

Case study 2 – English Rugby

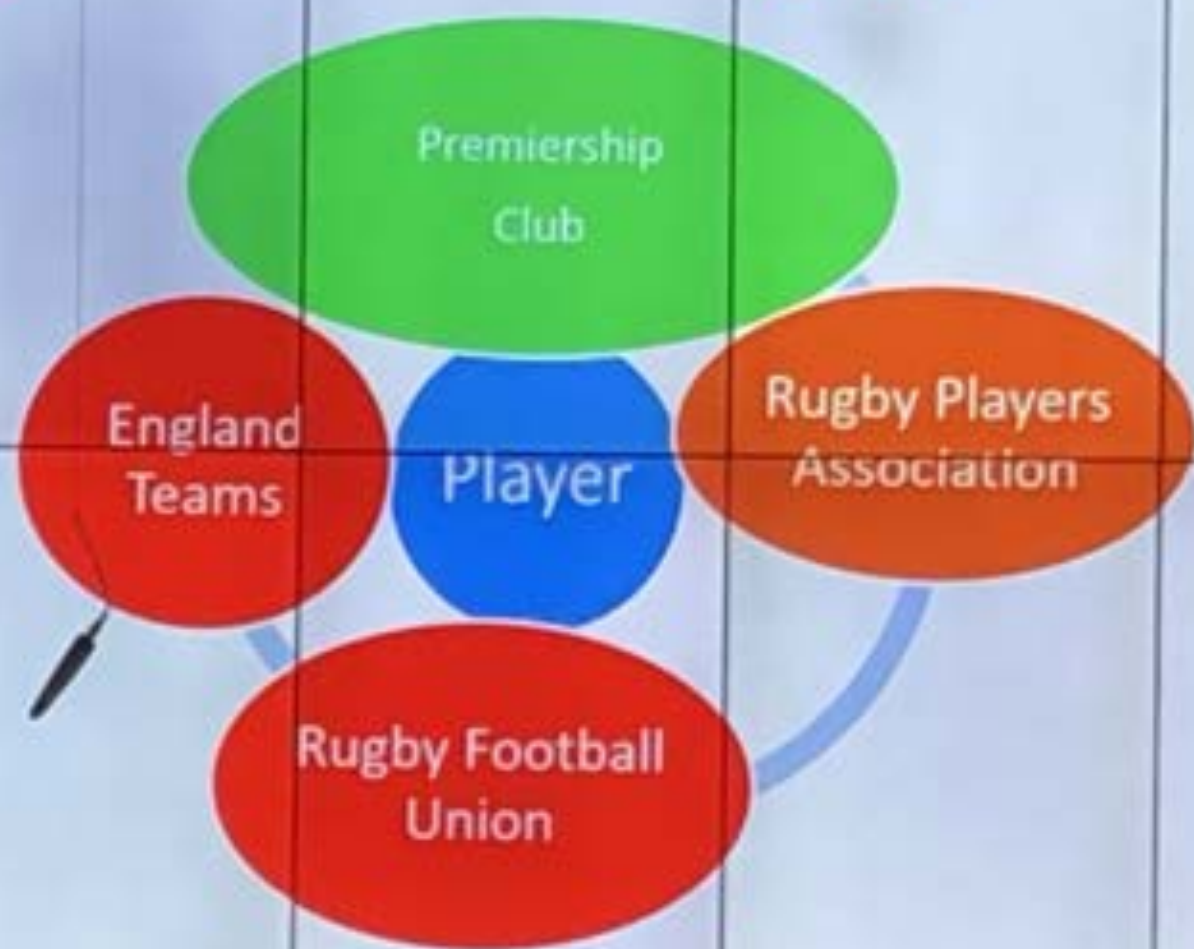
Presentation overview

- What's different about Rugby?
- The theoretical model informing Rugby's approach to mental health and wellbeing
- What is actually delivered?
- What do we know about the stressors?

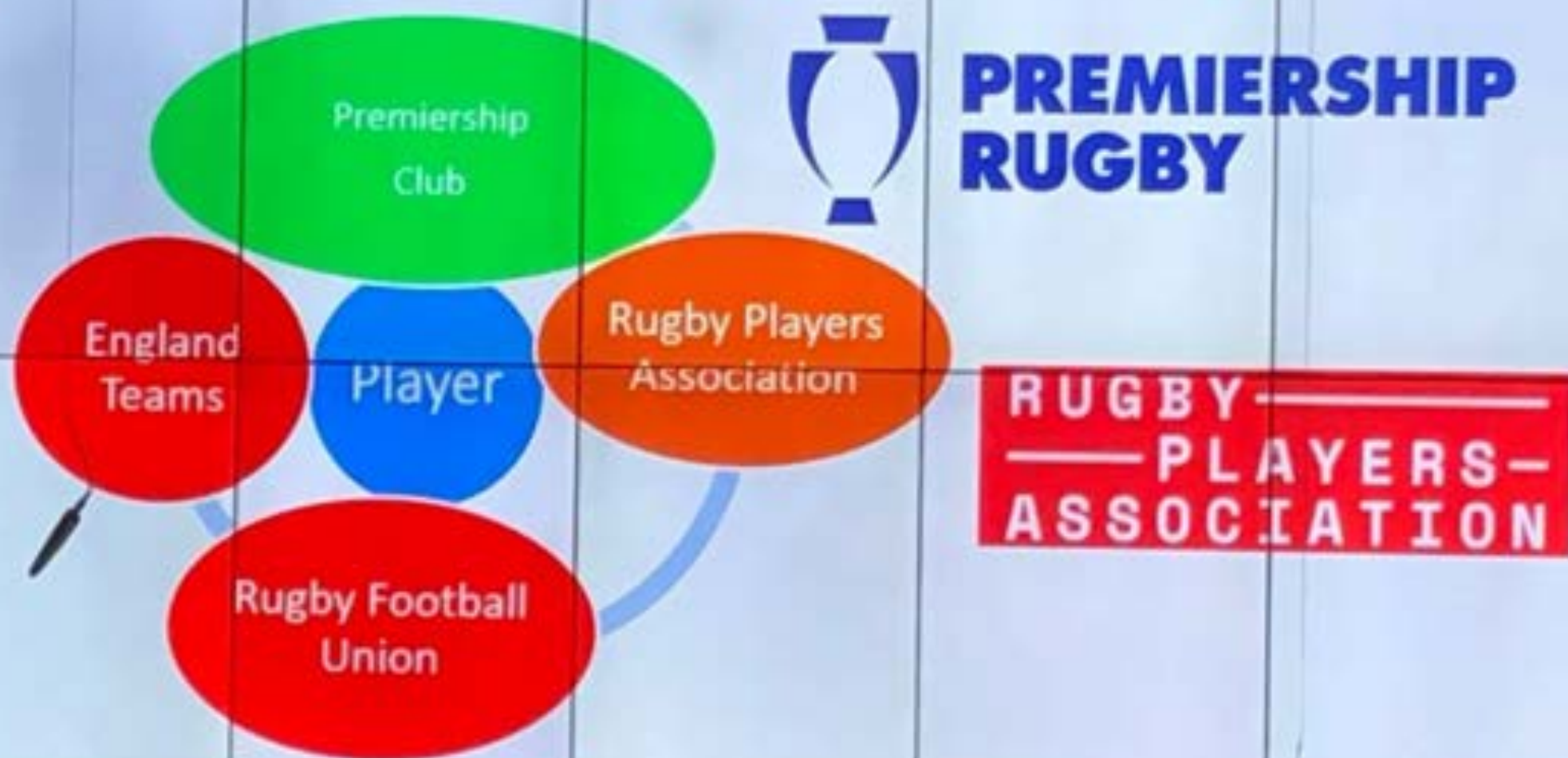
A case study

- 28 year old CB
- July - arrives at new Premiership club at end stage rehab following surgery for a muscle injury
- Modified pre-season
- September – sustains dislocation of reconstructed shoulder in 1st game
- Problematic recovery post surgery but attends club daily for rehab
- Seems “OK”
- December - starts to drink when out and uses recreational drugs when out with non rugby friends
- Makes formal disclosure of illicit drug use to Club Dr and SK
- Specialist assessment triggered → treatment and support plan

English Elite Rugby Landscape

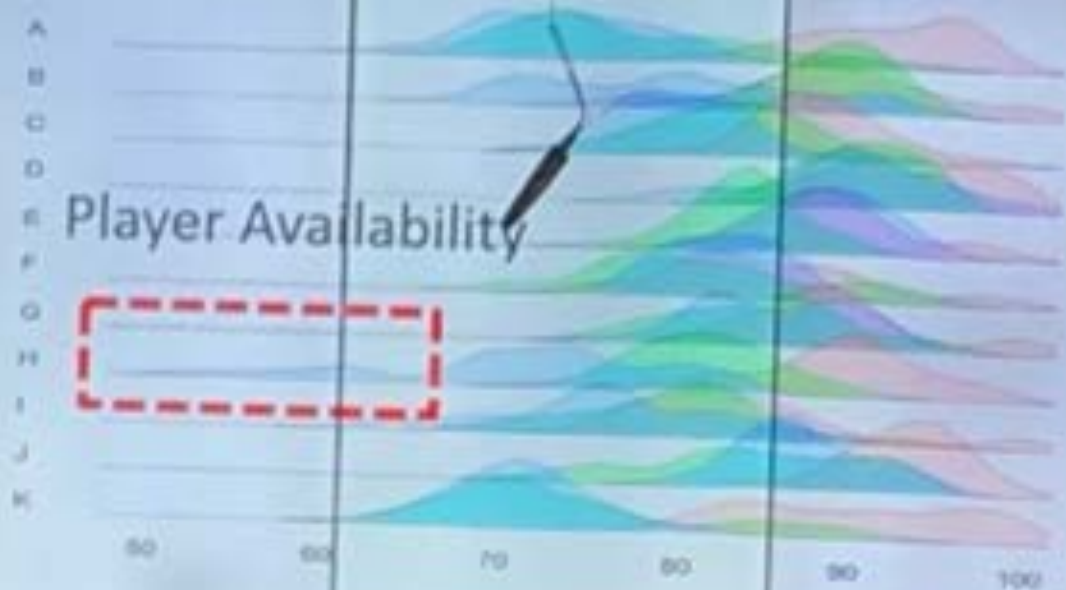


English Elite Rugby Landscape



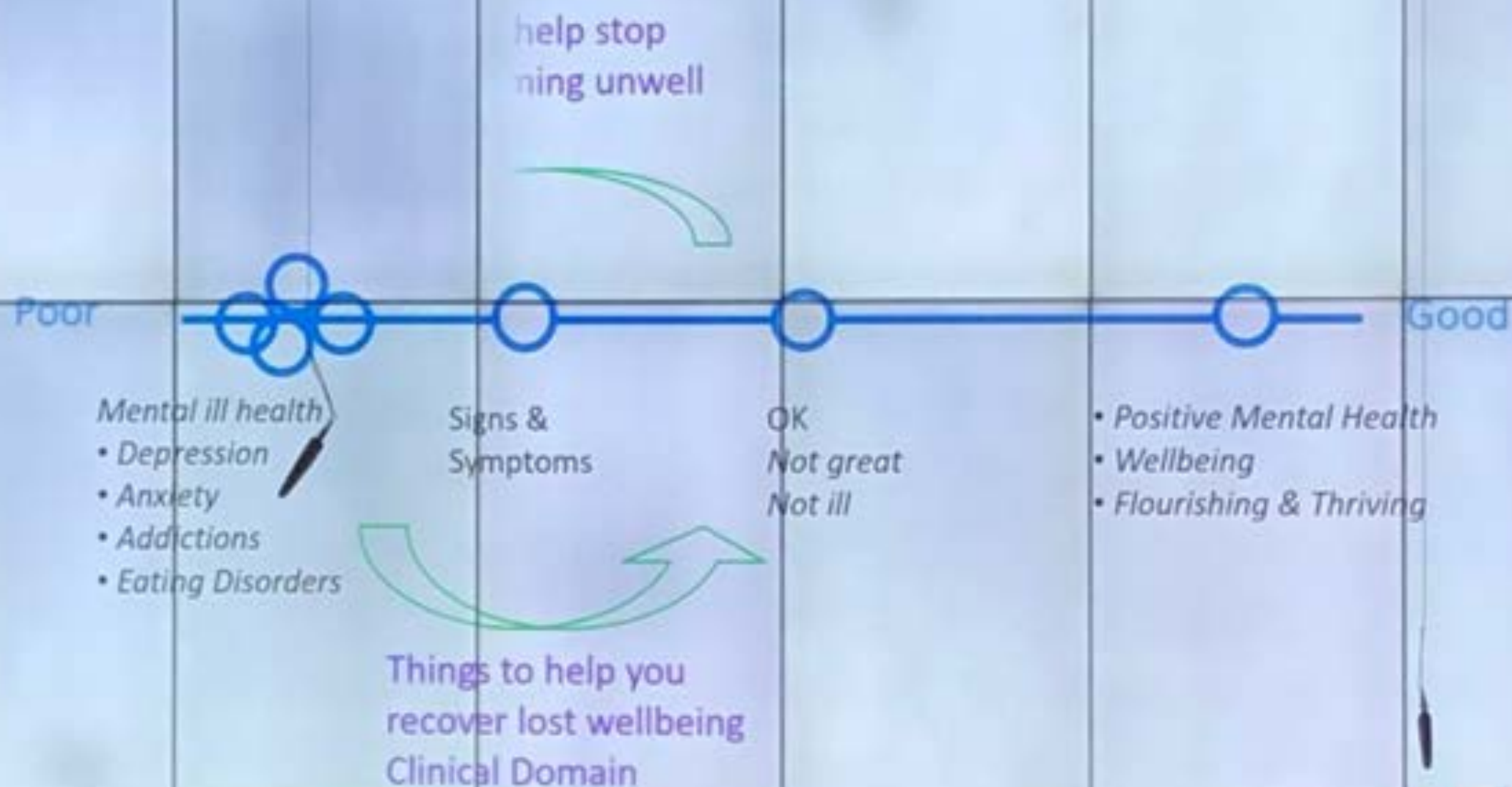
Strategic Collaboration around welfare

Injury risk, core values and inclusivity

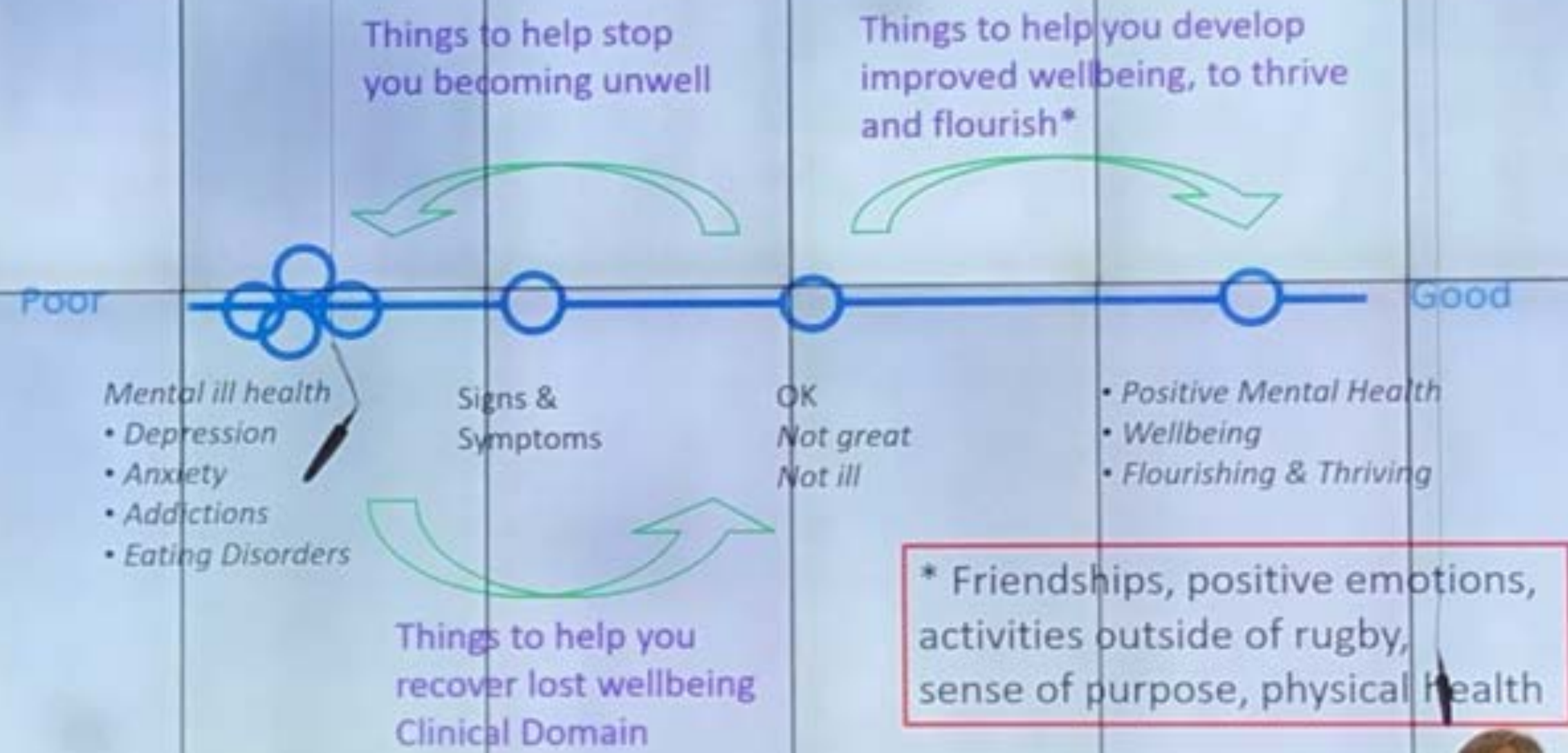


TEAMWORK
RESPECT
ENJOYMENT
DISCIPLINE
SPORTSMANSHIP

Rugby's mental health continuum



Rugby's mental health continuum



Sport related things pushing players to the left

- Role overload
- Role ambiguity
- Injury
- Lack of respect
- Lack of fairness
- Fear / blame culture
- Work-life imbalance
- Loss of meaning in work
- Poor management
- Conflict in relationships



Clinically Unwell

- Depression
- Anxiety states
 - Generalised
 - Panic disorder
 - Social phobia
- PTSD

Languishing

- Free from illness but
- Underperforming
- Not engaged
- Not much joy
- Lack of meaning and purpose

Muddling

Flourishing

- Doing well
- Feeling good
- Engaged
- Performing well
- Meaning and purpose
- Achievement
- Good relationships

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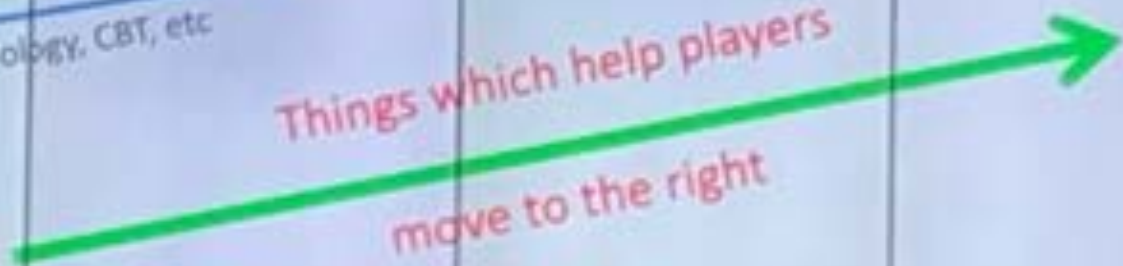
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'clinical' psychology, CBT, etc

Things which help players

move to the right



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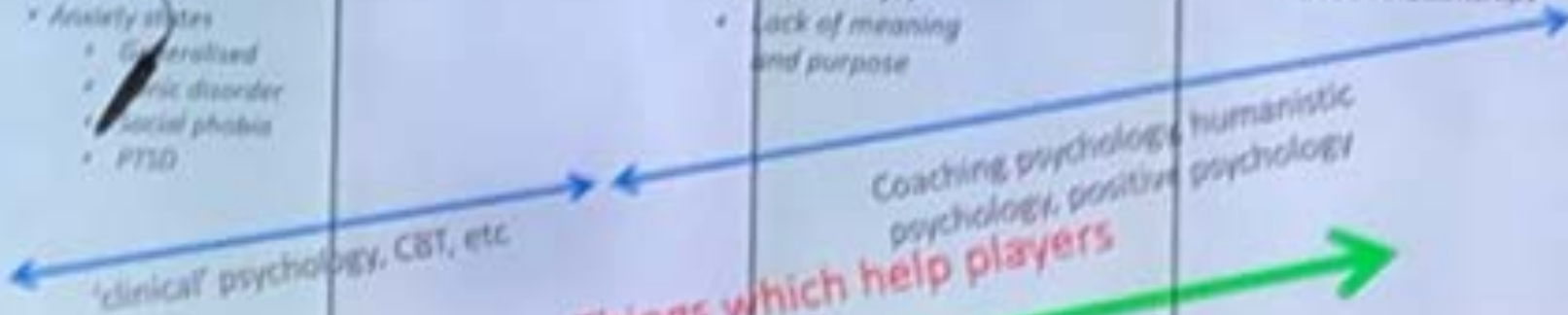
Languishing

- *Free from illness but:*
- Underperforming
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Muddling

Flourishing

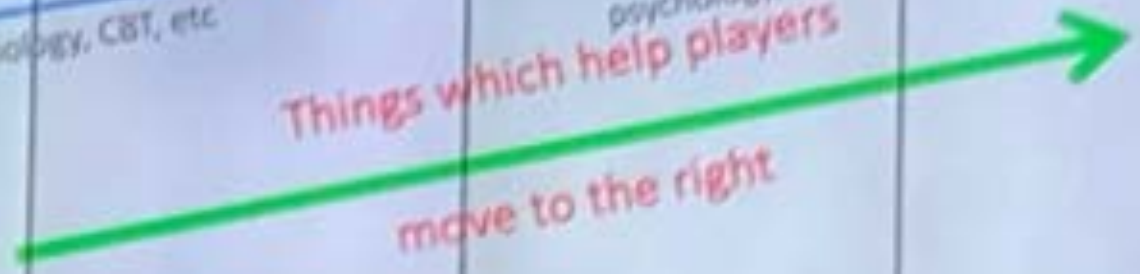
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'clinical' psychology, CBT, etc

Coaching psychology, humanistic psychology, positive psychology

Things which help players



move to the right

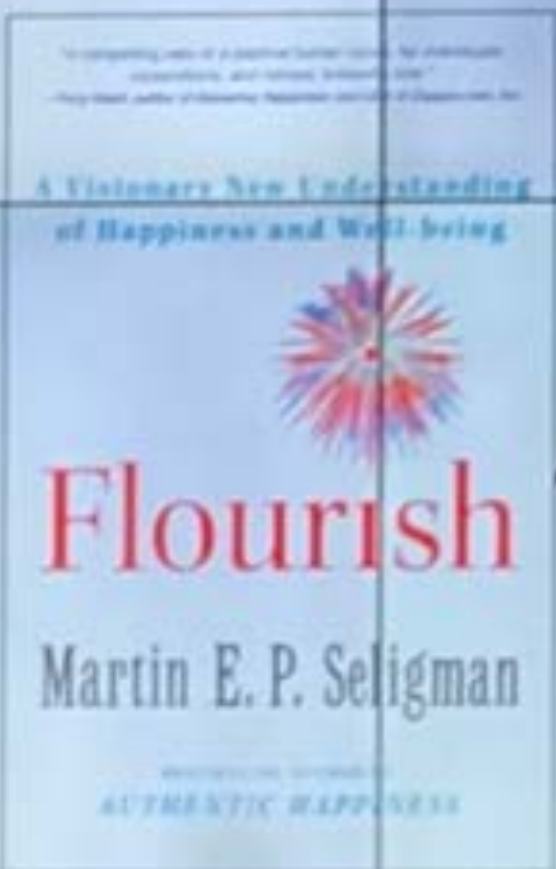
Negative Psychology

Most psychology research since the war has focused on the negative – what's wrong with people:

Depression, anxiety, criminality, alcoholism, OCD, eating disorders, personality disorders, suicide, anger, etc



Wellbeing Theory – scientific study of lives that go well & optimum human functioning



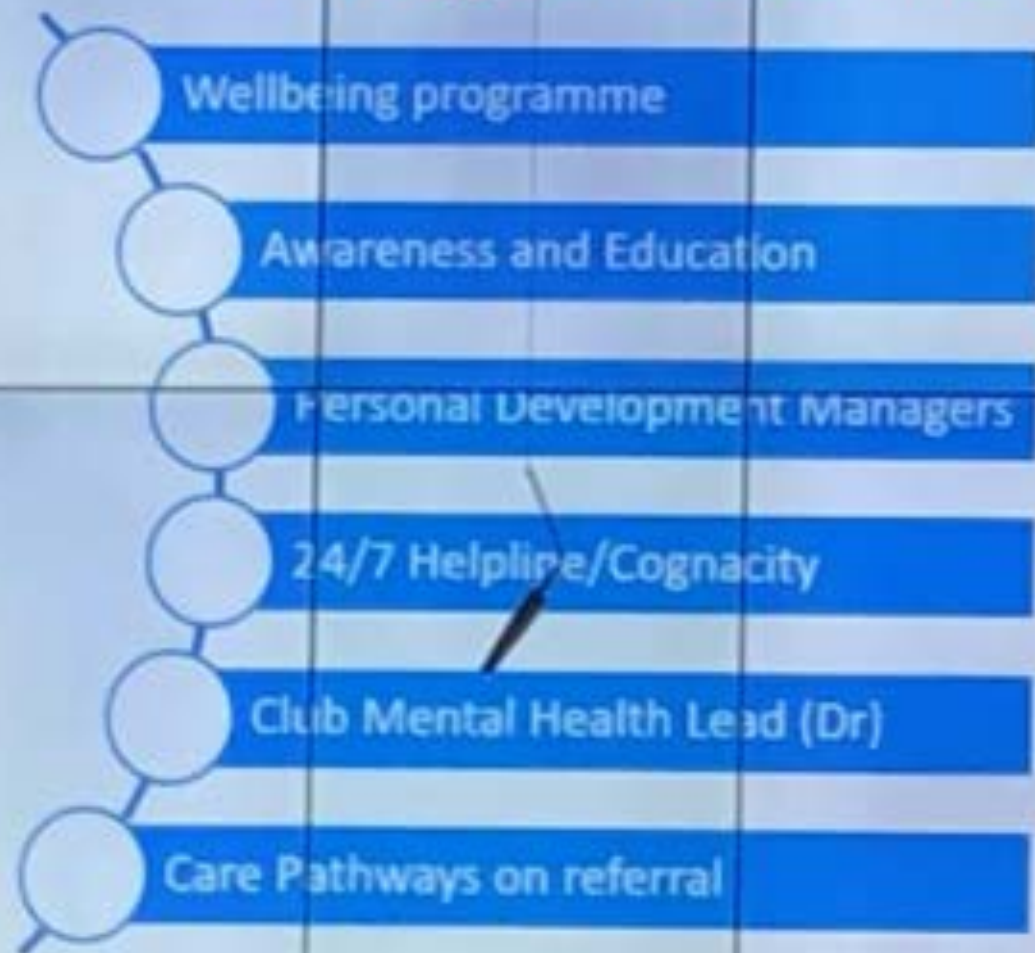
Wellbeing

- Wellbeing is not the same as being happy or feeling good
- Rather it is Eudaimonia (flourishing and living your best life)
- Options and activities are generic for human beings

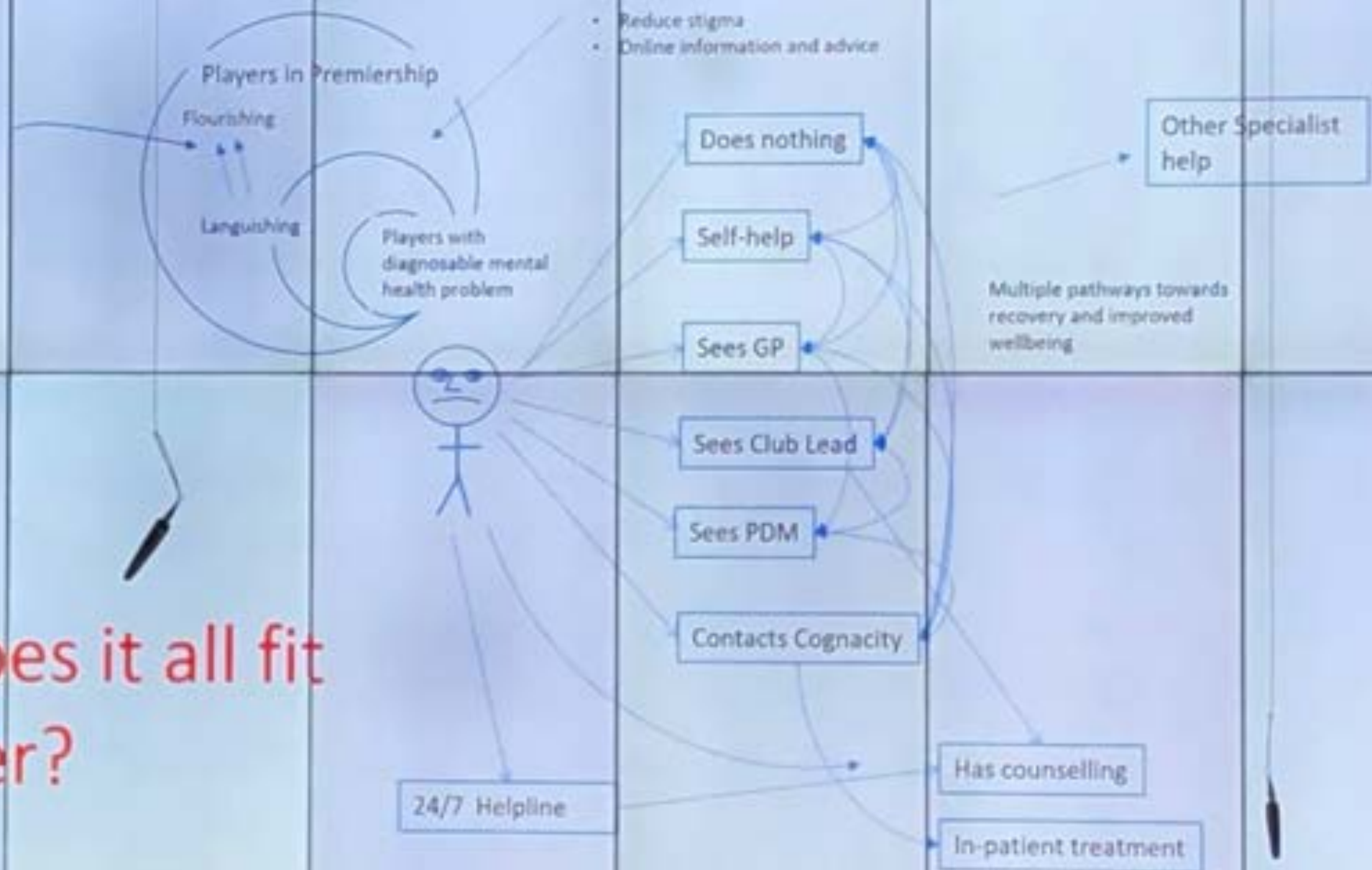
Wellbeing domains to explore

- How might you increase your experience of **positive emotions**?
- How might you increase your **engagement** with life?
- How can you develop **positive relationships**?
- How can you enhance your **meaning and purpose**?
- How can you increase your sense of **accomplishment and achievement**?
- How might you increase your **physical health**?

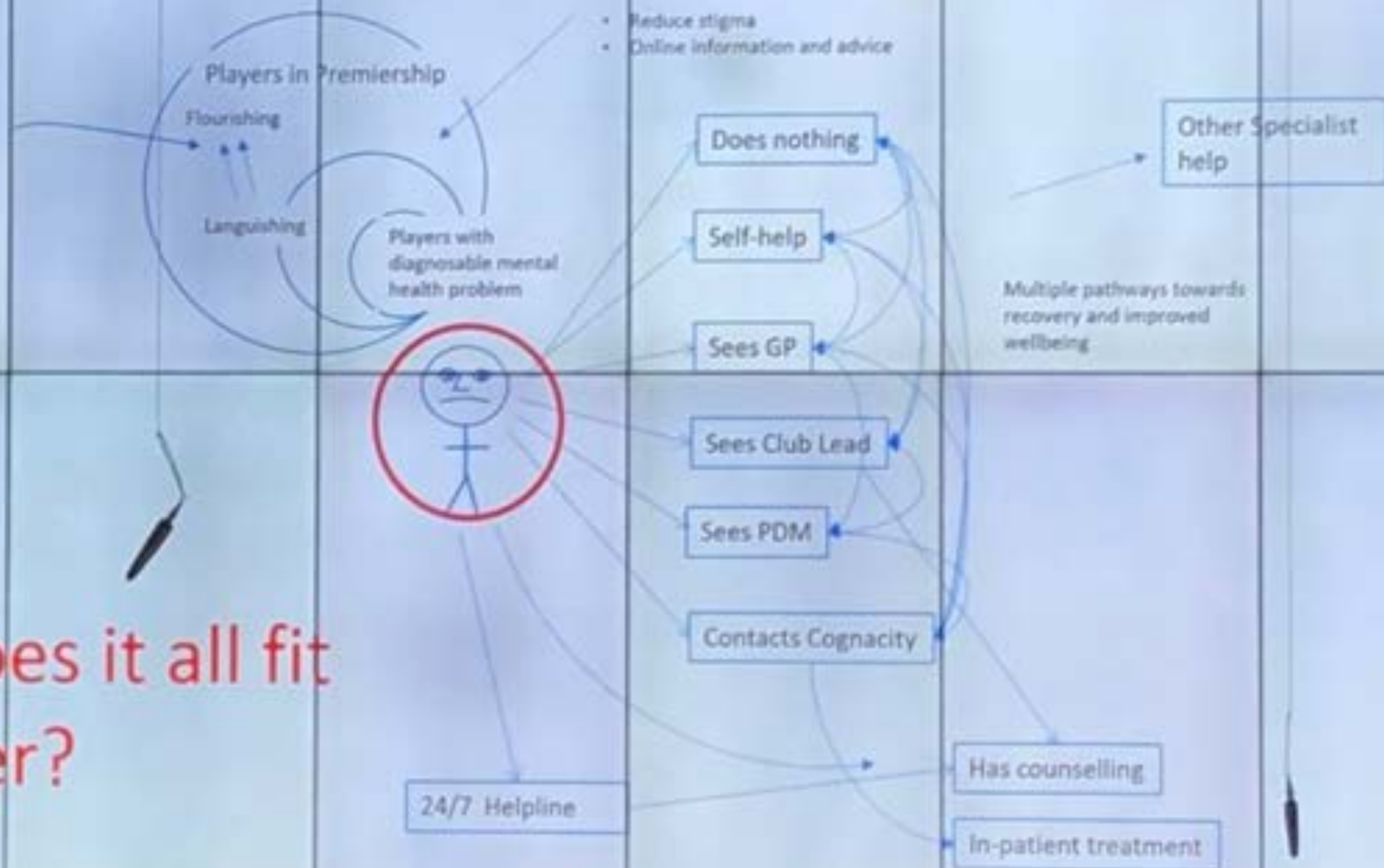
What are the elements of Rugby's integrated mental health service?



How does it all fit together?



#LIFTTHEWEIGHT



How does it all fit together?

#LIFTTHEWEIGHT

Wellbeing and prevention programme



- Reduce stigma
- Online information and advice



Does nothing

Self-help

Sees GP

Sees Club Lead

Sees PDM

Contacts Cognacity

Other Specialist help

Multiple pathways towards recovery and improved wellbeing

Reactive assessment & treatment programme

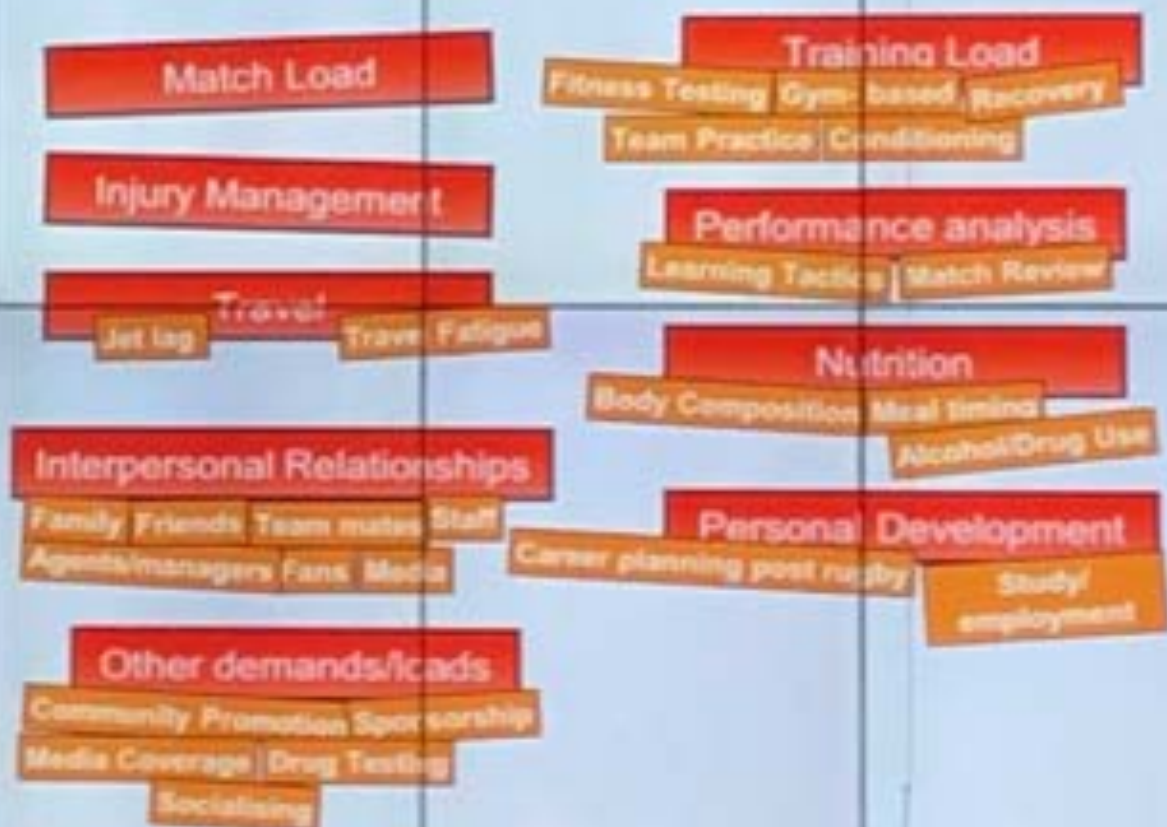
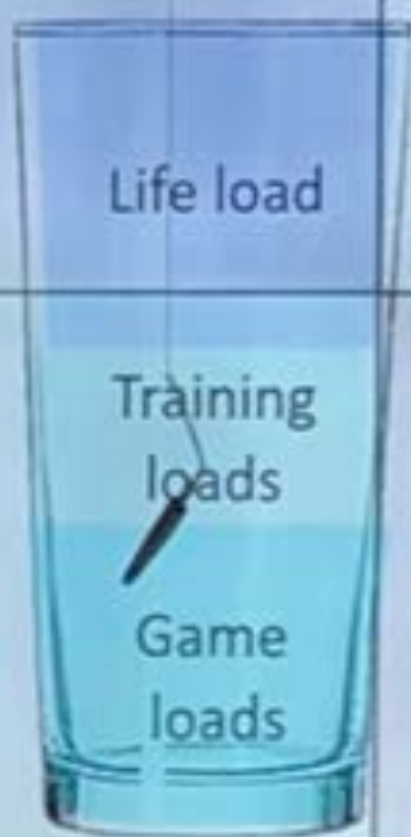
How does it all fit together?

24/7 Helpline

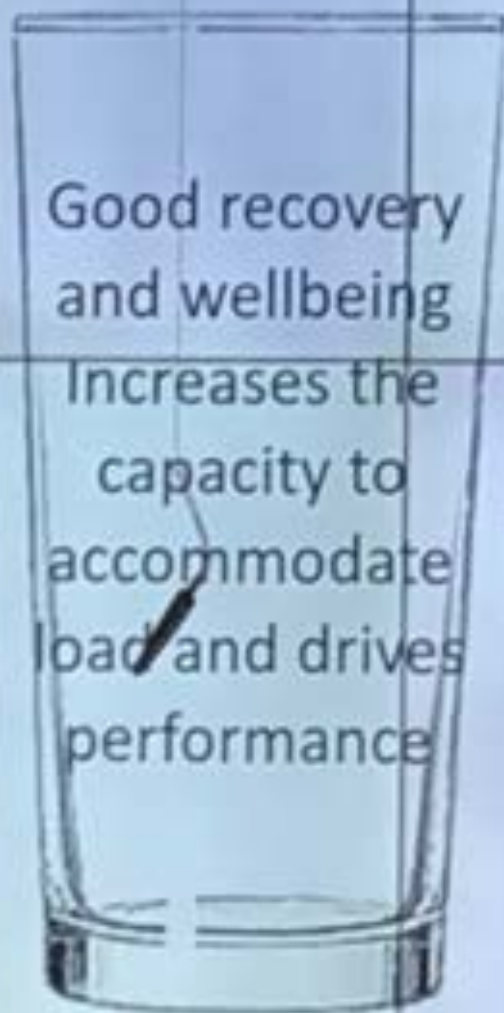
Has counselling

In-patient treatment

An integrated load based model for rugby



An integrated load based model for rugby



Pro Game Psychological load study

- Psychological load refers to non-physical demands that arise from inside ('Rugby Load') and outside ('Life Load') the game.
- Year 1 Work Package – 10 minute questionnaire at 3 time points

*Exploring main source of the load? How demanding?
How did you cope? How do you feel?*



Cardiff
Metropolitan
University

Prifysgol
Metropolitan
Caerdydd

Sources of Rugby Load – What is the biggest demand faced in your job as a professional rugby player?

Pre-season (247 responses)	Mid-season (247 responses)	End-season (189 responses)
<ol style="list-style-type: none">1) Injury & illness (26%)2) Preparing for rugby (34%) – physical, mental or tactical	<ol style="list-style-type: none">1) Injury & illness (53%)2) Expectations placed upon oneself or from others (25%); Personal or team performance	<ol style="list-style-type: none">1) Injury & illness (45%)2) Expectations placed upon oneself or from others (29%); Personal or team performance

Sources of Life Load – What is the biggest demand faced outside your job as a professional rugby player?

Pre-season (216 responses)	Mid-season (228 responses)	End-season (173 responses)
1) Financial (25%) 2) Personal commitments (19%); education or professional development, secondary jobs; weddings etc	1) Financial (29%) 2) Work-life balance (22%)	1) Personal commitments (29%) 2) Financial (21%)

Psychological load

- Psychological load (rugby and life load) increases across the season
- Wellbeing decreases across the season
- Leadership and Management within club impacted upon the quality of environment and player wellbeing
- Long term injured players group were more isolated and reported reduced mental wellbeing across the season

A case study revisited

- 28 year old CB
- July - arrives at new Premiership club at end stage rehab following surgery for a muscle injury
- Modified pre-season
 - Potential threat to thriving and flourishing identified
- ~~September - sustains dislocation of reconstructed shoulder in 1st game~~
 - Risk of further dislocation from the team identified and individualised plan created
- Problematic recovery post surgery but daily treatment for rehab
 - Wellbeing monitored regularly, discussed with player and active promotion of positive behaviours
- Player reports “feeling better than OK”
- Player starts to progress post career planning and formal study
- Player returns to play

Wellbeing - Summary

- Wellbeing is part of the mental health continuum
- Rugby is adopting a proactive approach to helping players to flourish and thrive
- Encouraging positive mental health and wellness
- To grow as people not just as athletes
- To win in Sport and Life

Case study 3 – rozvoj odolnosti a nastavení mysli k práci pod tlakem



**LEADERS
MEET**

Wellbeing

RESILIENCE & MINDSETS

Case Study 3 - Developing the Resilience & Mindset to Perform Under Pressure



Aaron Williamon
Director of
Performance Science
Royal College of
Music



Ben Williams
Head of Human
Performance
INEOS Team UK
Sailing



**Moderator
David Fletcher**
Senior Lecturer in
Performance Psychology
Loughborough University



#LEADERS19



Case study 4 – Changing the Mental Wellbeing Landscape in Elite Sport



**LEADERS
MEET**

Wellbeing

MENTAL WELLBEING & COMMUNITY ENGAGEMENT

Case Study 4 - Changing the Mental Wellbeing Landscape in Elite Sport



Matti Clements
Deputy Director of Athlete
Wellbeing & Engagement
Australian Institute of Sport



#LEADERS19



ATHLETE WELLBEING

Every athlete:

- a) realises his or her own potential; can cope with the normal stresses of life; and
- b) feels productive and content in life.

ATHLETE ENGAGEMENT

Every athlete:

- a) **meaningfully contributes to their community;**
- b) **seeks to learn and gain life experiences; and**
- c) **is connected with others socially and professionally.**



Athlete Wellbeing and Engagement




Vision

Australian athletes can learn, thrive and contribute to the community during their time in high performance sport and life afterwards

Purpose

To **lead** and **support** Australia's sporting industry to understand that a successful high performance culture includes athletes finding the right balance between wellbeing, engagement in activities outside of training and competition, and the requirements of elite sport



AW&E Frameworks








AW&E Frameworks operate across multiple contexts, addressing issues of athlete wellbeing both directly, on an individual basis, and also more broadly to influence the regulatory and cultural landscape of each National Sporting Organisation (NSO).

AW&E Service Streams



Developing System Capability through:



Mental Health 	Conduct & Professionalism 	Personal Development 	Career & Education 	Engagement 
<ul style="list-style-type: none"> National Mental Health Referral Network of Psychologists, Psychiatrists and Neuropsychologists 	<ul style="list-style-type: none"> Governance and skills development for NSO Athlete Committees Advice and leadership for integrity and code of conduct breaches for NSOs 	<ul style="list-style-type: none"> Development of athlete resources to support HP programs: self-knowledge, values-based decision-making and financial literacy program 	<ul style="list-style-type: none"> National Career Practitioner Network Elite Athlete Education Network 	<ul style="list-style-type: none"> National Community Custodian Program Athlete Appearances Partnered NSO / NIN* projects
<ul style="list-style-type: none"> Mental Health Audit Mental Health Literacy to athletes and HP staff within NSO environment 	<ul style="list-style-type: none"> Critical Incident policy developed and education being implemented for NSOs Developed policy templates eg. Code of Conduct, Social Media, Pregnancy etc Implementation of a Duty of Care in HP sport review, and Duty of Care service delivery 	<ul style="list-style-type: none"> Family and Friends program AW&E Manager Skills Program and Wellbeing 	<ul style="list-style-type: none"> Career and Education Tool Kits for NSO AW&E Managers includes handouts Career Advancement and Work Placement Program including Work Readiness program 	<ul style="list-style-type: none"> Elite athletes as role models through targeted media such as the Players Voice <p>*National Institute Network</p>

AIS Mental Health Referral Network



AIS MENTAL HEALTH AUDIT SNAPSHOT

Over 70,000 Australian adults participated in the Mental Health Audit through an anonymous online survey. Some of the key findings are outlined below.

MENTAL HEALTH AND WELLBEING MENTAL HEALTH AND WELLBEING MENTAL HEALTH AND WELLBEING	MENTAL HEALTH AND WELLBEING MENTAL HEALTH AND WELLBEING MENTAL HEALTH AND WELLBEING
DEPRESSION AND ANXIETY Affects 1 in 3 Community 1 in 5	PSYCHOLOGICAL DISTRESS Affects 40% Community 20%

Support is available for anyone experiencing mental health issues. For more information, visit [ais.org.au](#)

Find out more about the Mental Health Referral Network, Depression and Anxiety programs and help available for you. For more information, visit [ais.org.au](#)

There is no cost to access any of our mental health and wellbeing resources



AIS

FEELING STRESSED, ANXIOUS, DEPRESSED?

It helps to talk to someone.
By a friend, partner or family member, or call the Mental Health Referral Network on 02 6214 1330.

The Mental Health Referral Network provides free advice, information and support for people with depression, anxiety, stress, and psychological and mental health problems across the country.


For more information, visit [ais.org.au](#) or call 02 6214 1330.

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Recent AW&E Media Coverage



 Australian Institute of Sport
#theAIS is pleased to partner with @LifelineAust and announce 21 elite athletes who have been selected as #CommunityCustodians to reduce the stigma of mental health and promote the positive contribution athletes/ sport can make to the community. Read more sportaus.gov.au/media_centre/n

LIFELINE
COMMUNITY CUSTODIANS

Jenna O'Hara	Gordon Allan
Anabelle Smith	Jaime Roberts
Angie Brindley	Jo Brigden-Jones
Belle Brindley	Karl Wallace
Blair Stevens	Kristy Harris
Cooper Chapman	Laura Kingdon
Dane Bird-Smith	Michael Toner
Declan Stacey	Monique Murphy
Emily Tapp	Scott Reardon
Erik Horne	Sophie Fletcher
Georgia Wilson	



DANE BIRD-SMITH
OLYMPIC RACE WALKER

Australian Institute of Sport
Inspiration Day

Dangerous myth of the perfect body by Kaitie McCulloch
Kaitie McCulloch is proud as Olympic medal doesn't guarantee happiness. This is what she learnt about being a fat hater from experience and how she came to accept her body for the way it is.



13 comments, 112 shares

AIS Mental Health Referral Network



AIS

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The Mental Health Referral Network provides Australian athletes of Sport Australia's elite athletes with access to 24/7 mental health and wellbeing support services across the country.

If you think an athlete may be struggling emotionally, please refer them to the network.

Get in a mental health professional who understands the challenges you face as an elite athlete.
02 8214 7200
mentalhealth@smhs.gov.au
Sport@3.gov.au/1800



How will we know if we have been
successful?

SPORTAUS



Děkujeme za váš čas, který jste věnovali tématu wellbeing.

Všichni jsme na cestě ke zlepšení našich sportovců.

Podmínky wellbeing mohou být něco, co nás může posunout v před.

Thank You

MAIN PARTNER

KEISER

EVENT PARTNER

 **beaconforce**

