



## Mental Health and Well-being

Initiated by Jason Ratcliffe

### Summary of work

#### **Professional Cricketers' Association**

*Under the Personal Development and Welfare Programme*

- 1 Education and Awareness -
  - i) 2005 Actor scenarios – gambling, alcohol, drugs
  - ii) 2007 Addictive behaviour Programme – alcohol, drugs, gambling
  - iii) 2011 Mind Matters Tutorial series -
  - iv) 2012 Depression – Curse of The Strong – Dr Tim Cantopher
  - v) 2012 Overcoming Gambling – Philip Mawer
- 2 Research – 2013
- 3 Proactive Intervention
  - i) 2002 Personal Development Managers (PDM's)
  - ii) 2012 Resilience Seminars
  - iii) 2005 Psychometric Profiling
- 4 Mental Health Ambassadors Programme – 2014
- 5 Confidential Support / network / Helpline – 2005
- 6 Self Help Tool – Stress Free app – 2013
- 7 Commissioned Play - Colin Milburn – 2016
- 8 Partnerships PPF/Mind/ NHS Gambling Clinic/ EPIC/ Sporting Chance

## **Professional Cricketers' Association**

### **1. EDUCATION & AWARENESS**

- i. Creation of short films in 2007 with the use actors playing out scenes to demonstrate signs and symptoms of gambling, alcohol and drug abuse.
- ii. 2008 - Creation of an addictive behaviour programme using members who had suffered problems with drink, drugs and depression to articulate their stories to help raise awareness and educate.
- iii. 2012 - Created a series of on-line tutorials badged "Mind Matters", covering Depression, anxiety, gambling, drugs, alcohol and Self-Harm and feature contributions from Marcus Trescothick, Tim Ambrose, Michael Yardy, Graeme Fowler and other players (and their relatives) who were willing to share their experiences. Craig Spearman became the first cricketer to talk about his gambling addiction. We collaborated with Dr Alys Cole-King for scripting a 'Self-Harm' tutorial. <http://www.thepca.co.uk/mind-matters.html>
- iv. Circulation to all members a book called 'Depression, Curse of the Strong' by Dr Tim Cantopher to all members in 2012
- v. Circulation to all members of 'Overcoming Gambling' by Philip Mawer and creation of bespoke online videos with Philip.

### **2. RESEARCH**

In association with Rugby (Rugby Players' Association)- RPA and football (Professional Footballers' Association- PFA) in 2013, undertook significant research amongst our past playing memberships in this area. 1 in 5 (national average 1 in 4) said that they had either had, felt or expressed a concern with regard to depression and or anxiety at some time in their lives. It also confirmed a commonly held point of view, that the first 2 years after leaving the sport of the most concerning from a health and wellbeing point of view and lead direction of travel for education and implementation across the sporting landscape.

### **3. PROACTIVE INTERVENTION**

- i. 2002 – starting as a half day a week in association with ECB (England & Wales Cricket Board) Confidential, tailored/bespoke, one-to-one proactive support from a team of six Personal Development Managers (PDMs), who provide player/members with support on a wide range of issues, and can signpost towards specialist support when necessary.

In 2009, the joint service was taken over fully by the PCA to create a cohesive 'whole game' approach to Personal Development & Welfare.

- ii) In conjunction with LPP Consulting (now Cognacity) launched a series of resilience workshops with County squads, designed to help players manage stress effectively, and spot warning signs indicating where medical help may be necessary.

iii. Implementation of psychological profiling tool, MBTI (Myers Briggs) testing via our PDM network to ensure and promote self-awareness.

#### **4. MENTAL HEALTH AMBASSADORS**

Use of high-profile members who have suffered to varying extents to help educate and raise awareness

##### **Andrew Flintoff**

The former England captain and all-rounder became the PCA's first Mental Health Ambassador in March 2016. Freddie has spoken frankly in films for the PCA and BBC about depression in professional sports people since he retired from playing.

##### **Marcus Trescothick**

The Somerset and former England batsman has been a pioneer in de-stigmatising depression since he presented the PCA initial Mind Matters tutorials when they were launched in 2012. Marcus has spoken openly about his own battle with depression which was a major factor in the early end of his international career.

##### **Graeme Fowler**

The former England batsman has appeared along with his wife Sara in Mind Matters films discussing his struggle with depression and how he devised his own mental health scale. Graeme accompanied PCA staff on their pre-season county visits in 2016 to help educate current players about mental wellbeing and recently published his autobiography 'Absolutely Foxed' which dealt frankly with depression.

##### **Monty Panesar**

The Northamptonshire and former England left-arm spinner became the second PCA Mental Health Ambassador in May 2016 and appeared in a new film for the Mind Matters series. In the film Monty discusses how not taking prescribed medication increased anxiety and paranoia and led to him reacting aggressively to team-mates and friends.

##### **Tim Ambrose**

The Warwickshire and former England wicketkeeper took time out of cricket in 2010 after he lost direction in his career. Tim subsequently appeared in a PCA Mind Matters video and discussed how he sought help from a psychologist for his depression and regained his enjoyment for playing cricket.

##### **Mike Yardy**

The former Sussex and England one day international all-rounder returned early from the World Cup in 2011 suffering from depression. Mike is now training as a sports psychologist and has discussed his depression both on camera, in the PCA's Mind Matters series, and in his recent autobiography 'The Hard Yards'

## **Iain O'Brien**

The former New Zealand, Leicestershire and Middlesex seamer revealed his own battle with depression after listening to a radio programme hosted by former England captain Michael Vaughan on the issue. Having hidden his depression for most of his playing career, Iain has now spoken honestly about it in the PCA's Mind Matters series.

### **5. CONFIDENTIAL COUNSELLING SUPPORT**

In 2005, created, a geographical professional support network, which was later, merged into partnership with Cognacity to provide CBT and other associated interventions. Help can be accessed by any past or current player, or their immediate families. If somebody was in real danger, we would endeavour to get to get somebody with them within hours.

### **6. SELF HELP TOOLS**

In January 2015 launched a bespoke App to all our members called 'Stress Free' which was designed to reduce stress and anxiety via mindfulness techniques within a private environment.

All these services were and remain free for members and their families.

### **7. COMMISSIONED PLAY**

In October 2016, commissioned a 'one man' play, called 'When the eye has gone', which depicted the life of Colin Milburn and ex professional cricketer who lost an eye in a car crash whilst at the top of his game/career. Post career he spun him into a spiral of drink, loss of self-esteem and depression, resulting in death aged 49. It received fantastic reviews, running across the 18 first class counties for a month to raise awareness for the dangers of not planning for life after sport and of general mental health wellbeing.

### **8. PARTNERSHIPS**

- i) Worked closely with other Player Associations (PFA, RPA and several others under the banner of the Professional Players' Federation - PPF) and mental health charities (Mind - Time To Talk / Time to Change) to encourage and promote good practice and raise awareness, not just to our members but throughout the general population.
- ii) PCA was a key instigator with PPF and FA in the formation of a Mental Health Charter launched in 2015 in association with the Sport and Recreational Alliance and Mind.
- iii) 2013- Created a link to the NHS National Gambling clinic in association with Dr Henrietta Bowden-Jones, where members received professional help and support. The clinic also offered support to staff and member alike to raise education and awareness.

iv) Worked with Sporting Chance who would occasionally take referral patients but also provide people as case studies at events to highlight key issues of addiction, health and wellbeing

v) 2015 - EPIC, run by Paul Buck who has a history of problematic gambling, were engaged to help educate on the dangers of problematic gambling.

## 9 CONSULTANCY

- i 2016 LMA High Performance Institute – 1 to 1 programme
- ii 2016 Management and representation of elite sports clients on and off the pitch  
[www.jatamanagement.co.uk](http://www.jatamanagement.co.uk)

## 10 CORPORATE

- i
  - a) Presentations to staff on general mental health awareness and wellbeing
  - b) Including high profile sportspeople and industry experts
  - c) Lumina Spark in groups and 1-1 to build self-awareness, confidence, team cohesion and improve absenteeism.  
<https://www.luminalearning.com/luminaproducts/spark/>

## Testimonials

In a Radio Times interview, on 13 February 2015, **Andrew Flintoff** said, “England, and especially the Players Cricket Association, should be commended so highly for their work with mental health issues. There’s a guy there called Jason Ratcliffe (PCA Deputy Chief Executive), who is leading the way, not just in cricket but in everyday life for people.”

In 2017, the former international England cricketer and Chief Cricket Correspondent for The Times, **Mike Atherton** praised Ratcliffe for playing a "huge role" in recognising the importance of mental health and wellbeing for players at the end their careers to the extent that "all professional cricketers owe him ... a huge debt of gratitude”

## Various References -

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- General <http://www.thepca.co.uk/health-and-wellbeing.html>
- Craig Spearman Gambling admission – June 2013  
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- EPIC <http://epicpgc.com/>
- Sporting Chance <https://www.sportingchanceclinic.com/>
- Dr Alys Cole-King <https://uk.linkedin.com/in/alys-cole-king-52a4991b>

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[https://en.wikipedia.org/wiki/Jason\\_Ratcliffe](https://en.wikipedia.org/wiki/Jason_Ratcliffe)

[www.iatamanagement.co.uk](http://www.iatamanagement.co.uk)

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