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8-17-2021

### Cards on the Table: A Practicum Experience Aiming to Bridge the Gap Between Otterbein's Athletes and Mental Health Services

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#### Recommended Citation

Wallace, Asha, "Cards on the Table: A Practicum Experience Aiming to Bridge the Gap Between Otterbein's Athletes and Mental Health Services" (2021). *Masters Theses/Capstone Projects*. 96.  
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### Site Information

#### Objective:

To help bridge the gap between Otterbein's athletic department and Counseling Center

#### Location:

Freeman Athletic Training Complex  
Otterbein University

#### Site Supervisor:

Danielle Kilboy, MSAH, MS, ATC, LAT  
Head Athletic Trainer

#### Co-Supervisor:

Dr. Kathy Ryan, Ph.D  
Director, Clinical Psychologist

### Starting Goals

1. Determine the mental health needs of Otterbein athletes by conducting a survey which will target athletes and coaches
2. Develop programming strategies to engage student athletes and increase their knowledge on the importance of mental health and self-care
3. Introduce Otterbein's Licensed psychologists to the athletic department to create a level of comfortability and familiarity between the counseling center and the athletic department
4. Utilize a combination of advocacy strategies to engage student athletes such as storytelling, personalization, and social media
5. Research and utilize best practices for enhancing mental health resources for the athletic population
6. Combine Otterbein's mental health professional's expertise with the needs of its athletic population in order to bridge the gap and help break the stigma to receiving mental health assistance

### Survey Results

Baseball	5
Women's Basketball	12
Men's Basketball	4
Football	28
Men's Cross Country	6
Women's Cross Country	8
Men's Golf	1
Women's Golf	1
Women's Lacrosse	7
Men's Lacrosse	10
Men's Soccer	6
Women's Soccer	21
Women's Tennis	3
Men's Tennis	2
Men's Track and Field	7
Women's Track and Field	21
Wrestling	13
Softball	10
Volleyball	15
Cheerleading	3

#### Have you ever utilized mental health services anywhere, including counseling, testing, and/or medication evaluation?

- Yes (43)
- No (121)
- 76% sound their visit(s) helpful

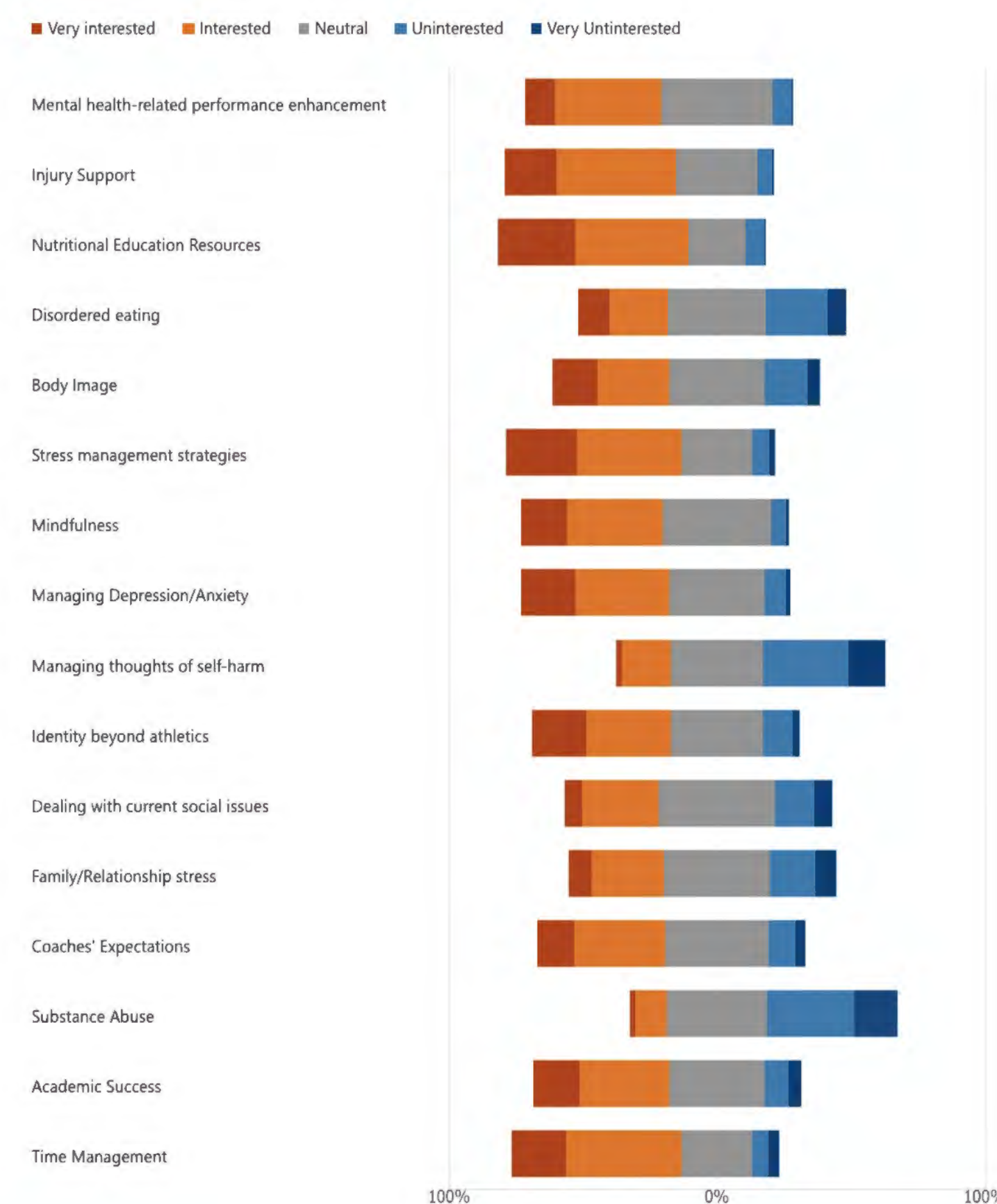
#### Top reasons why counseling services have not been utilized

- "I have no need for it" (79)
- I have no time (21)
- I'm not sure what they will ask or how it will help (19)
- I don't feel comfortable speaking with someone I don't know (10)

#### Please check the resources you would be interested in pursuing:

- Nutritional Counseling (43%)
- Mental Health related performance enhancement group (26%)
- Mental Health Social Media Page (19%)
- Group Meetings (12%)

#### Please rate your level of interest in additional programming related to the topics below



### Activities

Develop and distribute survey to Coaches and Student Athletes

Analyze results with Danielle and Dr. Ryan

Create Calendar

Create PowerPoints

Create Brochure

Social media pages and post ideas

Email speakers

Plan for Black Student Athlete Union (BSAU)

Present all information to Coaches and Student Athletes

### Goals Achieved

1. Determine the mental health needs of Otterbein athletes by conducting a survey which will target athletes and coaches
2. Introduce Otterbein's Licensed psychologists to the athletic department to create a level of comfortability and familiarity between the counseling center and the athletic department
3. Utilize a combination of advocacy strategies to engage student athletes such as storytelling, personalization, and social media
4. Develop educational materials to familiarize athletes with mental health services and how each are utilized
5. Research and utilize best practices for enhancing mental health resources for the athletic population
6. Combine mental health professionals' expertise with the needs of Otterbein's athletic population in order to help break the stigma to receiving mental health assistance



**OUR MISSION**  
TO PROVIDE A SUPPORTIVE, THERAPEUTIC RELATIONSHIP AND SAFE SPACE FOR STUDENTS TO ADDRESS AND WORK THROUGH CHALLENGING SITUATIONS. GROW IN THEIR RELATIONSHIPS, AND REALIZE THEIR POTENTIAL AS ACTIVE MEMBERS OF THEIR COMMUNITIES.



Location: 146 W. Home St.  
Hours: Monday-Friday (8:30-5:00pm)

#### OTTERBEIN COUNSELING CENTER SERVICES

- Personalized Telephone Screening for Intake
- Brief, Solution-focused Counseling
- Single-session problem-solving appointment
- Urgent, walk-in appts, daily, 11 or 11:30 a.m.
- Emergency Intervention and care planning
- Educational Workshops, 12 noon, daily
- Consultations, Referrals, Transitioning Care

#### ADDITIONAL RESOURCES

For emergency help, call 911, or go to your local hospital emergency room

National Suicide Lifeline Hotline:  
Call 1-800-273-8255

Download "Reach Out Otterbein"

Scan QR code below for complete list:



#### OTTERBEIN ATHLETICS



Wellness Resource Pamphlet



#### SPORTS PSYCHOLOGY WEXNER MEDICAL CENTER

Jennifer Carter, PhD  
Counseling Psychologist

(614) 293-3600

2050 Kenny Rd, Columbus, OH 43221

#### ATHLETIC MIND INSTITUTE

Todd M. Kays, Ph.D.  
Sport and Performance Psychologist

Kayleigh Hunnicutt, Ph.D.  
Mental Performance Coach

Josh Krolicki  
Mental Performance Coach

614.874.0178  
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Dublin, Ohio 43017  
<https://drtoddkays.com/>

#### SPORTS NUTRITION

DAWN HOLMES, MS, RD, CSD, LD  
Registered and licensed sports medicine dietitian

(614) 566.2786  
3705 Olentangy River Rd Ste 260  
Columbus, OH 43214

<https://www.ohiohealth.com/services/sports-medicine/our-programs/sport-nutrition>

**During your consultation:**  
Assess your energy and nutrient needs, including a review of your day-to-day eating

Develop personalized meal patterns to match your training goals

Troubleshoot concerns with performance, such as recurrent injuries, fatigue, hydration, or gastrointestinal discomfort

Answer your questions about supplements, medical conditions, carbohydrates, proteins, fats, fad diets, weight gain or loss and other nutrition related issues

Josh Krolicki  
Mental Performance Coach

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Evaluation of Eating Disorders

Family Medicine  
Nutrition