

MIND HEALTH PROFESSIONALS: AN OVERVIEW

This resource is intended to provide an overview of the unique and complementary services that can be provided by mental health and mental performance professionals. The information contained here is not exhaustive, as individual professionals may be able to provide additional services based on training and expertise. However, Mind Health professionals can add value and help to enhance sport systems by offering services at the individual, team and organizational level.

Mental Health Providers★

- Mental health expertise
- Understanding thoughts, feelings, behaviors, and the relationship between them
- Work across continuum of mental health
- Counseling, holistic self-care in diagnosing and treating mental health conditions
- Team and organizational dynamics, cohesion, and culture
- Crisis management and support

ALL THREE PROFESSIONALS:

- Proactive mental wellness and self-care practices
- Education about connection between health and performance
- Development (skill building): Mental health & wellness skills and strategies for performance and life
- Coping skills, life skills, and stress management strategies
- Referrals: make connections to additional professionals when needed

Psychiatrists

- Medical and mental health expertise
- Relationship between brain and body
- Work across continuum of mental health
- Medication management, counseling, holistic self-care in maintaining brain health, and diagnosing and treating mental health conditions
- Crisis management and support

Mental Performance Consultants

- Expertise in mental skills training and strategies for performance
- Trained in applied sport psychology and sport science
- Performance optimization (individuals and team)
- Team & organizational dynamics, cohesion, and culture
- Coaches development

★ **Mental health providers** refers to licensed professionals including psychologists, professional counselors, clinical social workers, or marriage and family therapists with appropriate education, training, cultural competence, and experience.

Through a combination of education, training, and experience, some mental health providers and psychiatrists have a specific proficiency in working with athletes, teams, and sport organizations. Thus, they are qualified to provide mental health and mental performance services and, in the chart below, fulfill the qualifications for both their respective clinical area of practice and the role of a mental performance consultant.

	Mental Health Providers (e.g., Psychologists, Professional Counselors, Social Workers, Marriage and Family Therapists)	Psychiatrists (e.g., General Psychiatrists, Sport Psychiatrists, <u>ISSP certificate in sport psychiatry</u>)	Mental Performance Consultants (e.g., CMPCs, professionals trained in sport psychology)
Services provided			
Assessment (e.g., personality and cognitive testing)	✓ (applies for licensed psychologists)		
Coaches' education and development			✓
Crisis intervention, management, and support	✓	✓	
Diagnosis, evaluation, and treatment of mental health conditions (e.g., depression, anxiety, bipolar disorder, ADHD, substance use disorder, etc.)	✓	✓	
Education about mental health (e.g., signs and symptoms, disorders, treatment approaches)	✓	✓	
Education about sport psychology (e.g., mental skills and performance)			✓
Education about holistic self-care (sleep, nutrition, stress management/reduction, mindfulness, etc.)	✓	✓	✓
General wellness support (coping skills, personal development, self-care strategies, etc.)	✓	✓	✓
Mental health counseling (couples and family)	✓		
Mental health counseling (individuals)	✓	✓	
Mental health screenings and diagnosis	✓	✓	
Mental skills training (individuals)			✓
Mental skills training (team)			✓
Prescribe medication		✓	
Organizational and team dynamics and development	✓		✓
Referrals – make connections to additional professionals when needed	✓	✓	✓
Support during injury/rehab/pain management	✓	✓	✓