

Policy #: 2	Title: Behavioral Health Referral Policy	Distribution: All clinical staff
Effective date: 10/1/2009	Revision date: 9/28/2012	Review Date: 8/18/15
Approvals: RML, DC, JC	Planned Review: 8/1/16	Reviewed by: JC

Athletic Training Services Behavioral Health Referral Policy

If a concern is expressed to a member of the Athletic Department/PERD, by a student-athlete that they themselves, or one of their teammates are exhibiting signs of unhealthy or dangerous behavior (purging, calorie restriction, depression, suicidal thoughts, etc.) the following steps should be taken

1. The staff member should continue the discussion with the student-athlete in a confidential matter. Reassure the student-athlete that you are there to assist him or her in obtaining the help that they need from the proper professionals.
2. Contact Athletic Training Services by calling the athletic trainer that coordinates care for the team first. If no response, contact the athletic trainer designated as the case coordinator of student-athlete nutritional and behavioral health. Jennifer Chadburn 617-429-3534
3. The student-athlete's status will be monitored under the care of Boston University's Team physician as the sports medicine team (Team Physician, Athletic Trainer, Nutritionist, Behavioral Health Care Provider, and Sports Psychologist) provides the necessary referral.
4. Do not inform any other Boston University staff members or the student-athlete's parents at that time. The athlete should understand that there will be no punitive consequences from the athletic or PERD staff due to their condition. Any restriction from training for medical condition will be decided by the Team Physician

Conditions requiring consultation with the team physician include, but are not limited to athletes currently experiencing or with a history of:

- Disordered eating
- Depression/suicidal thoughts
- Social anxiety, manic behavior
- Physical/sexual/ abuse
- Substance abuse

Emergency Referral

In the event that you believe the athlete is a danger to themselves or others the following steps should be taken:

1. For immediate transportation to the emergency room contact
BUPD (617) 353-2121
2. 24hr Crisis Intervention Counselor available at BU Student Services.
(617) 353-3569 881 Commonwealth Avenue
3. Sexual Assault Response & Prevention Center for Physical/sexual/ abuse
(617) 353-7377 930 Commonwealth Avenue
4. Contact Athletic Training Services as soon as possible, following the preceding steps.