

Mental Health Champions in Elite Youth Sport

The Hill Academy Parent and Athlete Information



Who we are

We are researchers from the University of Toronto. Our research in sport psychology focuses on mental health among elite youth athletes and parents. This year we are conducting a research project in partnership with The Hill Academy.

Primary Investigator: Dr. Katherine Tamminen

Research Project Coordinator: Aryanna Fernandes

Our Project

The aim of this project is to assess the implementation of **Mental Health Champions** within elite youth sport organizations.

The goal is to develop **best practices** for sport teams and clubs that want to use this approach to support the mental health of elite youth athletes in their organization.

For this project we will:

- 01 Help organizations to select and train Mental Health Champions.
- 02 Provide resources for Mental Health Champions to distribute to athletes and parents in their organization.
- 03 Provide directions and information for people seeking mental health support.
- 04 Use surveys and interviews to ask athletes, parents, coaches, and Mental Health Champions about their experiences during the project.

This year, athletes and parents with The Hill Academy are invited to participate in this pilot project. Your participation and your child's participation in the research evaluation of this project is completely voluntary.

This research project has received ethical approval from the University of Toronto and is funded by the Tanenbaum Institute for Science in Sport.

The Role of Mental Health Champions

Mental Health Champions can be **athletes, parents, coaches, or staff members**. Mental Health Champions will be appointed by the Academy. They should:

- be positive role models.
- have an open and non-judgmental attitude.
- adopt a positive, patient, and supportive approach toward supporting people with mental health concerns.
- behave in a professional, confidential, and non-discriminatory manner at all times.

What Mental Health Champions can do:

1. Support & Engage

- a. share resources and information about mental health provided by the researchers with parents and athletes.
- b. if appropriate, organize events that can help promote information on mental health in sport.

2. Share

- a. use platforms (e.g., email, team lists) to share information on mental health in sport.

3. Talk

- a. start conversations about mental health in the club.
- b. promote mental well-being and encourage conversations about mental health.

4. Connect

- a. be a point of contact and provide support resources for anyone asking for information about mental health in sport.

Project Overview



2 to 4 Mental Health Champions within The Hill Academy will be selected and receive training on mental health in sport.



During the year, Mental Health Champions will provide information on the topic of mental health in sport to parents and athletes.



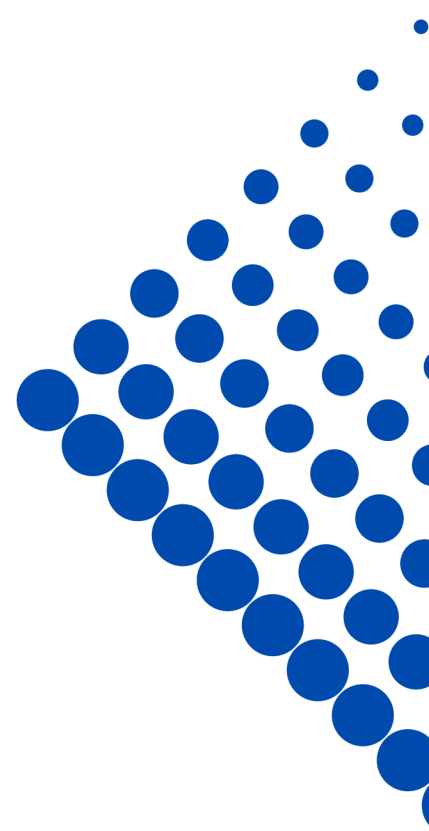
Mental Health Champions will meet with the research team on a regular basis to provide feedback on the project and to address any questions that come up during the season.



Parents and athletes will be invited to complete a survey in November and again in the spring (May). Participation in this research is completely voluntary.



If you have questions about this project, you can contact us using the information on the following page.



Contact Us

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