

PENN ATHLETICS HEALTH & WELLNESS CAPTAINS

**TURNING YOUR ACTION PLAN INTO
REALITY**



Karlie Crispin & Shelby Milne

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Who We Are



Shelby Milne

- Assistant Athletic Trainer
- 2nd Year at Penn
- Football & W. Lacrosse
- Areas Interests - Mental Performance & Mental Health
- Former W. Lacrosse player at Hofstra University



Karlie Crispin

- Assistant Director, The Center for Student-Athlete Success
- 2nd Year at Penn
- Academics, Student-Athlete Development, & Special Events
- Areas Interests - Holistic Development & Wellness
- Former W. Basketball player at Villanova University





University of Pennsylvania

- Division I Athletics
 - 33 Varsity Sports
 - ~1,000 Student-Athletes
- Ivy League Conference
 - 8 Total Schools
 - No Athletic Scholarships
 - All East Coast Schools
- Athletic Department
 - Intercollegiate & Recreation
 - 15 Internal Departments
- Undergraduate Population
 - ~10,000 Students
 - SA about 10% of population
- Campus Resources
 - Hundreds of Campus Partners
- Penn Medicine Resource & Connection
 - Top Hospital in Nation for research and patient care





Penn Athletics Health & Wellness Captains

- Self-Identified Student-Athletes interested in different areas of Health & Wellness
 - Safety - Healthy Relationships, Anti-Hazing, Resources/Protocol if feeling unsafe
 - Health - Mental Health & Resilience, Sensible use of Alcohol & Other Drugs
 - Wellness - Sleep, Nutrition & Supplements, Clubs/Involvement on Campus, Financial Aid
 - Performance - Learning Resources/Academic, Career Services, Athletic Training/Recovery
- Peer-run meetings & Projects
 - Bi-Monthly - Meeting 1: work on projects / Meetings 2: Education
- Mission: Individuals who identify as MH&WC serve as leaders, educators, and role models for the standards of safety, health, wellness and performance.





Timeline of Health & Wellness Captains

March 2019

Summer 2019

October 1, 2019

January 2020

January 2019

May 3, 2019

September 3, 2019

End of Fall 2019



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APPLE INC Conference

January 2019

Initial Action Plan

- Primary APPLE Slice Focus: Education
- Initial Plan to Implement: Launch a SAM's program at UPENN in Spring 2019
- Goals:
 - Create focus group
 - Approval from AD & Campus partners
 - Introductory Meeting
 - Identify interested student-athletes
 - Identify campus partners to be involved in program
 - Launch by end of Spring 2019





Penn Athletics Health and Wellness Captains Focus Groups January-April 2019



- Identified 10 possible interested students via SAAC, Coaches, & Staff
 - Held 3 Focus Group meetings throughout Spring
 - Fleshed out ideas, interested areas, & needs of student-athletes
- Planned for initial meeting in May
 - Created flyers
 - Sent out information
 - Spread the word!



Penn Athletics Health and Wellness Captains Initial *Interest* Meeting May 3, 2019

- Staff Presented Overall Idea
- About 20 student-athletes attended
 - Large group discussion & feedback
- Identified areas of focus/passion
 - Established Summer leadership group





DO YOU HAVE A PASSION FOR

Nutrition ~ Mental Wellness ~ Career Resources
Academic Resources ~ Sleep ~ Healthy Relationships
Sensible use of Alcohol & Other Drugs

.....

If so, please join us for the launch of the

**PENN ATHLETICS
HEALTH & WELLNESS
CAPTAINS**

Friday, May 3 - 11:30-1:00
Donaldson Room, Weightman Hall
BAGELS - COFFEE - STUDY BREAK

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Come learn more and see if this opportunity is right for you! This group aims to develop leadership skills as a peer educator, role model, and the navigation of resources at Penn.
All who are interested are welcome!

FOR MORE INFORMATION EMAIL KCRISPIN@UPENN.EDU



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Small Group Collaboration Summer 2019

- 4 Total Summer Meetings
 - 6 Student-Athletes
- Discussed format of meetings, name of group, leadership style, mission, and began projects
 - One-sheeters
 - Identified Leaders
- Attended Ivy & Patriot League Mental Health Summit
 - #KeepYourHeadUP
 - Inspired by #DamWorthIt



1st Health & Wellness Captains Meeting

September 3, 2019

- 75 Student-Athletes from 31 of our 33 varsity sports attended!!
 - Overview of mission & purpose, areas of interest, summer developments, and possible projects
- Split into small groups by areas of interest
 - Discussed possible projects
- Larger group discussion





Fall Meetings

- CAPS Education Session - “Helping the Helper”
- Split into groups by areas of interest: Safety, Health, Wellness, & Performance

Group Discussions for Projects

- Student-Athlete Panel: Freshman Orientation & Sharing Your Story
- Student-Athlete Cookbook
- Injury Group/Group PT sessions for Student-Athletes
- Student-Athlete Alumni speaker series to network or tell their story
- I-Care Training for all Health & Wellness Captains



Health & Wellness Captains: The Cavalry Crew

- A unified, collaborative, inclusive group that promotes holistic mental, physical and psychological healing, recovery and growth
- Purpose - To provide educational and information sessions for student-athletes who have sustained a performance obstacle.
 - To provide skills for athletes to cope with the different stages and phases of the return to sport protocol
 - Psychological effects while going through injury - educating student-athletes about these and how to cope



One-Sheeters



Penn Athletics Health & Wellness

Let's Talk About:

Mental Health

You don't need to be sick to get better.

THE CONTINUUM

Mental health exists on a continuum

Mental Health ↔ Mental Wellness

We move back and forth on this continuum as we react to the pressures of athletics, academics, and everyday life

COMPONENTS

Body regulation, Emotional balance, Response flexibility, Fuel modulation, Inflammation, Insight, Energy, Empathy

Optimal mental health

IT'S NOT JUST A "YOU" THING

- 30 % 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
- Less than 50% of student athletes who could use mental health support seek help

QUICK STATS

1 in 4 "Have ever felt so depressed that it was difficult to function"

1 in 3 experience overwhelming anxiety

WHAT CAN WE DO?

Your words matter. Everyone can play a role in ending the stigma.

Use respectful language to talk about mental health conditions • Challenge misconceptions when you see or hear them • See the person, not the condition • Offer support if you think someone is having trouble

ANXIETY

- Look out for signs and symptoms in yourself and your teammates:
 - Feelings of apprehension or dread • Feeling tense or jittery • Restlessness or nervousness • Anticipating the worst and being fearful of the signs of danger • Flushing or rapid heart and shallow or rapid breathing • Trembling • Irritability • Irritability • Sleep and insomnia • Upset stomach, frequent urination and diarrhea
- Actively participate in a treatment plan that works for you
- Be mindful of triggers and stressors that can impact your anxiety
- Practice daily self-care: this includes getting restful sleep, effectively managing stressful situations and addressing symptoms of anxiety

DEPRESSION

- Look out for signs and symptoms in yourself and your teammates:
 - Persistent sadness or empty mood • Dramatic changes in sleep, appetite, concentration and energy • Lack of interest in activities • Hopelessness or guilty thoughts • Physical aches and pains • Suicidal thoughts
- Develop trust and communicate openly with your health care providers
- Reach out to a trusted friend, coach or athletics administrator or contact The National Suicide Prevention Lifeline at 800-273-8255
- Practice daily self-care: this includes getting restful sleep, effectively managing stressful situations and addressing symptoms

RISK OF SUICIDE

- Look out for warning signs:
 - Talking, writing or thinking about death • Impulsive, aggressive or reckless behavior • Increased alcohol and drug use • Social withdrawal from friends, family and the community • Dramatic mood swings
- Look out for signs of imminent danger:
 - Putting affairs in order and giving away possessions • Saying goodbye to friends and family • Sudden shifts in mood or behavior • Seeking help from others in obtaining firearms or controlled substances • Talking about death • Self-harming behaviors
- Call the National Suicide Prevention Lifeline at 800-273-8255
- Reach out to a trusted friend, coach or athletics administrator Prevention Lifeline at 800-273-8255

EATING DISORDERS

- Look out for signs and symptoms in yourself and your teammates:
 - Obsession with food and exercise • Denying self of food to the point of exhaustion • Binge eating and purging behaviors • Compulsive exercise beyond what is good for sport performance and health • Social withdrawal • Fear of eating in public
- Accept yourself. It is important to understand that the body's weight and shape is individual and differs because of variations in genetic traits and cultural norms
- Find support with others recovering from an eating disorder

Looking for mental health support at Penn? It starts with a conversation.

- Peer: Turn to a trusted teammate or your team's Wellness Captain
- Athletic Staff Member: Turn to a trusted coach, assistant coach, athletic trainers, administrators, nutritionists
- Clinician: Contact Counseling and Psychological Services (CAPS) located at 3624 Market Street
 - Call 215-898-7021 → Press 1 → Talk to a clinician 24/7
 - Press 2 → Schedule an appointment during business hours
 - Drop in during business hours → Meet with a clinician immediately
 - Visit <https://www.vpsl.penn.edu/caps/staff/> → Find a clinician and email them directly to set up an appointment

Penn Athletics Health & Wellness

Let's Talk About:

Team Sleep

The Great 8: Doctor's recommend 8-10 hours of sleep per night for collegiate athletes

- Increased metabolic demands of collegiate athletes → increased need for sleep to recover
- NCAA athletes report only receive an average of 6 hours and 16 minutes during season

The Equation for Sleep Success: Understand the components of healthy sleep

↑ quality and quantity & ↓ variability → ↑ sleep power → ↑ recovery and performance

Sleep Power = Quantity × Quality

Barriers to...

- Quantity: light, activity, nicotine, caffeine, irregular sleep eating/drinking, insomnia
- Quality: heat, pain, light, alcohol, snoring, sleep apnea, restlessness
- Variability: jet-lag, travel, alcohol, irregular wake, awakenings

Increased Sleep Power → 1. Faster recovery 2. Improved strength/power 3. Sustained athletic performance 4. Better concentration 5. Fewer injuries

Make a Game Plan: Small adjustments can lead to better sleep and better performance

- From consistent wake up schedule 6:00 regular activity (study)
- Plan 30-40 minute nap
- Eat meals around the same time
- From winding down routine 2:00 to bed at a consistent time

The Hormones in the Game: Hormones play a key role in producing "sleep power"

- Human Growth Hormone (HGH)** is produced during sleep
 - Transition of muscle recovery and growth
- Cortisol and cortisone** are stress hormones that are linked to insomnia. Increased cortisol and cortisone indicate increased stress
 - Completing stressful activities before bed can cause insomnia
- Leptin, ghrelin, and insulin** are appetite modifying hormones regulated by sleep
 - When we get less sleep, we feel the urge to eat more often

Good Sleep Adds Up: Athletes with irregular sleeping patterns performs worse in athletic competitions and are more prone to injury during season

These Professional Athletes Prioritize Sleep (7-10 hours/night). Why don't you?

Lindsay Vonn, Tom Brady, Kevin Durant, Usain Bolt, Michael Phelps

Healthy Habits for Physical Fitness:

- Create the ideal "worry-free" bedroom environment: Cool, dark, and quiet
- Limit total caffeine consumption: Avoid consuming caffeine after noon and limit total consumption to 5 cups/day (or 500 mg)
- Minimize consistent meal times: Avoid late night heavy meals and consider adding a light carbohydrate snack in the evening
- Power down devices: Electronic screens stimulate the brain and suppress melatonin production
- Avoid alcohol: Especially within 3 hours of bedtime. Alcohol results in lighter sleep with more frequent awakenings
- Limit all liquids: Within 2 hours of bedtime to prevent awakenings for bathroom use
- Regular exercise: Promotes deeper sleep as long as it is not vigorous within 3 hours of bedtime
- Schedule "worry time": In the late afternoon to plan activities for the next day or think about things that might cause you to feel upset, angry or anxious as this could keep you up at night

Sleep Resources at Penn:

- Peer: Contact your team's Health & Wellness Captain to connect you with resources
- Athletic Staff Member: ask your coach, assistant coach, athletic trainers, and administrators for information on sleep hygiene
- Student Health Services:
 - <https://www.vpsl.penn.edu/ahs/campushealth/SleepWeb.php> Refer to website for information on Penn's Refresh Self-Help Program or listen to a Sleep Podcast

PENN ACADEMICS TIP SHEET

Tips & Important Dates for the Fall Semester 2019

IMPORTANT DATES - FALL 2019

Tuesday, August 27 - First Day of Classes
Monday, September 16 - Course Add period ends
Monday, October 7 - Course Drop period ends
Monday, October 28 - Sunday, November 10 - Advanced Registration Period
Friday, November 8 - Last Day to Withdraw
Monday, December 9 - Last Day of Classes
Tuesday, December 10 - Wednesday, December 11 - Reading Days
Thursday, December 12 - Thursday, December 19 - Final Exams

BEGINNING OF YEAR TIPS

- Check your syllabi for listed office hours with your TA
- Schedule an appointment with Weingarten to go through your syllabi and schedule and plan for the semester
 - Take time to notice & write down exam and paper dates
 - Be sure to compare these with your competition schedules
 - Consider how many times you may miss a class through a semester and look at class absence policy
- Find friends in the class to study with, but remember to look at the course collaboration policy

Center for Student-Athlete Success

Weightman Hall

Matt Valenti - Associate Athletic Director, Student-Athlete Success
Rosemarie Burnett - Assistant Athletic Director, Student-Athlete Success & Academic Services
Lauren Procopio - Assistant Athletic Director, Student-Athlete Success
Brad Fadem - Assistant Athletic Director, Student-Athlete Success
Karlie Crispin - Assistant Director, Student-Athlete Success
Jen Capozzoli - Associate Director, Student-Athlete Success
Jeff Wiseman - Civic Engagement Coordinator

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Student-Athlete CPR Training



- Lead by Men's Tennis Student-Athlete, Jeff Zucker
- All Junior Student-Athletes were CPR trained during Fall 2019
- All Freshman Student-Athlete will be CPR trained during Spring 2020



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Mental Health Awareness Games



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End of Fall Semester Audit December 5, 2019

What Worked?

- Being adaptable/being flexible
- Having student-athletes that were interested and passionate
- Dreaming Big, but starting small

What Didn't go as planned?

- Having inconsistent numbers at the meetings
- No concrete leadership board
- Finding time
- Marketing and Budgeting
- Having advisors that had other full-time jobs





Looking Forward Spring 2020

Goals for the Future of H&WC :

- Create Leadership Board/ Leadership Nominations (End of Spring 2020)
- Create a 1 year plan (Beginning of Spring 2020)
- Publish public canva for Student Athletes (End of Spring 2020)
- Complete Projects (End of Spring 2020)
- Create stable networks/Plan Educational Workshops for Spring Semester



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