

Mental Health Emergency Action & Management Plan (MHEAMP)

SECTION I: **Emergent** Mental Health Referral

Situations for **emergent** referral may include (but may not be limited to):

- suicidal thoughts
- hallucinations (hearing or seeing things that other people do not)
- bipolar episode (mania or psychosis)
- thoughts of harming others or otherwise aggressive/erratic behavior
- intense feelings of personal distress
- a pattern of behaviors that have not been addressed for some time involving activities of daily living (examples: not eating, not sleeping, not showering)
- catastrophic life events (assault, abuse, death of a loved one)

The implementation of this plan needs to consider several issues, including:

- If a need for immediate intervention is present.
- Where the patient is located and the potential for harm to self or others.
- This becomes the staff member's priority, and needs to be handled as such.
 - The student-athlete will likely identify the staff member which they are most comfortable having the information. It is that staff member, be it an athletic trainer, coach, team physician, advisor or administrator, that should be with the student-athlete through the process. Share as much information as possible with the University Counseling Center or 911 dispatch during the event.

REFERRAL OPTIONS – FOR THE STAFF MEMBER

- Escort the individual to the University Counseling Center (206 Student Services) for an in-person emergency/urgent care appointment and speak with a staff member to give a report of the situation/concerns.
- Call 911 if the student is
 - unwilling/unable to safely get to the UCC
 - is located off campus
 - combative
 - experiencing psychosis or loss of touch with reality
 - at immediate risk of harming themselves or others
- If you are unsure what next step to take and it is safe to do so, call the University Counseling Center (616.331.3266) for same-day consultation with a clinician.
 - Academic Year
 - Monday - Friday from 8am- 5pm (Allendale)
 - Monday, Wednesday, Thursday, 8am – 5pm (Grand Rapids)
 - Spring/Summer Terms
 - Monday – Thursday 8am – 5pm / Friday, 8am – 3pm (Allendale)

- Monday, Wednesday, Thursday, 8am – 5pm (Grand Rapids)
- **If the emergency occurs after UCC hours call 911** (on or off campus)
 - Explain to the operator you are requesting a well-being check due to any of the afore noted concerns (suicidal thoughts, psychosis, risk of harm to others, agitated or erratic behavior, etc.)
 - Plan on collecting and sharing as much information as possible from the student athlete. If the student athlete is talking to you and suddenly hangs up call 911 and give as much information as you have.

Immediate Access Option (Emergent Cases)

- **Suicide & Crisis Lifeline call or text 988** (988lifeline.org) – this is a 24/7 resource and can be utilized locally or during team travel.
 - This is a **second-tier option** after the UCC and/or 911
- Utilize the **Onrise Crisis Line** (865) 288-8970 for non-life-threatening urgent support, when the student is not in physical danger but emotionally escalating. Onrise may also be helpful for athletes who refuse or hesitate to use campus resources.
 - This is a **third-tier option** after the UCC, 911 and 988.

SECTION II: Non-Emergent Mental Health Referral

If a student athlete presents with concerns such as changes in mood/behavior/sleep/appetite that may be most appropriately addressed with mental health care, the following steps should be followed:

- At any time, any staff member can assist in facilitating a referral to the University Counseling Center. This can be done by having the student call 616.331.3266 and helping the student athlete schedule an appointment with a University Counseling Center clinical staff member. [Scheduling is also available online.](#)
- The student athlete came to you for a reason, any staff member should help the student athlete with follow-ups and accountability for keeping appointments.
- The Director of Student-Athlete Experience should be informed of the referral, to assist in helping the student athlete.

Parallel Pathway for Athletic-Centris Support (Non-Emergent)

Staff are encouraged to facilitate access to mental health resources when there are concerns with mood, sleep or appetite arise.

- Onrise can be positioned as a preferred external referral option alongside the University Counseling Center (UCC), specifically for student-athletes who may want care from

providers familiar with the athlete experience, or those seeking telehealth or culturally/sports centered matched peer support.

SECTION III: Sexual Harassment/Misconduct/Violence

We will not require any person to report their experience, but we will supply them with a list of referral options and resources available to them.

Referral options include:

- Office of Civil Rights and Title IX (4015 James H. Zumberge Hall, 616.331.9530)
 - Expansive options for supportive measures, protection from retaliation and the option to request any other action through the University now, in the future or not at all.
- Grand Valley Police Department/GVPD (Dept. Of Public Safety Service Building, 616.331.3255)
 - Offers assistance with filing a report and support through the legal process.

GVSU Resources:

- University Counseling Center (206 Student Services, 616.331.3266)
 - Confidential services including immediate crisis counseling, short-term therapy & referral help
- Victim/Survivor Advocacy (181 North C Living Center, 616.331.2742)
 - Non-judgmental, private support to student survivors of gender-based violence
- Student Accessibility Resources - SAR (215 The Blue Connection, 616.331.2490)

Medical Care:

- Nurse Examiner Programs provide free confidential comprehensive medical exams and support/victim advocacy.
 - YWCA West Central Michigan 24-hour Crisis Line: 616.454.9922 (22 Sheldon Blvd. SE Grand Rapids)
 - Resilience: Advocates for Ending Violence 24-hour Crisis Line: 800.848.5991 (411 Butternut Dr. Holland)
- GVSU Campus Health Center 616.252.6030 (10383 42nd Ave Suite A)
- Local emergency room

SECTION IV: Acute Alcohol Intoxication and/or Drug Overdose

This is to be handled as a medical emergency.

On-Campus – contact Dept. of Public Safety 616.331.3255 **you can also call 911 from on-campus*

Off-Campus – call 911

- Medical Amnesty Laws in Michigan protect minors (under 21) from Minor in Possession violations if they voluntarily seek or call for emergency medical assistance due to a substance use emergency. This applies to both Campus, Kent and Ottawa Counties.
- [Medical Amnesty in Michigan](#)

Does the situation require you to report?

Title IX/Mandatory Reporters

- **All GVSU employees and athletics department volunteer coaches are mandatory reporters** who must immediately report information related to sexual misconduct including sexual assault, stalking, intimate partner violence, sexual exploitation, sexual harassment or gender-based harassment to the Title IX Coordinator through the [online report form](#).

Clergy Act Reporting

- if you are a Campus Security Authority (CSA), you are required to report Clergy Crimes (aggravated assault, arson, burglary, dating violence, domestic violence, motor vehicle theft, murder/manslaughter, rape, sexual assault, robbery, stalking, liquor laws, drug abuse violations, weapons violations, hate crime, intimidation, simple assault, larceny, vandalism) that occur on or near University property through the [online report form](#).

GVSU CARE Report

- if you are worried about the well-being of a GVSU student you are encouraged to fill out a CARE report to share your concerns.
- Anytime there is a mental health emergency a CARE report must be filled out through the [online report form](#).
- Anytime you assist in the referral of a student-athlete consideration should be given to submitting a CARE report through the [online report form](#).

Hazing

- Hazing is defined as any intentional, knowing, or reckless act committed by a person (whether individually or in concert with other persons) against another person or persons regardless of the willingness of such other person or persons to participate, whether physical, mental, emotional, or psychological, that
 - is committed in the course of an initiation into, an affiliation with, or the maintenance of membership in, a student organization; and
 - causes or creates a risk, above the reasonable risk encountered in the course of participation in the institution of higher education or the organization (such as the physical preparation necessary for participation in an athletic team), of physical or psychological injury.
- To learn more about hazing and/or report an incident of hazing, please reference the [GVSU Hazing Website](#).

Additional Steps to be taken:

- a. If the situation results in transportation to the hospital, the student athlete's emergency contact will be notified. The head coach will likely be the one making this call.
 - i. FERPA's health and safety emergency provision permits disclosure of personally identifiable information (PII) when the disclosure is necessary to protect the health or safety of the students or others.
 - ii. There is an expectation that if a student-athlete is admitted a member of the coaching staff is going to the hospital to check in on the student-athlete.
- b. A CARE Report should be filed for any student-athlete who is transported/admitted to the hospital as the CARE Team can coordinate efforts during their stay and upon return to campus. The UCC has representation on the CARE Team and will assist when appropriate with the transition back to campus.
- c. A review after the situation is resolved with the Director of Student-Athlete Experience and/or Associate Athletics Director for Athletics Healthcare, possibly with others as requested.

- d. Any medications prescribed to the student athlete need to be disclosed to the primary athletics health care provider for that student athlete.

References:

[NCAA Mental Health Best Practices: Understanding and Supporting Student-Athlete Mental Health](#) (second edition), copyright 2016, revised 2020, updated 2024.

Practice Guidelines: Core Elements in Responding to Mental Health Crisis; US Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Mental Health Services. www.samhsas.gov.