

# Foundations-to-Instruction Series:

## Behavioral Health

*Providing essential, applicable content for instruction, assessment, and clinical practice*



### PROGRAM FACULTY

Dr Kristin Hoff, PsyD, LP, CMPC  
Licensed Psychologist (LP), ND #627,  
MN #LP6836, WI 3059-57  
Certified Mental Performance  
Consultant ® (CMPC)



### REQUIRED MATERIALS & CONTACT HOURS

Internet access  
Computer

2.5 contact hour (on demand)



### COST

\$20 AATE members  
\$60 to the public  
Group pricing available

Refund policy: Full refund available prior to accessing on-demand course materials

## LEARNING OBJECTIVES:

- Identify at least three potential indicators of mental health concerns, including depression, anxiety, psychosis, eating concerns and attention deficit disorders.
- Identify potential evidence-based educational training resources to train ATs in preparing for managing athletes who experience mental health concerns and/or suicidal ideation.
- Learn how to collect relevant information regarding mental health concerns and how to effectively communicate this information with other healthcare professionals.
- List relevant factors to analyze in creating policies and procedures related to mental health concerns.

## SCHEDULE AND FORMAT:

- Self-paced home study; on-demand access to course materials and guiding questions to enhance foundational knowledge
- Optional opportunity for educators to participate in synchronous session for development of assessment strategies
- Program available online beginning January 1, 2024

Association for Athletic Training Education, Inc.  
PO Box 620762  
Middleton, WI 53562

*The Association for Athletic Training Education (P12081) is approved by the Board of Certification, Inc. to offer continuing education to Certified Athletic Trainers.*

