PENN ATHLETICS
HEALTH & WELLNESS CAPTAINS

TURNING YOUR ACTION PLAN INTO REALITY

Karlie Crispin & Shelby Milne

#KeepYourHeadUP
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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

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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

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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.
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!

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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
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 Summitt
  ○ #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

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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

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**Mental Health**

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

### THE CONTINUUM

<table>
<thead>
<tr>
<th>Mental Health States on a Continuum</th>
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<tbody>
<tr>
<td>- Healthy</td>
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<tr>
<td>- Low</td>
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### COMPONENTS

- **Emotions**
  - Feelings
  - Cues
- **Behavior**
  - Actions
  - Patterns
- **Thoughts**
  - Beliefs
  - Perception
- **Physical**
  - Health
  - Wellness

### QUICK STATS

- **50%**
  - Have some level of mental health issues
- **20%**
  - Seek professional help
- **10%**
  - Have a mental health disorder

**IT'S NOT JUST A “YOU” THING**

- **Family**
  - Inheritance
  - Environment
- **Culture**
  - Beliefs
  - Practices
- **Society**
  - Policies
  - Resources

**WE CAN HELP**

- **50%**
  - Effective treatments available
- **90%**
  - Recovered

**WHAT CAN WE DO?**

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

- **Support**
  - Encourage open dialogue
  - Listen
- **Education**
  - Awareness campaigns
  - Training programs
- **Advocacy**
  - Policy changes
  - Funding for research

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**ANXIETY**

- Look out for signs and symptoms in yourself and others.
- Call for help if needed.
- Seek professional guidance.

**DEPRESSION**

- Look out for signs and symptoms in yourself and others.
- Call for help if needed.
- Seek professional guidance.

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**RISK OF SUICIDE**

- Look out for warning signs.
- Reach out to loved ones who might be struggling.
- Contact a professional for support.

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**EATING DISORDERS**

- Look out for signs and symptoms in yourself and others.
- Call for help if needed.
- Seek professional guidance.

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**GOOD Sleep Add Up**

- **With three to five good nights of sleep per week, you:**
  - Feel better
  - Have more energy
  - Think more clearly
  - Be less stressed
  - Be more productive

### Tips & Important Dates for the Fall Semester 2019

<table>
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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Monday, August 26 - First Day of Classes</td>
<td>Monday, September 23 - Course Add period ends</td>
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<tr>
<td>Monday, October 7 - Course Drop period ends</td>
<td>Monday, October 28 - Sunday, November 10 - Advanced Registration Period</td>
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<tr>
<td>Friday, November 8 - Last Day to Withdraw</td>
<td>Monday, December 9 - Last Day of Classes</td>
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<td>Tuesday, December 10 - Monday, December 17 - Reading Days</td>
<td>Thursday, December 5 - Thursday, December 19 - Final Exams</td>
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**BEGINNING OF YEAR TIPS**

- Check your syllabi for listed office hours with your TA.
- Schedule an appointment with Wellness to go through your syllabus and schedule and plan for the semester.
- Make a note to 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 throughout the semester and look at class absence policy.
- Find friends in the class to study with, but remember to look at the course collaboration policy.

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**Center for Student-Athlete Success**

Weightman Hall

Matt Valenti - Associate Athletic Director, Student-Athlete Success

Roseanne Burnett - Assistant Athletic Director, Student-Athlete Success & Academic Services

Lauren Procopio - Assistant Athletic Director, Student-Athlete Success

Brad Faison - Assistant Athletic Director, Student-Athlete Success

Karlie Crispin - Assistant Director, Student-Athlete Success

Jan Capozzi - 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-Athletes will be CPR trained during Spring 2020**

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Mental Health Awareness Games

MENTAL HEALTH AWARENESS
VOLLEYBALL GAME

SATURDAY, OCTOBER 5TH, 2019
5:00 PM
THE PALESTRA@ PENN
223 S 33RD ST.

#KeepYourHeadUP
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

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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