

Mental Health and the Student-Athlete Experience

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Presented by:

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Academic Oversight



Faulty Athletic Representative
Dr. Sharon See
Clinical Professor
College of Pharmacy and Health Sciences

- Faculty Liaison to Athletics
- Academic Integrity
- Reports to the President
- Works with the Office of Student Services
- Works with the Office of Compliance to review enrollment and academic eligibility
- Student-Athlete Orientation
- Tutor Training
- Vice Chair of the Big East FARs



Overview

- ❑ PROBLEM: MENTAL HEALTH AMONG COLLEGE STUDENTS IS A GROWING PUBLIC HEALTH CONCERNS
- ❑ CHALLENGES: STIGMA ASSOCIATED WITH REPORTING MENTAL HEALTH STATUS AND UNDERUTILIZED OR LIMITED MENTAL HEALTH RESOURCES AVAILABLE TO STUDENT-ATHLETES



Mental Health among collegiate athletes is a growing Concern,

30% of student-athletes feeling overwhelmed

15.9% of their non-athlete counterparts who, when answering the same question, stated feeling extremely overwhelmed in the prior month (ACHA, 2019).

50% of women's sports student-athletes self-reporting being extremely overwhelmed in the past month, compared with 31% of their male counterparts during the COVID-19 pandemic (NCAA, 2021).

Mental health among collegiate athletes is a growing public health concern, with 28.1% of female athletes and 17.5% of male athletes exhibiting clinically depressive symptoms (Wolanin et al., 2016).

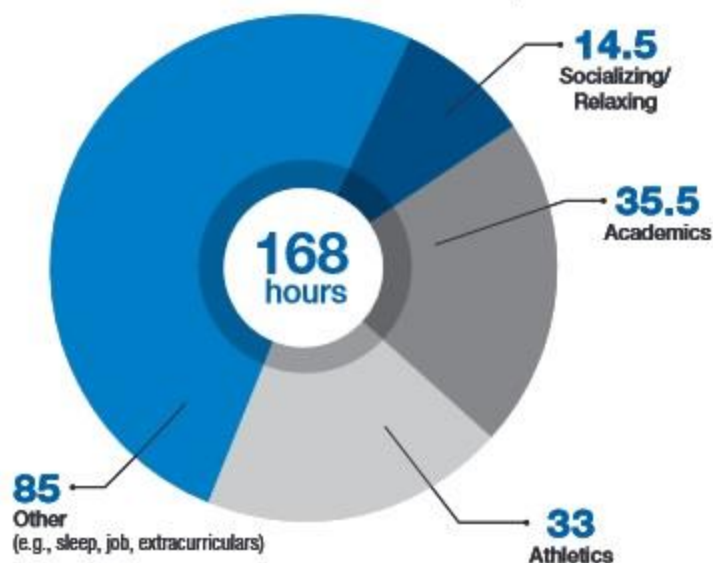


TIME MANAGEMENT

What takes up a Division I Student-Athletes Day?

Time spent on activities per week

**Medians collected from the 2019 NCAA GOALS study.*



67%

67% of Division I student-athletes said they spend as much or more time on athletics during the offseason as during their competitive season.

**Based on the 2019 NCAA GOALS study.*

Did you know?

These are considered countable athletically related activities (CARA). NCAA rules limit the time student-athletes can spend on these activities each week. Check with your campus athletics department for more information.



Competition



Practice



Strength and conditioning



Supplemental workouts



Film review

Did you know?

These activities do not count toward a team or student-athlete's countable athletically related activities limit.



Academic meetings



Injury treatment/prevention



Sports psychologist sessions



Nutritionist sessions



Prospective student-athlete host duties



Team fundraising



Media activities



Community service



Compliance meetings

Student-Athlete Perspectives on Mental Health



Hannah Mearns, Softball
Major: Environmental
Science



Nicolas Fleuriau Chateau, Soccer
Major: CRJ/Homeland Security



Median Sum of Hours Spent Per Week on Academic and Athletic Activities In-Season

	Baseball	Men's Basketball	Football FBS FCS		Men's Other	Women's Basketball	Women's Other
Division I							
Acad+Ath	75	71	80	78	69	74	73
Division II							
Acad+Ath	73	67	74		68	75	73
Division III							
Acad+Ath	71	67	71		70	72	73



In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

(% Responding “Very often” or “Fairly often”)

Baseball	Men’s Basketball	Football FBS FCS		Men’s Other	Women’s Basketball	Women’s Other
Division I						
29%	35%	36%	34%	25%	30%	30%
Division II						
31%	27%	35%		28%	27%	34%
Division III						
25%	20%	32%		25%	30%	28%





Other Findings

- **30 percent** of student-athletes self-report they have been intractably overwhelmed during the past month.
- **1/3** report they struggle to find energy for other tasks because of the physical demands of their sport.
- Nearly **1/4** report being exhausted from the mental demands of their sport.
- **73 percent** believe that their coach cares about their mental well-being.
- About **40 percent** who sought help for a mental health issue report high levels of satisfaction with the care they received from team or college personnel.





NAME *IMAGE*
LIKENESS **\$U**

As of July 1st, 2021:

- All student-athletes at St. John's University may earn compensation for the use of your publicity rights, including your names, images, and likenesses (collectively known as "NIL") to promote your athletically and non-athletically related business activities.
- Such compensation **may not be provided in exchange for your athletic performance or attendance at St. John's University.**

Name, Image and Likeness

WHAT STUDENT-ATHLETES SHOULD KNOW

What “Name, Image and Likeness” Means

NAME



IMAGE



LIKENESS



EXAMPLES OF
NIL-RELATED ACTIVITIES

- Autographs
- Personal appearances (speeches, commercial establishments)
- Promoting a business
- Sale of merchandise with name, image, or likeness
- Social media endorsements
- Representation in video games

These three elements make up a legal concept known as
“**Right of Publicity.**”

Institutional Control

As a member of the NCAA & Big East Conference, it is the institution's responsibility to maintain compliance of our intercollegiate athletics program consistent with the rules and regulations of the NCAA, BIG EAST Conference, and University.

- Institutional Control is a shared responsibility among all St. John's University employees, administrators, faculty, coaches, and student-athletes.



Institutional Control

Some examples of faculty conduct that could result in an NCAA violation:

- Offering special courses for student-athletes only;
- Creating assignments for student-athletes that differ from those required of all other students in a class;
- Offering student-athletes incompletes or extra credit work unless the opportunities are available to all students, as identified in a course syllabus;
- Authorizing a course waiver or substitution of academic requirements unless the same would be done for any other student under similar non-athletics-related circumstances;
- Authorizing a grade change, unless an error has occurred. All grade changes should be for non-athletics-related reasons;
- Handling any case of academic dishonesty or other prohibited classroom behavior by student-athletes in a manner any different from which you would handle such behavior by any other student.



Institutional Control

Such conduct by a faculty member could put the student-athlete, his/her team, and the University in jeopardy. Not only would the student-athlete be penalized for receiving the assistance, but St. John's University could be in jeopardy of a violation of NCAA Academic Misconduct rules.

- Should you have any academic integrity concerns related to a student-athlete's academic performance please contact Faculty Athletics Representative (FAR), Sharon See, at 718-990-2474 or sees@stjohns.edu



Final Reminders....

- Please be reminded that all of us as St. John's University employees share in the responsibility of maintaining compliance with the NCAA rules. By adhering to the NCAA rules we are preserving our student-athletes and prospective student-athlete's eligibility as well as protecting the reputation of the University.



Any Questions?

A large, white, cloud-shaped speech bubble with a brown corkboard texture background. Inside the bubble, the words 'Thank you!!' are written in a black, handwritten-style font.

Thank
you!!