



Second. Assist Program Workbook



ONTARIO JUNIOR HOCKEY LEAGUE FOUNDATION



The First Assist Team

Glenn Crichton - Project Coordinator

Glenn has an extensive background in sports as a player, coach, manager and Director of Development for the Ontario Hockey Association. He was appointed Director of Operations for Canada Selects for the 3 Nations Cup and was awarded the Gold Stick recognising his contribution to hockey in Ontario. Glenn, along with his wife Roslyn, are the co-founders of Coping with Bereavement and for the past 28 years has served as Associate Director of the Coping with Bereavement working with people of all ages in the area of loss and bereavement. Coping works with the member partners in supporting teams and players when loss has occurred. Glenn also co-edited the book "Blindsided- A Game Plan for Grief", provides educational seminars and speaks across the country on the profound impact of loss and how it can impact mental wellness.

Rebecca Pister - Program Developer

Rebecca holds a doctorate in Community Psychology from Wilfrid Laurier University. She has been working in youth mental health promotion for more than 15 years and is an often-requested speaker and presenter on youth mental health. Over the past several years Rebecca has been increasingly involved with the hockey community through mental health presentations to both the Kitchener Rangers and the Guelph Storm, running safeTALKs for the Guelph Storm and both Rangers teams, and delivering mental health presentations for the OHF U-15 training camps in Kitchener. She also teaches psychology at local universities and does research in the area of youth mental health. In her spare time, she loves to swim, cook, try her hand at home renovations and hang out with her family.

Jessica Schumacher - Seminar Facilitator

Jessica was born and raised in Kitchener, and attended Wilfrid Laurier University for Child Development, Education Development, and Conestoga College for Recreation and Leisure Services. Jessica has worked for the Canadian Mental Health Association running peer-led mental health promotion teams and mental health education sessions. She is motivated and enthusiastic and is passionate about programs that help youth grow and develop their own well-being. Aside from her professional background, sports and fitness have always been a huge part of her life. From playing on in-school teams to competitive leagues (including representing basketball for the OBA's), to adult recreational groups, Jessica loves spending time being active every day. She is excited to be working with elite athletes in a new capacity.

Doug Ranton - Seminar Facilitator

Doug is a retired guidance counsellor and physical and health education teacher. He spent many hours coaching basketball, football, baseball, rugby, and badminton at both the high school and club level. In 2014, Doug, Sandra, their son Trevor had their lives turned upside down when they lost their son and brother, Jacob, to suicide. A huge part of their grieving process has been their involvement

in suicide awareness, education, and prevention including supporting others who have experienced a loss to

suicide and working with the Waterloo Region Suicide Prevention Council. Doug was also

Aspen Seale - Seminar Facilitator

Aspen is a registered social worker with the Ontario College of Social Workers and Social Service Representatives, a Division 1 student athlete and scholarship recipient (Bordier), and graduate of the NCAA Division I student athlete and scholarship recipient (Bordier), she graduated with her Bachelor of Arts in Psychology program at Bowling Green State University. Subsequently, she attended The Ohio State University and received a Master of Social Work. She worked with youth in a variety of settings including Brant Community Healthcare System, Intervention of Mental Health Program, Brant Private Practice, and the Department of Children with children and adolescents who are experiencing mood and anxiety concerns. Additionally, she has a sports background and specializes in performance coaching for those hoping to get the edge. Aspen also began supporting grieving individuals as a group facilitator at the Coping



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The OJHL Foundation is very pleased to have collaborated with our partners the Coping Center and the Legacy Foundation of Canada in creating our second module Second Assist.

The Second Assist program is a continuation to the First Assist program in helping our present players and our alumni to be able to comprehend when they need help and or when a team mate, friend or love on needs it.

As Chairman of the Board of the Foundation, our group is excited for the launch of this next module in our program as we move forward.

Yours in Hockey

Scott McCrory, Chairman

OJHL Foundation Board of Directors

Chair - Scott McCrory

Director - Bill Feaver

Director - David Hladin

Director - Richard Pilosof

Executive Director - Rick Morocco

What is Mental Health?

Mental Health

A state of well-being in which a person realizes their own abilities, can cope with the normal stressors of life, can work productively and fruitfully and is able to make contributions to their community.

Mental Illness

A diagnosable condition that impacts how you think, feel, and act. Such conditions may impact a person's ability to relate to others and function each day. It generally requires professional support to address specific concerns.

Some people have mental illnesses, but we all have mental health and so many things can influence how we're doing day to day.

What are some things that build you up?

What are some things that bring you down?

What Are Some Reasons People Use Substances?



To Feel Good

Stimulants may lead to feelings of power, self-confidence, and increased energy. Depressants tend to provide feelings of relaxation and satisfaction.

To Feel Better

People may use substances to reduce social anxiety or stress when building connections with others or to reduce symptoms associated with trauma or depression.

To Do Better

The increasing pressure to improve performance leads many people to use chemicals to “get going” or “keep going” or “make it to the next level”.

To Explore

Some people have a higher need for novelty and a higher tolerance for risk. These people may use drugs to discover new experiences, feelings, or insights.



What is Addiction?

Addiction or substance use disorder is a disease characterized by changes in the brain's reward pathways. Regardless of the substance, addiction operates similarly, impacting dopamine levels, a neurotransmitter crucial for mood, pleasure, and motivation. The brain's reward system becomes hijacked by addictive substances, leading to exaggerated dopamine releases. Over time, the brain adapts, requiring more substance to achieve the same high, while also dampening natural rewards.

This cycle not only fosters physical dependence but also alters decision-making centers, making it harder to recognize the harms of substance use and choose to stop.

A Few Facts

Addiction is not a moral failing

Addiction can happen to anyone, regardless of age, background, financial status.

About 21% of Canadians will meet the criteria for addiction in their lifetime

The substance people become addicted to most often is alcohol.

You can become addicted to many things, including gambling

There is help

When is it a Problem?

-  Unable to control or cut down on use
-  Increased tolerance
-  Withdrawal symptoms
-  Secretive behaviours
-  Development of health issues
-  Financial problems
-  Loss of interest in activities
-  Strained relationships
-  Changes in appearance
-  Neglecting responsibilities
-  Social Isolation
-  Legal issues
-  Continued use despite consequences

Case Study

Your team has been training hard for an important game. Over the course of the season, you've noticed that one of your teammates, Jake, has been going through some stuff. He's been drinking alcohol more frequently and in larger quantities during social gatherings with the team.

This has started to raise some red flags for you.

- Jake has started to miss practices and is often late when he does show up.
- His performance on the ice has been inconsistent, and he's making mistakes that he didn't make before.
- Jake has skipped team meetings and practices to hang out with friends who drink heavily.
- He has become more distant and irritable, even snapping at teammates and coaches.

1. What might be some reasons for Jake's change in behavior?

2. What are other things you might notice that tell you his drinking might be an issue for him?

3. What are some of the potential consequences of Jake's drinking on his performance and well-being?

4. As a teammate, how could you approach this situation/what are some things you could to do help?





Alcohol's Impact on your Game

- Drinking to the point of intoxication can undo 14 days of training
- Suppression of hormones important for training for up to four days
- Takes 2-3 times longer to recover from strenuous activity if alcohol is still being processed by the body.
- Muscles fatigue more quickly
- Longer recovery time
- Reaction time and speed are impacted for several days following drinking
- Balance, hand-eye coordination, and visual perception can be impacted for up to 72 hours
- Impaired memory and learning
- Risk of injury is doubled
- Alcohol decreases next day performance by 15-20% for university level athletes and 20-30% for high school athletes

Sometimes we need to hear what it's like from people who have been there. These are the stories of some players and their families who have recently starting speaking out about their experiences with addiction. Some of these guys are on the other side. Others are still struggling today.



“

Since the new year began I had been feeling severely depressed and my drinking increased. I was heavily drinking a case of beer a day just to settle the demons in my mind and then took pills to sleep. I was self-treating myself because I could not be inside my own head by myself.

My wife had tried so many times in the past to make me stop and wanted me to get help. I never wanted to listen.

What a terrible thing to put someone through. I don't think I wanted to get help because of my additional problems overall. I was addicted to alcohol and drugs and I didn't want to stop. I couldn't.

Learn more about
Robin Lehner's
story here



'I could not stand being alone in my brain': Islanders goalie Robin Lehner opens up about his addiction and bipolar diagnosis.

”

“

I was constantly searching for something to block my pain. To make me feel good. For peace.

So, when I was 22, I did it. Because like so many cocaine users, I was just a lost kid who wanted to feel something. What I wanted to feel, what I needed to feel, might be different from the guy beside me. But there it was, right in front of me — offering me control over my mind, my feelings, if just for the night.

I was just an addict. I was in the NHL. I was scoring goals. Playing in a Cup final. Living a dream. But I was an addict. And I didn't even know I had a problem.

Learn more
about
Colin Wilson's
story here

Addiction



”



“ —

Everything on the outside looked good, but things were already not doing too well for me but I was hiding it, and holding on to hockey and kind of, you know, sweeping all that stuff under the rug by holding on to hockey essentially. And eventually, you know, it all fell apart for me”

Leavold’s addiction morphed from snorting pain killers, to shooting heroin, to then shooting fentanyl as it began to penetrate the streets of Vancouver.

He did not care, however, that he was risking his life daily. On the contrary, Leavold was hoping that one fatal dose would prevent him from waking up in the cruel world he had become accustomed to.

Learn more about
Brady Leavold’s
story here



Just Keep Fighting

— ”

“ —

Learn more
about
Ian White’s story
here

Left Behind



It was the most disgusting cut I've ever seen. I could see his bone, it was sliced right open. They had to do surgery to repair some of the tendons, sew them back together. That was, I think, when everything changed because they put him on OxyContin and I don't know that he ever got off of them. I don't blame anyone for where Ian is right now. I just think if there was more support earlier on I think we could of been in a different place than we are.

He was a full blown drug addict, that's what it was. We lost everything, our house, our cars and I walked away with just Grace and Pax, the clothes on my back and I've had to rebuild my life.

— ”



If you or someone you know is struggling with substance use, please reach out. Supports are can be found at the end of this book.

You are not alone.

Saying No

Are you in a situation where you don't want to go along with the crowd?

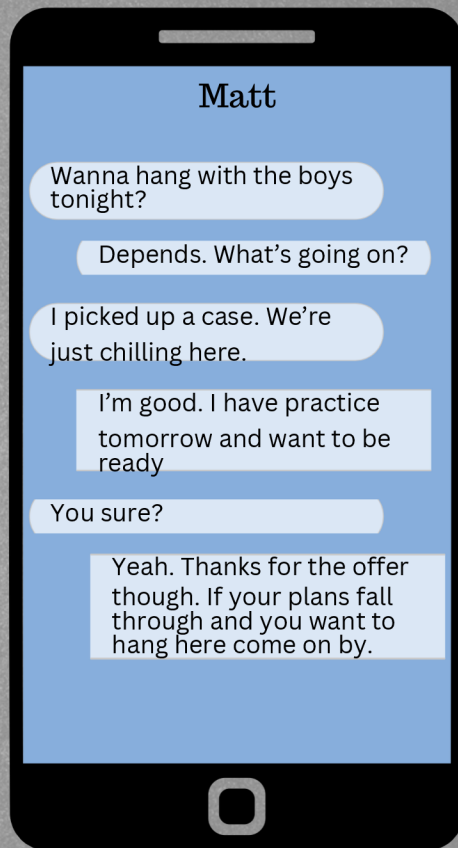
Maybe you don't want to drink, or go to that party, or hang out with the guys but don't know how to say no.

Try this



1. Stop yourself from going on autopilot
2. Identify what's going on
3. Consider the consequences
4. Think of an alternative
5. Move away from the situation
6. Give yourself credit

A friend hands you a beer at a party but you've had enough. How can you use this skill?



What Have You Seen?

Physical

Social

Bullying is a pattern of aggressive behavior that involves the intentional harming of another person, typically physically, verbally, psychologically, or socially, and is characterized by a power imbalance. It is a repeated and deliberate act intended to cause fear, distress, or harm to the victim.

Verbal

Cyber



Team Dynamics

**You win and lose as a team so the stronger you are off the ice, the better you'll be on it.
How do you stack up?**

Healthy

**Communication
Respect
Trust
Positive attitudes
Collaboration
Accountability
Unity and cohesion
Diversity and Inclusion**

Unhealthy

**Weak leadership
Resistant to change
Disrespect
Exclusion
In-fighting
Poor communication
Avoiding dealing with issues**

Myth or Fact?

What Do You Think?

The following are some common beliefs about violence in relationships. Can you tell which are true and which are myths?

Abuse usually only happens in married adult couples

MYTH FACT

The truth is _____

Boyfriends and girlfriends sometimes push each other around when they get angry, but it rarely results in anyone getting seriously hurt.

MYTH FACT

The truth is _____

While females can be abusive and abuse happens in same-sex couples too, it is much more common for males to abuse their female partners

MYTH FACT

The truth is _____

Most people will end a relationship if their boyfriend or girlfriend hits them.

MYTH FACT

The truth is _____

People abuse their partners because they can't control their anger.

MYTH FACT

The truth is _____

If a person is really being abused, it's easy to just leave.

MYTH FACT

The truth is _____

Most sexual assaults are committed by strangers who attack women at night on the streets.

MYTH FACT

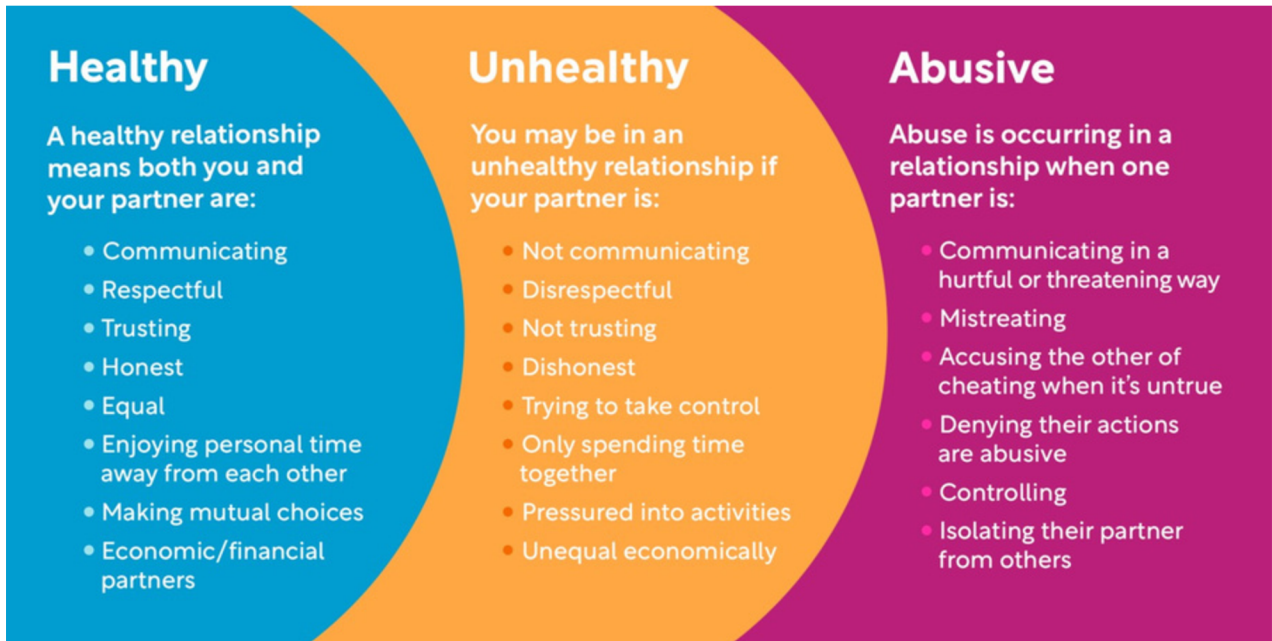
The truth is _____

People who are abused often blame themselves for their abuse.

MYTH FACT

The truth is _____

Healthy Relationships



Relationships are critically important to our overall well-being and we have all kinds of different relationships throughout our lives. How can we know if the relationship we are in is healthy or it's starting to become toxic?

This chart was created by the folks at LoveisRespect.org

Check them out for more information on how to create healthy and respectful relationships.

Getting the Support You Need

Sometimes we get to a point where we need to reach out and talk about what's going on.

Here are some tips that might help you out.

1

Make a Plan

You'll be more likely to follow through if you have a specific plan. Figure out a person, time, and place. For example: I'm going to invite Mark over to play video games and I'll talk to him before he leaves. Or after practice on Wednesday, I'm going to ask coach if we can talk for a few minutes.

2

Have a Backup Plan

Your first plan might not work out. Have other options of times, people, and places that might work for you.

3

Know What You Want to Say

It's ok to practice what you're going to say and think through how they might respond. Going over it in your head will help you feel more prepared and comfortable.

4

Choose How You Want to Tell Them

Maybe you aren't ready to talk in person. Consider a text or even a letter instead. If you need help right now, you might just have to reach out without much of a plan. That's ok. There is no right way to talk about this.

5

Keep Reaching Out

The first person you talk to might not be the person who can help you. Keep reaching out until you find someone who can.

Some Tips for Helping a Friend

Why Not Try:

1. Asking them what's been going on lately.
2. Telling them you're worried and giving specific examples if you can.
3. Asking questions.
4. Spending more time listening and less time talking.
5. Offering practical support like going with them to talk to someone.
6. Reminding them that it isn't their fault and they aren't alone.

Stay Away From:

1. Diagnosing them.
2. Giving medical treatment or advice.
3. Blaming them for what they are going through.
4. Minimizing how they feel, even if you don't understand it.
5. Telling them to just stop feeling the way they do.
6. Sounding annoyed or judgmental.
7. Making it about you.

What if they don't want to talk?

1. Remind them that you're there when they're ready to talk.
2. Keep reaching out - follow up with them in a few days. They might be ready to talk then.
3. Encourage them to talk to someone they can trust.
4. If it's serious or you're worried they might be self-harming or thinking of suicide, reach out to an adult for help.

Remember

While you can be a supportive friend, you can't solve someone else's problems and it's not your responsibility to do so.

Taking the First Step

Reaching Out

Maybe you're worried about yourself. Maybe you're worried about a friend or a teammate. The first thing to do is reach out for support. Use this page to help you sort out your plan for starting tough conversations.

Is this about you or someone else? What are you concerned about?

What could you say to start a conversation with the person you're worried about or with someone you can trust?

How can you deal with the fact that this could be uncomfortable or awkward?

What are your next steps? What if you don't get the support or reaction you were hoping for the first time?

Where Can You Go From Here?

Phone and Online Chats

Need to talk now? Help is available when you need it, where you need it.



Kids Help Phone 800-668-6868 or text CONNECT to 686868

Live chat www.kidshelpphone.ca

Kids Help Phone provides professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.

ConnexOntario 866-531-2600 or text CONNEX to 247247

Live chat www.connexontario.ca

ConnexOntario provides access to addiction, mental health, and problem gambling services in Ontario 24/7.

Suicide Crisis Helpline call or text 988

[www.https:988.ca](https://www.988.ca)

Canada's national crisis and suicide prevention line. You are not alone. Whether you are worried about yourself or someone else there is always someone there.

Ongoing Help and Support

Maybe you need to talk to someone more than once to figure this out. Want to get connected to ongoing support? Here are a few places you can find someone to help you through this.



Coping Centre - 877-554-4498 www.copingcentre.com

Coping Centre offers a place of support, understanding, and compassion when help is needed. Give them a call. They can connect you with the right people at the right time.



Wes for Youth Online www.wesforyouthonline.ca

Wes was an energetic hockey player who suffered with mental health issues in silence. When he was 16 he died by suicide. His parents created Wes for youth online so that young people would have somewhere to find support. And it's all done online.



Canadian Mental Health Association www.cmha.ca

The CMHA national website includes great information on mental health as well as a way to find your local CMHA which might offer free services and support.

Helpful Websites

Talking to someone one on one isn't for you? We've got you covered. These websites provide information and programming that might be the kind of support you need.

Mindyourmind www.mindyourmind.ca

Mindyourmind exists in the space where mental health, wellness, engagement, and technology meet. They work with young people to co-create interactive tools and innovative resources to help build resilience, promote wellness, and increase access to supports. Full of information, great games, and tons of apps, this site has everything!





BounceBack! www.bouncebackontario.ca Are you struggling to manage anxiety or depression? There are tons of skills that you can develop to take back your life. BounceBack is an online program for adults and youth 15+. Free, confidential, and you can do it from the privacy of your own home.

Apps

Who doesn't have their phone on them 24/7? Why not turn it into a tool for improving your mental health? Discreet, confidential, and sometimes kind of fun. Here are some apps that can help you stay on top of your game. They're all offer free versions of their apps.



Smiling Mind

There is a connection between mental toughness and mindfulness? This app has some handy mindfulness exercises you can use, broken down by age. You can also do daily mood check ins and track your progress over long periods of time.



MindShift

Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. This app is designed to help teens and young adults cope with all kinds of anxiety.



I am Sober

Break bad habits, build new ones, and connect with others who understand what you're going through.



What's Up

What's up is an amazing free app that uses real therapy techniques to help you cope with depression, anxiety, stress, and more. Use the positive and negative habit tracker to maintain your good habits, and break those that are counterproductive.



SAM

Self-help Anxiety Management is an app with tons of tools for helping you deal with anxiety including an anxiety tracker and toolkit.



Happify

Need a happy fix? With its psychologist-approved mood-training program, this is your fast-track to a good mood. Try various games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts.



Be Safe

Be Safe is a free safety planning and service navigation mobile app that aims to help youth and adults with making informed decisions and accessing appropriate resources in their local area.

Didn't find what you're looking for? Visit us at ojhlfoundation.ca for more resources!



The Legacy Foundation of Canada is pleased to support mental health in the hockey community by assisting with the development and team trainings of the First Assist programs in the OJHL.

The OJHL Foundation thanks the Legacy Foundation of Canada for their generous support.