

Isle of Man Sport Aid Mental Health Strategy – Steering Group

Minutes

Wednesday, 14th April 2021, 20:00-21:10

In attendance: Nikki Arthur (NA), Ian Braid (IB), Helen Collis (HC), Eleanor Devereau (ED), Gianni Epifani (GE), Richard Sille (RS), Hollie Quaye (HQ), Catherine Reid (CR), Ian Sharpe (IS), Sarah Vorster (SV)

Apologies: Lee Holland (LH), Tom McCabe (TM)

1. Welcome (IB)

IB welcomed everyone to the meeting and introduced Eleanor to the group. 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 is up and running. We are waiting for a redirect from the Sport Aid website to the blog.

Action CR to write opening blog post.

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

Action RS / IB to develop monthly calendar of topics and invite stakeholders to contribute.

4. Survey / Needs Analysis (RS)

Detailed data analysis has now been completed. The report and executive summary have been forwarded to IOM Sport Aid for their meeting on Monday 19th April 2021. A draft budget has also been submitted, estimating the annual cost of our recommendations.

Key recommendations from the survey were discussed. The barriers to accessing mental health support were noted, including lack of confidence and awkwardness. CR commented that the workshops at Sport Aid Academy helped in this regard and suggested they may be enhanced by more Sport Aid athletes attending and discussing mental health. The group agreed that athlete stories were particularly powerful.

HC commented that teenage boys appeared to be a particularly difficult demographic to connect with on this topic. HQ commented on the importance of having different access channels available (e.g., a text / IM service) and regular screening (e.g., Recovery Star / Engagement & Wellbeing Matrix). It was agreed that a proper induction process should explain these elements.

IB suggested that Switch the Play might be able to provide advice on a more structured exit process as athletes transition out of Sport Aid.

Action RS to commission an infographic showing key findings from the survey in an easily digestible format.

Action RS to investigate the possibility of more athletes speaking on mental health at Sport Aid Academy.

Action RS / IB to develop signposting / decision tree documents for inclusion in the Sport Aid induction pack.

Action RS / IB to investigate a more structured exit process for athletes transitioning out of Sport Aid.

Action NA to provide details of a text service used by school children.

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

5. TEAMmate Emotional Support Service (IB)

Switch the Play Foundation (StPF) has signed the Heads of Agreement and this document should be signed by IOM Sport Aid on Monday. StPF has provided biographies on each of the TEAMmates and a short introductory video for us to put on the website.

Eligibility for the TEAMmate service is initially restricted to Sport Aid athletes and those who have left Sport Aid in the last three years (approximately 60 athletes in total). Once the local referral channels have been clarified we can make the TEAMmate service operational.

6. Official Launch (IB)

It was previously agreed that a staggered, or 'soft', launch is most appropriate, gradually adding resources, content, and support services while continually reinforcing the message through various media channels.

The Isle of Man Sports Awards are being held in the first week of June, attended by many stakeholders. The Chief Executive will be talking about mental health and will take the opportunity to promote the work we have done and the support structures we have put in place.

It was agreed that it was now time to document the strategy more formally, bringing together the various support mechanisms, resources, and referral pathways, demonstrating how athletes interact with the mental health strategy. It was agreed that, where possible, we should ensure the mental strategy integrated with wider Government strategy on mental health (Stepped Care Model for Mental Health and Wellbeing).

Action IB to draft a document outlining pertinent elements of the mental health strategy for circulation and comment by the group.

Action HQ / ED to forward details of the Manx Care Stepped Care Model for Mental Health and Wellbeing.

7. Any Other Business (ALL)

SV commented that it was important to enhance knowledge and skills for support staff, to help them normalise mental health conversations, through mental health awareness and training. GE mentioned that mental health awareness training is available through local providers. RS added that IB, with his knowledge and experience in mental health *and* sport, would provide additional value to this type of training.

Action RS to circulate details of upcoming MH awareness training to Institute support staff.

8. Date of Next Meeting (ALL)

Next meeting to take place on Wednesday 12th May 2021 at 8pm.

A handwritten signature in black ink, appearing to be a stylized name.

Chair:

Date: 13th May 2021