

WELLBEING POSITION

At a club level I will be following the recommendations outlined in the “Supporting mental wellbeing in community sport: A toolkit for sporting organisations” document which is attached. At a player level I will be using “A guide for responding” (attached) as well as the procedures from the Youth Mental Health First Aid course which is quite similar.

Supporting mental wellbeing in community sport

1. Raise awareness
2. Build a culture of support
3. Identify champions of mental health
4. Open lines of communication
5. Encourage participation
6. Embrace diversity
7. Foster wellness and resilience
8. Build links to external supports

At a club level

- Raise awareness of mental health within the club- importance of talking, reaching out and sharing- removing stigma
- Promoting mental health services, those that best suit the situations
- Organise events/speakers relating to mental health
- Organise Community Engagement Rounds (Reconciliation Round, Spirit of Cricket Round)
- Develop policy to tackle mental health at the club
- Have input to code of conduct, adding a mental health lens

At a player and coach level

- Sounding board for players, someone to touch base with, another person in their support network (parents, extended family, coaches, teachers, health professionals)
 - Someone to talk to about anything- interests, proud of, excited about, worried about, unsure of in cricket or personal life
 - Someone to talk to if they have concerns about someone else’s well-being or mental health
 - I can educate on how to identify warning signs
 - I can share best practice on how to approach someone you are concerned about
 - I can offer appropriate agencies
- Channel for communication-
 - Coach may raise concerns about a player or parent that they are having trouble communicating with. I can mediate.
 - Coach may raise concerns about a player’s behaviour or attitude. I can touch base with player.
 - Player may want to talk to the coach, but is unsure how to approach them. I can support them with this.
 - Inform coaches about any mental health issues within their player group
 - Another communication avenue for parents

All communication is confidential unless I am given permission to share by the person I am working with or they divulge their intent to harm themselves or others.

Other ideas include:

- Captains' dinner- captains from both seniors and juniors meet for dinner once a month. Build relationship, one club culture and share what is working and what needs greater focus.
- Captain's code of conduct (may already exist) incorporates captain's responsibilities and expectations around dealing with own and opposition players:
 - what to do when a new player joins the group
 - a player is not demonstrating club values on or off the field
 - a player shows signs of being upset, depressed, angry, etc
 - A player is injured
 - How to address the players at the beginning, end and in break times. Ie: repeating values, identifying 3 positives and 1 area to improve, how to encourage other player input, etc
- An award for a player from each team (senior & juniors), say after every 3 games that is awarded to the player that has best demonstrated the club's values and or support of others.
- Parent appreciation round or dinner
- A closer relationship with our local RSL. Invite them to watch games, attend the club.
- As a club have a greater presence at ANZAC Day and Remembrance Day events. Players in full club uniform. Communicate with RSL regarding the role we can play.
- Feel we are missing the Aboriginal aspect at our club. Acknowledgment of Country, Acknowledging the land we play on, ceremony before the first game inviting local elder to participate.

My qualifications & experience

- Youth Mental Health First Aid
- Responding to Risks of Harm, Neglect and Abuse- Education and Care
- Code of Ethics for the South Australian Public Sector
- Master Coach ICF program- Life Coaching (completion December 2022)
- Dyslexia Multi-sensory Literacy tutor
- Teacher -23 years
- Family member with significant mental health issues