

Dr. Rob Mental Wellness Award

Introduction:

Dr. Rob was a prominent Family Physician in Parry Sound with a passion for helping people. He was a caring and supportive father, husband, friend and colleague who always no matter the time or place took the time to listen and show he cared about you and what you had to say. Dr. Rob's genuine care and concern for others along with his love of the game have led his family to create an award in his honour.

Pre-Amble:

According to the Centre for Addictions and Mental Health, an estimated one in five Canadians, in any given year, will experience a mental health or addiction problem. Currently in Canada, youth between the ages of 15 and 24 are the population group most likely to experience mental health issues and/or substance abuse disorders, with suicide being the second leading cause of death among those ages 10 to 19. Hockey players are not immune.

Connectedness is one component of Mental Well Being. Connectedness to a team is foundational to promoting player well being, healthy social interactions, positive development and the creation of an environment that contributes to players thriving and flourishing. Team connectedness also involves creating a sense of community where players feel safe, included, valued, supported and heard. We know that when hockey players feel connected to teams they are more likely to feel healthier and experience greater on and off the ice. Hockey players need to know that they are not alone.

Criteria:

A player who demonstrates the following qualities fosters team connectedness and will be considered for the award.

- Inclusive of all teammates
- Listens more than talks
- Has positive teammate relations
- Values teammate contributions
- Supportive of all teammates
- Seeks help for a teammate
- Addresses disrespectful and/or bullying behaviour
- Demonstrates empathy towards others

Process:

Coaches will need to complete a nomination form and return it to the PSHC Secretary. All nomination forms will be forwarded to the Stevens family for consideration. The successful nominee will be announced at the appropriate award ceremony.

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Nomination Form

Nominee:	Date:
Division: <input type="checkbox"/> Pee Wee <input type="checkbox"/> Bantam <input type="checkbox"/> Midget	Nominated by:
Please explain below how your player is committed to fostering and nurturing the following qualities:	
Inclusive of all teammates:	
Listens more than talks:	
Positive teammate relations:	
Values teammate contributions:	
Supportive of all teammates:	
Seeks help for teammates:	
Addresses disrespectful and/or bullying behaviour:	
Demonstrates empathy towards teammates:	
Other Comments:	

Please forward completed nomination form to the PSHC Secretary. The Stevens family will review all nominations and select the award winner to be announced at the appropriate Awards Ceremony.