



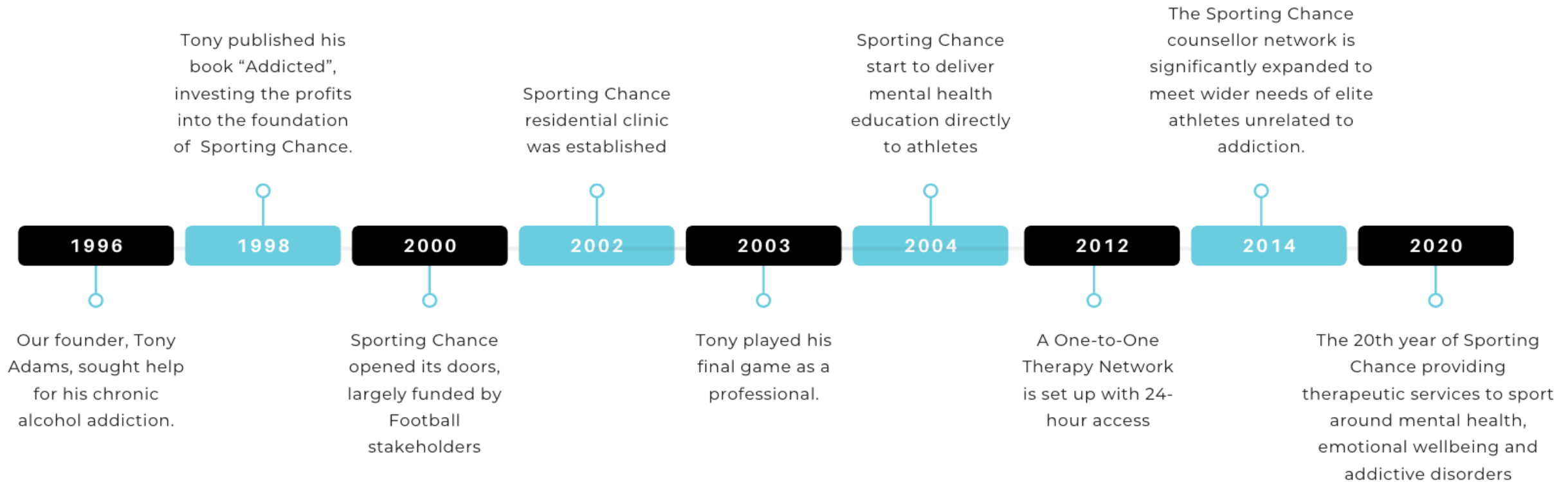
SPORTING CHANCE

**FRAMEWORKS AND
POLICIES THAT SUPPORT
THE ADDITIONAL ISSUES
AFFECTING THE MENTAL
HEALTH OF FEMALE
PLAYERS**

“When any player has the courage to reach out and ask for help there must be a place for them to go; this place must be professional, safe and confidential. Sporting Chance can be that place.”

Tony Adams, MBE

SPORTING CHANCE: A BRIEF HISTORY



AREAS OF DELIVERY

We treat around 50 athletes in our residential treatment clinic each year

We currently have over 250 therapists on our network, who help over 1,200 athletes each year



We currently provide education to over 6,000 athletes and their staff each year

SPORTING
CHANCE

WHAT IS MENTAL HEALTH?

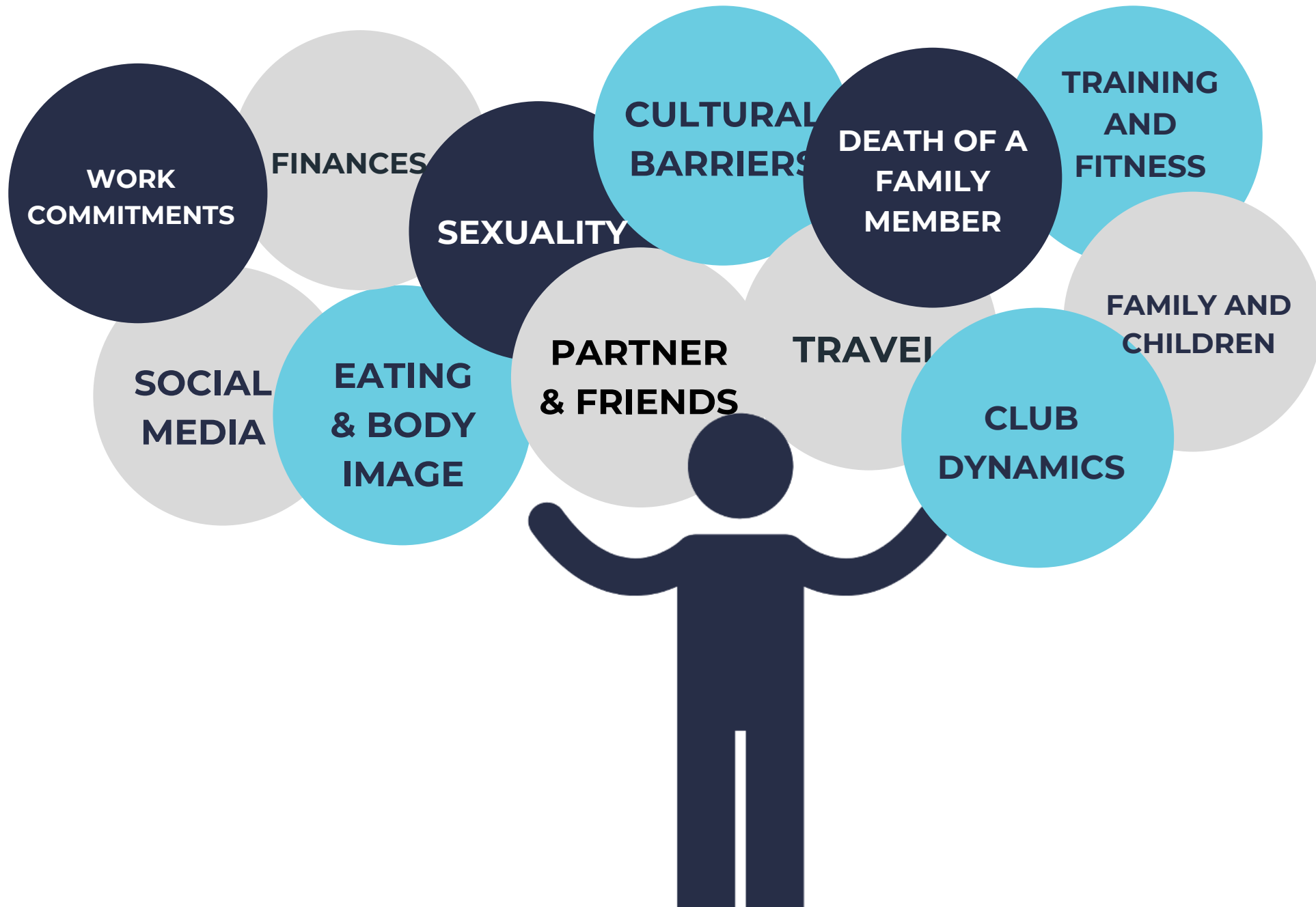
The terms **mental health** and **mental illness** are increasingly being used as if they mean the same thing, **BUT THEY DO NOT.**

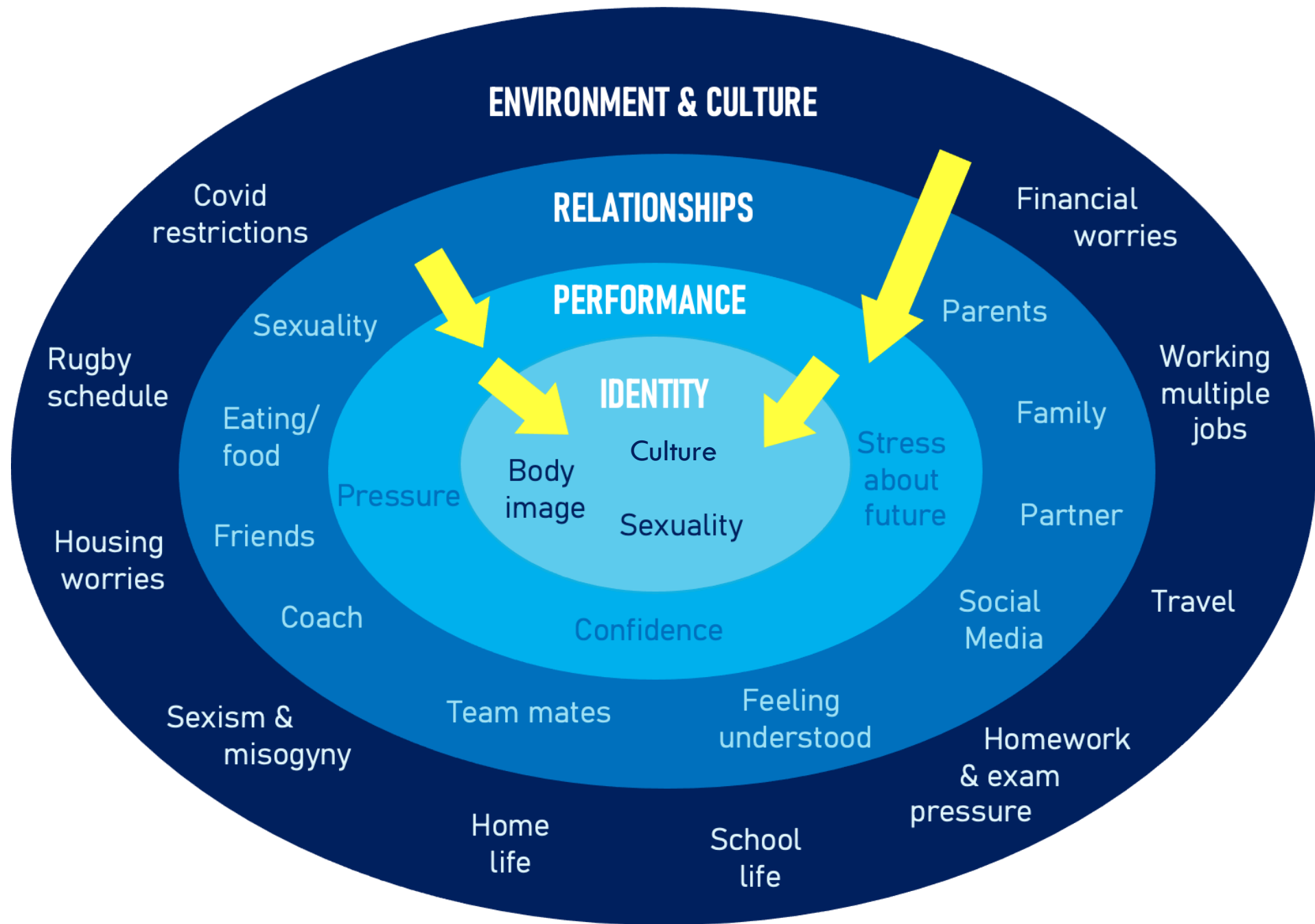
Everyone has mental health. It involves our:

- Thoughts
- Feelings and perceptions
- Ability to solve problems and overcome difficulties
- Understanding of the world around us

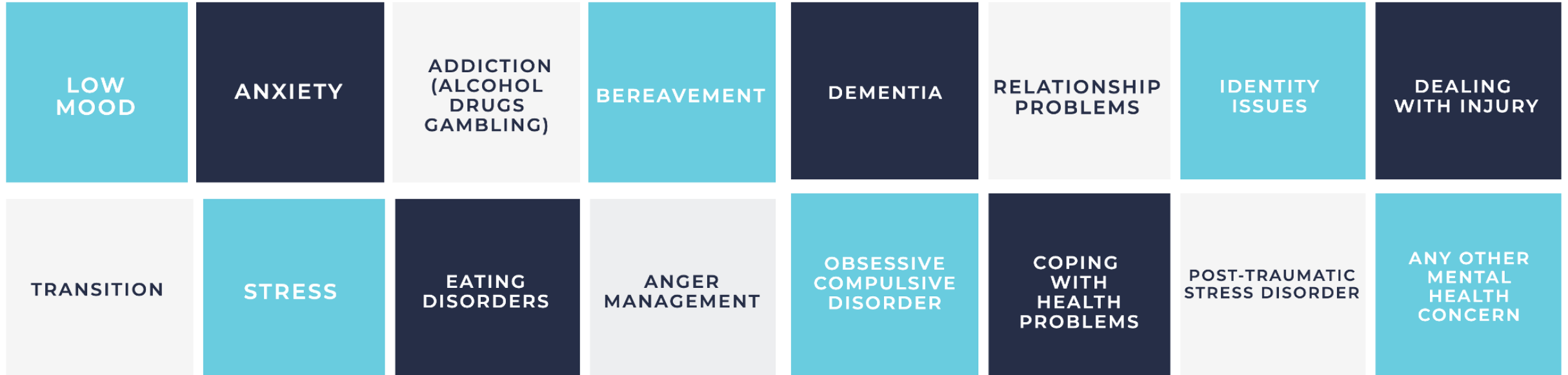
Good mental health is more than not having any symptoms of mental illness; it's being able to deal with life's challenges and being able to take pleasure from life.







PRESENTING ISSUES:



So far in 2021 we have supported 131 women. Their top 3 presenting issues are as follows:

- Emotional Support (32%)
- Low Mood (24%)
- Anxiety (17%)

CHANGING THE FRAMEWORK

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SPORTING CHANCE: MISSION ADDENDUM

Every person at a club should know who to talk to about their emotional and mental health, and it should be safe to do so. They should be provided with avenues to do this both within and outside the club setting.



OUR WORK



- Lobby governments, governing bodies, leagues and clubs to create safe structures.
- To provide all the tools and expertise that they need to do so.



A SPORTS GOVERNANCE FRAMEWORK:

- 1) All governing bodies, leagues, unions, and players' associations within a sport should be aligned on the mental health standards and benchmarks for their sport. These should be measurable and in line with UK law. In an ideal world they should also be monitored or audited by one of the above bodies.
- 2) Failure of a club to meet the agreed standards should carry equal consequence to falling short in any other area of the sport. Sport benchmarks should satisfy the existing acts named in the opening of this paper and described in Note 1.
- 3) A club or sporting bodies method of achieving such benchmarks should be described in a 'club mental health strategy'. Budgetary consideration should be given to this area.

'CLUB MENTAL HEALTH STRATEGY'

- 1) The clubs' objectives and commitments to players regarding their mental and emotional wellbeing. This may include the commitment of what the club will do and will not do to achieve the sports standards and benchmarks.
- 2) The organisational structure responsible for the delivery of the club's commitment.
- 3) The policies and procedures in place to achieve the club's commitment.
- 4) A map of the pathways of support available to a player at the club for any mental and emotional concerns and/or signposting to services and support outside of the club.
- 5) An assessment of processes and situations that increase or threaten the emotional and mental wellbeing of players in a negative way. Subsequently, action plans should be in place to mitigate such risks within a reasonable manner, whilst also acknowledging that the participant still needs to perform their function as an employee.
- 6) A curriculum providing information about the above and/or education on the topic of mental and emotional wellbeing.
- 7) A club emergency action plan relating to mental and emotional health crisis and/or managing traumatic events that might affect an individual or group within the club.
- 8) A description of the structure / process that's in place to monitor the above.
- 9) The contact details of the governing body, league, or union, that are in place to oversee this process within the sport.



AN EXAMPLE OF THIS WORK: PREMIER LEAGUE

The Premier League changed their rules for clubs in 2019/20:

- Players now have to be available for a session that is 45-90 minutes long, to receive information regarding the support and resources available to them in relation to mental and emotional wellbeing.
- Every club now has a Mental and Emotional Wellbeing Action Plan that is available to the League on request.
- Each club has an individual as its Mental and Emotional Wellbeing Lead, with responsibility for the Club's mental and emotional wellbeing.




AN EXAMPLE OF THIS WORK: PREMIER LEAGUE TOOLKIT

Creating a safe framework: The elements needed to achieve the standards set

- Board member responsibility commitment and role description
- Mental health policies and procedures
- Visible and usable pathways in club and externally
- Technical training and upskilling of staff
- Mandatory education across all player groups
- Useful resources for susceptible player groups and situations
- Mental health emergency action planning tools
- Encouraging a multi-disciplinary, multi-agency approach

AN EXAMPLE OF THIS WORK: PREMIER LEAGUE TOOLKIT



 MENTAL HEALTH TOOLKIT	
THE TOOLKIT BOOKLET	
The Mental Health Toolkit covers the following areas:	
Board Member Responsible For Creating a Mentally-fit Club	04
Confidentiality (Players and Other Staff)	06
Information Sharing (Players and Other Staff)	12
Club Emergency Action Plan	17
Promoting Mental Health Commitment	22
Visibility of Internal & External Pathways for Support	24
Susceptible Groups	27
Toolkit Grid by Club Area	36
Training Workshops covering all the above & contact details	38
Additional notes on Premier League rules	39

A COMMUNITY CLUB PROJECT:

An example of how to successfully implement these frameworks into a less resourced environment:

We provided;

- Policies and Procedures
- An emergency action plan
- Templates for key areas to sign post to local resources
- Training to key staff and influencers within the club

HOW SPORTING CHANCE COULD WORK WITH WORLD RUGBY:



Education & Training and Consultancy -

- Develop governance strategies
- Provide tools – including policies and procedures
- Provide templates
- Provide training and upskilling
- Share best practice from other sports

Sporting Chance Player Services -

- Therapeutic interventions
- Education

OUR MISSION

“When any player has the courage to reach out and ask for help there must be a place for them to go; this place must be professional, safe and confidential. Sporting Chance can be that place.”

“Every person at a club should know who to talk to about their emotional and mental health, and it should be safe to do so. They should be provided with avenues to do this both within and outside the club setting.”