

YOUTH SPORTS SAFETY ALLIANCE

December 2015 Newsletter

Mental Health Adversities Facing Our Youth Athletes

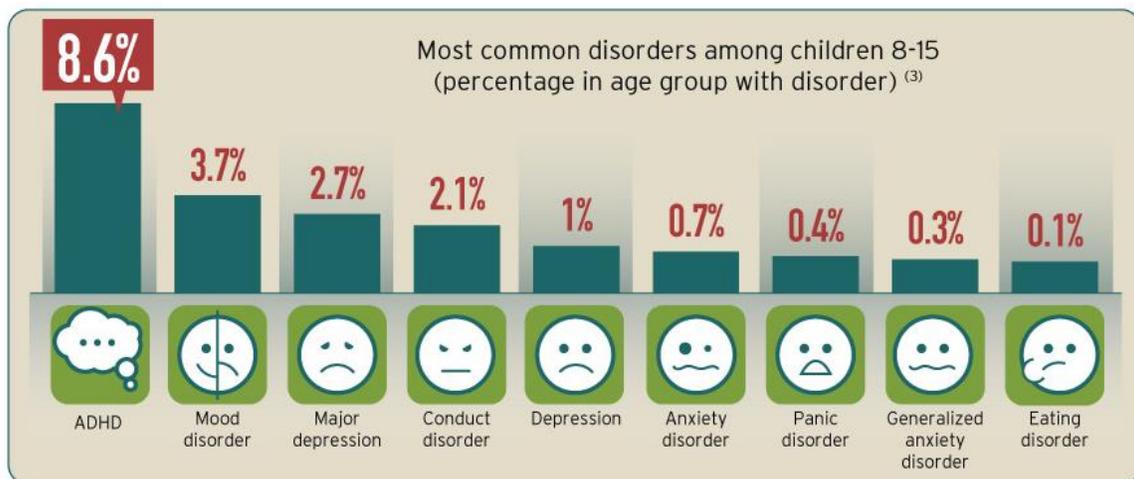


Photo Credit: www.topcounselingschool.org

There are mounting concerns about understanding the complexities of mental illness in America. Specifically our youth athletes face a complex environment where there is a growing emphasis placed on winning, which can trigger an underlying psychological concern. Over half of teens surveyed by the American Psychological Association have reported that managing their time to balance all their extracurricular activities is a significant stressor.¹

Keeping an eye out for signs of mental health issues may help keep youth athletes safe. Some behaviors that can be monitored are:

- Engaging in risky behaviors
- Unexplained weight loss or gain
- Making verbal/physical threats
- Mood swings
- Excessive worry or fear
- Withdrawal from social contact
- Difficulty focusing, concentrating or remembering
- Self-harm wounds and self-harm talk
- Agitation or irritability
- Gastrointestinal complaints; headaches

The signs listed above are not all inclusive; however, they may assist those who work closely with youth athletes in preventing psychological concerns before they become medical emergencies. It is important to have a team and plan in place to help tackle these sensitive issues. Team members should include but are not limited to: school health care providers, athletic department staff, administrators and a licensed/credentialed mental health care provider that the student can be referred to. To get more information on what a recommended plan looks like, please visit the [NCCA Mental Health Checklist](#).

¹ American Psychological Association. *Stress in America™: Are Teens Adopting Adults' Stress Habits?* 2014. <http://www.apa.org/news/press/releases/stress/2013/stress-report.pdf>

² National Collegiate Athletic Association. 2012-2013 Sports Medicine Handbook, guideline 2o. Mental Health: interventions for intercollegiate athletics. <http://www.ncaapublications.com/productdownloads/MD12.pdf>
Accessed March 15, 2013

ACSM Hosting Team Physician Course Soon!



YSSA member, American College of Sports Medicine (ACSM), will be hosting their week-long [Team Physician Course - Part I](#) **February 3-7, 2016 in Jacksonville, FL.**

Essentials of Sports Medicine: From the Sideline to the Clinic will offer hands-on workshops and new perspectives in the orthopedic, primary care, and emergency medicine aspects of sports medicine and athlete care. Attendees will have the opportunity to earn up to 25 continuing education credits. To [register](#) and view the preliminary program, visit acsm.org!

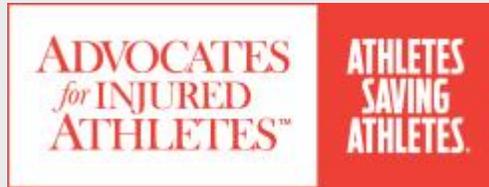
TAKE ACTION!

Update Your Member Information

Please update your information with our quick and easy [online form](#). This form includes information about YSSA member benefits and will serve as the new enrollment form for future YSSA members.

ARE YOU UP TO THE CHALLENGE? Help the alliance gain support by forwarding the enrollment [form](#) to five like-minded organizations who also advocate for youth athlete safety.

YSSA Member Spotlight



Athletes Saving Athletes (ASA™) is Advocates for Injured Athlete's signature program and a natural extension of the Foundation's charter—to help reduce the risk and incidence of injury and death to student athletes.

Launched in 2012, ASA™ harnesses the power of peer-to-peer communication and the value of educating student athletes in basic sports safety. Taught exclusively by certified athletic trainers, Athletes Saving Athletes™ is a unique educational program that teaches recognition and understanding of signs and symptoms of sports-related injuries and chronic medical conditions. The curriculum was developed by a team of medical experts from across the country. For more information about ASA™ visit [here](#).

Founding ASA™ Ambassadors: Tommy Mallon, Brittan Sutphin and Will James

“What you know may save someone you know.”

ASA™ Motto

New To YSSA

Please join us in welcoming our newest YSSA members!

[1TEAM Athletic Care, LLC](#)
[Hospital for Special Surgery](#)
[Interventional Orthopedics Foundation](#)
[Ski and Snowboard Club Vail](#)

Want to be our Next Member Spotlight?

In each newsletter we highlight a YSSA member who is actively advocating for youth sport safety. If your organization would like to be considered, please send a short description of your organization and any recent activity to: jessicah@nata.org by January 4, 2016. Goods and services that can be sold are not eligible for feature in the newsletter.

Here's what we are looking for:

- History of your organization
- Community outreach programs
- Upcoming or recently held events
- Any other youth athlete safety initiatives



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