

Elevating Team USA through Mental Health and Mental Performance - Dr. Jess Bartley, Dr. Emily Clark

Assessing the Mental Health of Team USA

This presentation provides an overview of how USOPC Psychological Services has implemented and evolved the Sport Mental Health Assessment Tool (SMHAT) from its initial rollout prior to the Tokyo Olympic and Paralympic Games through the current preparation cycle for Milan Cortina. It will highlight key lessons learned, including strategies for integrating screening into high-performance environments, coordinating interdisciplinary care, and responding to the mental health needs of Team USA athletes and staff. Attendees will gain practical insights into scaling mental health assessment systems within elite sport settings while balancing clinical rigor, confidentiality, and performance demands.

1. Evaluate the implementation and evolution of the Sport Mental Health Assessment Tool (SMHAT) within USOPC Psychological Services from the Tokyo Olympic and Paralympic Games through the Milan Cortina cycle, including key lessons learned and best practices.
2. Apply practical strategies for integrating mental health screening and interdisciplinary care within elite sport environments while balancing clinical, ethical, and performance considerations.

A Novel Psychological Service Documentation System (“PsyDoc”) - Dr. Eric Post, Dr. Heather Vincent

As psychological service delivery becomes common across elite athlete healthcare settings, novel systematic documentation and surveillance approaches are needed capture the scope and characteristics of services delivered, identify subpopulations at increased need, and allocate resources effectively. Similar to injury and illness surveillance systems in sports medicine, we present in this session a new Psychological Service Documentation System (“PsyDoc”) system that advances the capacity to capture services provided to athletes that extend beyond health symptom- and diagnosis-driven encounters. Attendees will learn about the effectiveness and knowledge gained after implementation of PsyDoc at the Milano Cortina 2026 Winter Games.

1. To apply the research approach used to address major limitations in clinical documentation for psychological service encounters provided to elite athletes in high performance settings
2. To determine the mental health and performance content sought by elite athletes during the Milano Cortina Winter 2026 Olympic and Paralympic Games using the PsyDoc system.

Sleep, Mental Health and Wellbeing: the REST USA Model - Dr. Emily Clark, Dr. Eric Post

Sleep is essential for mental health, peak athletic performance and recovery, yet elite athletes frequently experience sleep disturbances. This presentation provides insight on the scope of sleep-related issues, and associations to mental health among Team USA. The USOPC Psychological Services and Research teams will share insights from the

development and implementation of a modified, athlete-specific Brief Behavioral Therapy Intervention (BBTI) model to address sleep difficulties among training Team USA Olympic and Paralympic athletes. Attendees will learn about strategies deployed, outcomes used, barriers and facilitators to BBTI, sleep behaviors, physiological monitoring, lessons learned, and future directions.

1. Assess the impact of sleep disturbances on mental health outcomes of Team USA athletes.
2. Evaluate the effectiveness, challenges and feasibility of an athlete-specific Brief Behavioral Therapy Intervention (BBTI) program on sleep behaviors, physiological metrics, and mental wellbeing among Olympic and Paralympic athletes.