

1. The student-athlete must follow university policies in returning from a medical leave of absence.
2. The student-athlete must supply a clearance note written by their doctors to the athletic training department.

Any questions about the material in this document should be directed to members of the Adelphi Athletics Athletic Training staff.

Adelphi Athletics Mental Health Contact Sheet

Mental Health Association of Nassau County
Phone: 516-504-HELP (4357)

Safe Horizon Services
Phone: 1800-621-4673

Adelphi University Student Counseling Center
Nexus Building 132
Phone: 516-877-3646
Website: www.scc.adelphi.edu

The Retreat
Phone: 631-329-2200
Victims Information Bureau of Suffolk
Phone: 631-360-3606

If there is a mental health crisis after hours, on days the university is closed or weekends contact Public Safety at 516-877-3500

Postgraduate Psychotherapy Center
Hy Weinberg Center, 325
Garden City, NY 11530
516-877-4841
PostgradPsychotherapyCenter@adelphi.edu

Crisis Services

Crisis Text Line
Text "HOME" to 741741 to get in touch with a trained crisis counselor 24/7

GLBT National Help Center
Phone: 1-888-843-4564

National Suicide Prevention Lifeline
Phone: 1-800-273-TALK (8255)

Mental Health Association of Nassau County
Phone: 516-504-HELP (4357)
Long Island Crisis Center 24/7
Phone: 516-679-1111

Sexual Partnership and Domestic Violence
Support
The Safe Center
Phone: 516-542-0404

RAINN
Phone: 1800-656-4673

LI Against Domestic Violence
Phone: 631-666-8833

