



PILLAR 2. CULTURE CHANGE: A FOCUS ON SUPPORT AND WELL-BEING

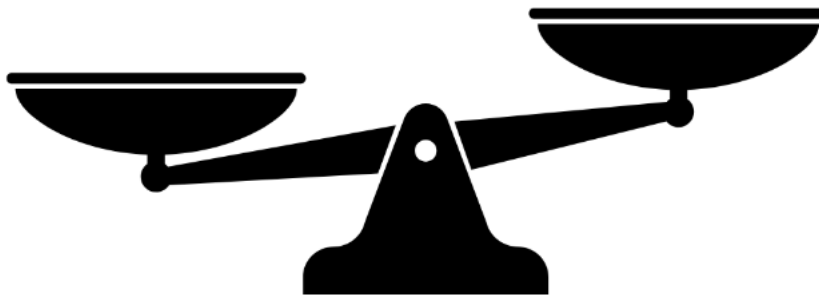
Sport can be a very positive experience but it can also be a very challenging and stress-filled environment. Traditionally it has been believed that a focus on mental health and well-being is incompatible with achieving optimal performance in competition. Fortunately this narrative is changing as we learn that the two are not mutually exclusive.

National Canadian sport organizations such as the Canadian Sport Psychology Association (CSPA), the Canadian Centre for Ethics in Sport (CCES), and the Canadian Centre for Mental Health in Sport (CCMHS) have all identified that **a focus on holistic wellness and better mental health literacy can all lead to a lift in performance outcomes for the long haul**. A recent position paper by Van Slingerland et. al. (2019), suggested that “with 7.2 million Canadians regularly engaging in sport, and one in 5 individuals annually experiencing a mental health disorder in Canada, **there could be as many as 1.4 million Canadian athletes struggling with mental health challenges each year.**” The same article addressed challenges associated with mental health in competitive and high-performance sport in Canada and presented a call to action for a unified address of mental health by the Canadian sport community.

Change does not come easily. Volleyball - like other sports - is due for a reset on the way mental health and wellness is fostered and acknowledged as an integral part of managing duty of care towards participants. This section includes practical ways that your club can start to create and foster this culture change. In the supporting tools, we look at how you can put in place language, policies, and practices that balance striving for competitive excellence and making sure that supportive, well-being-oriented practices are also taking place.

Striving for excellence
Enhancing resiliency
Focus on performance

Support for those struggling
Encouraging help-seeking
Focus on balance and well-being



Tools and Templates in this Pillar

- 2.1 Actions for clubs to prioritize mental health and wellness
- 2.2 Policies and Best Practices to Prioritize Mental Health and Wellness
- 2.3 Creating a Commitment Statement on Mental Health and Well-Being