

# Michigan State University Athletics



Alumni STATE of Mind Program Offers Mental Health Assistance To Spartan Student-Athlete Alumni

General

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Michigan State Athletics proudly announces the launch of its revolutionary mental health support initiative, the Alumni STATE of Mind Program, offering mental health assistance to all alumni student-athletes and their families. This pioneering program positions MSU as a leader in providing comprehensive behavioral health services to our esteemed athletic community.

"The Alumni STATE of Mind Program represents a significant milestone in the commitment of Michigan State University to the well-being of its past, present, and future Spartans," Michigan State Vice President and Director of Athletics Alan Haller said. "Spartan for Life is not just a catchphrase, it's a commitment we make to all of our student-athletes. The Alumni STATE of Mind Program will positively impact the lives of thousands of Spartans and their families by providing access to behavioral health support."

Key Features of the Alumni STATE of Mind Program include:

- **Dedicated Concierge Call Line:** A 24/7 dedicated concierge call line, reachable at (855) 2-SPARTY, (855-277-2789), providing personalized assistance and immediate crisis support. Non-crisis communication is also available at [stateofmind@hopedesk.co](mailto:stateofmind@hopedesk.co)
- **Preferred Access to Clinical Programs:** Alumni and their families will have preferred access to select clinical programs tailored to meet their specific mental health needs.
- **Nationwide Network of Providers:** The program grants access to a nationwide list of vetted and accredited mental health providers, ensuring MSU alumni have a broad range of options for receiving quality care.
- **Discounted Provider Pricing:** Participants in the program benefit from discounted pricing on mental health services, ensuring affordability and accessibility for all.

MSU becomes one of the first universities in the nation to extend health support to every alumni athlete and their immediate family.

The Alumni STATE of Mind Program will be managed and implemented by The Hope Desk, which offers the concierge service and a network of trusted mental health and substance use programs nationwide to ensure that those seeking assistance are directed to the most appropriate resources in a confidential and timely manner. The network includes Skywood Recovery, the Mental Health Partner of MSU Athletics.

#### **Additional Quotes:**

##### **Dr. Jeff Kovan | Director of Sports Medicine and Performance**

"The Alumni STATE of Mind Program is another example of how MSU Athletics takes care of its family, both when they're here on campus, and even after they've moved on to the next phase of their lives. We're so excited to be able to care for their individual needs, as well as those of their family."

##### **Dr. Molly McQueary | Director of Student-Athlete Wellness**

"Our unit is not only dedicated to serving our student-athletes' current well-being, but their well-being once they leave MSU. When given the opportunity to provide support to our student-athletes it was a no brainer. We care so deeply about our athletes on and off their field of play! Our Spartan STATE of Mind Program has benefitted our current student-athletes immensely, so we're excited about the opportunity to expand it to former athletes. We are so eager to launch this new initiative and see the impact it will have on our Spartan community."

##### **Kate Souder | Director of the Varsity S Club**

"When you become a Spartan, you're a Spartan for life. And nothing shows that sentiment more than this commitment between Skywood Recovery and Michigan State Athletics. There are more than 10,000 Varsity S Club members (former letterwinners) across every state in the country and many living internationally. This service will assist them with the mental health care they need, when they need it. We're excited for this partnership and the impact it will have on our Spartan athletes."

##### **Ashton Henderson | Deputy AD Championship Resources & Culture**

"I'm immensely grateful that my former teammate and mental health advocate Johnny Adams, connected us to Hope Desk so we can curate this unbelievable partnership and provide mental health support for every Spartan letterwinner and their families."

#### **About Hope Desk**

At The Hope Desk, we understand the complexities and challenges associated with navigating mental health and substance misuse issues. We help with simplified and accessible solutions to individuals who are seeking help. Our job is to make the process of finding the right resources and support as effortless as possible. With our concierge services, we work with organizations to help their members or employees struggling with mental health and substance misuse problems. We help navigate towards the mental health resources and services best suited to the specific circumstances, including geography, level of care, and finances/insurance. We have established a network of trusted mental health and substance use programs nationwide to ensure that those seeking assistance are directed to the most appropriate resources in a confidential and timely manner. By streamlining the process, we eliminate the confusion often associated with finding the right help. We also offer in-person mental health educational events and anti-stigma campaigns. For more information visit <https://hopedesk.co/>

#### **About Michigan State Student-Athlete Wellness**

Michigan State Student-Athlete Wellness is part of the MSU Athletics Sports Medicine and Performance department. Through the Spartan State of Mind Program, student-athletes are provided with mental health and sport performance support to promote optimal wellness and performance on and off their field of play. Providers utilize a holistic and trauma informed approach that cultivates a healthy sense of self by focusing on emotional and mental resilience, confidence, self-acceptance, identity, stress management, self-awareness, etc. For more information visit: [msuspartans.com/sports/2023/2/1/michigan-state-student-athlete-wellness.aspx](https://msuspartans.com/sports/2023/2/1/michigan-state-student-athlete-wellness.aspx).

#### **About Skywood Recovery**

Skywood Recovery is a premier, full-service addiction treatment center located in Augusta, Michigan. We provide the full continuum of care from detox, residential, to partial hospitalization programs. Our specialization in dual diagnosis treatment allows us to also address underlying mental health concerns. In addition to our residential

treatment facility, outpatient treatment programs are offered in Royal Oak, and a new location will be opening soon near MSU's campus in Lansing. At Skywood, we pride ourselves on providing individualized treatment for each of our patients based on their unique needs. Learn more: <https://skywoodrecovery.com/>  
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