

WP2: Good practices for Mental Health Promotion in Dual Career Organizations

Dear consortium members,

This document contains the instructions and report template for the **second work package** of the **Dual Careers for Mental Health** project. Within this work package, we aim to collect detailed insights into the different strategies used to promote and safeguard mental health within **seven organizations**: i.e. the sport organisations (i.e. CAR, SSC, TDK, RSCA), the gymnasium (GS), Italian Rugby Federation and VUB.

The research partners in Belgium, Spain, Sweden, Slovenia (VUB, UAB, HU UV and UL) will assist their applied partners (RSCA, CAR, SSC, FIR and GS) with the execution of WP2. Considering Team Denmark's double role (i.e. applied and research), they will conduct their own case study.

To collect all relevant information, we ask you to fill in the following document for the 7 organizations in English. **Any additional relevant documents can also be provided** (e.g., mission statement, monitoring instruments, tools, ...) to further clarify the different adopted strategies. Consortium members may be able to complete large sections of this documents themselves. Additional information may be obtained using (in)formal interviews, focus groups, document analysis, etc.

CASE REPORT

The document itself consists of **5 parts**. These include:

- Data collection information
- Mental health structures & organization
- Mental health screening & monitoring
- Mental health literacy
- Preventive & resilience building strategies

Within each part you will find a combination of open and close ended questions, designed to help you to collect all relevant information in a structured manner. Please answer each question as detailed as possible. Additionally, we are interested in the documents, protocols or tools used to promote mental health within each organisation. Therefore, we ask to, where possible, **include any relevant documents as attachments** to the current document.

Please note that throughout this document you may refer to different types of professionals. For clarity and consistency, we suggest adhering to the following definitions previously agreed upon within the DC4MH consortium:

Mental coach: has no OR limited formal education in psychology (e.g., background in movement sciences, business). Works primarily around basic mental skills training or lifestyle management, and can thus indirectly influence positive mental health.

Sport psychologist: has formal education (Master's or Doctorate's degree) in psychology (not necessarily clinical psychology) AND verified contextual knowledge/experience in sports. Works primarily around performance enhancement and promotion of well-being (i.e., promotion of positive mental health). Can also play a role in detection of early signs of mental ill-health and referral, but not treatment of (sub)clinical mental health issues.

Clinical sport psychologist: has formal education (Master's or Doctorate's degree) in clinical psychology AND verified contextual knowledge/experience in sports. Works primarily around detection and treatment of (sub)clinical mental health issues as well as promotion of positive mental health.

Mental health professional: includes clinical sport psychologist as well as sport psychiatrist or physicians with specific expertise in clinical mental health issues AND verified contextual knowledge/experience in sports. Works primarily around detection and treatment of (sub)clinical mental health issues as well as promotion of positive mental health.

Please also note that within the document we are also interested in any **general strategies** to promote mental health across the four domains, as well as any strategies which are designed to be **DC-specific**. Where relevant, please indicate whether strategies are general (e.g., also apply to non-athlete students or non-student athletes) or DC-specific (i.e., specifically designed for student-athletes and taking into account the demands of the DC environment).

DATA COLLECTION INFORMATION

Please specify the **experts** who provided information to fill in this document:

- Expert within the organisation, included within the DC4MH consortium
- Expert within the organisation, not included within the DC4MH consortium
- Expert outside the organisation
- Other...

If other, please clarify

Please provide the number of experts involved and their function.

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Please clarify through which **sources** you gathered the information to fill in this document:

- Document analysis
- Focus groups
- Individual interviews
- Informal interviews/conversations
- Pre-existing knowledge
- Other...

If other, please clarify

Please describe any further relevant information regarding your data collection procedure for this work package.

Please clarify in relation to which **population(s)** the MH promotion strategies and tools outlined in this document are targeted:

- Student-athletes
- Non-athlete students
- Non-student athletes
- DC athletes in sport and work
- Clinical population
- Other...

If other, please clarify

Please describe any further relevant information regarding the population your organisation required to interpret the findings from WP2.

-e.g. age (minor/adult); type of sport; Olympic/Paralympic; ethnic/cultural background; in-house accommodation; only sport/only education/combined; ...

MENTAL HEALTH STRUCTURES & ORGANISATION

<p>Does your organization explicitly adopt a specific 'mental health model or philosophy'?</p> <p><i>e.g. biomedical model; biopsychosocial model; single continuum model; dual continuum model</i></p>	<p>General description:</p> <p>DC specific?</p>
<p>Does your organization have a formal 'mental health policy document'? If yes, please describe the core elements of this document*</p> <p><i>*Please include this document as attachment, if possible</i></p>	<p>General description:</p> <p>DC specific?</p>
<p>Who holds the prime responsibility to promote and safeguard mental health within your organisation?</p> <p><i>What is their role within the organisation?</i> <i>What is their (educational) background?</i></p>	<p>General description:</p> <p>DC specific?</p>

Is there something you would do/want differently regarding the screening and monitoring of mental health issues within your organisation?

General description:

DC specific?

Is there something you would do/want differently regarding the improvement of mental health literacy within your organisation?

General description:

DC specific?

RESILIENCE-BUILDING

<p>Which, if any, proactive strategies to promote resilience and well-being are used in your organisation?*</p> <p><i>In which format are such strategies offered? Who offers such strategies? How many sessions? How frequently? Formal or ad-hoc?</i></p> <p><i>*Please include any relevant documents as attachment, if possible</i></p>	<p>General description:</p> <p>DC specific?</p>
<p>Can you describe in more detail the content of the strategies to promote resilience and well-being?</p> <p><i>Specific skills/competencies addressed?</i></p> <p><i>*Please include any relevant documents as attachment, if possible</i></p>	<p>General description:</p> <p>DC specific?</p>
<p>Can you describe in more detail the background of the strategies to promote resilience and well-being?</p> <p><i>Informed by specific frameworks (e.g., ACT, CBT, MST)? Evidence-based?*</i></p> <p><i>*Please include any relevant publications related to the adopted strategies</i></p>	<p>General description:</p> <p>DC specific?</p>

Is there something you would do/want differently regarding the use of proactive strategies to promote resilience and well-being within your organisation?

General description:

DC specific?