

Join UPMC Western Behavioral Health Experts for a Virtual Presentation



Sessions are designed to help coaches and parents/guardians recognize and support the behavioral health and wellness needs of student-athletes.

UPMC Sport Medicine and **UPMC Western Behavioral Health** have teamed up to provide behavioral health and wellness services to help student-athletes perform at their very best in sports, school, and life.

The program is led by Kenneth C. Nash, MD, chief of clinical services at UPMC Western Psychiatric Hospital and team psychiatrist for the Pittsburgh Penguins and Steelers, and Raymond Pan, MD, psychiatrist at UPMC Western Psychiatric Hospital who is known nationally for his work with student-athlete mental health and wellness. It includes presentations by a team of professionals who support the health and wellness of student-athletes. With a dedicated UPMC Western Behavioral Health and Wellness student-athlete referral line and specialist to assist with referral placements, we respond to student-athlete referrals with expert advice and/or treatment on a case-by-case basis.

A series of presentations are available for athletic trainers, coaches, student-athletes, and parents/guardians, each of which provides guidance on recognizing and supporting the behavioral health and wellness needs of student-athletes. Priority topics for training sessions include:

- Recognizing signs and symptoms of behavioral health needs.
- Supporting behavioral health and wellness needs of student-athletes.
- Referring a student-athlete for behavioral health and wellness support.
- Supporting student-athletes as a parent.
- Self-awareness and coping techniques for student-athletes.
- Recognizing addiction and self-destructive behaviors.
- Supporting team members with behavioral health and wellness needs.

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The one-hour presentations allow ample time for questions. All sessions are held virtually via Zoom, and registration links are noted. We welcome you to join us!

Session and Date:

Athletic Trainers and Coaches
"Identifying and Supporting Student-Athletes with Mental Health Needs"

Monday, Sept. 27, 2021 – 7 to 8 p.m.

Student-Athletes Middle School
"Recognizing and Managing Your Mental Health as a Student-Athlete"
Weds., Sept. 29, 2021 – 7 to 8 p.m.

Student-Athletes High School and Collegiate
"Recognizing and Managing Your Mental Health as a Student-Athlete"
Weds., Oct. 6, 2021 – 7 to 8 p.m.

Parents of Middle School Student-Athletes
"Recognizing and Supporting Student-Athletes with Mental Health Needs"
Monday, Oct. 11, 2021 – 7 to 8 p.m.

Parents of High School Student-Athletes
"Recognizing and Supporting Student-Athletes with Mental Health Needs"
Weds., Oct. 13, 2021 – 7 to 8 p.m.

Registration Link:

surveymonkey.com/r/ATC-9-27

surveymonkey.com/r/SAMS-9-29

surveymonkey.com/r/SAHSC-10-6

surveymonkey.com/r/PSAMS-10-11

surveymonkey.com/r/PSAHS-10-13

Support and training are available year-round. To learn more about our experts, services, and collaboration across UPMC, please call 1-855-93-SPORT (77678) or visit UPMCSportsMedicine.com.

