

Isle of Man Sport Aid Mental Health Strategy – Steering Group

Minutes

Wednesday, 10th March 2021, 20:00-21:00

In attendance: Nikki Arthur (NA), Ian Braid (IB), Helen Collis (HC), Gianni Epifani (GE), Richard Sille (RS), Sarah Vorster (SV)

Apologies: Lee Holland (LH), Tom McCabe (TM), Hollie Quaye (HQ), Catherine Reid (CR), Ian Sharpe (IS)

1. Welcome (IB)

IB welcomed everyone to the meeting. It was noted that the meeting was quorate.

2. Approve Minutes of Previous Meeting (ALL)

The minutes were taken as read.

Action RS to publish signed minutes on the website.

3. Matters Arising (IB)

- Website / Blog. The blog page has now been set up on the Sport Aid website. Thanks to Paul Callow for his help with that. This page now requires linking to a curated blog.

Action RS to create a blog through one of the main blogging websites and link to webpage.

- DHSC Referral Channel. We are hopeful that Eleanor Devereau, Activities Co-ordinator for the Community Wellbeing Team, will join the Steering Group.

Action RS / GE to meet with ED next week.

4. Survey / Needs Analysis (RS)

Detailed data analysis has not yet been performed. It was noted that it would be helpful to have this completed as soon as possible.

RS gave a summary of the headline findings. The survey response rate equates to around 30% of athletes across Sport Aid Academy, Sport Aid, and ex-Sport Aid.

Key points of note:

- Importance of mental health in sport. Almost 80% of respondents indicated mental health was very important for their sporting careers.
- Subjective ratings of mental and physical health. Athletes rated their physical health in the last month higher than their mental health. Qualitative analysis is required to understand these findings.
- Peer support. Athletes indicated that they would be most comfortable talking to a teammate or training partner about their mental health. Increased MH awareness and training would enhance the effectiveness of peer support.

- Support mechanisms. Athletes most requested support mechanism was ‘techniques to self-manage mood / psychological distress’. It was noted that these techniques could be delivered through the Sport Aid Academy structure, under the guise of performance enhancement. The second most requested support mechanism was a ‘confidential emotional support service’ (see item 5).

Action RS to approach his contacts in UK and offer the analysis task as a placement opportunity for a student.

5. TEAMmate Emotional Support Service (IB)

RS advised that he and IB had talked again with Switch the Play Foundation (StPF), resulting in the circulated Heads of Agreement. This document has also been forwarded to IOM Sport Aid for comment.

StPF has provided sufficient assurance that the TEAMmates involved in the service have been appropriately vetted and are competent and experienced enough to operate a triage service. It was noted that the first clause under ‘Service Level Minimum Standards’ could be strengthened, perhaps with anonymised bios provided in an appendix.

It was agreed that, to ensure only eligible athletes are able to access this support, a list of initials and dates of birth could be shared with StPF. This would also protect anonymity and satisfy GDPR considerations.

Action IB to liaise with StPF to amend the above clause and seek anonymised bios as an appendix to the Heads of Agreement.

Action RS to liaise with Sport Aid to check eligibility, outstanding concerns, and budget for the service.

As part of their Sport Aid service contract, athletes complete a monthly report. It was queried whether this monthly report could include a question concerning mental health, as a regular screening – something that over 50% of respondents to the survey indicated would be useful.

Action RS to discuss with TM and Sports Performance Co-ordinator.

6. Official Launch (IB)

It was agreed that a staggered launch may be most appropriate, gradually adding resources, content, and support services while continually reinforcing the message through various media channels, including, videos and podcasts. It was noted that the rearranged IOM Sport Awards would provide a valuable opportunity for key stakeholders to promote the Mental Health Strategy.

Action RS to request that some time is protected at the Sports Awards for the Chief Executive to talk about the mental health strategy.

Action RS / CR to discuss optimal media channels for accessing the 16-24 demographic.

7. Any Other Business (ALL)

Island Athlete Migration Research Project. RS advised that Jersey and Guernsey seem keen to get involved. There is a meeting planned with TASS next week to thrash out final details with a view to getting started in the next month.

8. Date of Next Meeting (ALL)

Next meeting to take place on Wednesday 14th April 2021 at 8pm.

A handwritten signature in black ink, consisting of several overlapping loops and a long horizontal stroke at the end.

Chair:

Date: 14th April 2021