

Player Support Program Presentation (PSP)

The Player Support Program (PSP) was created to help players manage life's challenges and resolve personal problems before they become more serious.

QMJHL team personnel can also refer to the Player Support Program.

Individuals may receive support in person, via email, or via telephone by calling our toll-free number (1-877-650-3555). The required support may be given by the team's resource person, a member of the team's personnel, or by the PSP Coordinator.

Parents and Host Families

Parents and host families may refer to the Player Support Program. However, the program is not meant to support their personal problems, the program is meant to support the players' well-being.

Once an individual reaches 16 years of age, it is not mandatory to inform the parents when an intervention occurs with a player. Nevertheless, in certain circumstances, and after having discussed the issue with the player, it would be important that the parents be made aware of the situation. Parents have a responsibility toward their child. In some instances, they must be involved in the process and sometimes, they might be called upon to provide financial support for further counselling. Each case should be analyzed on an individual basis.

Confidentiality

The issue of confidentiality is an important element of this program. The players, as well as the people supporting them, must feel that they can use the program with full confidence that their requests will remain completely confidential.

Sessions will be entirely confidential, as far as the law permits. For example, in the event that the player's safety or any other person's safety is compromised, certain information must be divulged, for example (suicidal tendencies, violent behaviour, criminal acts).

Participation in this program is voluntary. Teams are not required to report all the problems which are encountered with the players to the PSP Coordinator. However, we strongly recommend that the coordinator be informed of any steps being taken by a team to help a player; specifically, in cases where follow-up is required, when the player is in counselling, or in the event that a player's problems are covered in the media. The role of the PSP Coordinator is to advise you on various matters, support you, and try to refer you to the appropriate resources.

The player must also consent to being referred to the Player Support Program or to go to counselling. At times, the player will have to initiate the process himself, with the help of the

resource person or a member of his team's personnel. In order to maintain confidentiality, the player will not participate in group counselling sessions.

In compliance with the Access to Information Act and the Privacy Act, the PSP Coordinator is not required to keep the team or the League informed of the nature of the interventions which are required to help the player in the context of the PSP.

A network of internal caregivers

Players who need help have the choice to confide in whomever they choose to. If they are not comfortable with the team's identified resource person, they can turn to any other member of the team's personnel or the PSP Coordinator.

The resource person which was identified by the team does not prevent the team physician, the therapist or any other member of the team's personnel to collaborate on the program or take on the role of resource person on occasion.

A network of external caregivers

A network of external caregivers (psychologist, social worker, substance abuse counsellor, nutritionist, etc.), should be available in every region where the QMJHL has a team. A list of these service providers should be sent to the PSP Coordinator.

The contact information for the external service providers will be compiled and filed into a **general directory**. The Directory will be sent to all the players and all team personnel once the information is complete. External professionals will work with the players in accordance with their area of expertise.

An advisory committee will be formed to advise the PSP Coordinator.

The resource person's role in each team

Each team's resource person must ensure that their interventions conform to confidentiality requirements. The resource person's role is to raise awareness on various issues with the players, give them advice and ensure follow-up when a problematic situation arises. Ensuring follow-up entails that the resource person must verify how the player feels about the situation, if the player has communicated with an external resource (when necessary), and if he is going to his appointments.

All the identified resource persons will receive training which will focus on the Player Support Program, and various issues such as gambling problems and drug abuse.

The resource person must meet with the players and inform them and present the Player Support Program as it is described in the present document.

The resource person must supply all the information and documentation pertaining to the support program (PSP flyer).

In order for the resource person to be adequately prepared to respond when a problematic situation arises, the resource person must establish a network of care providers in the region

where the team is located as soon as possible. This network must include at least one substance abuse counsellor, one psychologist and one social worker.

The resource person must support the players by demonstrating a clear interest in the various situations which the players are going through. The resource persons must work with members of the team's personnel and the program's coordinator when a player faces a problematic situation.

When a problematic situation arises, the resource person must assist the player, and/or the team, and refer them to the proper resources if necessary. This type of intervention can be done in collaboration with the PSP Coordinator and other members of the committee.

The resource person must follow-up with the player when he has been informed that the player has displayed problematic behaviour, that the player must go into counselling, or that the player has committed a doping infraction.

The Role of the Player Support Program's Coordinator

The PSP Coordinator works under the premise of confidentiality. This individual must have knowledge of drugs, doping substances, as well as work experience in psychology, counselling services, social services, or any other related field.

The PSP Coordinator will answer assistance requests from players and their entourage via telephone, email, or in person.

The PSP Coordinator can provide an initial evaluation of the player when necessary.

The PSP Coordinator can help the resource person to refer the player to the appropriate resources.

The PSP Coordinator will be a member of the advisory committee on which will sit the principal members of the Anti-Doping Program and the Support Program.

The PSP Coordinator will assist and support the various professionals and service providers in the event of a positive doping test, a case of substance abuse, or behavioral issues.

The PSP Coordinator can give the League and the team's up-to-date information and trends on the subject of drugs, doping substances, and doping methods.

The PSP Coordinator supplies the documentation and information pertaining to the QMJHL's Player Support Program.

Prevention and Intervention Tools which have been indexed and created:

- DEP-ADO => Screening form to detect substance abuse problems
- DÉBA-Alcohol => Screening form/evaluate the need for alcohol -assistance
- DÉBA-Drugs => Screening form/evaluate the need for drugs-assistance
- DÉBA-gambling => Screening form/evaluate the need for gambling-assistance
- Drugs: facts and negative impacts
- List of prohibited substances World Anti-Doping Agency
- Charts of prohibited substances in the CHL
- Catalogue of available resources (ongoing)
- USB key: all information pertaining to the Player Support Program

These tools are available in English and in French. Although a number of these tools can be used immediately, most of them will be given to the resource persons during the training session, so that they have the appropriate training to use them.

Player support program in connection with the CHL's anti-doping policy

Player declaration before an anti-doping control

In the event that a player voluntarily discloses that he has used, or is using prohibited substances (see WADA's prohibited substances list), before being selected for a doping control, he will have to be evaluated in order to verify if it is necessary to pursue therapeutic intervention with a healthcare professional or by a QMJHL recognized organization. If an intervention is deemed necessary, the player will be quickly referred to the adequate resources. In the event that a player, who has voluntarily admitted to violating the anti-doping policy and is currently in therapy to deal with this particular issue, is submitted to a random anti-doping test and the test confirms adverse analytical findings, the player will not be sanctioned. In the event that the doping control test finds prohibited substances which the player has not declared, he will be sanctioned according to the rules outlined in the anti-doping policy.

The identified player must sign the player support contract and respect his commitments. He must be present at his scheduled appointments and complete the given therapeutic course of action. If a player breaks his commitments, he will be reevaluated and could be excluded from the support program and the team. This also means that he could be chosen for an anti-doping control and if the results demonstrate positive findings for doping, the player could face sanctions and be suspended by the League for a repeat offense.

A player who is in therapy will be reevaluated within three months in order to check on his progress and assess whether he should continue with treatment or not. As long as the player is in therapy, and respects his commitments, he will not face sanctions if he is chosen for an anti-doping test and his results demonstrate the use of prohibited substances which the player has admitted to using. However, a player who has committed a doping infraction could be chosen for another doping control test at the end of the therapeutic course of action chosen for the player.

In the case where a player declares his use of prohibited substances and does not need to seek therapy (after having been evaluated) he will receive a warning and must cease using doping substances in order to avoid a positive result if he is selected at random for a doping control test. In the case of marijuana use, the disciplinary committee will take into account the date on which the player declared its use and the reason behind it in order to determine the level of use and if this case constitutes a doping infraction in the event of a random doping control test.

Player declaration after a doping control test

In the event that a player declares having used or that he is using substances which appear on WADA's prohibited substances' list, during the doping control test or after the doping control test (if the test is positive) he will have to submit to an evaluation in order to verify if he must follow a therapeutic course of action with a professional or an organization which is recognized by the QMJHL. If the player must be in therapy, he will quickly be directed to the appropriate resources. However, if he is found guilty of having committed a doping infraction, he will be exposed to sanctions determined by the disciplinary committee. During this sanction, the player may continue to attend therapy and receive the necessary help to get through this difficult period.

In both cases, the applicable measures are in effect for one season. If the player continues to play within the QMJHL, he will be reevaluated at the beginning of the following season and continue therapy if deemed necessary. The player must demonstrate clear improvement after a prolonged period of therapy and evaluation.