

Mental Health Support Program

1) Program Objectives

The OSIC Mental Health Support Program was developed to assist members of the Canadian sport community. Beyond the initial support provided through the Canadian sport Helpline, the Mental Health Support Program ensures access to competent mental health support to eligible individuals **before, during, and after** the Complaint Management process or the Sport Environment Assessment process.

2) Program Description

a) Overview

Eligible individuals will have access to a suite of services through collaboration with the Canadian Centre for Mental Health and Sport ([CCMHS](#)). Services already available include access to psychologists, psychotherapists and counsellors, mental performance consultants, psychiatrists, and physicians. The nature of the program is strictly one of referrals, of which some of the fees are covered according to the following allocation structure.

b) Allocation structure

The allocation structure is designed to supplement (i.e., top up) other sources of funding, such as publicly-funded care, health insurance plans, and complementary programs.

- i) Victim/survivor: A minimum¹ of 4 individual sessions with practitioner are funded (additional sessions may be offered under exceptional circumstances);
- ii) Alleged respondent: A minimum¹ of 2 individual sessions with practitioner are funded (additional sessions may be offered under exceptional circumstances);
- iii) Requester/participant: A minimum¹ of 2 individual sessions with practitioner are funded (additional sessions may be offered under exceptional circumstances).

c) Procedure

- i) Determination of Eligibility:
 - (1) Admissibility to the program is determined based on predefined eligibility criteria, which will be assessed by operators of the Canadian Sport Helpline if individuals opt to contact the Helpline;
 - (2) If an individual has filed a Complaint/Request, eligibility will be determined by the Support and Wellness Coordinator, after reception of notice of interest.
- ii) After admissibility is confirmed:
 - (1) Eligible individuals are referred to the CCMHS, who will contact the individual. Following an intake session with its Care Coordinator, the CCMHS will develop an integrated care program to best accommodate each client's particular needs and capacity to pay.
 - (2) Eligibility for care is confirmed with the results of the intake survey (i.e., a collection of Mental Health/Mental Illness symptom screening tools) and an interview. The care coordinator uses the information to assess area of

¹ Minimum number of sessions covered in total per year, whether they are taken before, during, or after the complaint/request process and regardless of whether there are multiple cases during the year.

concern and matches the client with a team of practitioners who can meet the client's needs.

- (3) An individual may be deemed ineligible if they do not screen positive on any of these screening tools, which may indicate that work with a mental performance consultant would suffice. In this case, an external referral to a mental performance consultant will be made but the cost of sessions will not be covered.

d) Eligibility conditions

Admissibility to the OSIC Mental Health Support program is determined based on the following criteria:

- i) The individual must:
 - (1) be either (i) a victim/survivor of Prohibited Behaviour (as defined in the UCCMS) in a situation that would be admissible to the OSIC, regardless of whether a Complaint has been filed; and/or (ii) a complainant or a respondent to a Complaint admissible to the OSIC services; and/or (iii) a Requester or a participant of a Sport Environment Assessment;
 - (2) be, or have been at the relevant time, a participant in competitive sport with a current OSIC Program Signatory²; and
 - (3) be at least 16 years old (access to other specialized resources may be facilitated for individuals under the age of 16).

3) Application Process

- i) If you have already submitted a duly completed Complaint/Request Form to the OSIC, you can apply to the OSIC Mental Health Support Program by following the instructions provided by the OSIC in the letter confirming receipt of your Complaint/Request;
- ii) Regardless of whether you have submitted a Complaint/Request Form to the OSIC, you can apply by contacting the Canadian Sport Helpline:
 - 1) By phone: an Operator of the Helpline can complete the Program referral form on your behalf while speaking with you;
 - 2) By email/SMS: the Program referral form will be sent to you with instructions.

Contact Information

For more information about the OSIC Mental Health Support program, please contact:

support-soutien@osic-bcis.ca

² This condition is waived for parties to a case that has been deemed admissible by the OSIC.