



NCAA



NCAA

A Higher Education Association

- ▶ **480,000 Student-Athletes**
- ▶ **19,300 Teams**
- ▶ **1100 Member Institutions**
- ▶ **90 Championships**
- ▶ **24 Sports**
- ▶ **3 Divisions**
- ▶ **1 Association**

NCAA Grounded in Health and Safety

- ▶ Established 1906
- ▶ Membership governed
- ▶ Committed to supporting **Academics, Fairness and Well-being**
- ▶ National office supports rules, and provides guidance and resources



Flying wedge

NCAA Sport Science Institute

- ▶ **Mission:** *To promote and develop safety, excellence, and wellness in college student-athletes, and to foster life-long physical and mental development*
- ▶ **Vision:** *To be the pre-eminent sport science voice for all student-athletes and NCAA member institutions, and to be the steward of best practices for youth and intercollegiate sports*

www.ncaa.org/ssi



SSI Strategic Priorities

- 1. Concussion**
 - 2. Cardiac health**
 - 3. Doping & substance abuse**
 - 4. Mental health**
 - 5. Nutrition, sleep, & performance**
 - 6. Overuse injuries & periodization**
 - 7. Sexual violence prevention**
- **Supported by athletics healthcare administration and data-driven decisions**

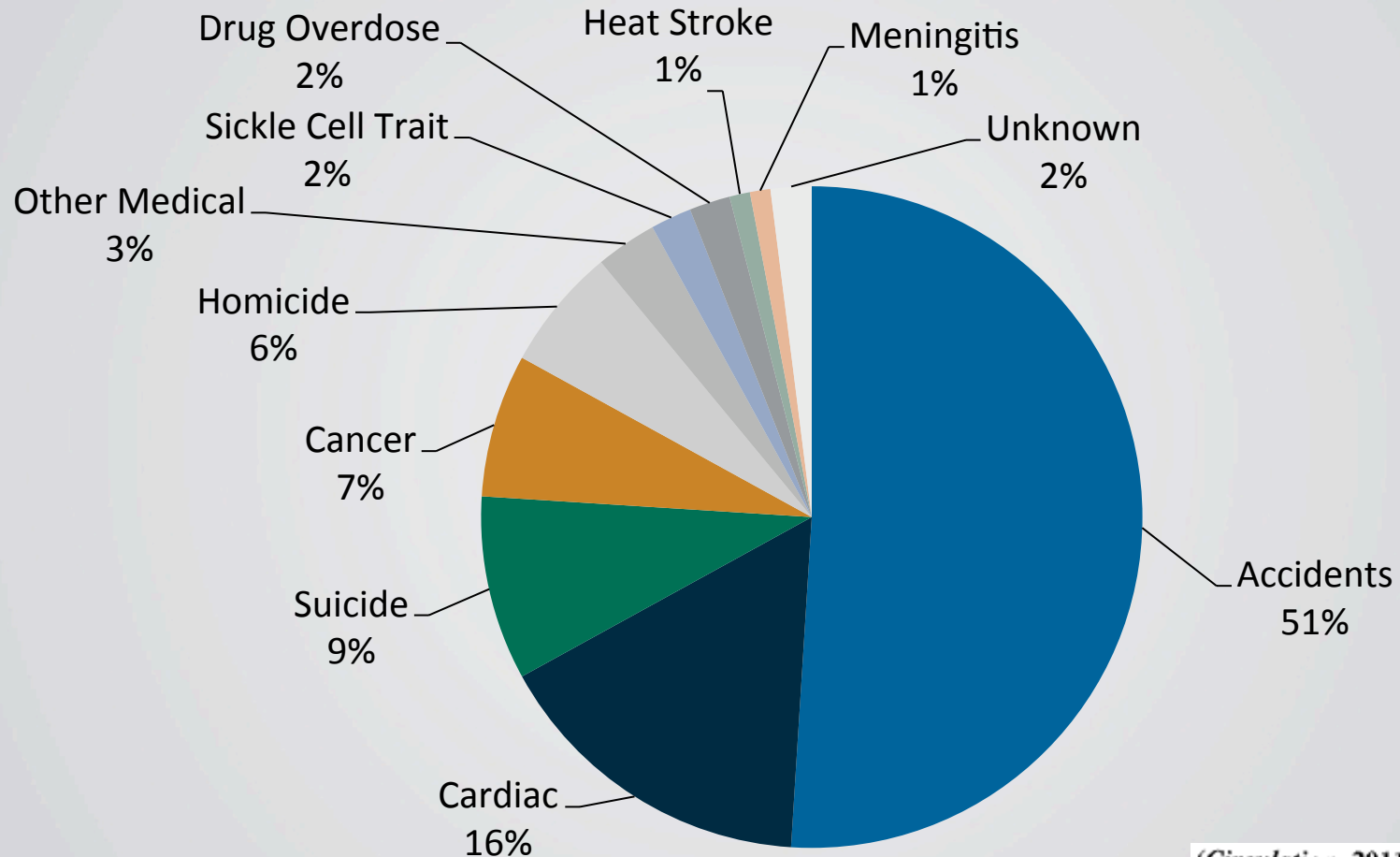
Who's Who in Athletics

- ▶ Director of Athletics
- ▶ Senior Woman Administrator
- ▶ Compliance Coordinator
- ▶ Faculty Athletics Representatives
- ▶ Coaches
- ▶ Life Skills Coordinators; Academic Advisors
- ▶ Sports Psychologists
- ▶ Sports Dietitians
- ▶ Athletic Trainers and Team Physicians
- ▶ SAAC/SAM Peer Educators

What is SAAC?

▶ <https://www.youtube.com/watch?v=YToSMqg947c&feature=youtu.be>

Fatalities in NCAA Student-Athletes from 2004-2009



(Circulation. 2011;123:1594-1600.)

Data -- Substance Use

2012-13 Comparative Data

Use Within the Last 12 Months

	NCAA	CORE [2011]	MTF [2012]
Alcohol	80.5%	81.4%	79.2%
Cigarettes	10.3%	34.3% ("Tobacco")	23.4%
Marijuana*	21.9%	32.0%	34.9%
Amphetamines*	4.7%	5.9%	11.1%
Cocaine*	1.8%	4.3%	3.1%
Anabolic Steroids*	0.5%	0.8%	0.3%
Synthetic Marijuana*	1.6%	--	4.3%

*Substance banned for use by the NCAA.

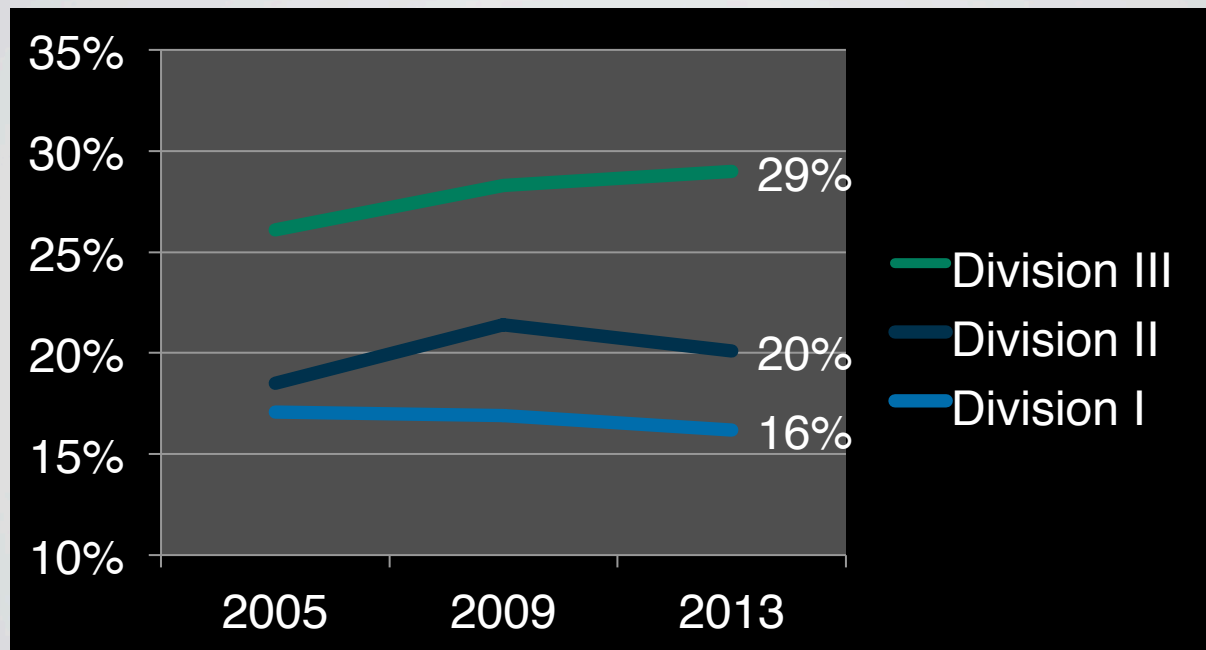
Alcohol

When you drink alcohol, typically how many drinks do you have in one sitting?

	Female		
	Division I	Division II	Division III
More than 4 drinks	31.9%	32.6%	37.8%
10+ drinks	2.4%	3.2%	3.3%
	Males		
	Division I	Division II	Division III
More than 5 drinks	39.6%	39.6%	50.4%
10+ drinks	15.5%	16.8%	20.4%

Marijuana Use by Division

(Within the Last 12 Months)



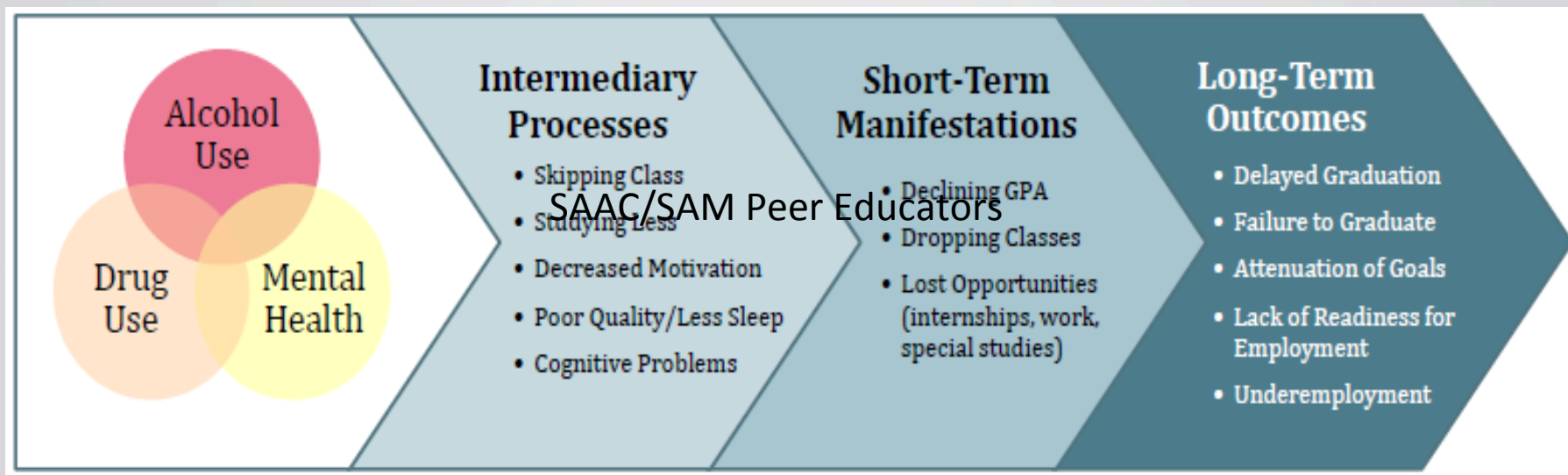
Recreational Drug Use: High-risk Sports

	Highest Users of Marijuana	Highest Users of Alcohol	Highest Percent of Excessive Drinking
Men's Sports	MLA	MLA	MLA
	MSW	MGO	MWR
	MSO	MSW	MBA
Women's Sports	WLA	WLA	WLA
	WSW	WFH	WFH
	WFH	WTE	WSO

Prescription Drug Use

	Year	With Prescription	Without Prescription
ADHD Medication	2009	4.5%	6.7%
	2013	5.8%	8.8%
Pain Medication	2009	13.7%	5.1%
	2013	18.0%	5.8%

Intersection of Mental Health Concerns and Drug Use



From Maryland College Life Study

What We Love. . . .

- ▶ <https://www.ispot.tv/ad/A1i3/ncaa-college-sports-psa-featuring-billie-jean-king>

Social Environment and Support Networks

Median Sum of Hours Spent Per Week on Academic Activities + Athletic Activities In-Season

(2015 SA Self-Report)

Division I							
	Baseball	Men's Basketball	Football (FBS/FCS)		All Other Men's Sports	Women's Basketball	All Other Women's Sports
Acad+Ath	75	71	80	78	69	74	73
Division II							
Acad+Ath	73	67	74		68	75	73
Division III							
Acad+Ath	71	67	71		70	72	73

I frequently socialize with non-athletes

(% Responding Agree or Strongly Agree)

Baseball	Men's Basketball	Football FBS FCS		Men's Other	Women's Basketball	Women's Other
Division I						
54%	66%	66%	59%	58%	49%	45%
Division II						
59%	63%	63%		64%	53%	54%
Division III						
66%	70%	65%		73%	59%	64%

Note: Endorsement of top two scale points on a 6-point scale.

Campus Environment

(2012 Social Environments Survey)

- While many are well-connected with non-athletes on campus, student-athletes are most comfortable within their team setting. Many (especially men) live exclusively with teammates or other SAs.

Living situation	Division I		Division II		Division III	
	Men	Women	Men	Women	Men	Women
Teammates or other SAs	55%	53%	44%	39%	34%	22%
Mix of SAs and others	21%	25%	27%	30%	38%	44%

I Typically Communicate with My Parents/Guardians Daily or Multiple Times per Day

Baseball	Men's Basketball	Football FBS FCS		Men's Other	Women's Basketball	Women's Other
Division I						
67%	56%	58%	51%	48%	73%	64%
Division II						
66%	52%	49%		45%	65%	63%
Division III						
57%	53%	46%		43%	67%	59%

Help-Seeking Behaviors

(2012 Social Environments Survey)

- Throughout college, student-athletes are most likely to turn to family first on problems ranging from loneliness to substance use to discrimination.
- Athletics departments and coaches may be able to do more to proactively engage families and assist in the transition to independence.

Who would you 1st seek out for help/advice/support with the following?	Men	Women
Romantic relationships	Parents (45%)	Parents (32%)
Loneliness	Parents (52%)	Parents (53%)
Personal substance abuse	Parents (42%)	Parents (39%)
Hazing & bullying	Parents (27%)	Parents (29%)
Discrimination of self/others	Parents (32%)	Parents (37%)

Help-Seeking Behaviors

(2012 Social Environments Survey)

- Although SAs often turn to teammates and coaches when problems arise, there are indications that they feel inadequately empowered to report things they think are wrong (e.g., hazing).

Coach/athletic department education topic:	Men		Women	
	Discussed	Want more	Discussed	Want more
Conducting self appropriately on campus and in community	90%	29% (#2)	94%	31% (#3)
Drinking/substance use	87%	25% (#3)	93%	32% (#2)
Speaking up when you see things around you that aren't right	80%	35% (#1)	77%	47% (#1)
Hazing/bullying	78%	16%	74%	20%
Relationship violence	67%	13%	54%	18%

Coaches Assist

Coaches Believe

- *Every student-athlete matters*
- *Most student-athletes will respond to clear expectations about alcohol and drug use*
- *We must step up and intervene when needed*
- *My behavior matters*



How To Recognize a Student-Athlete Needs Help (including emergencies)



How to Voice Your Concerns



How to Access Campus and Community Resources

Bystander Intervention

Willingness to Intervene

(2012 Social Environments Survey)

- Depending on the situation, men and women are willing to intervene at significantly different rates.

% Likely/Extremely Likely to do the following...	Men	Women
Confront a teammate if he/she is treating partner inappropriately.	59%	47%
Intervene in a situation if it could lead to inappropriate sexual behavior.	63%	71%

Considerations for Intervention

(2012 Social Environments Survey)

% who Agree/Strongly Agree with the following statements about deciding whether or not to help someone in trouble...		
Incentives	Men	Women
All community members play a role in keeping people safe.	78%	85%
I like thinking of myself as a helper.	77%	89%
Teammates will look up to me if I intervene.	59%	57%
Drawbacks	Men	Women
I could get physically hurt by intervening.	45%	40%
Intervening might make my teammates angry with me.	43%	41%
People might think I'm overreacting to the situation.	40%	37%
Sometimes it's just too much trouble to intervene.	37%	29%
I could get in trouble if I intervene.	37%	32%

Most Student-Athletes Don't Use/Abuse

NCAA 2013 Substance Use Survey
Percent of Student-Athletes Reporting “Never Used”

Ephedrine – **99.1%**

Anabolic Steroids – **99.0%**

Cocaine – **96.8%**

Synthetic Marijuana – **94.3%**

Amphetamines – **93.9%**

Spit Tobacco – **79.6%**

Cigarettes – **83.5%**

Marijuana – **67.1%**

Alcohol – **14.8%**

Challenges to Engaging Athletics in Prevention Programming

- ▶ Student-athletes' time
- ▶ Coaches' support
- ▶ Buy-in from athletics departments
- ▶ Defining, measuring and evaluating objectives
- ▶ Staffing
- ▶ Identifying and working with other prevention efforts

Student-Athlete Protective Factors

Student-Athletes Value

- Team work
- Leadership
- Performance
- Compliance
- Value of sport
- Success!

Substance Abuse Prevention: A Comprehensive Approach

Tool Kit under development to assist NCAA schools

- ▶ Student needs assessment
- ▶ Resource inventory
- ▶ Policy review and dissemination
- ▶ Collaboration with campus prevention experts
- ▶ Student, coach and faculty education and engagement
- ▶ Screening and intervention
- ▶ Treatment and recovery resources

Sexual Violence Prevention

An Athletics Tool Kit For A Healthy And Safe Culture

Checklists and
implementation
tools to
advance five
core
commitments



<http://www.ncaa.org/sport-science-institute/sexual-violence-prevention-tool-kit>



Tool Kit Development

▶ Sexual Assault Task Force

- ▶ Call to Action to the Association, embedded in the tool kit.

▶ 2016 Higher Education Summit

- ▶ Representatives from over 20 Higher Education Associations, NCAA Committees including SAAC, Faculty Athletics Representatives, and content matter experts.

Review and Endorsements from

- ▶ ACHA – American College Health Association
- ▶ ACPA – College Student Educators International
- ▶ ACUHO-I – Association of College and University Housing Officers – International
- ▶ APLU – Association of Public and Land Grant Universities
- ▶ ASCA – Association for Student Conduct Administration
- ▶ AUCCCD – Association of University and College Counseling Center Directors
- ▶ FARA – Faculty Athletics Representatives Association
- ▶ IACLEA – International Association of Campus Law Enforcement Administrators
- ▶ NASPA – Student Affairs Administrators in Higher Education
- ▶ NASWIS – National Alliance of Social Workers in Sport
- ▶ NATA – National Athletic Trainers Association
- ▶ NIRSA – Leaders in Collegiate Recreation
- ▶ NCAA Committee on Sportsmanship and Ethical Conduct
- ▶ NCAA Committee on Competitive Safeguards and Medical Aspects of Sports
- ▶ NCAA Committee on Women's Athletics

Athletics Departments' Commitments

- 1. Leadership** – from the highest levels in athletics and the institution as a whole.
- 2. Collaboration** – between athletics, campus colleagues, and community services.
- 3. Compliance and Accountability** – with federal and state laws, and campus policies.
- 4. Education** -- to promote respect of, by and for all students, staff and coaches.
- 5. Student-Athlete Engagement** – to provide true opportunities for campus involvement.

Collaboration Checklists – Example

- ❑ A designated athletics administrator coordinates outreach with campus services.
- ❑ A collaboration team, in conjunction with the designated athletics administrator, reaches out to various campus departments and communities.
- ❑ The designated athletics administrator engages with the campus Title IX coordinator and the collaboration team.
- ❑ Athletics staff participates in campus-wide task forces on topics such as substance abuse prevention, wellness and sexual assault prevention.
- ❑ Athletics departments engage campus experts to contribute in the development, implementation and evaluation of the athletics department's sexual violence education program.
- ❑ Student-athletes contribute to the development and implementation of the sexual violence education program.
- ❑ Coaches and other athletics staff who directly influence student-athletes' attitudes and behaviors contribute to the development and implementation of the sexual violence education program.

Education Checklists - Example

❑ Educational programming occurs at the following time periods:

- ▶ Orientation activities.
- ▶ Team meetings.
- ▶ Before significant competitive events.
- ▶ Before prolonged periods away from school (such as
- ▶ spring break, winter break, summer break).
- ▶ During national awareness months, times that mark significant campus history/events, and during other higher-vulnerability periods.
- ▶ Throughout a student-athlete's collegiate experience.

❑ Student-athletes, coaches and other staff in athletics participate in ongoing education focused on the definition and nature of sexual violence and about positive, consensual behavior, including:

- ▶ Healthy relationships.
- ▶ Consent.
- ▶ Sexual violence prevalence and attitudes.
- ▶ Harassment.
- ▶ Hazing and bullying.
- ▶ Stalking.
- ▶ Discrimination.
- ▶ Compliance, accountability and sanctions for noncompliance with federal law, state law, institutional policies and athletics' policies.

Implementation Tools

- ▶ Strategic Action Plan tool
- ▶ Campus Collaboration Maps
- ▶ Sample Athletics Protocol to Act on a Report
- ▶ Sample Athletics Policies for recruiting, campus visits and hosting behaviors
- ▶ Title IX – Clery Act Chart
- ▶ 10 ways to Distinguish Consent Guide
- ▶ Links to NCAA Sponsored Training tools:
 - ▶ APPLE Training Institute
 - ▶ Inclusion Forum
 - ▶ myPlaybook online course
 - ▶ Step UP! Bystander Intervention training materials

NCAA-Sponsored APPLE Conferences

- ▶ APPLE Model created at the University of Virginia in 1991 as a framework for addressing substance abuse prevention for student-athletes.
- ▶ Disseminated through 2 annual conferences.
- ▶ Goal is to empower teams of student-athletes and administrators to create an institution-specific action plan
 - ▶ Assess athletics departments' strengths and weaknesses in substance abuse prevention.
 - ▶ Return to campus with specific resources and an individualized plan for implementing change.

CHOICES Alcohol Education

- ▶ Purpose is to integrate student-athletes and athletics into the campus-wide prevention effort:
 - ▶ student-athlete as an integral part of the student body
- ▶ Campus project coordinators are collaborators, bringing together athletics and student-affairs (and sometimes academic affairs!)
 - ▶ application can be made by any campus professional
- ▶ Best of CHOICES and IMPACT Evaluation Resource. . .



**A Pro-Social Behavior/
Bystander Intervention Program**

5 Step Process of intervention

1. Notice the Event

2. Interpret Event as a Problem

3. Assume Personal Responsibility

4. Know How to Help

5. Implement the Help

Reasons Students Did Intervene

- ▶ Right thing to do
- ▶ We should look out for each other
- ▶ I would want help
- ▶ Someone needed help
- ▶ Prevent escalation
- ▶ Helping makes me feel good
- ▶ Preserve my group's reputation
- ▶ Keep a friend out of trouble

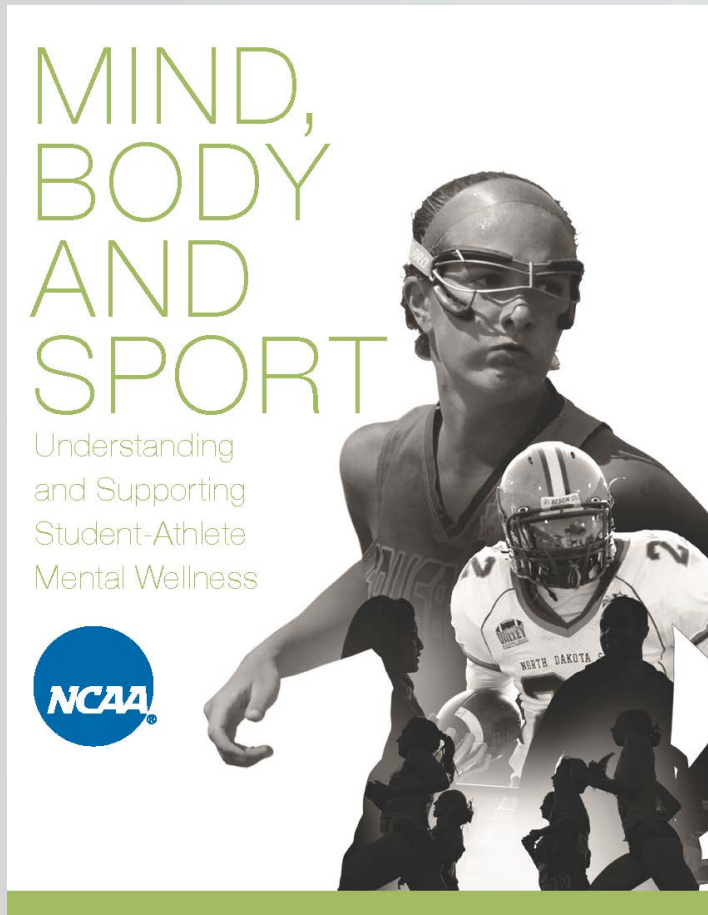
INDIVIDUAL LEADERSHIP

SHARED RESPONSIBILITY

Our Aspiration

▶ <https://www.youtube.com/watch?v=bo5WWDk6SvE>

NCAA Wellness Resources



- Addressing Sexual Assault and Interpersonal Violence: Athletics Role in Support of Safe and Healthy Campuses
- **APPLE Prevention Conferences**
- CHOICES Alcohol Education Grants
- **Coaches Education-** Coaches Assist Training, Hazing Prevention Handbook, Mental Health Handbook
- **Mind Body and Sport and Mental Health Best Practices**
- myPlaybook online curriculum
- **360 Proof**
- Step UP! Bystander Intervention Training

www.ncaa.org/mentalhealth

www.ncaa.org/ssi