

Mental Health Support Through the Games: Programs and learnings from Tokyo and Beijing



**USOPC
SPORTS
MEDICINE**

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Disclosure



All opinions, viewpoints and recommendations contained in this presentation represent those of the author alone and do not represent the opinions, viewpoints or recommendations of any organization with which the author may be affiliated, including without limitation, the USOPC.

Roadmap



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- Introduction
 - USOPC Mental Health Program
 - Tokyo Games Support & Data
 - Beijing Games Support & Data
 - Learnings and Future Directions



USOPC Mental Health Program

Team USA Mental Health Department



Dr. Jessica Bartley
Director, MHS



Dr. Taryn Brandt
Sr. MH Prov.



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Dr. Julia Cawthra
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Mental Health Services Phone Number: 719-866-2388
Mental Health Services Email: mentalhealth@usopc.org



Team USA Mental Health Resources

Team USA 24/7 Mental Health Support Line
+1-719-866-CALL (2255)

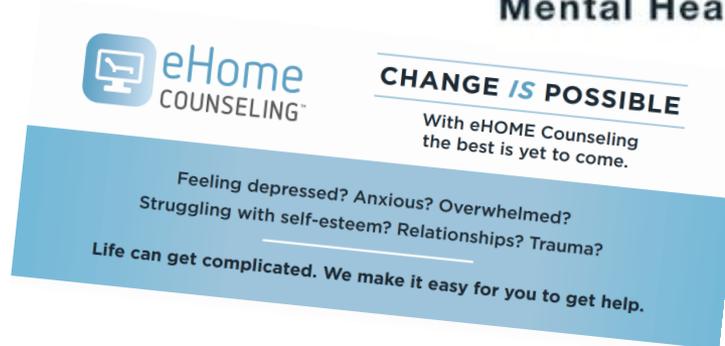


USOPC Mental Health Registry
teamusa.org/mentalhealthregistry

USOPC ELITE ATHLETE HEALTH INSURANCE (EAHI)
Mental Health Coverage



WHAT IS PIVOT?
Athletes retiring from sport, and considering retirement, often feel a grand sense of



TEAM USA Games Mental Health Support



In addition to standard support

Pre Games

- Sport Mental Health Assessment Tool (SMHAT) with Health Histories
- Support athletes who do not qualify in the selection process

During Games

- Mental health support in country and at home
- Tokyo – 2 Mental Health Officers; contracted psychologist and psychiatrist in the village
 - Daily check ins with quarantined athletes and staff
 - IOC Mentally Fit Line
- Beijing – OLY - 3 Mental Health Officers PARA – 2 MHO

Post Games:

- Transition Programming – 6 session series; athlete discussion groups
- Individual outreach and follow up



USOPC Tokyo 2020 Olympic and Paralympic Games Mental Health Data

TEAM
USA

Sport Mental Health Assessment Tool (SMHAT-1)



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- SMHAT developed by the IOC Mental Health Working Group
 - Athlete Psychological Strain Questionnaire (APSQ)
 - If positive, complete 6 additional tests
 - General Anxiety Disorder – 7 (GAD-7)
 - Patient Health Questionnaire – 9 (PHQ-9)
 - Athlete Sleep Screening Questionnaire (ASSQ)
 - Alcohol Use Disorders Identification Test Consumption (AUDIT-C)
 - Brief Eating Disorder in Athletes Questionnaire (BEDA-Q)

Purpose of Use

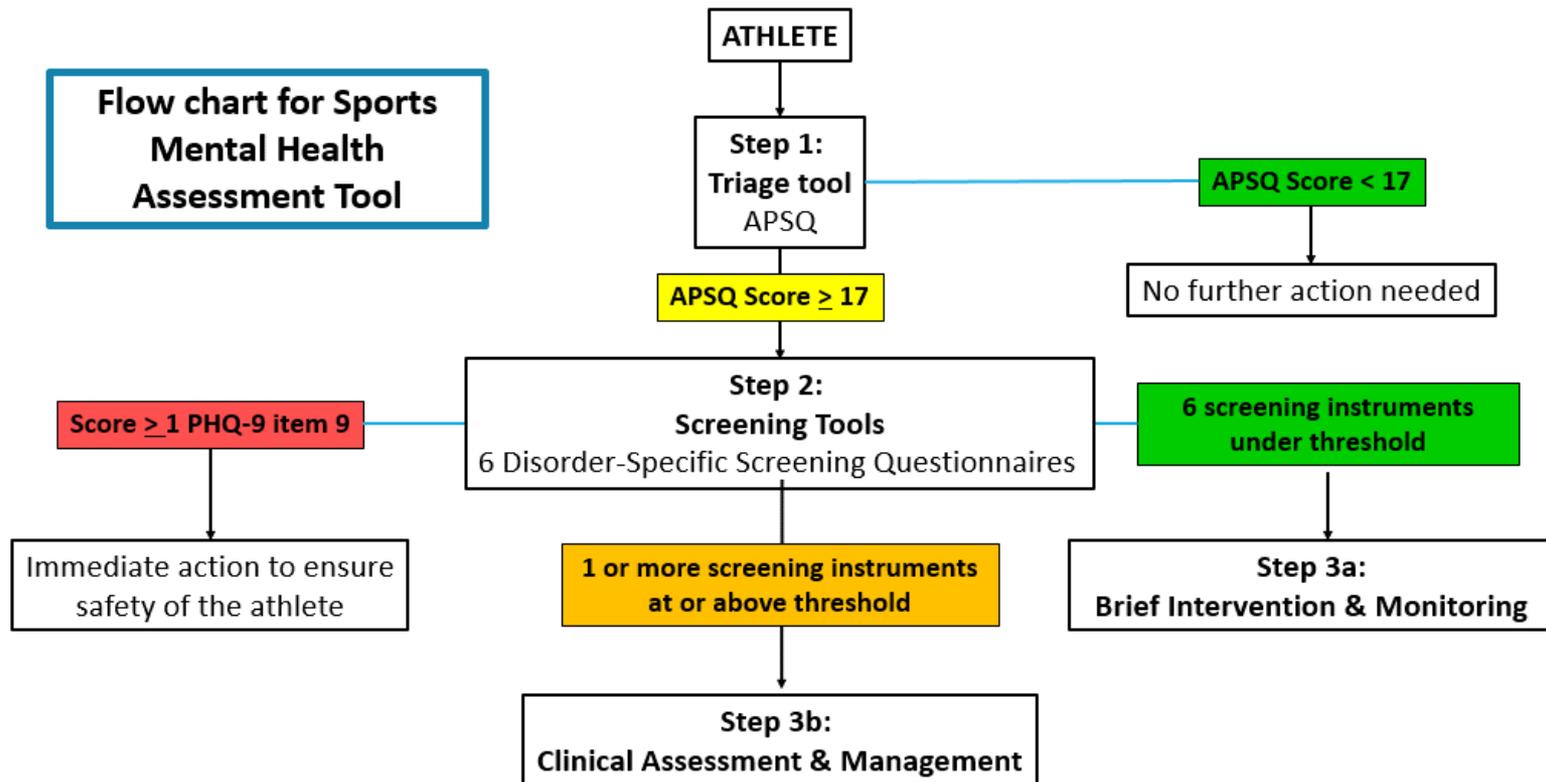


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1. Incorporate validated measures to identify and outreach athletes experiencing psychological distress and connect with resources
 2. Provide targeted & timely intervention to address endorsements
 3. Build data driven understanding over time of individual and systemic mental health needs
 4. Direct future development of resources, outreach, and programming based on athlete endorsements

Implementation



Flow chart for Sports Mental Health Assessment Tool



Total Endorsements



***at least one flag on the APSQ or a disorder-specific questionnaire**

Tokyo Games:

- Olympic = 210 out of 796 athletes (26.38%)
- Paralympic = 34 out of 229 athletes (14.84%)

Athlete Psychological Strain Questionnaire (APSQ)



Sport Mental Health Assessment Tool Athlete Psychological Strain Questionnaire (APSQ)	Olympic	Paralympic
Total	18.84%	14.41%
Prevalence by Sport	CYC (33.71%)	TRIP (23.53%)
	SWI (28.75%)	SWIP (20.83%)
	FEN (28.57%)	VOLP (20%)
	RUG (21.62%)	CYCP (18.75%)
	GYM (20%)	BSKP (15.38%)

Generalized Anxiety Disorder - 7



Sport Mental Health Assessment Tool Anxiety	Olympic	Paralympic
Total	10.67%	21.21%
Prevalence by Sport	FEN (8.6%)	TRIP (11.8%)
	CYC (7.1%)	VOLP (6.7%)
	WRE (7.1%)	CYCP (6.3%)
	SWI (4.4%)	BSKP (3.8%)
	ROW (3.1%)	ATHP (1.8%)

Patient Health Questionnaire 9



Sport Mental Health Assessment Tool Depression	Olympic	Paralympic
Total	5.33%	12.12%
Prevalence by Sport	CYC (7.14%)	TRIP (17.65%)
	FEN (5.71%)	ATHP (1.82%)
	ROW (3.13%)	
	SWI (1.88%)	

Athlete Sleep Screening Questionnaire (ASSQ)



Sport Mental Health Assessment Tool Sleep Disturbance	Olympic	Paralympic
Total	43.33%	51.52%
Prevalence by Sport	SWI (16.25%)	CYCP (18.75%)
	SAI (15.38%)	TRIP (11.76%)
	SOF (15%)	SWIP (4.17%)
	CYC (14.29%)	BSKP (3.85%)
	FEN (14.29%)	ATHP (3.64%)



AUDIT-C



Sport Mental Health Assessment Tool Alcohol Misuse/Abuse	Olympic	Paralympic
Total	30%	12.22%
Prevalence by Sport	SWI (16.25%)	VOLP (13.33%)
	SAI (15.38%)	GBLP (7.69%)
	SOF (15%)	CYCP (6.25%)
	CYC (14.29%)	
	FEN (14.29%)	

BEDA - Q



Sport Mental Health Assessment Tool Disordered Eating/Eating Disorder	Olympic	Paralympic
Total	43.33%	51.52%
Prevalence by Sport	SWI (27.5%)	TRIP (17.65%)
	FEN (25.71%)	VOLP (13.33%)
	CYC (21.43%)	CYCP (12.50%)
	BOX (15.38%)	ATHP (9.09%)
	SOF (15.00%)	SWIP (8.33%)

Utilization Results

Medical Encounters	Olympic	Paralympic
New Injury	158 (IR, 14.1 [11.9, 16.3] per 1,000 AD)	46 (IR, 11.7 [8.3, 15.0] per 1,000 AD)
New Illness	51 (IR, 4.6 [3.3, 5.8] per 1,000 AD)	25 (IR, 6.3 [3.9, 8.8] per 1,000 AD)
Follow-up Medical Care	1090	348
Performance Treatments	3892	617
Mental Health Encounters	152	115
Total	5889	1364