

CASEM

MENTAL HEALTH CLINICAL INTEREST GROUP: Terms of Reference (Updated 2023)

Description	The Clinical Interest Groups (CIGs) were created to support and foster communication of ideas between CASEM members. In some cases, the common interests of members will lead to groups of individuals who will develop projects, generate ideas, and contribute to the Annual Symposium and CPD Committee for future sessions and workshops.
Mandate	The CIG's purpose to advance detection and management of mental health symptoms in athletes to prevent disease, enhance overall wellness, treat active illness, and strengthen the relationship between sports medicine and psychiatry.
Key Duties	<p>The CIG will perform the following key duties:</p> <ol style="list-style-type: none"> 1. To identify and address the needs of CASEM members in supporting athletes with mental health problems 2. To promote development of screening and follow up approaches for athlete mental health 3. To promote awareness of unique mental health challenges in the para-athlete population 4. To liaise with pertinent community or National organizations for advancement of mental health support for athletes with collaboration between the sports medicine and mental health disciplines 5. To liaise with lifestyle medicine/exercise is medicine organizations to promote the linkage between exercise and mental health 6. To prepare position papers/discussion papers on mental health in sports 7. To actively assist the conference planning committee to ensure mental health in sports is part of the scientific content 8. To liaise with the Credentials Committee on new projects arising from the committee 9. To respond to media enquiries on mental health in sports, if requested.
Authority	The CIG will exercise its authority in accordance with the By-laws and such additional provisions as are set out in this Terms of Reference and will do so without interference from the Board.
Composition	<p>CIG composition:</p> <ul style="list-style-type: none"> - Any member of CASEM - representation, where possible, from multiple geographical regions - representation, where possible, including members involved with para, pediatric, community, varsity, elite, and professional athlete populations <p>CIG terms Chair – 3-year appointment with an option to renew for 3 further years with a maximum of 1 reappointment</p>

	<p>Proposed CIG members An invitation will be sent out to all CASEM members</p>
Meetings	The CIG will meet at the Annual Symposium and hold 1-2 conference calls per year. Meetings will be by telephone, virtual or in person, as required. Meetings will be at the call of the Chair.
Resources	The CIG will receive the necessary resources from CASEM, as dictated by the Board of Directors, to fulfill its mandate.
Reporting	The CIG will report to the Board of Directors in a timely fashion. The Chair or a representative from the committee will attend the fall Board meeting either virtually or in-person.
Approval and Review	The Board will review these Terms of Reference as required.
Other	<p>CASEM values and encourages Equity, Diversity, and Inclusion in all of its committees.</p> <p>Proposed projects:</p> <ol style="list-style-type: none"> 1. Prepare a Mental Health Handbook for team physicians 2. Develop best practice guidelines for return to sport from mental illness 3. Develop educational material for mental health awareness in youth sports (for pediatric sport medicine physicians, pediatricians, sport organizations, families) 4. Develop mental health resources for members involved with different levels of sport (including youth, community, varsity, elite and professional sports) 5. Develop educational material regarding mental health awareness for para-athletes 6. Networking for physicians interested in athlete mental health 7. Liaise with stakeholders of the Mental Health Strategy for Elite Sport in Canada