Building an Athlete Care Committee

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What is an Athlete Care Committee?

- A group of health care professionals associated with the University that meets once a month throughout the school year to discuss high risk athlete cases.

Who is on ACC?

- Athletic Trainers
- Team Physicians
- Athletic Counselor (Social Worker)
- Representative from Center for Counseling and Psychological Health (Psychologist)
- Nutritionist
- Case Manager (The future)

From the Mental Health Experts

- Since more students in general are coming to college with complicated mental health concerns, it makes sense that student athletes would also have complicated mental health concerns. Collaborative care in ACC should be the gold standard for sports medicine.
  --Linda Scott, Psychologist, UMass CCPH
- The ACC is a valuable forum not only to coordinate individual care in complex cases, but also to identify areas for systemic improvement in prevention, health promotion and management of high-risk situations involving disordered eating, concussion, suicidality and substance abuse.
  --Jim Helling, Athletics Counselor, UMass CCPH
- I especially appreciate the model as a mental health professional that is always working to reduce the stigma towards mental illness and barriers towards seeking mental health treatment.
  --Jordan Barnard, Post-Doctoral Fellow of Psychology, UMass CCPH

From the Medical Experts

- It allows us to take care of an athlete from a holistic standpoint, covering all aspects of their care. One other thing, it allows us to efficiently create policy in regards to athletic care. --Dr. Greg Little, UMass Team Physician
- ACC is a good checks and balance to see if everyone is on the same page with the athlete and make sure we are not getting different stories. --Caren Weiner, UMass Nutritionist
How does a student athlete “join”? 

- They come in themselves
- A coach makes arrangements
- Friend or team-mate
- They flunk a drug test
- They get arrested

What problems do they have? 

- Eating disorders
- Drug/alcohol
- Psychosocial
- Significant mental health problems
- Legal

Examples of Interventions

- Suicide Prevention
- Failed drug test
- Drug Addiction
- Eating Disorder
- Alcohol related
- Career cut short by injuries

Eating Disorder Contract

Release of Information for the University of Massachusetts
Athlete Care Committee

I, __________________________, give permission to the
University of Massachusetts Athlete Care Committee (Athletic Trainers,
Physicians, Psychotherapists, Nutritionists, and Athletics Counselor) to
communicate information concerning my treatment. I understand that the
information will remain confidential within this medical professional treatment
team.

Signature __________________________ Date _______________
Witness __________________________ Date _______________

Utilization of Resources

- Point person
- ATCs
- Health Education
- Team Physicians
- Physician specializing in Eating Disorders
- Mental Health
- Nutrition
- Academic Services
- Student Health
- Community

Student Athlete Health and Welfare

- Group of Athletics Administrators, Coaches, Health Educators and Faculty Athletics
  Representative who meet to discuss issues surrounding student athlete health and welfare.
- This group deals with developing programs and policy around student athlete welfare.
- Collaborative effort to incorporate speakers, discussion groups and resources to assist our
  student athletes in optimizing their success.
### Take Home Message

- Everyone knows there are problems
- Know your role
  - Get to know the kids, develop bonds, trust
- Form relationships with coaches, physicians, mental health specialists
- Figure out resources
  - Mental Health
  - Nutrition
  - Health Educators