Counseling Services

Mental Health Referral Guide
for Student Athletes

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Counseling Services
Thompson Building Room 202
(775) 784-4648 (main number/front office)
(775) 297-8315 (after hours on call phone)

Supporting the Pack!

Revised 7/14/2014
University of Nevada, Reno Counseling Services

Our Mission: The mission of the University of Nevada, Reno (UNR) Counseling Services (CS) department is to provide psychological services to UNR students to support and facilitate their personal and academic success and development.

Eligibility for Services:
- As university students, UNR athletes enrolled in classes are eligible for psychological services provided by UNR CS.
- UNR athletic staff may consult with CS staff on student psychological issues and concerns in service of student athletes’ well-being and functioning.

Our Services: We strive to assist UNR student athletes by providing:
- Individual counseling, couples counseling, and group counseling
- Consultation for athletes such as sport psychology consulting/mental skills training to enhance athletic performance
- Consultation for athletic staff on student psychological issues in service of student athletes’ psychological well-being and academic as well as athletic success
- Testing/Assessment (ADHD)
- Outreach and psycho-education programming for emotional health & well-being
- On call services for university students and staff after hours for urgent situations at 775-297-8315
- Referral to other community resources

Our Location: Counseling Services is located near the quad in Thompson Building, Room 202. We plan to move to the Pennington Student Achievement Center in 2016.

Scheduling an Appointment: Each semester, UNR student athletes learn about UNR CS via student orientation, friends or family, athletic trainers, sports medicine staff, or online. Many schedule appointments on their own. UNR athletic staff may refer student athletes.

Student-Driven Service Request: UNR CS uses same-day scheduling. We prefer student athletes contact our office at 775-784-4648 to schedule an appointment in the morning. First appointments are 1 ½ hours. Students should call on days they can attend same-day.

Staff-Driven Service Request: Athletic staff may also refer student athletes to UNR CS; however, they should also encourage the student to schedule his or her appointment. Please contact our office at 775-784-4648 to provide us any relevant referral information.

Specialty Service Request: Student athletes or athletic staff may also call 775-784-4648 to request specific CS staff members for specialized services such as sport psychology consulting and/or assessment or other services. Yani L. Dickens, Ph.D., CC-AASP is also available at 775-682-8856 (w) to facilitate these requests.

Confidentiality: As required by law and professional ethics, all communication between mental health professionals and clients is confidential. In order for CS staff to provide any information about a client, the client will need to sign a release of information form.
Behaviors That May Reflect Psychological Concerns*

- Dramatic decreases in academic or athletic performance
- Changes in eating and sleeping habits
- Unexplained weight loss or gain
- Drug or alcohol abuse
- Gambling issues
- Risky behavior
- Withdrawing from social contact
- Decreased interest in enjoyable activities
- Talking about death, dying, or “going away”
- Loss of emotion or sudden, mood swings, or rapid changes of emotion
- Problems concentrating, focusing, or remembering
- Frequent complaints of fatigue, illness, or injury that prevent participation
- Unexplained wounds or deliberate self-harm
- Increased irritability, agitation, or problems managing anger
- Irresponsibility, lying
- Legal problems, fighting, difficulty with authority
- All-or-nothing thinking or other forms of negative self-talk
- Feeling out of control
- Excessive worry or fear
- Shaking, trembling
- Gastrointestinal complaints, headaches
- Overuse injuries, unresolved injuries, or continually being injured

*Adapted from Neal et al., 2013

Tips for Talking about Mental Health, Wellness, & Referring to UNR CS. Approaching a student-athlete about mental health concerns can be challenging.

- Make sure to gather the facts, the situation, & behaviors of concern first.
- Arrange a private meeting with the student athlete.
- Focus on the athlete as a person, as opposed to an athlete.
- Listen with empathy, encouraging the student athlete to share information.
- Be aware that stigma can be a difficult to overcome. Encourage the student athlete to consider seeking help, de-stigmatizing the process.**

Emergencies/Urgent Situations: In the event that a student athlete appears to be suicidal, homicidal, threatening, out of control, unable to make sound decisions, incoherent, confused, delusional, or is otherwise involved in an urgent mental health crisis/emergency, athletic staff should seek assistance from the UNR Sport Medicine Team, UNR CS, or UNR Police or Reno Police Department, depending on the situation.

- If the student-athlete appears imminently violent, acts violently, or appears imminently suicidal, call campus or local law enforcement (911), seek immediate assistance, and protect bystanders from harm.
- If the student-athlete is potentially suicidal and not violent, do not leave him or her alone. Call the UNR Sports Medicine Team for assistance at the Student Health Center (SHC), 775-784-6598. The SHC may arrange for the athlete to be seen at UNR CS. (If SHC cannot be reached, you may contact UNR CS. Offer to accompany them to the assessment, which may help to reassure the student-athlete during the process.
- Seek advice or assistance from athletic administration, student affairs, or general counsel on contacting the student-athlete’s family to inform them of the incident.**

**From Neal et al., 2013
Diversity Mission Statement: UNR Counseling Services acknowledges, accepts, and embraces human diversity in its multiple forms, which includes but is not limited to ability, age, cultural identity, ethnicity, gender identity, language, nationality, sex, sexual orientation, socioeconomic status, race, and religion. We are committed to providing a safe, affirming, accepting, and empowering environment in our relationships amongst our staff and trainees as well as our clients, the university, and the community as a whole.

References
