

# ASSESSMENT CRITERIA FOR MENTAL HEALTH PROGRAMS AND SERVICES PROVIDERS

## CRITERIA FOR CLUBS AND STATE SPORTING ASSOCIATIONS TO ASSESS EXTERNAL MENTAL HEALTH PROGRAMS AND SERVICE PROVIDERS.

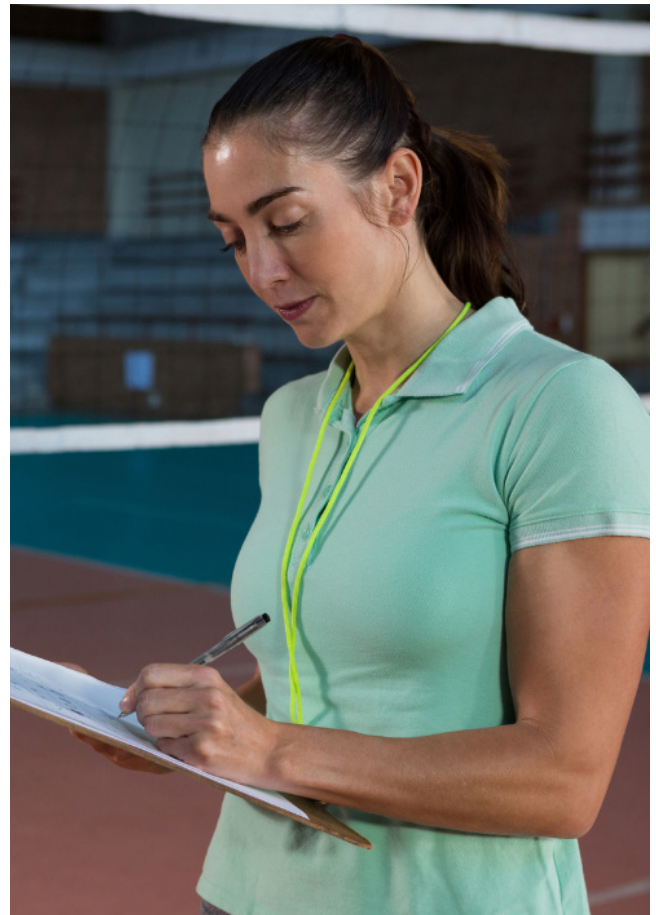
There has been an emergence of a variety of organisations offering mental health programs and initiatives for the community sport sector.

These can be individuals, businesses, not-for-profit organisations or community agencies that deliver programs and provide resources to sporting clubs.

While these organisations play a valuable role in supporting positive mental health and wellbeing, the sector remains largely unregulated with providers offering a range of varying services.

This can be challenging for community sport clubs, state sporting associations and funding agencies to navigate. It is important that sporting associations and clubs ensure that these service and program providers are safe and do no harm to the mental health and wellbeing of their people.

The criteria are intended to provide guidance on key factors to consider when engaging a mental health and wellbeing provider.



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# ASSESSMENT CRITERIA FOR MENTAL HEALTH PROGRAMS AND SERVICES PROVIDERS

CRITERIA		SPECIFIC QUESTIONS TO ASK
SERVICE & PROGRAM	Services and programs are delivered by people with demonstrated mental health expertise and experience. The information they provide is contemporary and evidence informed.	<ul style="list-style-type: none"> <li>How long have they worked in the area?</li> <li>Who are the facilitators and what are their qualifications?</li> <li>Does the provider have access to mental health expertise?</li> <li>Are mental health professionals involved?</li> <li>Are they supported by, or do they have a relationship with a recognised mental health service provider?</li> </ul>
	Providers have understanding, knowledge and experience with community sport and the environment in which community sport operates.	<ul style="list-style-type: none"> <li>If clubs want to address issues they feel might have a negative impact on people's mental health:               <ul style="list-style-type: none"> <li>Can the providers assist and support the club to drive the desired change?</li> <li>Do they understand the unique circumstances community sport clubs face (volunteer driven, time limited, after hours and weekends, financial and resource constraints)?</li> <li>Is the program planned around the clubs needs or is it an off-the-shelf program that is the same for everyone?</li> </ul> </li> </ul>
PROVIDER	The provider can clearly explain the approach and model used and what the benefits will be.	<ul style="list-style-type: none"> <li>Can the provider clearly explain their program and what they provide?</li> <li>Can they clearly explain how the club will benefit?</li> <li>Can the provider provide evidence that their program will make a difference?</li> </ul>
	Blended delivery methods such as face-to-face sessions, small group discussions and online delivery options that are appropriate to the situation and meet the needs of the club are available.	<ul style="list-style-type: none"> <li>Does the provider offer alternative delivery options that suit the needs of the club and its members?</li> </ul>
PROGRAM	Program is not once off but more comprehensive and provided over time to build the club's capacity to respond, and if required, the program engages multiple representatives from the club such as administrators, coaches, parents, volunteers and players.	<ul style="list-style-type: none"> <li>Does the program consist of a single once off session or are there other activities on offer?</li> <li>Does the program provide information tailored to engage different audiences within the club e.g. committee, coaches, athletes and parents?</li> <li>Does the program support individual wellbeing whilst transforming club policies and practices?</li> </ul>
PROVIDER	The provider can demonstrate a strong partnership with a reputable mental health service and are connected with local mental health services able to engage with the club and support relevant sessions and events.	<ul style="list-style-type: none"> <li>Are the providers connected /engaged with local mental health services, service pathways and supports?</li> <li>Do they link the club with local mental health services and supports?</li> </ul>
	In the event of a mental health critical incident, the provider is aware of or can provide clubs with the appropriate level of immediate and ongoing support.	<ul style="list-style-type: none"> <li>Do they provide ongoing support to the club if the club has issues, for example, critical incident support?</li> <li>Do they leave something behind to build club capacity?</li> </ul>
	The provider discloses any cost or fee for service.	<ul style="list-style-type: none"> <li>Is there any cost to the club?</li> </ul>
PROGRAM	The program is culturally appropriate and able to engage with different audiences.	<ul style="list-style-type: none"> <li>Is the program appropriate for:               <ul style="list-style-type: none"> <li>Culturally and linguistically diverse communities?</li> <li>Aboriginal people?</li> <li>Young people?</li> </ul> </li> <li>Does the program allow parents to be involved?</li> </ul>



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