



Mental Health: From Prevention to Intervention to Reintegration A Systematic Approach to Supporting Mental Health in Elite Athletes

Hosted by EIS Mental Health Team

Biographies

Meeting Co-Directors

Mr Sam Cumming *MSc CPsychol* is Head of Mental Health at the English Institute of Sport (EIS). In this role he is responsible for the delivery of the EIS mental health strategy across the UK's High-Performance System. This includes developing and delivering mental health education, direct work with sports on their mental health strategies, management of the EIS Mental Health Team and Expert Panel, and generally promoting positive mental health. Sam is a chartered sport and exercise psychologist and before moving to the EIS, he worked for six years with British Rowing in the management and support of the GB Rowing Team.

Dr Craig Ranson *PhD MCSP FHEA* is Director of Athlete Health and Director of Performance Data for the English Institute of Sport, overseeing the associated strategies for the UK Olympic and Paralympic sport High Performance System. Craig joined the EIS in 2017 from his posts of Director of the MSc in Sports and Exercise Medicine at Cardiff Metropolitan University, and Physiotherapist with the Wales National Rugby Team. His previous posts include UK Athletics Chief Physiotherapist and National Lead Physiotherapist to the England and Wales Cricket Board. Craig has consulted to a variety of sporting organisations including 10 years working with the International Cricket Council. He has a strong athlete health research profile, was a member of the UK Research Council REF2021 Sport and Exercise Panel and is an Honorary Senior Lecturer at Cardiff Met University.

Speaker Biographies

Dr Pippa Bennett *MBChB MScSEM FFSEM* is medical lead for the professional women's game and England Para Teams at the Football Association. She is also Paralympic CMO for EIS/BPA. Pippa has worked across a number of sports including CMO for England Womens Football, British Gymnastics and British Equestrian.

Athlete Kadeena Cox *OBE* has won several Gold, Silver and Bronze medals at the Paralympic Games in the velodrome and on the track at Rio and Tokyo.

Professor Alan Currie *MB ChB MPhil FRCPsych* is a Consultant Psychiatrist in Newcastle and a visiting professor at the University of Sunderland in the Department of Sport and Exercise Sciences. His research interests include recovery, social inclusion, mood disorders, movement disorders and sport and exercise psychiatry. He has published in all these areas and edited an award-winning handbook of Sports Psychiatry in 2016. He is founder and chair of the Royal College of Psychiatrists Sports and Exercise Psychiatry Special Interest Group (SEPSIG) and a board member of the International Society for Sport Psychiatry (ISSP). He joined the International Olympic Committee mental health working group in 2018. In 2019 he was appointed to the Mental Health Expert Panel of the English Institute of Sport.

Ann-Marie Davis *RMN BSc Hons* is a BABCP accredited Cognitive Behavioural psychotherapist. She is a Senior CBT Therapist working in the NHS and in private practise, Ann-Marie became involved in sport and performance in 2008 and further developed her private practice and has worked with number of athletes. From 2009 to 2013 Ann-Marie worked with Amanda Gatherer and the EIS team and provided psychological support to a number of elite athletes and staff during the 2012 Olympic cycle and is currently providing psychological support to elite athletes and staff in this Olympic cycle. Ann-Marie has 20 years' experience of working with individuals who have mental health difficulties and currently works part time in the NHS as a CBT psychotherapist in Berkshire Talking Therapies service, working remotely and in GPs Surgeries. Ann-Marie in her long career has worked in secondary care mental health service and has managed services for the last 15 years. Since 2008 she has been involved at both national and local level in the development and delivery of IAPT services which aims to improve access to psychological services. Ann-Marie has held an academic post with Buck New University since 2008 providing teaching and clinical supervision to the MSc CBT students. Ann-Marie describes herself as a clinician and she is passionate about the work she does with individual athletes and the sports. The mental health of our athletes needs to be a priority, mentally fit = physically fit = performance'

Dr Amanda Gatherer *PhD CPsychol MSc Clin Psych* is a Consultant Clinical Psychologist who was appointed to the English Institute of Sport (EIS) Mental Health Expert Panel in December 2018. Amanda has worked for a number of years in elite and high-performance sport, working as the only EIS contracted Clinical Psychologist between 2008 and 2013, including supporting athletes and staff through two Olympic cycles. In addition to her Mental Health Expert Panel role, Amanda will be providing mental health support to Paralympics GB in Tokyo 2020 and is currently supporting colleagues at the BPA to maximise athlete and staff preparedness for the Games. Amanda has worked in the NHS for 30 years providing Clinical Psychology services across a range of primary, secondary and tertiary mental health services. She is currently Chief Psychologist for Birmingham and Solihull Mental Health Foundation Trust, as well as the Regional Clinical Lead for an NHS England programme of work focused on improving access to psychological therapies for people with serious mental illness. Amanda has held academic posts at Birmingham, Warwick and Coventry Universities, and provides teaching, clinical supervision and training to clinicians both within and external to her NHS Trust.

Dr Allan Johnston *MBBS, MRCPsych, Cert.Med.Ed(IU)* is a leading Sports Psychiatrist based in the United Kingdom. Working with athletes across a range of sport, dance and performance disciplines, his extensive career as an early adopter of Sports Psychiatry has led him to become one of the most trusted and sought-after professionals in his field. He has been appointed to three key roles within the world of sport; as Sports Psychiatrist for The English Institute of Sport (EIS) Mental Health Expert Panel, he supports the mental health & wellbeing of our Great Britain world class programme athletes. As the Consultant Performance Psychiatrist for the League Managers Association (LMA) in a role to guide & shape English football's Mental Health & Wellbeing programme, providing mental healthcare for managers across the Premier League, EFL divisions, the WSL & FA Women's Championship. Also, having specialist expertise in the assessment and management of ADHD, he sits on the UKAD specialist register for ADHD Therapeutic Use Exemption assessments.

The Bradford Bulls RLFC employed Allan as the world's first Rugby League Sports Psychiatrist in 2012. He now works with athletes across a range of sports, dance and performance disciplines. Since leaving the Bradford Bulls, as Medical Director and Sports Psychiatrist to Synergy Medicine Ltd Allan has developed an independent sports medicine service in Leeds that works with all levels of conditions and injuries in Athletes and Dancers. Allan works with clients on all aspects of Wellbeing & Performance.

In 2016 he co-founded the Royal College of Psychiatrists Sports and Exercise Psychiatry Special Interest Group (SEPSIG) to deliver education & governance for UK Sports Psychiatrists. After serving a 4 year term on the executive as deputy chair, he remains an active member of the group.

He was awarded the *Everything in Sport 2019* national award for supporting the mental health of female athletes and was made *Yorkshire's Doctor of the Year 2019* at the YEP healthcare awards – the first occasion this has been presented to a psychiatrist. In 2020 Dr Johnston was part of a team awarded the *EIS Collaboration and Teamworking award* for supporting the mental health of athletes during the COVID-19 pandemic. In 2021 he was given the International Society of Sports Psychiatry *ISSP experienced practitioner in Sports Psychiatry* award.

Allan works on a voluntary basis as Sports Psychiatrist and Trustee to State of Mind Sport, a charity aiming to improve the mental health and wellbeing of athletes and their communities. He has published a number of peer reviewed research papers & written chapters for educational textbooks. Allan lives with his family in Yorkshire.

Dr Carrie McCrea *FFSEM MRCP MRCPGP PGDip Clinical Psychiatry* is a Sports and Exercise Medicine Consultant working principally with the Scottish Institute of Sport. She has a special interest in Mental Health and well-being in sport and has had lead roles in developing and implementing mental health strategies for the Sport Scotland Institute of Sport, Team GB for the Tokyo Olympic Games and, most recently, Team Scotland through her role as Deputy Chief Medical Officer at the Birmingham 2022 Commonwealth Games. She holds additional roles with Scottish Swimming, Scottish Rugby and 'Support within Sport', which provides mental health support for players and staff within Scottish Professional Football. She is an especially strong advocate for improving healthcare and effective multidisciplinary teamwork in high-performance environments.

Dr Caz Nahman *MbChB MRCPsych PhD* is a Child and Adolescent Psychiatrist originally from Nottingham, now based in Oxford working in a community eating disorders team and providing undergraduate teaching to medical students at Oxford University. She is deputy chair of the Sport Psychiatry Special Interest group. She has additional training in sport psychiatry with the ISSP (International Society for Sport Psychiatry) and does private work with athletes. Her interests include compulsive overexercise; youth sport; eating disorders in athletes, autism spectrum disorders in athletes, life-style psychiatry and medical education. In addition, she is keen to improve standards of care for athletes with mental health problems.

She is a co-editor of the RCPsych book "New to eating disorders" – a supervision guide for staff new to the field and a chapter author of one of the Chapters in Case Studies in Sport Psychiatry.

She regularly presents at SEPSIG (Sport Psychiatry special interest group) meetings and contributes to ISSP scientific meetings as well as teaching on the ISSP certificate course.

Dr Tim Rogers *MB BS MRCPsych MSc* is a medical doctor and consultant sports psychiatrist. He is one of a very small number of experts to have undertaken dual postgraduate training in applied sport and exercise psychology. For many years, Tim has worked across the spectrum of wellbeing and performance with both individuals and teams in elite football, in the Olympic and Paralympic Systems, in elite rugby, cricket, horse racing and many other areas. Tim has experience of supporting football managers and coaches also. Tim is clinical director at Big White Wall, an anonymous online mental health service with various projects across elite sport, both in the UK and internationally. Big White Wall offers around the clock, confidential, online access to a safe and moderated community for peer-to-peer mental health support. There are evidence-based courses. Big White Wall supports many thousands of new members around the World every month. It is growing all the time. Tim is a specialist member of the Sport Resolutions National Anti-Doping Panel. Tim formerly undertook TUE assessments as a registered UKAD psychiatrist. Tim has experience of assessing and caring for footballers subject to FA disciplinary proceedings when supported by the PFA. Tim is an executive member of the Royal College of Psychiatrists' Sport and Exercise Psychiatry Special Interest Group.

Athlete Emma Wiggs *MBE* is a double Paralympic Gold medal winner and nine time world champion paracanoeist in the Women's 200m KL2 and VL2 classes.

Shameema Yousuf *HCPC regd, MBACP* is a transnational U.K. practitioner psychologist, and mental health therapist working at the intersection of performance, mental health and culture. Her career spans three decades with over 10 years experience working in Olympic, professional, NCAA and youth sport, mental health non-profit organisations, and corporate institutions. She is currently consultant with English football Premier League, is lead sport psychologist for U.K. Motorsport and runs a busy private practice. Shameema is a published scholar and author on culture and diversity in sport, and is co-editor of an upcoming academic book on culture of women of African descent. She is a guest lecturer/speaker on cultural diversity in sport for several universities cross Atlantic and a conference keynote speaker. She is a scholarly reviewer for Women Sport International that informs IOC position stands, and starts her term as an Executive Board leader for the Association for Applied Sport Psychology, USA this year. In 2020 Shameema was credited on the International Muslim Women in Sport Powerlist for her contributions to sport.

