



ENGLISH  
INSTITUTE OF  
**SPORT**

***Mental Health Support***  
in the  
*UK High Performance System*

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Director of Athlete Health

# Accelerating mental health provision in the UK High Performance System...



## What we'll Cover...



1. UK High Performance System, EIS & Athlete Health
2. Mental Health in Society
3. **Mental Health in Sport**
4. Developing & Actioning a Strategy for the High Performance System



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**MISSION:** To pioneer the delivery of *science, medicine and technology* services to drive medal success at Olympic, Paralympic and international competition

**350 staff, 1700 Athletes in 40 Sports @ 20 Sites**

### Sport Sites

- ★ Manchester - **Cycling, Taekwondo & Squash**
- ★ Nottingham - **Short Track Speed Skating**
- ★ Walsall - **Judo**
- ★ Lee Valley - **Canoe Slalom**
- ★ Caversham - **Rowing**
- ★ Hamble & Weymouth - **Sailing**
- ★ Leeds - **Triathlon**
- ★ London - **Diving**



### EIS Sites

- ★ EIS Gateshead
- ★ EIS Sheffield
- ★ EIS Manchester
- ★ EIS Lilleshall
- ★ EIS Birmingham
- ★ EIS Holme Pierrepont
- ★ EIS Loughborough
- ★ EIS Bath
- ★ EIS Bisham
- ★ EIS ISEH, London

## EIS ATHLETE HEALTH

*Optimise physical and mental health* by supporting risk management of sports' most prevalent injuries and illnesses



Optimised Athlete Health:

*Greater availability for  
preparation & performance!*

# 4 STRATEGIC PRIORITIES...



We support the  
**Mental Health Charter**  
for Sport and Recreation





## Epidemic, endemic & pandemic?

[Home](#) » [News](#) » [Two in three adults face mental health problems](#)

# Two in three adults face mental health problems

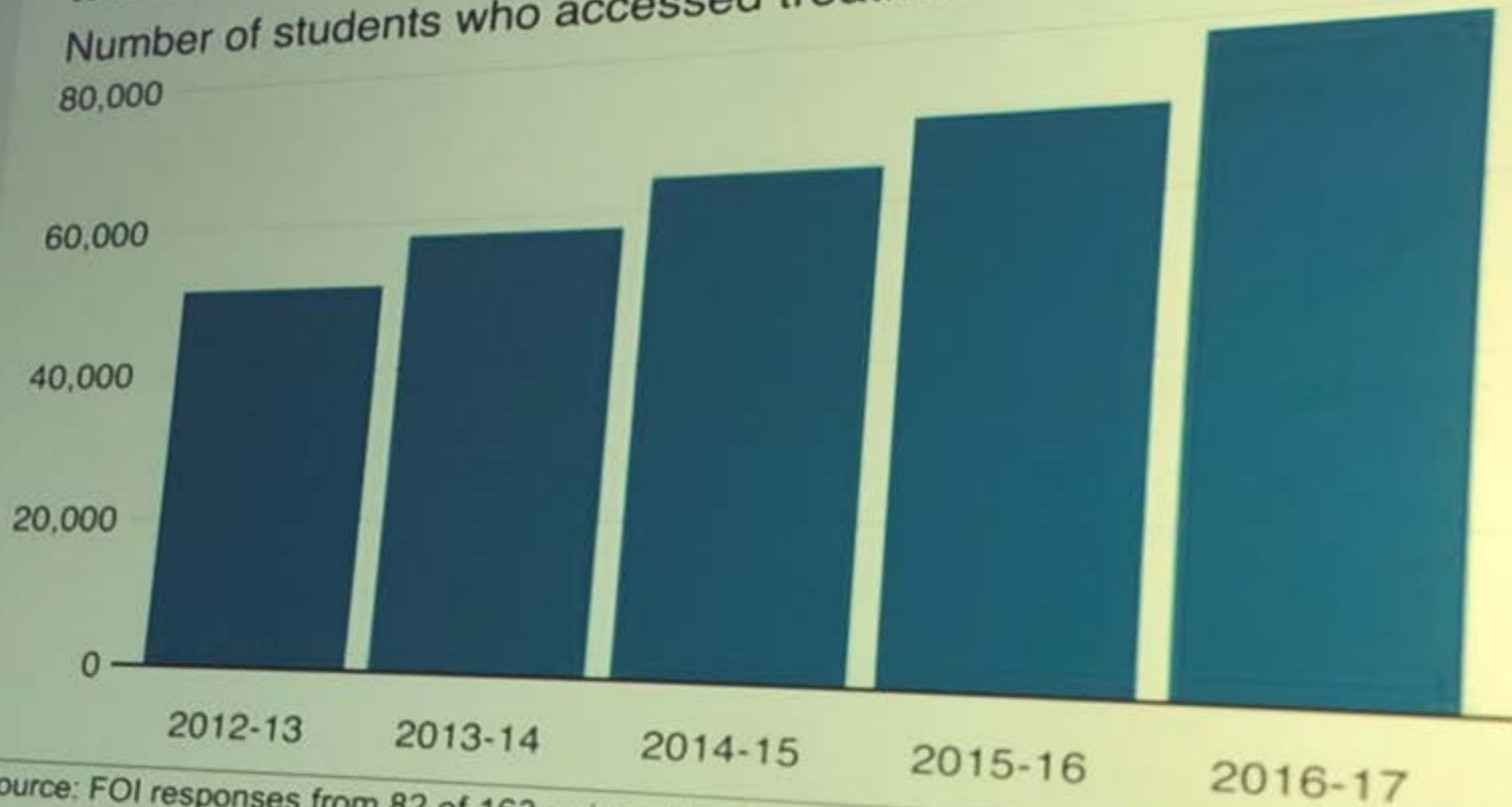
MH Foundation Survey

8 May 2017

Most Britons say they have experienced a mental health problem at some point in their lives with younger generations particularly impacted.

# More students seeking mental health support

Number of students who accessed treatment during the year



Source: FOI responses from 82 of 163 universities by the BBC Shared Data Unit **BBC**



Original research

### A multifactorial evaluation of illness risk factors in athletes preparing for the Summer Olympic Games

Michael K. Drew<sup>a,b,c,e</sup>, Nicole Vlahovich<sup>a,d</sup>, David Hughes<sup>a,b</sup>, Renee Appaneal<sup>a</sup>, Kirsten Peterson<sup>a</sup>, Louise Burke<sup>a,c</sup>, Bronwen Lundy<sup>a,c</sup>, Mary Toomey<sup>f,g</sup>, David Watts<sup>f</sup>, Gregory Lovell<sup>a</sup>, Stephan Praet<sup>a</sup>, Shona Halson<sup>a</sup>, Candice Colbey<sup>h</sup>, Silvia Manzanero<sup>a</sup>, Marijke Welvaert<sup>a,c</sup>, Nic West<sup>h</sup>, David B. Pyne<sup>a,c</sup>, Gordon Waddington<sup>a,c</sup>



**Conclusions:** Female sex, low energy availability and mental health are associated with sports incapacity (time loss) due to illness. Low energy availability had high attributable fractions in the population and stands out as a primary association with illness.

Mental & Physical Health Inter-related...

### *Prevention & Early Intervention:*

- More Effective
- Cost Effective



# NEWS

## Summary of Budget 2018: Key points at-a-glance

© 29 October 2018

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Budget 2018



- Confirmation of an extra £20.5bn for the NHS over the next five years
- A minimum extra £2bn a year for mental health services
- New mental health crisis centres, providing support in every accident and emergency unit in the country
- More mental health ambulances and a 24-hour mental health crisis hotline.

# MENTAL HEALTH STAFFING TRENDS...

*The Centre for Workforce Intelligence 2014*

- 40% more NHS Psychiatrists 2013 vs 2003
- 33% more Clinical Psychologists



# ELITE SPORT STAFFING...

Hand-up if:

1. You work in elite sport?
2. You are a S&C, science or medical professional?
3. You are a *mental health professional*?
4. Your organisation *employs* a mental health professional?



WHERE WILL ELITE SPORT GET ITS  
MENTAL HEALTH WORKFORCE?



# ATHLETE HEALTH OVERVIEW

All Sports  
(All Athletes)

Select Measure:

Count of Problems

Select Sport:

[All]

Select Athlete Status:

[All]

Select Programme Level:

[All]

Select Date Range:

01/01/2016

01/01/2018



Select Gender:

[All]

Select Season:

[All]

Select Able-Bodied/Paralympic:

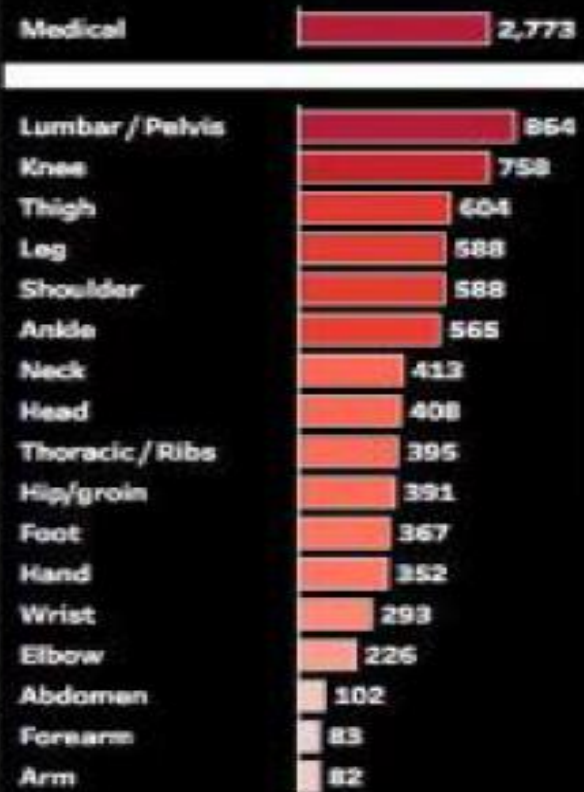
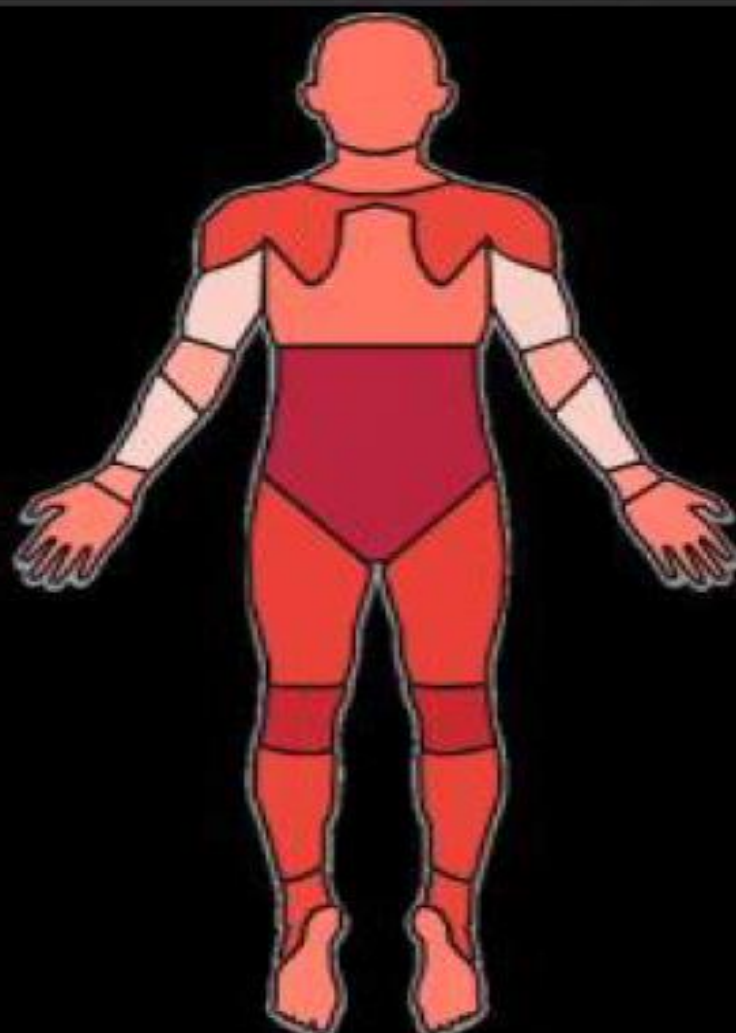
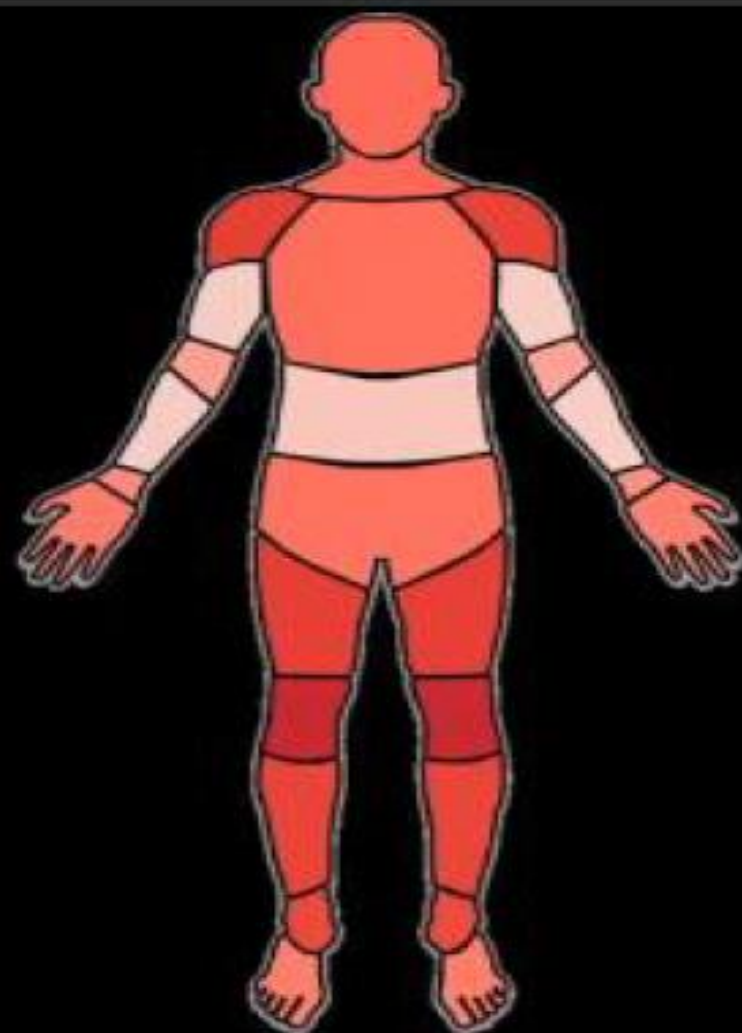
[All]

Select Specific Athletes:

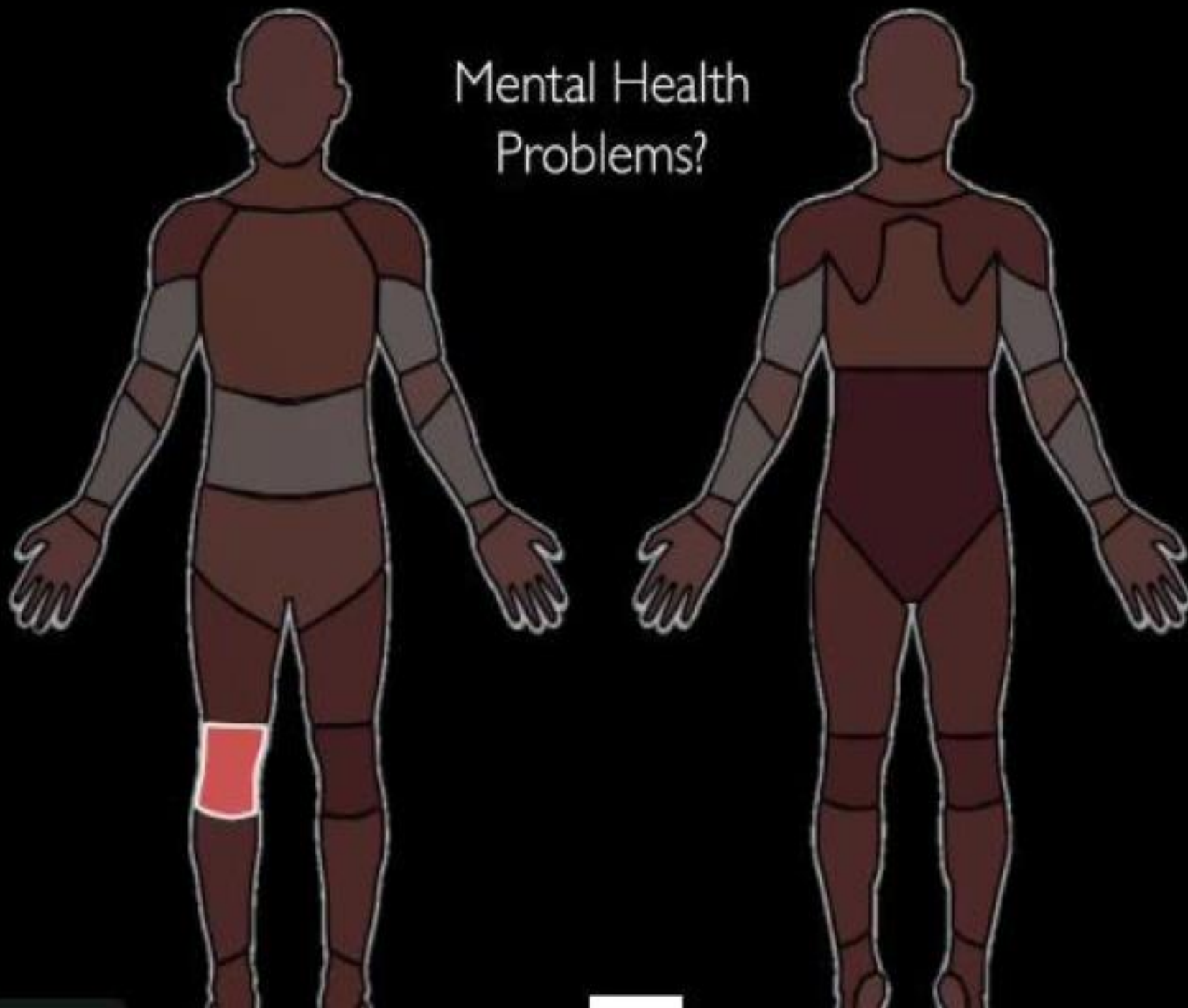
[All]

Select Athlete Group:

# All Groups #



# Mental Health Problems?

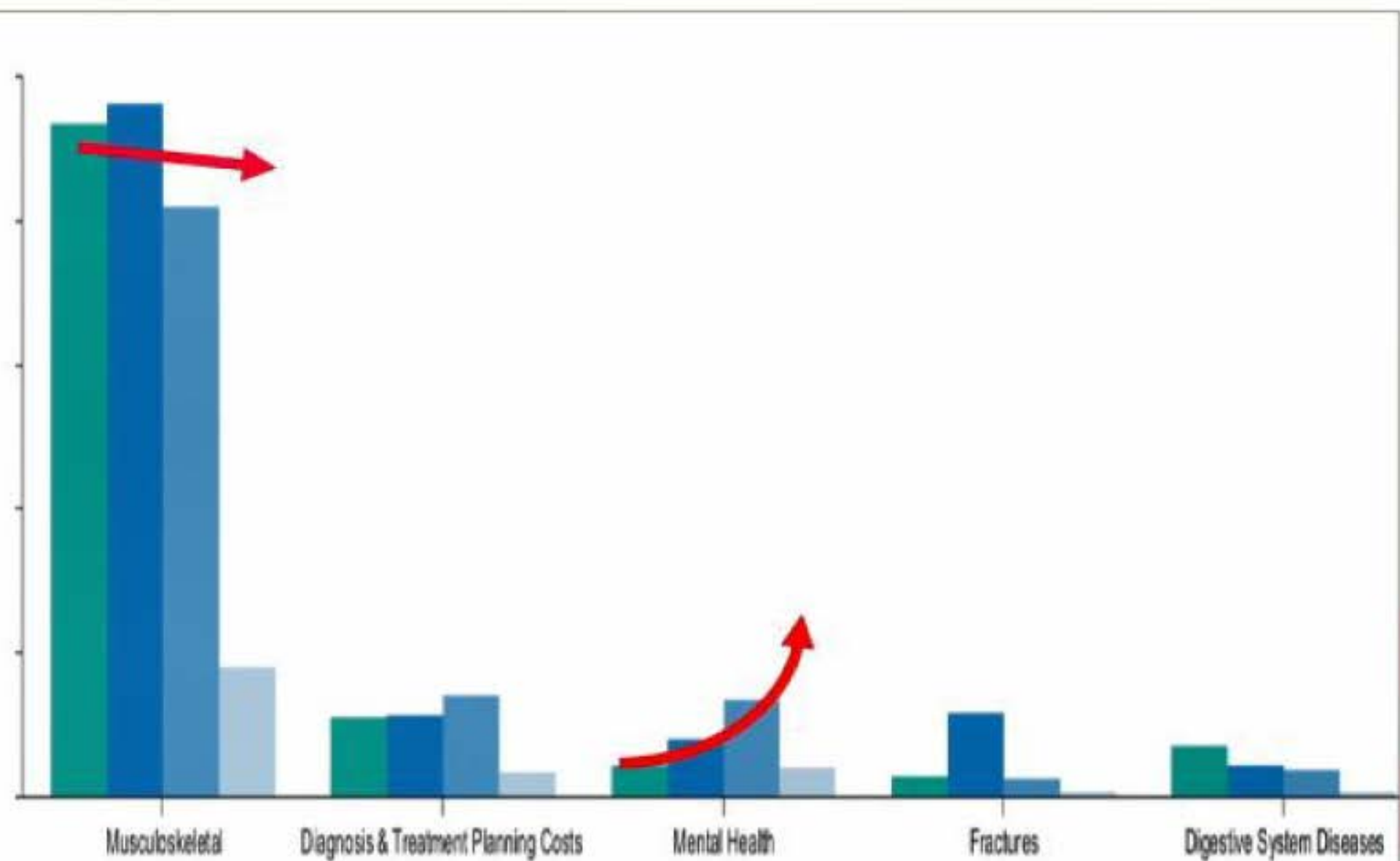


*Perception* that mental health is  
a big problem within HPS...



- Culture Health Check Survey 2017
  - 24% of athletes dissatisfied/very dissatisfied with measures to optimise MH
- *Daily Media Reports - disproportionate?*

# 3-Year Mental Health Spend Trend...



2015 - 2017

Football  
Rugby

8 Athlete  
Mental Health  
Studies

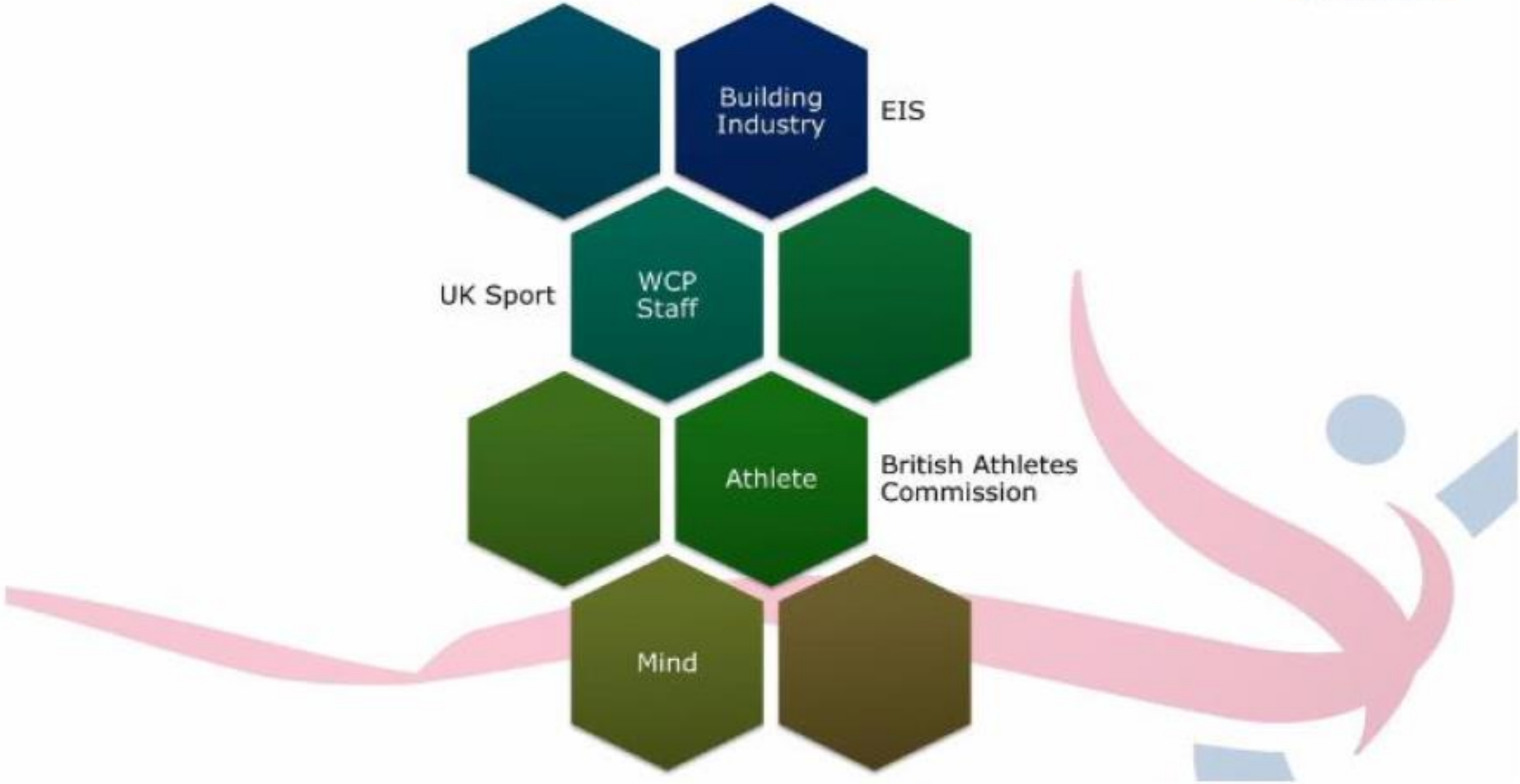
50 – 1500  
Athletes

*Comparable risk* of high-  
prevalence mental disorders  
(anxiety, depression) to the  
general population.

# Early 2018: Mental Health Steering Group



# Early 2018: Mental Health Steering Group



# Mental Health Strategy for the High Performance System

Oct 2018

**Aim:** To deliver a positive mental health environment for all people operating in system.

**Outcome:** A system where all people have the best opportunity to have *good mental health* and there is appropriate support for those experiencing *mental health problems*.



## Positive Mental Health



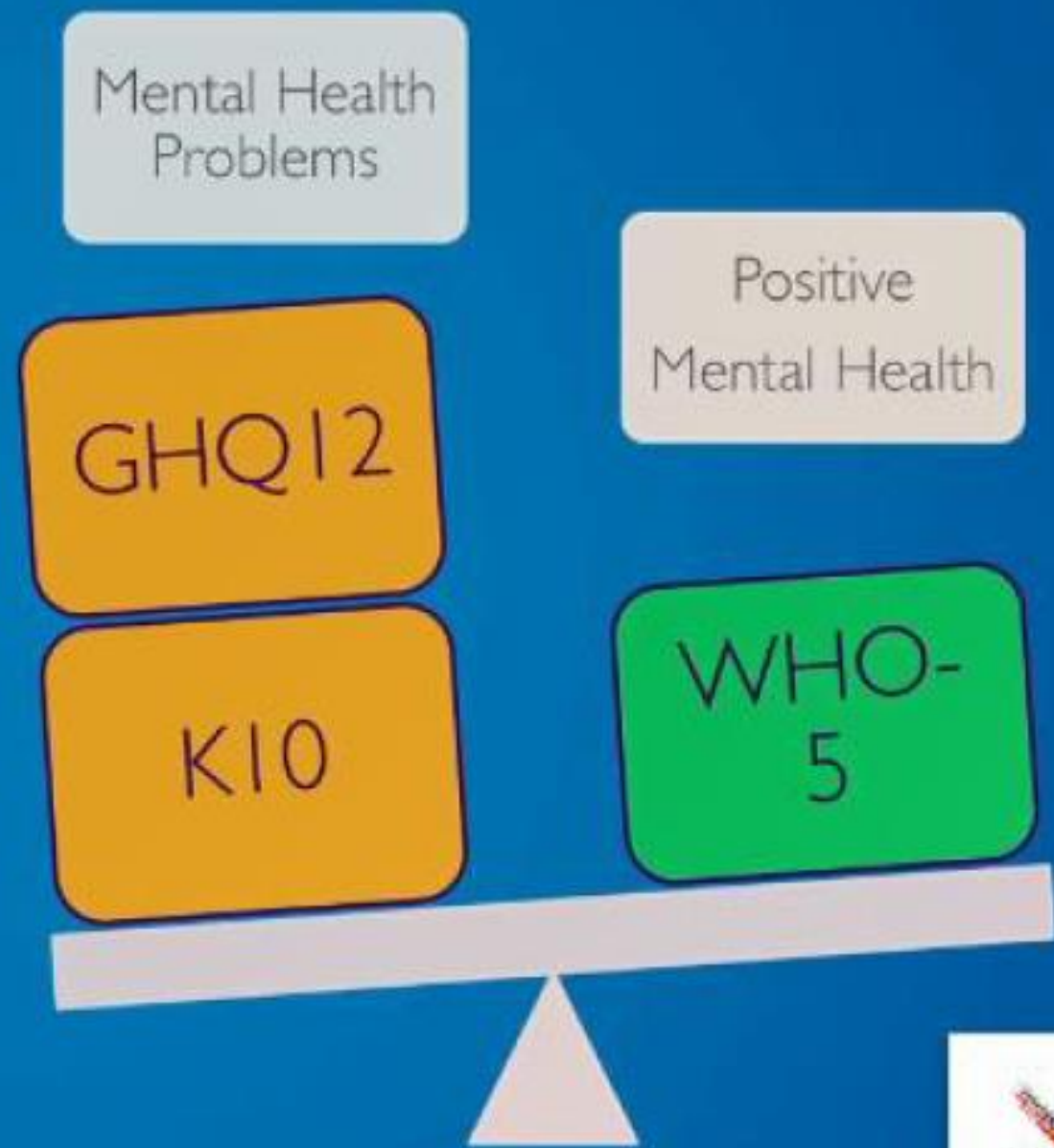
*A state of wellbeing in which individuals (athletes and staff) can realise their own potential, can cope with the normal stresses of life, can perform productively, and are able to make a contribution to their community.*

# Mental Health Problem



- A pattern of behaviour, experiences, thoughts and feelings that causes significant distress and/or impairment of daily functioning and/or difficulties in relationships with others.
- Such distress or impairments are most likely to be experienced over a period of time and are not easily alleviated by an individual's typical coping strategies.
- Some mental health problems and experiences when they occur together can sometimes be diagnosed as mental illnesses.

**Mental Wellbeing Screening:**  
*What gets measured, gets done!*



## 4 Pillars

1. Education
2. Provision
3. Communication
4. Assurance



## Education



1. **Championing Positive Mental Health**
2. **Mental Health Awareness**
  - Regular Training
  - Athletes & Support Staff
  - Tailored to High Performance System

Communication

Senior leaders talking about mental health





## Mental Health Charter for Sport and Recreation

Thriving at Work Standards

Embedding mental health within the sport and recreation sector  
*Create a culture shift in wider-society that removes the stigma around mental health*





# Provision



## +ve Mental Health Promotion

- Wellbeing PL
- Project Thrive
- Flexible Working
- Wellbeing Wed!

## Sports

- Specialists Sports Doctors
- Clinical Psychology

## Clinical Psychology & Psychiatry

- Expert Panel
- AMS Referral

## Mental Health First Aid

- Champions
- Performance Lifestyle
- Psychologists
- Operations
- Hotlines

# Assurance



Could you explain your  
experience of the EIS Mental  
Health Referral Programme  
(MHRP)?



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