Who are we?

- Malcolm Rae State of Mind Sport Chair OBE, FRCN
- Dr. Phil Cooper – Nurse Consultant Mental Health and Substance Use / Co-founder State of Mind Sport
- Danny Sculthorpe – Former England, Wigan Warriors, Castleford Tigers, Wakefield Wildcats and Bradford Bulls
State of Mind Sport

Aims

• To promote an increased awareness of mental fitness, wellbeing and resilience in rugby league players, fans, and communities
• Tackle stigma, signpost to support, encourage early access and prevent suicide.
NON-STIGMATISING LANGUAGE

- Help a mate
- Mental fitness
- Feel good, play better
Sport speaks many languages

- State of Mind Sport prevent ill-health, challenge stigma and saves lives
- Influences the public health agenda on suicide prevention groups and nurses are using sport for care and recovery plans to add value to nursing
Benefits of engaging in sport and recreational activities

- Improves social well being, enables connections with others and friendships
- Prevents isolation and withdrawal – Meaningful activity improves self confidence and esteem
- Combining with physical exercise and activities has the potential to improve fitness, strength, mood and reduce stress
- Enables reaching vulnerable individuals and at risk groups to promote health, well being and resilience
Case Example
• To promote and improve health via an increased awareness of mental fitness, wellbeing and resilience to prevent mental ill health in future

• Project targets players, fans, and communities, tackle stigma and signpost people to support, encourage early interventions and prevent suicide

• Encouraging self management of long term mental health conditions will reduce the health burden on NHS services

• The RFL agreed to have a themed round of fixtures in Super League
Stigma Tackled

- People fall through the gaps or don’t access help
- State of Mind Sport get asked to speak to people with the most complex needs
- Using language that resonates with those in sports rather than medical language
- Using former players with lived experience to deliver the messages alongside health professionals
What we do

• We have delivered education sessions in high schools, construction sites, power stations, Thames Tideway Tunnel Project, sports clubs to over 19000 people with brief interventions in anxiety, depression and alcohol misuse and are extremely efficient

• State of Mind Sport allows nurses to get in places other NHS services do not access because we use sport and players to improve mental fitness and prevent ill health

• People access help and support earlier and we encourage self management of long term mental health conditions that will reduce the health burden on NHS services (Rochdale Schools with Rochdale Hornets RLFC) link to school nursing in future
Case Example
What we do

- Sessions delivered to people with severe and enduring mental health problems in secure units / prisoners
- People with severe and enduring mental health die on average 10-15 years younger than the general population
- Using sport to improve physical health It’s Time To Move staff and service users walking together with local sports stars
- Improves quality of life and those involved promoting independence and reducing reliance on medication
- Boot room project
- Big Lottery Funding - university evaluations
- Travelling conference – local sportsmen and women
- Australia, Ireland and social media and partnerships with media
• Woolston Rovers 2 Year Partnership
• Prison Initiative for staff and prisoners
• Sporting chance stepped care pathway, player welfare officers and mental health first aid for coaches
• Schools Drama project Isabella Blow Foundation funded for 2017
Danny Sculthorpe

- Former England, Wigan Warriors, Castleford, Wakefield, Bradford, Widnes and Rochdale player
- Bad injury leading to difficulties / suicidal thoughts and plans
- How he returned from a dark place
- Message to people attending sessions
Future Plans

- Continue and expand education and raising awareness, resilience building programmes
- Influence suicide prevention strategies and inform implementation plans
- Develop and expand our annual round of fixtures
- Develop practice guidance with sporting language / graphics, anxiety, depression, gambling, sleep, drugs, alcohol and bereavement
And there’s more ..

- Increase and evolve methods of evaluation
- Fashion design competition
- Develop guidance and an event for referees and officials
- Explore contribution to prison suicide prevention strategies
- Develop healthy workplace initiative
- Continue to fund raise
- Support ex-players career development
- Develop partnership work
Thank you for your time and attention!

- Twitter: @SoMRugbyLeague
- www.facebook.com/pages/State-of-Mind
- www.stateofmindsport.org

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