



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

Hosted by EIS Mental Health Team

18 November, 2022

1 Wimpole St, London

**FSEM (UK) 6 CPD Points accredited**

## 0800 Registration and Refreshments

0855 Opening and Meeting Introduction **Dr Craig Ranson - Meeting Co-Director**  
**Mr Sam Cumming - Meeting Co-Director**

## An Environment to Promote Wellbeing

0905 Considering the Intersection between Performance, Mental Health and Culture **Shameema Yousuf**

0940 Promoting Positive Mental Health in The Football Association **Dr Pippa Bennett**

1015 Questions

## 1025 Refreshments

## Identifying

1055 Focus on Screening and Monitoring in Practice and Updates from IOC **Dr Carrie McCrea, Professor Alan Currie**

1130 Questions

## Understanding

1135 Working with an Eating Disorder Case **Dr Caz Nahman**

1210 Questions

## Intervening

1215 Presenting a Reintegration Process: Challenges and Key Principles **Dr Tim Rogers**

1250 Questions

## 1300 Lunch

## Reintegrating

1400 Delivering support in the Games Environment **Dr Amanda Gatherer**

1435 Questions

## Experts by Experience Part 1

1440 Athlete Interview **Kadeena Cox/Dr Allan Johnston**

## 1525 Refreshments

## Experts by Experience Part 2

1555 Athlete Panel **Ann-Marie Davis (Facilitator)**

**Emma Wiggs (Para Canoe) Kadeena Cox (Para Athletics/Cycling)**

## Mental Health Delivery in the Competition Setting

1640 Overview and Reflections of Tokyo, Beijing and Birmingham **Emma Wiggs/Dr Amanda Gatherer**

1715 Questions

1725 Meeting Summary and Close **Dr Craig Ranson and Mr Sam Cumming**

