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Background

- This research = follow-up to a study conducted in late fall 2023
 - 2023 Purpose:** Explore student-athlete current use of, and future desire for, sport psychology and mental health resources
 - 2023 Findings:** Student interest in specific resources/campus responses, including:
 - Easier access to counseling
 - Skill development (e.g., leadership, conflict resolution)
 - Improved relationships with faculty and staff
 - Athletics Response:** Several initiatives established
 - Faculty-student mixers
 - DISC (leadership) assessment workshop
 - Counseling liaison to Athletics
 - Load Management Workshop
 - And in-parallel on campus:
 - Mental Health First Aid Training

Purpose

Evaluate **awareness** and **effectiveness** of these initiatives to understand their impact on campus and improve roll out of additional future planned measures.

Methodology

- IRB approval, electronic survey sent to SUNY Canton varsity athletes
- 42 completed survey (7 different teams represented)
- Results presented to: Athletics, Student Athlete Advisory Committee, Faculty Athletic Mentors

Findings

Awareness of Initiatives

Initiative	Yes	No
Faculty-student mixers	12 (28.57%)	30 (71.43%)
DISC Workshop	10 (23.81%)	32 (76.19%)
Counseling Liaison	28 (66.67%)	14 (33.33%)
Load Management Workshop	5 (11.9%)	37 (88.1%)
MH First Aid	16 (38.1%)	26 (61.9%)

Highest awareness: Liaison
Lowest awareness: Load Workshop

Effectiveness of Initiatives

Highest rated: DISC
Lowest rated: Mixers

Initiative	Avg Rating	SD
Mixers	3.3/5	1.02
DISC Workshop	3.8/5	.60
Counseling Liaison	3.6/5	.96
MH First Aid	3.6/5	.86
Load Management	3.6/5	.80

Discussion

- Overall, a low number of athletes even aware of initiatives
- Must continue to educate
- Ratings suggest initiatives are not as effective as they could be
- Must continue to work with established S-A leadership (e.g., SAAC, team captains, etc.) to deliver programming
- Due to stigma surrounding mental health issues, student-athletes may be resistant to disclose and ask for help (Reardon et al., 2019)
- Offering established quality programming reduces need for students to self-identify as needing additional help
- Rather than a deficit-based framework to address mental health (fix a problem), less stigmatizing to use performance-enhancing framework (be my best)
- Department supported “Sport Psychology programming” might be a better term to use in the future

Limitations

- Less than 1/3 participation of last survey (survey fatigue possible, as coincided with another student survey on mental health)
- Data collections 1.5 years apart mean a different group of S-As than original survey