

Mental Health and Wellness Strategy

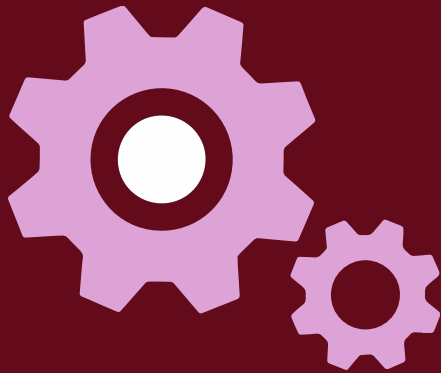
SUMMER 2024

3 PILLARS



PROMOTE

Promoting awareness of the importance of mental health



SUPPORT

Implementing support strategies for the Tennis ecosystem



CARE

Ensuring athletes receive appropriate Care or referrals

PRIORITIES

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- 1** Leadership, stakeholder engagement, and communication
- 2** Promotion of mental health
- 3** Prevention of mental health challenges and mental illnesses
- 4** Assessment, diagnosis, treatment and recovery from mental health challenges and illnesses
- 5** Implementation, monitoring, and improvement



PRIORITY 1

LEADERSHIP, POPULATION ENGAGEMENT, AND COMMUNICATION

OBJECTIVES	ACTIONS
1.1 Identify population	Phased in approach: <ul style="list-style-type: none">→ 2024-2025: NTC, RTC, NHPP, National teams and TC staff→ 2025-2026: Competitive structure system and PTTAs→ 2026-2027: Private sector, clubs and academies
1.2 Establish and Communicate Policies & Programs	<ul style="list-style-type: none">→ Create and communicate policies and programs to address MH across the TC ecosystem that respect SS and EDI→ MH newsletters for coaches and staff, HP newsletters for parents and coaches
1.3 Identify a MH Steering Group and Chair	<ul style="list-style-type: none">→ Leadership Team: HP, Wellness, SS, HR and Communications
1.4 Establish a Network of MH Champions	<ul style="list-style-type: none">→ Establish an inclusive and diverse network of MH champions across the country who represent all TC members/groups→ Identify and train MH champions across TC
1.5 Procure and Allocate Funding	<ul style="list-style-type: none">→ Procure annual funding from partners and sponsors

PRIORITY 2

PROMOTION OF MENTAL HEALTH

To improve and sustain MH across TC ecosystem

OBJECTIVES	ACTIONS
2.1 Provide MH education to build literacy	<p>Create an education plan:</p> <ul style="list-style-type: none">→ Coaches and staff: CCMHS MH trilogy training + MH first aid + lunch and learn→ Parents: Lunch and learn→ Athletes: Workshops during camps aligned with the IST, including wellness, recovery, social media use, conflict management, safe sport and more <p>TC expanded the IST to include safe sport and Wellness</p>
2.2 Provide MP support and training	<ul style="list-style-type: none">→ Provide access to MPC, with 3rd party options (CCMHS).
2.3 Provide MH resources	<ul style="list-style-type: none">→ Develop and communicate an online resource hub that includes general and sport-specific <u>MH resources</u>
2.4 Reduce Stigma and Promote Help-Seeking	<ul style="list-style-type: none">→ Create campaign to promote MH, EDI and SS education→ Mental Timeout Ambassadors to raise awareness and destigmatize MH→ Mental Timeout: Positive Court Pledge, Positivity Postcards, etc

PRIORITY 3

PREVENTION OF MENTAL HEALTH CHALLENGES AND MENTAL ILLNESSES

Understand and address factors impacting MH

OBJECTIVES	ACTIONS
3.1 Minimize Sport-Specific Risk Factors	<p>→ Identify MH risk factors for each stage of development, using the WPDP as framework</p> <p><i>Examples:</i> age, gender, type of sport/participant, level of competition, time of season, transitioning to a higher level of competition, moving away from home, etc</p>
3.2 Provide Additional Support During Known Periods of Vulnerability	<p>→ Identify periods of vulnerability throughout the year for each stage of development and group (ex. athletes, coaches, support staff)</p>
3.3 Support the Universal Code of Conduct for Maltreatment in Sport	<p>→ Provide SS education that aligns with UCCMS and focuses on minimizing risk factors and increasing protective factors</p> <p>→ Support UCCMS participants involved in the complaint process</p>
3.4 Develop Emergency/ Crisis Education Initiatives	<p>→ Identify and communicate existing MH emergency/crisis resources</p>

PRIORITY 4

ASSESSMENT, DIAGNOSIS, TREATMENT, AND RECOVERY FROM MENTAL HEALTH CHALLENGES AND ILLNESSES

To manage and treat Mental Illness

OBJECTIVES	ACTIONS
4.1 Identify Clear Referral Pathways to Access MH Care	<ul style="list-style-type: none">→ Communicate referral pathways to access MH care→ Communicate with athletes and coaches supported by Game Plan→ Partner with CCMHS
4.2 Develop Screening Initiatives for Early Detection of Symptoms	<ul style="list-style-type: none">→ Systematic screening on hold since not available for Under-16 athletes→ Currently using frequent check-ins, IST meetings, coach and parents training to observe and report symptoms. Wellness Director is available to help support participants
4.3 Provide EDI- and Sport-Informed MH Assessments and Care	<ul style="list-style-type: none">→ Wellness Director available to support and refer athletes, parents, coaches and staff→ Other confidential MH services through CCMHS or another provider using EDI best practices is available
4.4 Support Stay-in-Play and Return-to Play Protocols	<ul style="list-style-type: none">→ Support athletes staying-in-play and returning-to-play through ongoing meetings with IST

PRIORITY 5

IMPLEMENTATION, MONITORING AND IMPROVEMENT

To successfully deliver TC strategy

OBJECTIVES	ACTIONS
5.1 Monitor, Evaluate and Improve the Strategy	→ Evaluate, monitor and improve KPIs and desired outcomes on an ongoing basis



MENTAL HEALTH AND WELLNESS STRATEGY



Acronym	Definition
CCMHS	Canadian Centre for Mental Health and Sport
EDI	Equity, Diversity, and Inclusion
HP	High Performance
IST	Integrated Support Team
MH	Mental Health
MHL	Mental Health Literacy
MI	Mental Illness
MP	Mental Performance
MPC	Mental Performance Consultant
NHPP	National High-Performance Programs
NTC	National Training Center
PTTA	Provincial, Territorial Tennis Association
RTC	Regional Training Centers
SS	Safe sport
TC	Tennis Canada
TPA	Tennis Professional Association
UCCMS	Universal Code of Conduct to Prevent and Address Maltreatment in Sport
WPDP	Whole Player Development pathway