

Introduction:

Time for the Ultimate Talk (TFTUT) is offering our services to hold space with college teams to make the community a more safe and healthy space for everyone. We are hoping to offer three types of spaces: space with leadership, with the whole team, and/or with an entire program. These are going to be centered around creating a more mental health- and trauma-aware and informed community.



I. Overview

3 packages:

1. Meeting with leadership
2. Meeting with full team
3. Meeting with full program*

Each of these packages includes the package before it (for example, if you choose the “Meeting with full program” package, you will also get a meeting with just your leadership and a meeting with your whole team before the meeting with the full program).

We are also going to form individual definitions of mental health, trauma, leadership, etc. with your leadership, team, or whatever body we have our teach-ins with. We believe it is very important to hold space for communities to come up with their own definitions of what is important, and we will work off of you.

** Meeting with the full program - “full program” can mean what you want it to mean. This can be a meeting with your A and B team, a meeting with your teams in all divisions, etc. This just means a teach-in including an audience larger than just one team.*

II. Payment

We are asking that teams pay us for our time; that being said, we are happy to discuss payment! Sliding scale payment drafts can be found [here](#). We are flexible!

III. Format - Meeting with Leadership

Goals for this meeting include:

- How to bring mental health and trauma normality into your leadership practices

- Assisting with resource awareness/familiarity
 - Where your Title IX office is
 - Where your counselors are on campus
 - Etc.
- Answering specific questions

To begin, we will send out a google form for each member of your leadership to fill out. This form will gauge:

- Your leadership structure
- Team expectations
- Current team environment challenges
- How much your leadership implements mental health- and trauma-aware practices
- Season goals

Once we have that information, we will work on creating a structured meeting between our groups to discuss some of these aspects and answering any questions you have regarding your team!

IV. **Format - Meeting with Full Team**

As a reminder, if you choose this teach-in option we are also requesting that you do a meeting with the leadership prior (outlined above).

Goals for this meeting include:

- How to interact with mental health and trauma on a team-level
- How to become a mental health- and trauma-informed/aware team
- Resources available to you
- Answering specific questions
- Breakout groups *

After the meeting with leadership, we will send out a google form to the whole team for everyone to participate in *anonymously*. This form will gauge:

- Feelings of safety
- Desires/changes for the team
- Team's current awareness and resource sharing regarding mental health and trauma
- Positive and negative qualities for teammates and leadership

From there, we will work on creating a structured meeting for the whole team on discussing some of these aspects and answering any questions the team members have.

** Breakout groups are going to be included in this, and what our breakout group discussion questions are will depend on the answers to some of the questions on the google form.*

V. Format - Meeting with Full Program

As a reminder, if you choose this teach-in option we are also requesting that you do a meeting with the leadership and a meeting with (at least) one of your teams prior (outlined above).

Goals for this meeting include:

- Interaction between teams
- Party culture
- Specific resources available to you
- Answering specific questions
- Breakout groups *

After the meeting with leadership, and with the team(s), we will send out a google form to the whole team for everyone to participate in *anonymously*. This form will gauge:

- Feelings of safety
- Party culture on the team
- Inter-team and cross-team dynamics
- Desires/changes for the program

From there, we will work on creating a structured meeting for the whole team on discussing some of these aspects and answering any questions the team members have.

** Breakout groups are going to be included in this, and what our breakout group discussion questions are will depend on the answers to some of the questions on the google form.*

Reminder: You define what "full program" is!

VI. Additional Information

Who will facilitate?

The total number of facilitators involved will depend on the package you select and the number of people involved. You will be able to voice preferences for TFTUT facilitators, and we will be able to recommend personnel based on topics that emerge in your screening form.

What about club teams?

We are currently focusing on college teams, but we hope to expand our Teach-Ins to club teams in the coming months.