









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)."

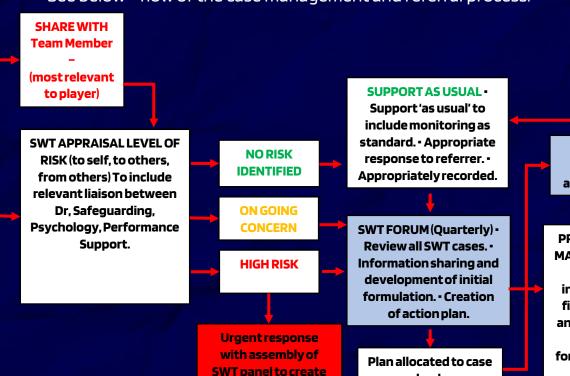
Sale Sharks Well-being Team		
Title	Person	Role/Responsibility
Academy Mental	Andrew Jibson	To coordinate SWT and document actions. To
Health Lead		promote process and communication lines
		across the club.
Academy	Andrew Jibson	To ensure no abuse has occurred and
Safeguarding		proactively reduce risk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

CHALLENGE OR CONCERN **IDENTIFIED - ALL STAFF •** Performance challenge (e.g. unexplained loss of form. hindered recovery from injury, 'exceptional' performer). - Health & Well-being (e.g. low mood, anxiety.lack of motivation.self-harm. poor sleep/appetite). • Challenging behaviour (e.g. aggression/bullying, challenging authority, disruptive influence. gambling/substances)



immediate plan to manage risk Clinical referral if appropriate

PROGRAMME
MANAGEMENT
PLAN (to
include case
file meeting
and extended
case
formulation, if
required)

lead.

evaluation by lead profession al and report back to SWT forum.

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