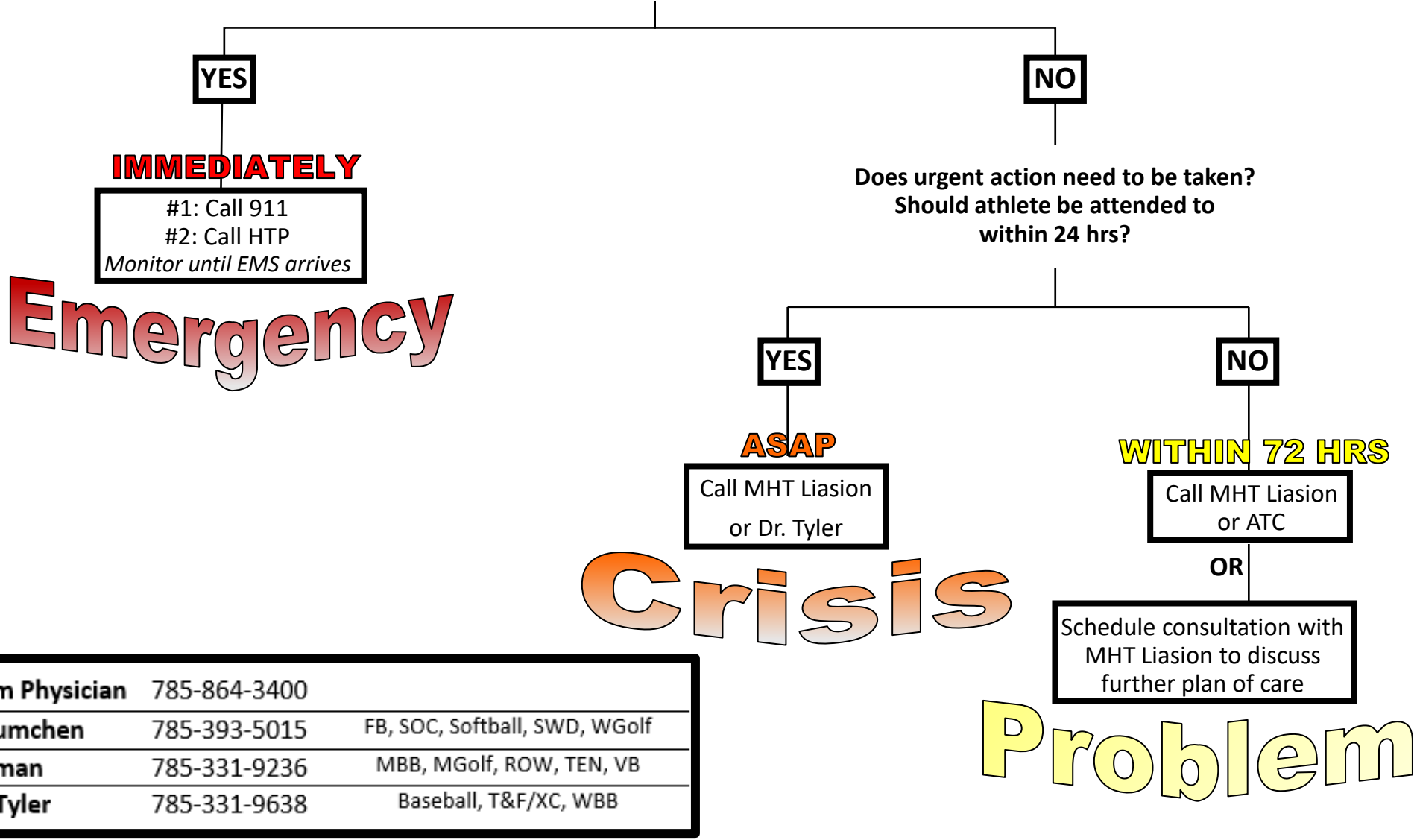


<b>EMERGENCY Situations</b> that warrant activation of EMS <b>IMMEDIATELY</b>	<b>CRISIS Situations</b> that warrant contacting Mental Health Services <b>ASAP</b>	<b>PROBLEM Situations</b> that warrant contacting Mental Health Services <b>WITHIN 72 HOURS</b>												
<p><i><b>Emergency-</b> a sudden, pressing necessity, such as when a life is in danger Requires <u>immediate</u> attention by emergency medical services</i></p>	<p><i><b>Crisis-</b> <u>non-life-threatening</u> situations that require urgent attention <u>within 24 hours</u></i></p>	<p><i><b>Problem-</b> situations that <u>can wait 24-72 hours</u> for a response, without placing an athlete in jeopardy</i></p>												
<ul style="list-style-type: none"> <li>• Acute delirium/confused state/paranoia</li> <li>• Acute intoxication or drug overdose</li> <li>• Acute psychosis (often involving hallucinations and/or delusions)</li> <li>• Highly agitated or threatening behavior</li> <li>• Specific thoughts, intent, and plan to die by suicide</li> <li>• Specific thoughts, intent, and plan to kill others</li> <li>• Suicide attempt</li> <li>• Victim of interpersonal violence/sexual assault</li> <li>• Victim of interpersonal violence/sexual assault – acute</li> <li>• Victim of physical assault – acute</li> </ul> <p style="text-align: center;"><b>CALL 9-1-1</b></p> <p style="text-align: center;"><b>THEN</b></p> <p style="text-align: center;"><b>HTP-D via 785-864-3400</b></p> <p style="text-align: center;"><b><u>IMMEDIATELY</u></b></p> <p style="text-align: center;"><b>MONITOR UNTIL EMS ARRIVES AND TRANSPORT AS QUICKLY AS POSSIBLE</b></p>	<ul style="list-style-type: none"> <li>• Active homicidal thoughts, intent, or plan</li> <li>• Active suicidal thoughts, intent, or plan</li> <li>• Acute malnutrition/electrolyte imbalance due to eating disorder behavior</li> <li>• Catastrophic injury</li> <li>• Manic episode</li> <li>• Severe panic attacks</li> <li>• Significant loss or death directly impacting athlete</li> <li>• Survivor of intimate partner violence – post-abuse care</li> <li>• Survivor of sexual assault – post-assault care</li> <li>• Trauma reaction</li> </ul> <p style="text-align: center;"><b>CALL MENTAL HEALTH TEAM LIASION</b></p> <p style="text-align: center;"><b>OR</b></p> <p style="text-align: center;"><b>DR. EMILY TYLER, EXEC. DIR. MENTAL HEALTH SERVICES: 785-331-9638</b></p> <p style="text-align: center;"><b><u>ASAP</u></b></p>	<ul style="list-style-type: none"> <li>• “All-or-nothing” thinking</li> <li>• Academic difficulty</li> <li>• ADHD assessment</li> <li>• Becoming more irritable/problems managing anger</li> <li>• Changes in eating and sleeping habits (e.g., insomnia, food restricting)</li> <li>• Decreased interest in activities that have been enjoyable or taking up risky behavior</li> <li>• Decreased sport performance</li> <li>• Desire for mental skills training</li> <li>• Drug or alcohol abuse</li> <li>• Excessive worry or fear</li> <li>• Family problems</li> <li>• Feeling out of control</li> <li>• Frequent complaints of fatigue, illness or being injured that prevent participation</li> <li>• Gambling issues</li> <li>• Gastrointestinal complaints, headaches</li> <li>• Increased agitation or irritability</li> <li>• Irresponsibility, lying</li> <li>• Legal problems, fighting, difficulty with authority</li> <li>• Loss of emotion or sudden changes of emotion within a short period of time</li> <li>• Negative self-talk</li> <li>• Overuse injuries, resolved injuries, or continually being injured</li> <li>• Panic attacks</li> <li>• Problems concentrating, focusing, or remembering</li> <li>• Rapid mood swings</li> <li>• Recent environmental stressors (e.g., death of loved one, breakup)</li> <li>• Relationship problems</li> <li>• Retirement from sport</li> <li>• Self-harming or maladaptive coping behaviors that are not life-threatening or causing serious property damage</li> <li>• Shaking, trembling</li> <li>• Slow recovery from or distress from injury</li> <li>• Talking about death, dying or “going away”</li> <li>• Unexplained weight loss or gain</li> <li>• Unexplained wounds or deliberate self-harm</li> <li>• Withdrawing from social contact</li> </ul> <p style="text-align: center;"><b>CALL MENTAL HEALTH TEAM LIASION</b></p> <p style="text-align: center;"><b>OR</b></p> <p style="text-align: center;"><b>ATHLETIC TRAINER (ATC) <u>WITHIN 72 HOURS</u></b></p> <p style="text-align: center;"><b>MAY SCHEDULE A CONSULT WITH MHT TO ESTABLISH FURTHER PLAN OF CARE</b></p>												
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30%;"><b>Head Team Physician</b></td> <td style="width: 30%;">785-864-3400</td> <td style="width: 40%;"></td> </tr> <tr> <td><b>Kristie Baumchen</b></td> <td>785-393-5015</td> <td>FB, SOC, Softball, SWD, WGGolf</td> </tr> <tr> <td><b>Jason Kraman</b></td> <td>785-331-9236</td> <td>MBB, MGolf, ROW, TEN, VB</td> </tr> <tr> <td><b>Dr. Emily Tyler</b></td> <td>785-331-9638</td> <td>Baseball, T&amp;F/XC, WBB</td> </tr> </table>		<b>Head Team Physician</b>	785-864-3400		<b>Kristie Baumchen</b>	785-393-5015	FB, SOC, Softball, SWD, WGGolf	<b>Jason Kraman</b>	785-331-9236	MBB, MGolf, ROW, TEN, VB	<b>Dr. Emily Tyler</b>	785-331-9638	Baseball, T&F/XC, WBB	
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**Is this a life-threatening situation?  
Is a life in danger?**



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**When dealing with an athlete who has expressed, indicated an intent or plan, or attempted suicide...**

- Do not attempt to determine the seriousness of the thought, gesture, or attempt – such thoughts, behaviors, or threats are serious and potentially dangerous; do not assume the person is engaging in suicidal thoughts or actions merely for attention
- If **EMERGENCY** – activate **Mental Health Emergency Action Plan**
- If no immediate risk is present (**CRISIS**) – activate **Mental Health Crisis Action Plan**
- Your quick response lets an athlete know that you take their health difficulties and life seriously; it is better to err on the side of responding immediately and in a supportive manner
- Do not leave a suicidal athlete alone. The athlete should have someone with them until a mental health evaluation is completed