



Sale Sharks Academy Mental Health and Well-being Strategy

"The number one priority outlined in The Mental Health and Elite Sport Action plan (2018) is "To establish a high standard of mental health support in elite sport, by implementing a new mental health strategy. This strategy will promote good mental health and provide appropriate signposting and referral for mental health problems".

With this in mind, and following recommendations outlined by the International Olympic Committee (IOC) (2019) and the European Federation of Sport Psychology (FEPSAC) (2018), the Sharks Wellbeing Team was created as a working group responsible for managing and responding to wellbeing and mental health related concerns. Meeting at 4 weekly intervals, the panel of staff which includes Academy Mental Health Lead, Safeguarding Lead, Club Doctor, Sports Psychologist, Clinical Psychologist and Academy Manager will appraise concerns that are shared with panel members and formulate appropriate action plans and responses.

The approach is underpinned by a team formulation approach (Johnstone, 2018) and aims to promote effective multi-disciplinary team working, with recent case studies from elite sport providing support for this approach (Wei Ong, McGregor & Daley, 2018)."

| Sale Sharks Well-being Team | | |
|-----------------------------|------------------|--|
| Title | Person | Role/Responsibility |
| Academy Mental Health Lead | Andrew Jibson | To coordinate SWT and document actions. To promote process and communication lines across the club. |
| Academy Safeguarding Lead | Andrew Jibson | To ensure no abuse has occurred and proactively reduce risk potential risk of abuse. |
| Club Doctor | Imran Ahmed | To provide a medical perspective around the problem and aid formulating responses and interventions. |
| Sports Psychologist | Daniel Ransom | To contextualise any issue raised against expected norms in the academy sporting context and aid formulating responses and interventions |
| Clinical Psychologist | TBC | To provide clinical reasoning for decisions to be made and aid formulating responses and interventions |
| Academy Manager | Fergus Mulchrone | To bring wider player details and context. Aid where possible with the sharing of information. |

SSW Referral Process – Sharks Wellbeing Team 2

We all have a role to play in creating an environment which supports the positive mental health and wellbeing of all stakeholders..

See below – flow of the case management and referral process.

