



PROUD MEMBER OF THE | FIERI MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT



Before, During, After the Games: Mental Health Ally

Sharleen Hoar, Ph.D., MPC

CSI Pacific: Taking on Tokyo Workshop Series

June 2021



PROUD MEMBER OF THE | FIERI MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT



Purpose and Road Map of Session

- What is an Ally?
- Identifying Mental Health and Mental Illness
- Support that includes Linking



PROUD MEMBER OF THE | FIERI MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

Ally

- “to unite or form a connection or relation between” (Merriam-Webster; retrieved June 2nd, 2021)





PROUD MEMBER OF THE | FIERI MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

MENTAL HEALTH

“A state of psychological, emotional, and social well-being in which individuals are capable to feel, think, and act in ways that allow them to enjoy life, realize their potential, cope with the normal stresses of life, work productively, and contribute to their community.” (WHO, 2018)

MENTAL ILLNESS

“A health condition characterized by alterations in individuals’ feeling, thinking, and behaving, leading to significant distress and impaired functioning in their personal and professional activities. It pertains to all diagnosable mental health disorders such as depression, anxiety disorders, schizophrenia, eating disorders, and substance use disorders.” (WHO, 2010; MDSC, 2019)



Mental Health & Mental Illness

Positive Mental Health Flourishing

**High Levels
of Mental
Illness**

I. Positive Mental Health with Mental Illness	II. Positive Mental Health without Mental Illness
III. Poor Mental Health with Mental Illness	IV. Poor Mental Health without Mental Illness

**Low Levels
of Mental
Illness**

Poor Mental Health Languishing



Mental Health Crises

USOPC, 2021

- “An upset in a steady mental state that may create a disruption or breakdown in a person’s normal or usual pattern of functioning...A crises constitutes circumstances or situations which cannot be resolved by one’s customary problem-solving resources. If a situation can wait 24 – 72 hours for a response, without placing an athlete or family in jeopardy, it is a crises not an emergency”
 - Self-harming or maladaptive coping behaviours that are not life-threatening
 - Significant loss or death directly or indirectly impacting athlete
 - Rapid mood swings, increased agitation, isolation
 - Medication non-compliance
 - Substance use and/or abuse



Mental Health Emergency USOPC, 2021

- “An emergency is a sudden, pressing necessity, such as when a life is in danger because of an accident, a suicide attempt or potential imminent attempt, or interpersonal violence. It requires immediate attention by law enforcement, Child-Protection services (CPS), or other professionals trained to respond to life-threatening events.”
 - Managing suicide and/or homicidal ideation
 - Managing victims of sexual assault
 - Managing highly agitated or threatening behaviour, acute psychosis or paranoia
 - Managing acute delirium/confusion state
 - Managing acute intoxication/or drug overdose



Supporting a Mental Health Problem or a Crises

	RESPOND IMMEDIATELY	GET CONNECTED WITH MENTAL HEALTH PROVIDER	MAKE REFERRAL
Situation	Emergency	Crises	Problem
Response Time	Minutes	Today	Days or more
Physical Safety	Imminent Danger	High Risk	Low to Moderate Risk
Behaviour Change	Dramatic or Sudden	Noticeable Change	Gradual Change
Coping Options & Hope	Very limited or None	Limited	Some Coping & Options



PROUD MEMBER OF THE | FIERI MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

Mental Health Hygiene Habits



Breathe



Eat (and Hydrate)



Active



Rest



Support





Mental Health Continuum (Durand-Bush, 2021)

← HEALTHY	REACTING	INJURED	ILL →
<p>Normal mood, good sense of humour</p> <p>Normal sleep patterns</p> <p>High energy & physical health</p> <p>High concentration & alertness</p> <p>Consistent performance</p> <p>High engagement</p> <p>Normal social activity</p>	<p>Occasional anxiety, irritability, or sadness</p> <p>Sleep difficulties</p> <p>Low energy, tension, or headaches</p> <p>Reduced concentration, intrusive thoughts</p> <p>Inconsistent or reduced performance</p> <p>Decreased engagement, procrastination</p> <p>Reduced social activity</p>	<p>Persistent anxiety, anger, or sadness</p> <p>Sleep disturbances, nightmares</p> <p>Persistent fatigue, aches, pains</p> <p>Poor concentration, indecision</p> <p>Poor performance</p> <p>Preabsenteeism</p> <p>Social Avoidance</p>	<p>Excessive anxiety, anger, or depressed mood</p> <p>Significant sleep disturbance or oversleeping</p> <p>Exhaustion, physical illness</p> <p>No concentration, dark or suicidal thoughts</p> <p>Inability to perform or complete normal tasks</p> <p>Absenteeism</p> <p>Isolation, withdrawal from loved ones</p>



What Should I do?

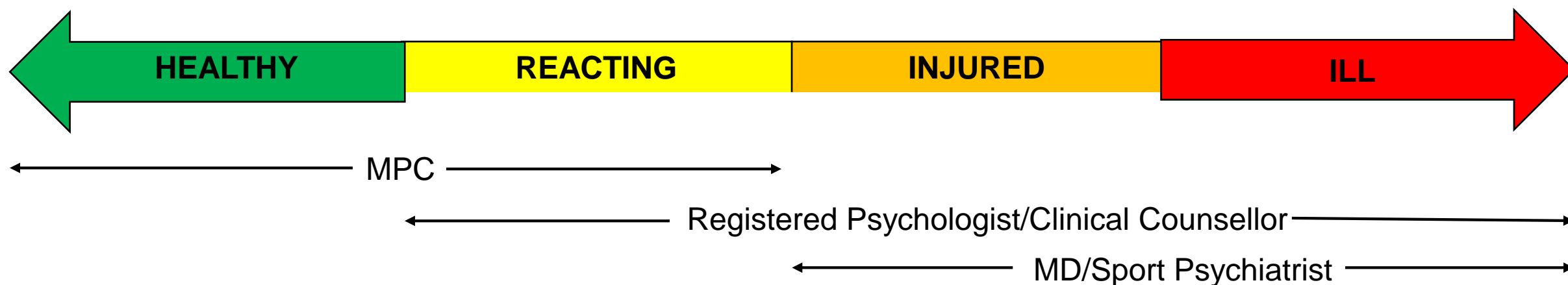
Maintain current activities	Recover: slow down and rest	Acknowledge the need for action	Consult a professional immediately
Practice mindfulness	Build mental health toolkit	Recover: eliminate non-essential tasks	Reach out to peers or someone you trust*
Cultivate social relationships*	Identify problems	Reach out to peers	Consider a leave of absence from work
	Act on things that can be changed	Maintain contact with loved ones*	Rekindle close relationships*



PROUD MEMBER OF THE | FIERI MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

Continuum of MP and MH Practitioners working in Canada

Durand-Bush, 2021





Response Plan: Key Phases

1. Preparation Activities

Establish Response Team

Identify Flow

Comms Plan

Quarantine Plan

2. Assess Needs

Gather Information

Plan Response

3. Respond

Key Response Pillars

Support

Role Clarity

Comms

4. Re-integration

Collaborate with response team

Assess psychological readiness

Transition plan- home or field of play



PROUD MEMBER OF THE / FIER MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT



Games Response Team

- Liaison Officer for COC/CPC and NSO
- Medical lead(s) – CMO and NSO Team Doc
- Mental Health Counsellor (COC, Karen MacNeill; CPC, Susan Cockle) and NSO MPC
- Mental Health and Mental Performance “Home” support
- Internal Communication/Media Consultant



PROUD MEMBER OF THE | FIERI MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

CANADIAN
SPORT
INSTITUTE
INSTITUT
CANADIEN
DU SPORT
PACIFIC / PACIFIQUE

Games COC/CPC Mental Health Counsellor



Dr. Karen MacNeill



Susan Cockle



Needs Assessment

1. Gather information

- Needs and concerns
- Practical and emotional support
- Situation
- Risks (imagined and realistic)
- Links to supports and resources

2. Plan response based on needs

- RACI: Response, Accountable, Consulted, Informed



Key Response Pillars for Supporting Others

Safety

- Comfortable
- Logistically Supported

Calming

- Normalize
- Facts

Resource & Refer

- Review Resources
- Link

Connected

- Check-in
- Emotionally Supported

Reassure

- Not alone/
forgotten
- Update
schedule

What Do I Say? (Cockle, 2021)



- “I’m here for you.”
- “I want to make sure you are ok.”
- “Can you tell me what is going on for you?”
- “How are you doing?”
- “How is your mental health?”
- “I’ve got your back”

GOAL: To restore psychological safety and provide emotional reassurance



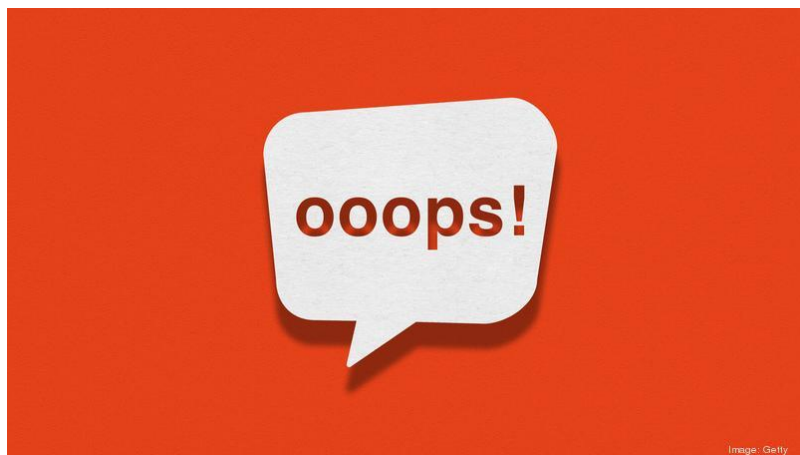
Making Connection in Your Response (Cockle, 2021)

Effectively listening	Reflect back, paraphrase and summarize what you hear: “Sounds like you are saying that ...”
Use empathy & validate emotions	“No wonder you are frustrated, upset, scared, worried...”
Normalize	“It’s normal to react this way, in this kind of circumstance”
Provide containment	“I want to make sure you are emotionally safe and ok”
Reassure	“Together, we are going to come up with the best possible plan for you”
Provide circle of support	“We care about you and want the best for you:



PROUD MEMBER OF THE | FIERI MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

Mis-steps



(Cockle, 2021)

- “I understand” – No one can fully understand the lived experience of another
- Silver-lining – Restrain yourself from trying to pump someone up or give meaningless positives or platitudes (e.g., “tomorrow is a new day”, “at least”, “you have nothing to worry about”)
- Making the experience about you
- Panic or being overwhelmed by what you hear



PROUD MEMBER OF THE | FIERI MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

After the Games ...

- Quarantine & Isolation
 - Support plan
 - Not forgotten – plan for check ins
- Mental wellness & Post games blues
 - Immediate plan
 - Month – Six weeks out plan
- Link with Resources



In Canada:

IF IT'S A CRISIS, GO TO YOUR NEAREST EMERGENCY ROOM OR CALL:

- Your team doctor or personal doctor
- 911
- The 24h mental health crisis line
1-866-996-0991 (crisisline.ca)
- The 24h Morneau Shepell hotline
1-844-240-2990

IF IT'S NON-URGENT, CONTACT:

- Your team doctor or personal doctor
- The 24h Morneau Shepell hotline
1-844-240-2990 (Olympic/Paralympic coaches can access this too)
- Your Game Plan Advisor: mygameplan.ca
- The Canadian Centre for Mental Health and Sport (CCMHS)
ccmhs-ccsms.ca/self-referral-form OR
613-454-1409 ext. 2090 OR info@ccmhs-ccsms.ca
- Your Mental Performance Consultant

Outside of Canada, contact:

- Team doctor or personal doctor
 - Your mental performance consultant
 - Your Game Plan Advisor: mygameplan.ca
 - The Canadian Centre for Mental Health and Sport (CCMHS)
ccmhs-ccsms.ca/self-referral-form OR
613-454-1409 ext. 2090 OR
info@ccmhs-ccsms.ca
 - Morneau Shepell hotline: To access the care from outside of North American use the applicable international dialing number from that country:
<https://www.workhealthlife.com/Tools/AccessTool/EAPWorldwideAccessInfo/div/InPageDivNarrow>
w
- And let them know you're part of Game Plan.
(Olympic/Paralympic coaches can access this too)