



Wayne HealthSports

Volume 5, Issue 4 – October 2019

ATHLETES *in action*



Upcoming *events*

PASP COURSES

Monday, February 10
6:00 to 8:30 pm

Location:

Wayne HealthCare Outpatient
Rehabilitation Center
1111 Sweitzer Street
Greenville, OH 45331

To register, contact:

Jim Beyke, Director of
Rehabilitation Services
937.569.6941
james.beyke@waynehealthcare.org



Wayne HealthSports

Healthy Meals

Maple Salmon

Prep Time: 10 min
Cook Time: 20 min
Ready In: 1 hour
Yield: 4 servings

Ingredients

- 1/4 cup maple syrup
- 2 tablespoons soy sauce
- 1 clove garlic, minced
- 1/4 teaspoon garlic salt
- 1/8 teaspoon ground black pepper
- 1 pound salmon

Note:

The nutrition data for this recipe includes information for the full amount of the marinade ingredients. Depending on marinating time, ingredients, cooking method, etc., the actual amount of the marinade consumed will vary.

Directions

- In a small bowl, mix the maple syrup, soy sauce, garlic, garlic salt, and pepper.
- Place salmon in a shallow glass baking dish, and coat with the maple syrup mixture.
- Cover the dish, and marinate salmon in the refrigerator 30 minutes, turning once.
- Preheat oven to 400 degrees F.
- Place the baking dish in preheated oven, and bake salmon uncovered 20 minutes, or until easily flaked with a fork.

PARTNER TIP

Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

Nutrition Facts

4 Servings	
Amount per serving	
Calories	265
Total Fat 12.4g	
Saturated Fat 2.0g	
Cholesterol 67mg	
Sodium 533mg	
Potassium 473mg	
Total Carbohydrates 14.1g	
Dietary Fiber 0.1g	
Protein 23.2g	
Sugars 12g	

RECIPE COURTESY OF
ALLRECIPES.COM

Athletic Trainer BIO

Rachel Lamb

Biography

Rachel Lamb is a native of Lebanon, Ohio. She graduated from Cedarville University with a B.A. in Athletic Training in 2016. As a student athletic trainer, she completed clinical rotations with Cedarville's women's basketball, softball, and track & field programs as well as several Dayton-area high schools. She then went on to earn an M.S. in Exercise Science from Arkansas State University. While there, she served as a graduate assistant athletic trainer working primarily with baseball and women's soccer.

Rachel is very excited to have the opportunity to work at Tri Village High School and is looking forward to getting to know the community.

Athletic Trainer SURVEY

2019-2020 Patient/Parent Survey

Wayne HealthSports Athletic Trainer Survey - Via QR Code

- 1 Use your phones camera or download a QR code reader application onto your device (smart phone, tablet, etc.).
- 2 Hold your camera over the QR code or open up the app and scan the QR code.
- 3 Once the scan is complete, it will either open or ask if you would like to open.
- 4 Fill out the survey and hit submit.



Wayne HealthSports Athletic Trainer Survey - Via Internet

- 1 Open up a web browser.
- 2 Enter <https://www.surveymonkey.com/r/CYTDFKD> in the address bar.
- 3 Fill out the survey and hit submit.

We appreciate your feedback!

Mental Health & Sports

Although sports participation provides physical, emotional and social benefits for adolescents, it does not make an athlete immune from mental health conditions.

Mental health makes up our emotional, psychological, and social well-being. It affects how we think, feel and act, but also helps determine how we handle stress, relate to others, and make choices.

Mental Health Disorders

It is a normal part of development for adolescents to experience a wide range of emotions, but it's when those emotions become characterized by persistent symptoms that affects how a person feels, thinks, and acts, do they become mental health disorders. Most teens experience positive mental health, but one in five has had a serious mental health disorder at some point in their life. With more than 200 classified forms of mental illnesses, some of the more prevalent disorders are depression, anxiety, PTSD and bipolar disorder. When left untreated, mental health disorders can lead to serious, even life-threatening consequences.

Mental Health & Sports

As a whole, sports participation provides physical, emotional and social benefits for adolescents. However, sports participation does not make an athlete immune from mental health conditions. Brian Hainline, the NCAA Chief Medical Officer states "Mental health isn't apart from, but rather a part of athletic health." Student athletes from the outside may look physically fit, popular, and have everything they want, but that doesn't mean they are healthy and immune to things like depressive and suicidal thoughts.

Stigma

A common stigmatized belief is that a mental health issue is a sign of weakness. These distorted views about mental health can cause individuals to feel confused, isolated, humiliated, and ashamed. In recent years, there have been several prevalent professional athletes who are opening up about their mental health struggles. NBA stars Kevin Love and DeMar DeRozan have shared their diverse stories about struggling with anxiety and depression. Love experienced a panic attack during a game, which led him to seek professional counseling help. Love stated that "Everyone is going through something," and that he had to "confront the fact he needed help." The winner of 28 Olympic medals, Michael Phelps

has shared his own challenges with anxiety and depression, admitting he had considered suicide. Phelps described living a life of dedication, high expectations, challenging physical workouts and dealing with disappointment associated with the pursuit of big goals. Caught up in the stigma that "real men" don't talk about their problems, Phelps finally was able to see that "it is okay to not be okay."

- 1 in 3 adolescents (31.9%) met the criteria for some form of anxiety disorder
- 19.1% were affected by behavioral disorders
- 14.3% experienced mood disorders
- 11.4% had substance abuse disorders
- The incidence of depression increases with age

Prevalence

Considering the complete number of individuals who have a mental disorder, it is likely that nearly every secondary school team has at least one student athlete who struggles with mental health. Despite the fact that many teens are able to manage the demands of being a student athlete, some may struggle with the numerous demands on or off the playing field. For example, in situations where there is an unhealthy sports culture, an intense pressure to perform or an increased risk of injury, athletes may actually be more vulnerable to mental health conditions. Student athletes can use any number of ways to numb the pain of family issues, divorce, abuse, disappointment, relationship breakups, academic failure, cyberbullying, and physical injury. Therefore, just as anyone else, athletes are susceptible to a variety of mental health struggles that can surface from numerous general life concerns.

Help

Knowing the prevalence of concerns and the risks of unchecked mental health problems, seeking help is crucial. Attending to an athlete's mental health is an essential part of caring for the entire athlete.

Mental Health RESOURCES

Family Health

937-547-2319
FamilyHealthServices.org

Services: Behavioral health & wellness services, clinical counseling for children and adolescents, anxiety/depression case management

Recovery & Wellness Centers of Midwest Ohio

937-548-6842 or 937-548-1635
RecoveryandWellnessOhio.org

Services: Individual therapy, treatment services for children and adolescents, professional evaluations

Crisis HOTLINES

Safe Haven Hope Line

855-276-4673

Tri-County Crisis Hotline

1-800-351-7347

Crisis TEXT Line

Text CONNECT to 741741
CrisisTextLine.org

Services: Crisis Text Line is free, 24/7 support for those in crisis, connecting those in crisis to trained counselors.

National Suicide Prevention Lifeline

1-800-273-8255
SuicidePreventionLifeline.org

Services: National network of local crisis centers that provides 24/7 free and confidential emotional support to people in suicidal crisis or emotional distress.



Wayne HealthSports

For more information about Wayne HealthSports or Wayne HealthCare Outpatient Rehabilitation, please contact:

Wayne HealthCare
Outpatient Rehabilitation Center
1111 Sweitzer Street
Greenville, OH 45331

937.547.5714

For more information about rehabilitation, orthopedic and sports medicine services, please visit:

WayneHealthCare.org

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