

Taking Care of the Team Behind the Team: Mental Health and Wellbeing of Sports Medicine Providers



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WHAT IS THE TEAM BEHIND THE TEAM (TBTT)?





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WHY DID THE USOPC BEGIN ALLOCATING RESOURCES TO TAKE CARE OF THE TBTT?



SYSTEMICALLY and HISTORICALLY



How have sports medicine providers been set up for wellbeing?

General culture of sports medicine providers and jobs

Different timelines of care for athletes and providers

Constant commitment to prove value, credibility, competence

Multiple roles embedded in sports medicine provider: not just physical recovery and care for the athlete, but potentially mentorship, therapist-lite, parent figure

Legal responsibility and liability coverage



BURNOUT



We know it is there... what are we doing about it?

Acknowledging that burnout is common, likely, and can impact:

- athlete care
- personal relationships
- overall health

When providers are zeroed in on athlete care, it can be challenging to acknowledge personal needs

Managing work/life balance may have been a different landscape before COVID





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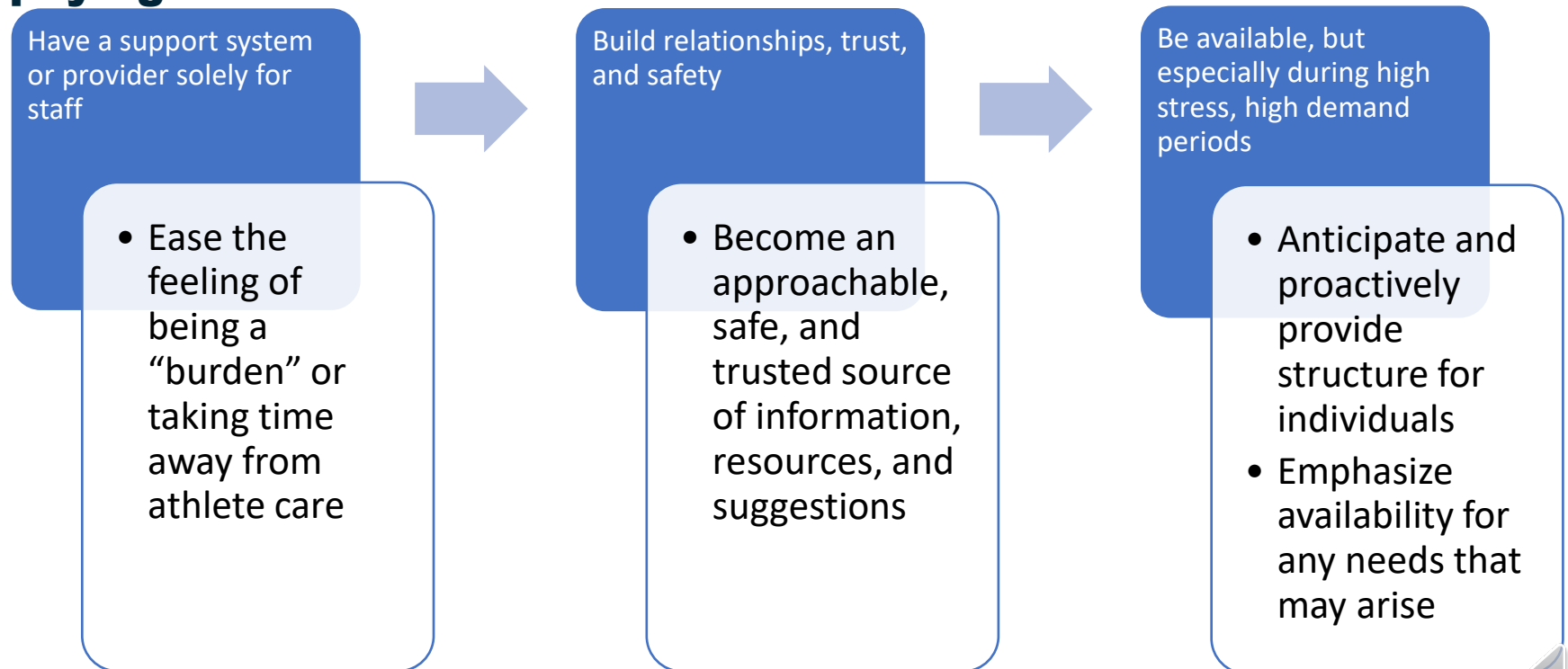
MENTAL HEALTH & WELLBEING IN SPORTS MEDICINE PROVIDERS



SHIFT FOCUS



Who pays attention to our providers when our providers are paying attention to the athletes?





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PRIORITIZING MENTAL HEALTH & WELLBEING OF SPORTS MEDICINE STAFF AT THE GAMES



PREPARATION

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Assess, increase awareness, and provide resources

Create stability in an inherently unstable environment

Volunteers, rookies, and veterans: building relationships

Acknowledge anxieties and stressors – uncertainty, constant change, COVID, and unforeseen circumstances

Consistently communicate

Emphasize self-care





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WHAT IS NEXT?



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