COACHES MEETING

Compliance Office
November 14, 2016
Shea Room
AGENDA

- Department Updates
- Student-Athlete Health and Wellness
  - Dr. Craig Burns, Director of Counseling Services
  - Dr. Robert Nascimento, Orthopedic Surgeon
- New Recreation Center
  - Caitriona Taylor, Director of Campus Recreation
- Time Demands - New NCAA Legislation
TIME DEMANDS

• Student-Athlete Time Management Plan
  • Guidelines still being developed
  • Plan accordingly – be thinking about this now!
  • Current recommendations from NCAA DI Student-Athlete Advisory Committee:
    • Provide plan to student-athletes prior to first CARA or first day of classes.
    • Schedules should be provided to student-athletes a minimum of one week in advance.
    • Provide at least 24 hours of notice to student-athletes for a change in schedule.
  • Annual review of the sport's student-athlete time management plan
  • Failure to follow institutional policy will result in NCAA violations.
DAYS-OFF

- CARA/RARA prohibited between 9:00pm – 6:00am for at least an eight hour period.
  - Exceptions:
    - Activities related to competition (e.g.,
Guidelines for Student Athlete Graduation Reception

• Invitation
  o All student athletes who graduate with their undergraduate degree in December or May of current academic year
  o All transfer graduate student athletes who graduate with their first Boston College degree in December or May of the current academic year
  o Any student athlete who is graduating with their second Boston College degree, including graduate degree, in December or May of current academic year will be invited to attend, but will not be recognized with any awards
  o Any team manager listed on the current year team’s roster who will graduate with their undergraduate degree in December or May of current academic year will be invited to attend, but will not be recognized with any awards

• Varsity Letter Award and Varsity Club Certificate
  o Student athlete must graduate with their first undergraduate degree OR transfer graduate student athletes earning their first Boston College degree in December or May of current academic year
  o Must have been active on current year team’s roster
  o To be awarded only once
  o Any head coach that would like to add or remove a student from the list must put that in writing to the Athletic Director for approval prior to March 15

• BC Athletics Graduate Picture
  o All student athletes who are graduating with their Boston College undergraduate or graduate degree in December or May of current academic year
Campus Resources

AHANA Student Programs
72 College Road | www.bc.edu/ahans
(617) 552-3358

Boston College Police Department (BCPD)
Maloney Hall, 1st Floor | www.bc.edu/bcpd
Emergency: (617) 552-4444
-Urgency: (617) 552-4440

Campus Ministry
McElroy 233 | www.bc.edu/ministry
(617) 552-3445 | ministry@bc.edu

Office of the Dean of Students
Maloney Hall, Suite 212 | www.bc.edu/dos
(617) 552-3470 | deanofstudents@bc.edu

Residential Life
Maloney Hall, Suite 220 | www.bc.edu/reslife
(617) 552-3060 | reslife@bc.edu

Sexual Assault Network
(617) 552-3217 | www.bc.edu/sanet

University Counseling Services
Casson 001 | (617) 552-3310
www.bc.edu/counseling

University Health Services
Cushing Hall 115 | www.bc.edu/offices/uhs
(617) 552-2225 | uhs@bc.edu

Women’s Resource Center
McElroy, Room 141 | www.bc.edu/wrc
(617) 552-3489 | wrc@bc.edu

Emergency Contacts:
Administrator on Call (via BCPD)
(617) 552-3444
Psychologist on Call
(617) 552-3310

Show Concern
Ask questions
Provide Support

Academic Associate Deans
Arts & Sciences
Senior Class: (617) 552-2800 | Casson 109
Junior Class: (617) 552-2800 | Casson 109
Sophomore Class: (617) 552-2277 | Casson 109
Academic Advising: (617) 552-2259 | Stokes 145
Graduate: (617) 552-2368 | Casson 108

Carroll School of Management
Undergraduate: (617) 552-3332 | Fulton 360
Graduate: (617) 552-3461 | Fulton 320

Connell School of Nursing
Undergraduate: (617) 552-4224 | Cushing 202
Graduate: (617) 552-4228 | Cushing 202

Law School
Associate Dean for Students: (617) 552-3240
Stuart House 502

Lynch School of Education
Associate Dean of Students: (617) 552-4217
Campus 216
Undergraduate Student Services: (617) 552-4204
Campus 216

Graduate School of Social Work
Academic and Student Services: (617) 552-2782
McGuinn 156

School of Theology & Ministry
Student Affairs: (617) 552-6004
9 Lake Street, room 225

Wood College of Advancing Studies
Advising and Counseling: (617) 552-3500
McGuinn 100

In any given situation, there are several right ways to reach out to students in a caring manner.
The only risk is in doing nothing at all.
How to Recognize Someone in Distress

Academic Indicators
- Repeated absences
- Missed assignments, exams, or appointments
- Deterioration in quality or quantity of work
- Extreme disorganization or erratic performance
- Written or artistic expression of unusual violence, social isolation, despair or confusion, preoccupation with suicide or death
- Continuous seeking of special provisions (e.g., extensions on papers, make-up exams)
- Patterns of perfectionism: (e.g., inability to accept any grade but an A)
- Overblown or disproportionate response to grades or other evaluations

Behavioral and Emotional Indicators
- Direct statements indicating distress, family problems, or loss
- Angry or hostile outbursts, yelling or aggressive comments
- Withdrawn from others, low motivation
- Expressions of hopelessness or worthlessness; crying or tearfulness
- Expressions of severe anxiety or irritability
- Excessively demanding or dependent behavior
- Failure to respond to outreach by professors or staff
- Shakiness, tremors, fidgeting or pacing
- More animated than usual, euphoria, overly enthusiastic

Physical Indicators
- Deterioration in physical appearance or personal hygiene
- Excessive fatigue, exhaustion, falling asleep in class repeatedly
- Visible changes in weight, statements about change in appetite or sleep
- Noticeable cuts, bruises or burns
- Frequent or chronic illness
- Disorganized speech, rapid or slurred speech, confusion
- Unusual inability to make eye contact
- Coming to class bleary-eyed or smelling of alcohol or marijuana

How to Respond to a Student in Distress:
- Speak directly with the student
- Refer the student to the appropriate resource
- When in doubt, consult

When talking to the student directly:
You will not be taking on the role of counselor. You need only to listen, care and offer resource referral information.
- Meet individually and in a quiet place
- Set a hopeful tone
- Express your concern and caring
- Point out specific behaviors you’ve observed
- Listen attentively to the student’s response and encourage him or her to talk
- Suggest resources and referrals
- Avoid making promises of confidentiality
- Plan for follow-up

*Unless the student is suicidal or a danger to others, the ultimate decision to access resources belongs with the student.

When you refer the student directly:
Explain the limitations of your knowledge and experience. The referral source has the resources to assist the student in a more appropriate manner.
- Provide name, phone number and office location of the referral resource or walk the student to the referral resource
- If you walk student to referral resource, inform the resource of your concerns. If the student is sent over without you, notify the resource of your concerns by phone prior to the student’s arrival.
- Realize that your offer of help may be rejected
- Keep the lines of communication open. Follow up with the student

The Situation is Urgent if:
- There are written or verbal statements that mention despair, suicide, or death
- Severe hopelessness, depression, isolation and withdrawal
- Statements that suggest the student is “going away for a long time”

If a student is exhibiting any of these signs, s/he may pose an immediate danger to her/himself. In this case, you should stay with the student and contact University Counseling Services at (617) 353-3310.

After hours you can access the Psychologist on call via the BC Police (552-4444), or Health Services (552-3277).

The Situation is an Emergency if:
- Physical or verbal aggression is directed at self, others, or property
- The student is unresponsive to the external environment he or she is (e.g., incoherent or passed out, disconnected from reality/exhibiting psychosis, displaying outright disruptive behavior
- The situation feels threatening or dangerous to you or others

If you are concerned about immediate threats to safety, call the BC Police: (617) 353-4444.
Boston College Sports Medicine

Purpose: to ensure timely access to psychological counseling and psychiatric medical services for Boston College varsity student athletes.

Psychological Care:

A. For life threatening emergency (such as suicidal threat), follow campus emergency mental health procedures:
   a. If student-athlete is on campus, contact Boston College Police at 617-552-4444.
   b. If student-athlete is off campus, contact local EMS (911)

B. For urgent evaluations, follow campus mental health procedures:
   a. During regular working hours (8:45am-4:45pm) contact the University Counseling Services (UCS) Psychological Emergency Clinician (PEC) by either:
      i. Calling 617-552-3310
      ii. Student-athlete can report in person to UCS located in Gasson 001
   b. After hours and on weekends, contact University Health Services (UHS) at 617-552-3227 and request to speak with the PEC on call

C. If symptoms are not concerned about safety, the student-athlete has several options. Please utilize any of the following procedures:
   a. The student-athlete may contact UCS to schedule a phone intake consultation:
      i. During regular working hours (8:45am-4:45pm):
         1. Call 617-552-3310 to schedule a phone intake appointment. Phone intakes typically can be scheduled within 1-2 days from request.
         2. Student-athlete can report in person to UCS located in Gasson 001 to schedule an appointment. Depending on time of year it may take a few weeks to get an appointment scheduled for non-emergency situations.
   b. The student-athlete may contact their Athletic Trainer who will work with the Clinical Liaison for Sports Medicine to schedule an appointment with the Newton Wellesley Hospital (NWH) Sports Psychology staff.
      i. The NWH hours are typically Tuesday through Friday and hours vary per week depending on needs of the student-athletes. The total available hours are approximately 12 hours per week.

D. Boston College UCS and Newton Wellesley Sports Psychology will utilize an agreed upon 'release of information form' to expedite sharing of clinical information only among Mental Health clinical staff to ensure continuity of care. Any clinical information will not be shared with coaches and staff.

Sports Performance:

A. In addition to the individual appointment hours, the NWH Sports Psychology staff can provide team and staff discussions centered on sports performance, team psychology, and instruction on identifying athletes with warning signs of emotional stress or mental illness.
   a. The NWH Sports Psychology team has approximately 4 hours a week available to schedule these types of sessions.
   b. To schedule a team or staff consultation please contact the Clinical Liaison for Sports Medicine, Elicia Turcotte at 617-552-6666 or via email at elicia.turcotte@bc.edu
Boston College Sports Medicine

Purpose: to outline nutritional services available for Boston College varsity student athletes.

Sports Dietician Services:

A. One-to-One Nutrition Consultations

   a. The student-athlete or a coach may contact their Athletic Trainer to request a nutrition consultation.
      i. The first step in the process is that the Athletic Trainer will speak directly with the student-athlete about his/her needs, and review each case with team physician.
      ii. The Team Physician will then determine the necessity and urgency of a medical evaluation, nutrition counseling, and/or psychological evaluation.
      iii. Based on the Team Physician's recommendation and when appropriate, the Athletic Trainer will work with the Clinical Liaison for Sports Medicine to schedule an appointment with the Newton Wellesley Hospital (NWH) Sports Dietician.
          1. The NWH BC Sports Dietician hours vary per week depending on needs of the student-athletes. The total available hours are approximately 16 hours per week.

   b. The Athletic Trainer or other medical staff may recommend a nutrition consultation for a student-athlete based on possible areas of concern such as:
      i. Body composition improvement (weight gain; weight loss)
      ii. Performance / energy concerns
      iii. Medical nutrition issues: IBS, diabetes, food allergies, vitamin deficiencies, anemia, female athlete triad, etc.
      iv. A student-athlete screens positive on yearly nutrition evaluation.

Sports Performance:

A. In addition to the individual appointment hours, the NWH Sports Dietician staff can provide team and staff discussions centered on topics such as energy needs for training; recovery nutrition; hydration needs; body composition change; pre-game meals and snacks; sports supplements etc.
   a. The NWH Sports Dietician team has approximately 4 hours a week available to schedule these types of sessions.
   b. To schedule a team or staff consultation please contact the Clinical Liaison for Sports Medicine, Elicia Turcotte at 617-552-6666 or via email at elicia.turcotte@bc.edu