

2022 NSCA TACTICAL ANNUAL TRAINING #NSCATactical22

CONFLICT OF INTEREST STATEMENT

I have no actual or potential conflict of interest
in relation to this presentation.



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When Your Crown Grows Thorns

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WHEN YOUR CROWN GROWS THORNS

OWNING OUR ROLE IN MATTERS OF MENTAL HEALTH



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What happens when your best survival mechanisms
become the things that are killing you?



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ALCOHOL

COMPARTMENTALIZATION

SLEEP DEPRIVATION

FIREARMS



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BUTTERNUT TRAIL



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WHO ARE YOU?



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I AM YOU.



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1 IGNORANT

2 DEFENSIVE

3 HELPLESS

4 INFORMED



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EMPOWERED.



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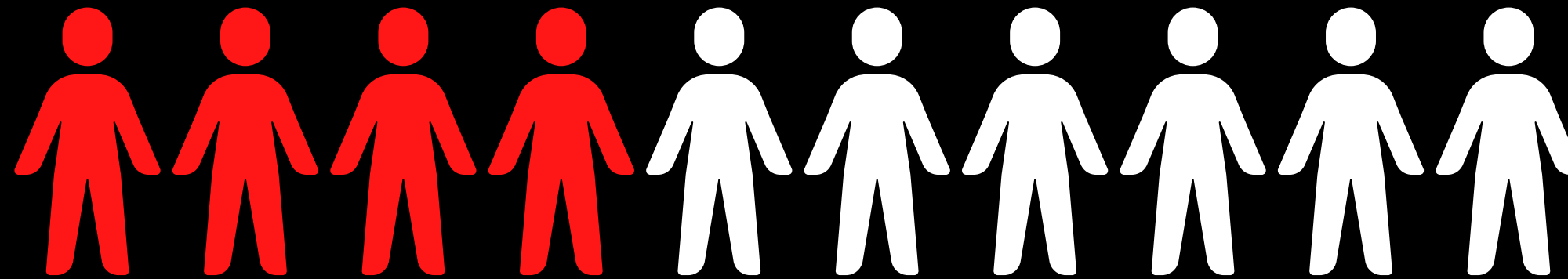
RECOGNIZE SCOPE DISCREPANCY



SCOPE OF RESPONSIBILITY

SCOPE OF PRACTICE

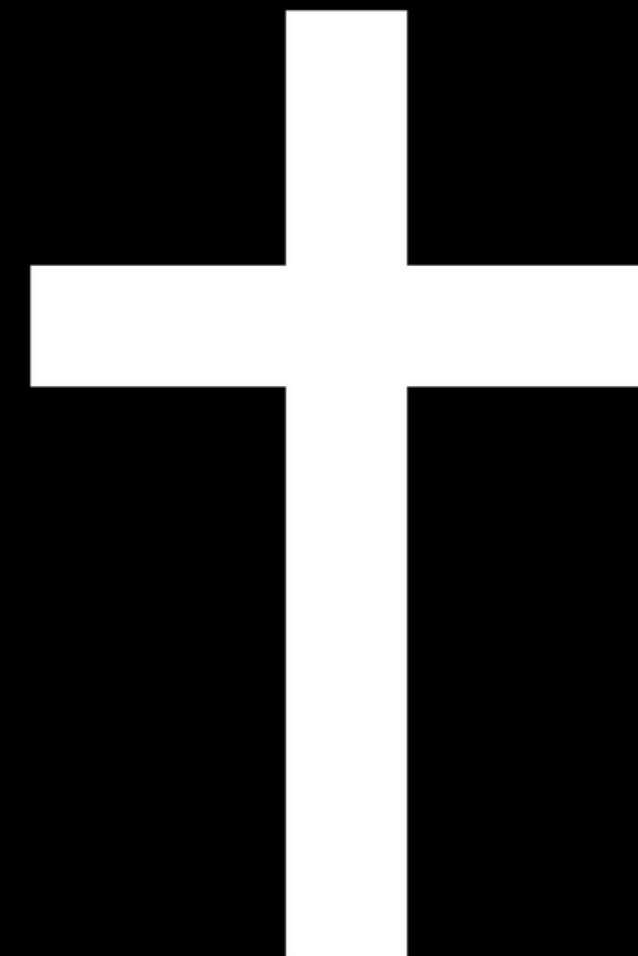
EXPAND YOUR SPAN OF INFLUENCE



PROMOTE PROACTIVE STRATEGIES



SPIRITUALITY?



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SPIRITUALITY.



MENTAL HEALTH?



MENTAL HEALTH.

PROACTIVE

POSITIVE

COMMON

RECOGNIZE SIGNS

History (ACEs)

Anxiety / Depression

Anger

Sleeping & Eating Disruption

Withdrawal

Worthlessness

Substance Abuse

Behavior Change

Suicidal Ideation

Suicide Plan

Past Attempts



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ENGAGE WITHIN SCOPE OF PRACTICE

Ask Questions (including direct ones)

Empathize & Validate

Encourage Professional Help

Follow Up



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REFER / OUTSOURCE

Build a Rolodex

Establish SOPs

Be Discrete



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LEAD FROM THE FRONT

Display Vulnerability (Lead by Example)

Promote Psychological Safety (Candor)

Employ Experts

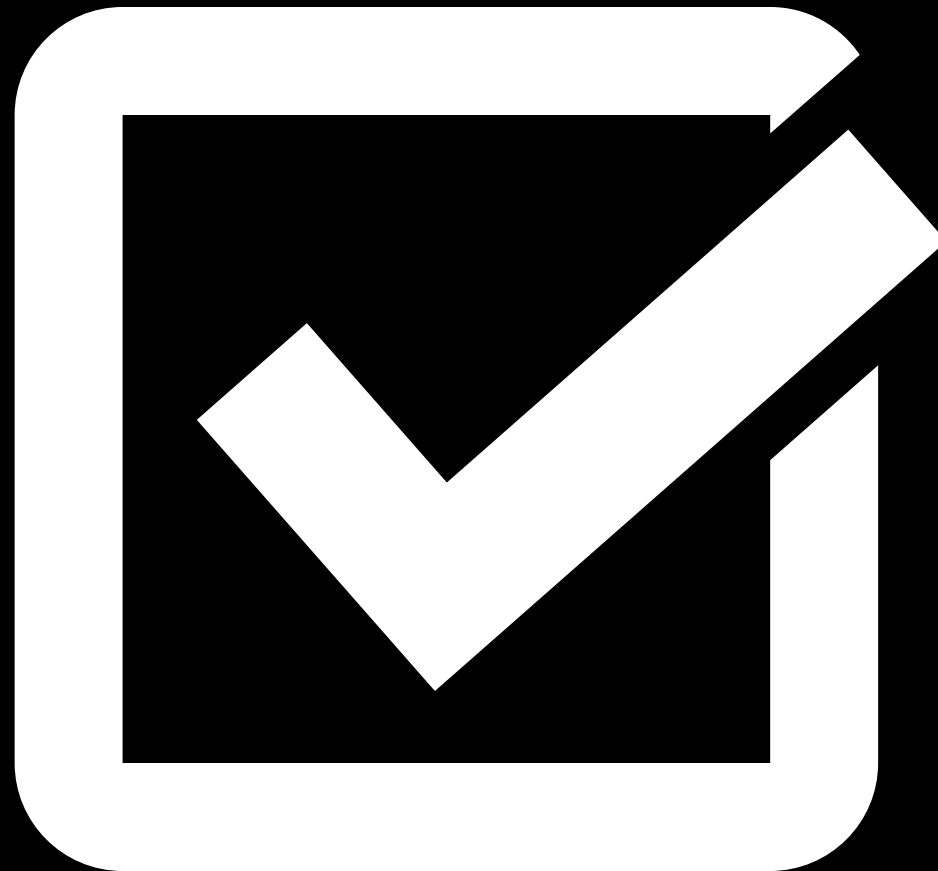
Provide Anonymity



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AVOID BOX CHECKING



IN SUMMARY

Be Informed

Recognize Signs

Reconcile Scopes

Engage within Scope of Practice

Expand Span of Influence

Refer / Outsource

Promote Proactive Strategies

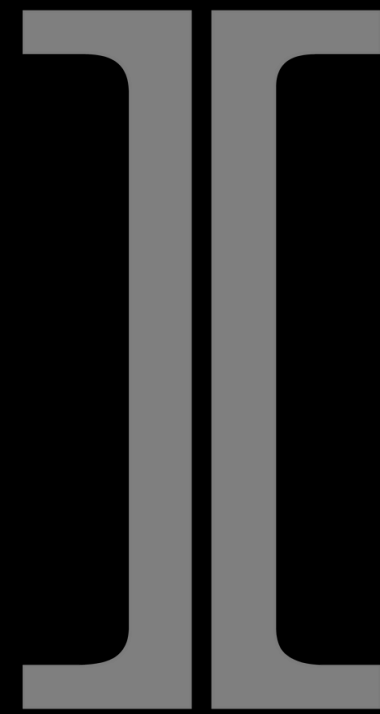
Lead from the Front



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