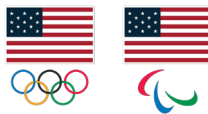


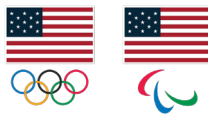
## USOPC Athlete Mental Wellness Resources

USOPC SPORT PSYCHOLOGISTS		
CONTACT	USOPC DIVISION	# ATHLETES SERVED ANNUALLY
<ul style="list-style-type: none"> <li>• Summer Acrobat &amp; Combat Sports Karen Cogan- <a href="mailto:Karen.Cogan@usopc.org">Karen.Cogan@usopc.org</a> (719) 352-6764</li> <li>• Summer Strength &amp; Power Sports Sean McCann- <a href="mailto:Sean.McCann@usopc.org">Sean.McCann@usopc.org</a> (719) 440-2425</li> <li>• Winter Sports Alex Cohen- <a href="mailto:Alexander.Cohen@usopc.org">Alexander.Cohen@usopc.org</a> (719) 216-6376</li> <li>• Summer Team Sports Peter Haberl- <a href="mailto:Peter.Haberl@usopc.org">Peter.Haberl@usopc.org</a> (719) 330-4041</li> <li>• Psychophysiology Lindsay Shaw- <a href="mailto:Lindsay.Shaw@usopc.org">Lindsay.Shaw@usopc.org</a> (719) 499-2154</li> <li>• Paralympic Sports Sara Mitchell- <a href="mailto:Sara.Mitchell@usopc.org">Sara.Mitchell@usopc.org</a> (719) 338-6453</li> <li>• Summer Sports Chula Vista Caroline Rodriguez- <a href="mailto:Caroline.Rodriguez@usopc.org">Caroline.Rodriguez@usopc.org</a> (619) 289-0855</li> </ul>	Sport Psychology	Sport Psychology has the potential of serving over 3,000 athletes annually.
OVERVIEW		REFERRAL PROCESS
<ul style="list-style-type: none"> <li>• The USOPC employs seven full-time sport psychologists who are assigned to specific sports.</li> <li>• All are licensed or license-eligible psychologists.</li> <li>• All can provide mental skills training as well as address mental health issues and can also provide referrals as needed.</li> </ul>		<ol style="list-style-type: none"> <li>1. Contact Sport High Performance Director for approval.</li> <li>2. After approval, contact the Sport Psychologist assigned to athlete's sport.</li> </ol>
ATHLETE ELIGIBILITY	ATHLETE COSTS	<ol style="list-style-type: none"> <li>2. After approval, contact the Sport Psychologist assigned to athlete's sport.</li> </ol>
Athlete or team must be designated as eligible for USOPC Sport Performance services by Sport High Performance director and USOPC High Performance director.	No direct cost to athlete or teams; costs covered by USOPC and NGB.	
SPORT PSYCHOLOGY REGISTRY		
CONTACT	USOPC DIVISION	# ATHLETES SERVED ANNUALLY
Karen Cogan <a href="mailto:Karen.Cogan@usopc.org">Karen.Cogan@usopc.org</a>	Sport Psychology	Sport Psychology has the potential of serving over 3,000 athletes annually.
OVERVIEW		REFERRAL PROCESS
Approximately 150 mental health providers nationwide, screened for education and credentials in psychology and sports psychology.		<ol style="list-style-type: none"> <li>1. Contact Karen Cogan to connect with athlete and understand needs (clinical and/or performance).</li> <li>2. Karen refers athlete to appropriate contact(s)/ provider(s) in registry.</li> <li>3. No additional contact from USOPC Sports Psych once athlete is referred.</li> </ol>
ATHLETE ELIGIBILITY	ATHLETE COSTS	<ol style="list-style-type: none"> <li>2. Karen refers athlete to appropriate contact(s)/ provider(s) in registry.</li> <li>3. No additional contact from USOPC Sports Psych once athlete is referred.</li> </ol>
Any athlete can be referred to the registry. The athlete does not have to be in the EAHL system.	<p>Providers usually charge for services so it is up to the athlete to determine cost for services with the provider.</p> <p>Providers are asked to offer ten pro bono hours and those are reserved for top athletes, as determined by the NGB, and is on a case-by-case basis.</p>	



## USOPC Athlete Mental Wellness Resources

EAHI PROGRAM   BLUE CROSS BLUE SHIELD		
CONTACT	USOPC DIVISION	# ATHLETES SERVED ANNUALLY
Stevie Marino <a href="mailto:stevie.marino@usopc.org">stevie.marino@usopc.org</a> (719) 866-4248	People & Culture / EAHI	EAHI serves approximately 1,000 athletes annually.
OVERVIEW		REFERRAL PROCESS
Inpatient and outpatient mental or behavioral health benefits are available throughout the year. Services could include substance abuse, eating disorders or alcohol abuse treatment. To keep costs down, athlete should seek services from Blue Cross Blue Shield (BCBS) contracted providers (in-network providers).		a. Find a provider on the Highmark website at <a href="https://www.highmarkbcbs.com/home/">https://www.highmarkbcbs.com/home/</a> or download the app: <ol style="list-style-type: none"> <li>i. Select find a doctor</li> <li>ii. Select medical</li> <li>iii. Under pick a plan, and enter the first three letters of the member id: OAM and select the BCBS PPO plan</li> <li>iv. Search by area of need, for example behavioral health counselor or specialist</li> </ol>
ATHLETE ELIGIBILITY		
Athletes enrolled in EAHI can receive mental health services under the health insurance plan. The plan covers both inpatient and outpatient mental health services.		
ATHLETE COSTS		
<ol style="list-style-type: none"> <li>1. Cost to athlete for <b>outpatient mental health care</b>:               <ul style="list-style-type: none"> <li>• In-network provider cost - \$15 copay + 10% of remaining cost</li> <li>• Out-of-network provider cost - 30% of cost after deductible of \$1,000 for an individual or \$2,000 for an family is met.</li> </ul> </li> <li>2. Cost to athlete for <b>outpatient mental health care</b>:               <ul style="list-style-type: none"> <li>• In-network provider cost - \$15 copay + 10% of remaining cost</li> <li>• Out-of-network provider cost - 30% of cost after deductible of \$1,000 for an individual or \$2,000 for an individual is met.</li> </ul> </li> </ol>		
COMPSYCH		
CONTACT	USOPC DIVISION	# ATHLETES SERVED ANNUALLY
Stevie Marino <a href="mailto:stevie.marino@usopc.org">stevie.marino@usopc.org</a> (719) 866-4248	People & Culture / EAHI	ComPsych can potentially serve approximately 1,000 athletes and their dependents
OVERVIEW		REFERRAL PROCESS
<b>Athlete Assistance Plan:</b> Athletes can contact ComPsych directly for a referral to see a mental health professional and the first 6 sessions are provided at no cost. Other services offered under this plan include work life solutions, legal guidance, and financial resources. If an athlete would like to use these services, he/she can call 800-428-2716 anytime 24/7. They will not be required to provide a member ID number or any related information and, if asked, just share they are with the USOPC plan.		Call ComPsych at 1-800-428-2716  <a href="http://www.guidanceresources.com">www.guidanceresources.com</a> Enter Web ID: USOCEAP in the "Register" tab
ATHLETE ELIGIBILITY	ATHLETE COSTS	
Must be enrolled in EAHI.	<ul style="list-style-type: none"> <li>• Unlimited counseling via phone at no cost.</li> <li>• Six in-person counseling sessions at no cost.</li> </ul>	



## USOPC Athlete Mental Wellness Resources

NATIONAL MEDICAL NETWORK		
CONTACT	USOPC DIVISION	# ATHLETES SERVED ANNUALLY
Rebecca Beard <a href="mailto:nmn@usopc.org">nmn@usopc.org</a> (800) 933-4473, ext 2	Sports Medicine	The NMN has the potential of serving over 1,000 athletes annually.
OVERVIEW		REFERRAL PROCESS
<p>The following NMN providers are available for private and confidential mental health care services:</p> <ul style="list-style-type: none"> <li>Allegheny Health Network</li> <li>Texas Children's Hospital</li> </ul>		<p>1. Submit a referral request to the National Medical Network for processing <a href="mailto:nmn@usopc.org">nmn@usopc.org</a></p>
ATHLETE ELIGIBILITY	ATHLETE COSTS	
EAHI enrolled or EAHI eligible. Athletes with mental health concerns related to a USOPC or NGB sport accident claim may also access the NMN resources.	EAHI enrolled, EAHI eligible or USOPC / NGB sport accident claim athletes: Reduced or no cost to athlete.	

SAFESPORT		
CONTACT	DIVISION	# ATHLETES SERVED ANNUALLY
SafeSport Helpline: 866-200-0796 Report suspected misconduct: 720-531-0340	US Center for SafeSport	SafeSport has the potential of serving over 3,000 athletes annually.
OVERVIEW		REFERRAL PROCESS
<p>The United States Center for SafeSport offers a 24-hour victim services helpline, operated by the Rape, Abuse and Incest National Network -sexual violence organization. The SafeSport Helpline provides crisis intervention, referrals and emotional support specifically designed for athletes, staff and other sport participants affected by sexual assault. Through this anonymous and secure service, highly trained specialists provide live, confidential, one-on- one support by phone or online chat. A mobile application is also available for iOS and Android users.</p>		<p>None open to all athletes Phone: 866-200-0796 Online Chat: <a href="https://hotline.rainn.org/safesport">https://hotline.rainn.org/safesport</a>  Website: <a href="http://www.safesporthepline.org">www.safesporthepline.org</a></p> <p>To report suspected misconduct: Phone: 720-531-0340 Online: <a href="https://uscenterforsafesport.org/report-a-concern/">https://uscenterforsafesport.org/report-a-concern/</a></p>
ATHLETE ELIGIBILITY	ATHLETE COSTS	
Open to all athletes.	No charge.	