BUMPER/HEADLINE TZ/OPEN

MILLS

12/11/19

EFFECTS: FADE IN BUMPER

MUSIC

EFFECTS: TAKE SOT TZ

LENGTH: 0:10

EFFECTS: TAKE LOWER THIRD:

COMING UP: RECOVERY RESOURCES

EFFECTS: TAKE SOT TZ

LENGTH: 0:10

EFFECTS: TAKE LOWER THIRD:

COMING UP: DOGS MAKING

A DIFFERENCE

EFFECTS: TAKE SOT TZ

LENGTH: 0:10

EFFECTS: TAKE LOWER THIRD: COMING UP: NOT ENOUGH

MENTAL HELP IN WV?

EFFECTS: TAKE OPEN

BUMPER/HEADLINE TZ/OPEN TRT: 0:30

(----------------TAKE TZ---------------)

“Suicide rates are rising in West Virginia, and W-V-U is providing more helpful resources than ever before. I’m Madison Greer and I’ll have those details coming up next.”

(----------------TAKE TZ---------------)

“I’m Megan Scarano and coming up next on W-V-U News, I’ll tell you how my furry friend here and others in the Hearts of Gold program are helping veterans fight battles of their own.”

(----------------TAKE TZ---------------)

“1 in 25 Americans live with severe mental illness. I’m Sarah Poteracki and up next, I’ll tell you what acute medical care can help those in a crisis. Our Emmy Award winning W-V-U News starts now.”

(-------------TAKE OPEN--------------)

A-TEASE

MILLS

12/11/19

CAMERA 2/TWO-SHOT

EFFECTS: FADE OUT BUMPER MUSIC

CG:S: GILLIAN BROOKS/

VICTORIA DONATELLI

@GBrooksWVUNews

@VicDWVUNews

EFFECTS: TAKE SPECIAL EDITION BUMPER

READER

TRT: 0:30

(-----------------VICTORIA------------)

ONE IN FIVE PEOPLE WITHIN THE UNITED STATES ARE DIAGNOSED WITH A MENTAL ILLNESS… AND ALMOST HALF OF ALL ADULTS WILL EXPERIENCE A MENTAL ILLNESS IN THEIR LIFETIME… I’M VICTORIA DONATELLI.

(--------------GILLIAN----------------)

AND I’M GILLIAN BROOKS. IN OUR SPECIAL EDITION SHOW THIS WEEK… WE’LL BE LOOKING INTO HOW THE MOUNTAIN STATE… IS USING ITS RESOURCES TO HELP THOSE WHO SUFFER FROM MENTAL ILLNESSES…

(---------------VICTORIA--------------)

WE’LL ALSO EXAMINE IN-PATIENT CARE IN WEST VIRGINIA. THANKS FOR JOINING US FOR OUR SPECIAL EDITION SHOW…’A MENTAL HEALTH CRISIS IN AMERICA’ … STARTS NOW.

///////////////////////////////////////////////////////

EFFECTS: TAKE SPECIAL EDITION BUMPER

PSYCH CARE TOSS

MILLS

12/11/19

CAMERA 2/TWO-SHOT

PIC 1

TAKE TWO BOXES HERE WITH

SPOT

READER

TRT: 0:15

(----------------GILLIAN---------------)

ONLY ABOUT FORTY-SEVEN PERCENT OF ADULTS WHO HAVE A MENTAL ILLNESS IN WEST VIRGINIA RECEIVE ANY TYPE OF TREATMENT. WHILE THE NUMBER OF PEOPLE DIAGNOSED WITH MENTAL HEALTH ILLNESSES CONTINUE TO INCREASE… THE NUMBER OF INPATIENT CARE FOR PEOPLE WITH MENTAL ILLNESS ACROSS AMERICA…CONTINUES TO… DECREASE

(-------------VICTORIA---------------)

THAT’S RIGHT GILLIAN… … OUR OWN SARAH POTERACKI JOINS US NOW FROM STUDIO B TO TELL US MORE ABOUT INPATIENT CARE IN WEST VIRGINIA…AND WHY THAT NUMBER IS SO LOW…. SARAH?

/////////////////////////////////////////////////////

PSYCH CARE

POTERACKI/MILLS

12/11/19

EFFECTS: TAKE PKG (STUDIO B)

LENGTH: 2:15

CG:S: SARAH POTERACKI/

@SpotWVUNews

U: MORGANTOWN/

#PsychiatricCare

S: KAITLYN SAMUELSON/

HOSPITALIZED AT AGES 12, 13, 15 AND 19

 S: SARAH POTERACKI/

@SpotWVUNews

(-------------TAKE PKG---------------)

THE AVERAGE DELAY BETWEEN ONSET OF MENTAL ILLNESS SYMPTOMS AND TREATMENT IS ELEVEN YEARS. LACK OF AWARENESS AND INSURANCE IS AS WELL AS HEAVY STIGMA ARE OFTEN BARRIERS BETWEEN THOSE LIVING WITH MENTAL ILLNESS AND THEIR PURSUIT OF PROPER TREATMENT. SUICIDE IS THE 2ND LEADING CAUSE OF DEATH AMONG PEOPLE AGES 10-34 AND THE 4TH LEADING CAUSE OF DEATH AMONG PEOPLE AGES 35-54. THERE ARE 11.4 MILLION PEOPLE WHO EXPERIENCED SERIOUS MENTAL ILLNESS IN 2018, BRINGING HOME THE IDEA THAT “YOU ARE NOT ALONE”.

“So often we isolate ourselves and we think “oh no, everyone is going to find out that I’m x y or z, everyone’s going to find out I’m a bad person, everybody’s gonna find out I have a mental health disorder, so I need to shove this down”.

“Suicide is the 10th overall leading cause of death in the United States, with the national rate increasing by

33% between 1999 and 2017. Inpatient psychiatric care can provide acute, lifesaving treatment for those experiencing a crisis.”

PSYCH CARE-2

POTERACKI/MILLS

12/11/19

S: HOLD

S: BETH WITTER/ASSISTANT DIR., CHESTNUT RIDGE CENTER OUTPATIENT SERVICES

S: HOLD

S: HOLD

“So going inpatient let me start on new medication, let me reconfigure my therapy schedule, let me go into an outpatient day hospital setting, and really let me press reset on my mental health.”

64.1% OF AMERICANS WITH SERIOUS MENTAL ILLNESS RECEIVED TREATMENT IN 2018. BETH WITTER EXPLAINS THE IMPORTANCE OF SEEKING PROPER CARE.

“The purpose of inpatient psychiatric care is to stabilize a person’s symptoms so they can return their communities safely and return to their daily lives, whether that’s working or caring for a family.”

“Don’t feel shame about getting the resources you need and don’t feel shame about talking about your story.”

WHEN IT COMES TO GETTING HELP, EARLY INTERVENTION IS KEY.

“Go to the emergency room right away. If you can’t get to the emergency room, and you have no family or friends to drive you to the emergency room, they you can call an ambulance and they will come get you.”

WHILE THE NATIONAL AVERAGE SUICIDE RATE IN 2015 WAS 13.3%, THE RATE IN WEST VIRGINIA WAS 17.5%.

IF YOU FEEL AS IF YOU OR A

PSYCH CARE-3

POTERACKI/MILLS

12/11/19

CG: www.valleyhealthcare.org

PACKAGE

TRT: 2:15

LOVED ONE ARE EXPERIENCING A CRISIS, GO TO AN ER OR CONTACT A 911. FINANCIAL COUNSELORS ARE AVAILABLE TO HELP YOU FIGURE OUT HOW TO PAY FOR YOUR INPATIENT PSYCHIATRIC CARE. FOR LOCAL CRISIS SERVICES, VISIT THE LINK AT THE BOTTOM OF YOUR SCREEN.

//////////////////////////////////////////////////////

SUICIDE

GREER/MILLS

12/11/19

CAMERA 2/ (B-MON GIL)

PIC 2

EFFECTS: TAKE PKG

LENGTH: 1:51

CG:U: MORGANTOWN/

#SuicideAwareness

S: CLARE CISTARO/

WVU STUDENT

S: HOLD

(--------------GILLIAN----------------)

THANKS FOR THAT REPORT SARAH… PEOPLE WHO DON’T RECEIVE CARE FOR THEIR MENTAL ILLNESS… HAVE AN INCREASED CHANCE OF COMMITTING SUICIDE. SUICIDE RATES ARE ON THE RISE IN THE NATION… AND WEST VIRGINIA IS RANKED IN THE TOP TEN STATES WITH THE MOST SUICIDES PER YEAR. OUR OWN MADISON GREER REPORTS ON WHY THE SUICIDE RATES ARE INCREASING AND WHAT RESOURCES ARE AVAILABLE.

(--------------TAKE PKG---------------)

DEATH BY SUICIDE IS THE TENTH LEADING CAUSE OF DEATH IN THE STATE OF WEST VIRGINIA… AND ONE PERSON DIES BY SUICIDE EVERY 22 HOURS. FOR CLARE CISTARO, THAT ONE PERSON WAS HER TWIN BROTHER.

“He always had a soccer ball and a pair of cleats. That was his favorite thing to do, and he’s so smart. He is like one of the smartest guys I know.”

ANTHONY CISTARO PASSED AWAY IN SEPTEMBER OF 2018.

“It didn’t seem he had a hard time, he was very happy, and I mean, everyone knew him and he was everywhere.”

ONE FACTOR OF HIGH SUICIDE

SUICIDE-2

GREER/MILLS

12/11/19

S: MADISON GREER/

@MGreerWVUNews

CG:U: 1-800-273-TALK

S: DR. JOHN CAMPO/WVU

PROFESSOR OF BEHAVIORAL

MEDICINE AND PSYCHIATRY

CG:U: CARRUTH.WVU.EDU

PACKAGE

TRT: 2:10

RATES IS THE STIGMA SURROUNDING SUICIDE. MANY PEOPLE FACE ATTITUDINAL BARRIERS… MEANING THEY MAY FEEL EMBARRASSED TO ASK FOR HELP.

“In those situations, crisis hotlines can be used to speak with someone anonymously. Anyone can text WVU to 741741 to speak with a WVU Carruth Center employee, or they can call 1-800-273-TALK.”

DR. JOHN CAMPO IS A PROFESSOR OF BEHAVIORAL MEDICINE AND PSYCHIATRY AT W-V-U. HE SAYS THAT FOR AGES 10 TO 25… SUICIDE IS THE SECOND LEADING CAUSE OF DEATH IN WEST VIRGINIA.

“Suicide kills more young people than cancer; than cardiovascular diseases; than infections like meningitis, influenza, pneumonia, sepsis; than HIV; than respiratory conditions, like cystic fibrosis and asthma; than diabetes combined.”

DR. CAMPO SAYS THAT THE CARRUTH CENTER’S CRISIS HOTLINE AND COUNSELING

SESSIONS ARE JUST SOME OF THEIR AVAILABLE RESOURCES. TO LEARN MORE, VISIT THE WEBSITE AT THE BOTTOM OF YOUR SCREEN./////////////////////////////

SOCIAL TOSS

MILLS

12/11/19

CAMERA 2/TWO-SHOT

PIC 3

EFFECTS: TAKE SOCIAL BUMPER

READER

0:20

(------------VICTORIA--------------)

RESEARCHES HAVE LINKED SOCIAL MEDIA USAGE AMONG TEENAGERS AND YOUNG ADULTS…TO AN INCREASED CHANCE OF BECOMING DEPRESSED… ANXIOUS…AND LONELY.

(------------GILLIAN--------------)

YES… VICTORIA…. A JULY 20-19 STUDY PUBLISHED IN THE JOURNAL OF ‘DEPRESSION AND ANXIETY’ REPORTED THAT TEENAGERS AND YOUNG ADULTS WHO CHECK THEIR SOCIAL MEDIA FOR JUST AN HOUR A DAY…ARE ALMOST THREE TIMES MORE LIKELY TO BE DEPRESSED.

(-----------VICTORIA--------------) REPORTER MADISON GREER JOINS US NOW IN THE STUDIO…AT SOCIAL SQUARE WITH MORE… MADISON?

(------TAKE SOCIAL BUMPER----)

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SOCIAL SQUARE

BROOKS/MILLS

12/11/19

CAMERA 1/1

EFFECTS: TAKE PKG

LENGTH: 1:35

CG: U: MORGANTOWN/

#SocialMediaSideEffects

S: ALEXA FORBES/ WVU STUDENT

S: GILLIAN BROOKS/

@GBrooksWVUNews

(--------------MADISON---------------)

THANKS VICTORIA....GILLIAN. WITH 75-PERCENT OF AMERICANS LOGGING INTO SOCIAL MEDIA ACCOUNTS EVERY SINGLE DAY…IT’S NO SURPRISE THAT THIS NEW HABIT...IS AFFECTING OUR MENTAL HEALTH…ESPECIALLY AMONG YOUNG ADULTS. SOCIAL MEDIA HAS BEEN SHOWN TO BE AS ADDICTIVE AS NICOTINE AND ALCOHOL... AND NEW RESEARCH SHOWS THAT CONSISTENTLY CHECKING YOUR SOCIAL APPS... MAY NOT BE GOOD FOR YOUR MENTAL HEALTH.

(---------------TAKE PKG-------------)

SPENDING A LOT OF TIME ON SOCIAL MEDIA HAS SHOWN TO HAVE DIRECT EFFECTS TO MENTAL HEALTH, INCLUDING ANXIETY, DEPRESSION, FEELINGS OF LONELINESS AND EVEN SUICIDE. ALEXA FORBES IS A WVU STUDENT WHO OFTEN FEELS ANXIOUS WHEN CHECKING HER ACCOUNTS.

“Any sort of big news things like mass shootings or climate change or anything like that because I feel like social media makes it sound worse than it is ”

“Over 2 billion people across the world are on social media. But 51%

of users often feel anxious after logging into social sites.

Experts say there’s a number of

reasons that often leave users with

SOCIAL SQUARE-2

BROOKS/MILLS

12/11/19

S: JEFF HUGHES/WVU PSYCHOLOGY GRADUATE RESEARCH ASSISTANT

S: HOLD

these feelings”

“Some people draw a lot of importance to that like counter and that is causing anxiety because you are constantly worried about ‘Do people like me?’ which is increasing social anxiety”

BUT RECENT STUDIES ARE SHOWING THAT HOW MUCH TIME THAT’S SPENT ON SOCIAL MEDIA HAS MEASURABLE EFFECTS ON MENTAL HEALTH. FORBES MAGAZINE RECENTLY REPORTED ON TWO NEW STUDIES THAT SHOW… USERS THAT CUT BACK ON THEIR SOCIAL MEDIA TIME TO JUST 10 MINUTES A DAY FELT LESS LONELY AND ANXIOUS.

“You can come to understand that everyone is just posting their best pictures and that everyone has a bad day. This will allow you to realize that other people are human beings you know they aren’t always perfect. So therefore it’s okay for me to not always be perfect.”

EXPERTS SAY WHILE COMPLETELY DELETING SOCIAL MEDIA IS NOT NECESSARY, LIMITING YOUR TIME AND RECONNECTING WITH FRIENDS AND FAMILY IN PERSON IS A BETTER WAY TO STAY CONNECTED.

SOCIAL SQUARE-3

BROOKS/MILLS

12/11/19

RETURN CAMERA 1 WITH MAD.

PACKAGE

TRT: 1:50

(--------------MADISON---------------)

EXPERTS SAY THAT WHEN PEOPLE STRUGGLE WITH SOCIAL MEDIA DEPRESSION...IT CAN GREATLY AFFECT THEIR QUALITY OF LIFE. IF YOU ARE EXPERIENCING THE NEGATIVE EFFECTS OF BEING ONLINE...RESEARCHERS SAY TO DELETE YOUR SOCIAL MEDIA APPS OFF YOUR PHONE AND SEEK PROFESSIONAL HELP IF NEEDED.

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HEALTHY EATING

MILLS

12/11/19

CAMERA 3/3(B-MON-VIC)

PIC 5

EFFECTS: TAKE VO

CG:U: MORGANTOWN/

#EatingDisorders

EFFECTS: RETURN CAM 3 WITH VICTORIA

VO

TRT: 0:30

(-------------VICTORIA-------------)

USING SOCIAL MEDIA HAS ALSO BEEN LINKED TO HAVING NEGATIVE EFFECTS ON BODY IMAGE. A REVIEW OF 20 PAPERS PUBLISHED OVER THE PAST FEW YEARS...

(------------TAKE VO--------------)

....EXAMINED PEOPLE SCROLLING THROUGH INSTAGRAM. ANOTHER SCIENTIFIC STUDY REPORTS THAT AMERICANS WHO ENGAGE WITH SOCIAL MEDIA ON A DAILY BASIS...HAVE TWO TIMES THE RISK OF DEVELOPING EATING DISORDERS...SUCH AS ANOREXIA AND BULIMIA. AND THE ‘UNREALISTIC IMAGES’ ON SOCIAL MEDIA CONTRIBUTE TO AMERICANS SEARCHING FOR A WAY TO LOOK LIKE THE ‘FILTERED’ IMAGES ON SOCIAL. THE BEST WAY TO NOT BE AFFECTED BY THE IMAGES ON YOUR SOCIAL MEDIA FEED? YOU GUESSED IT-DELETE THE APPS FROM YOUR PHONE.

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THERAPY DOGS

SCARANO/MILLS

12/11/19

CAMERA 1/B-MON-GILLIAN

PIC 6

EFFECTS: TAKE PKG

LENGTH: 2:05

CG: U: MORGANTOWN/

#TherapyDogs

S: LINDA JUHL/

ARMY VETERAN

S: HOLD

(-----------------GILLIAN--------------WHILE THERE ARE DIFFERENT WAYS PEOPLE CAN COPE WITH DEPRESSION...ANXIETY OR OTHER MENTAL ILLNESSES... THERE’S ONE WAY THAT CAN HELP PEOPLE FIND THEIR … FUR-EVER …BEST FRIEND…THROUGH AN EMOTIONAL SUPPORT ANIMAL. THE HEARTS OF GOLD PROGRAM AT WEST VIRGINIA UNIVERSITY TRAINS SERVICE DOGS FOR VETERANS WHO NEED ASSISTANCE FOR ISSUES RANGING FROM PHYSICAL… TO MENTAL HEALTH. MEGAN SCARANO REPORTS ON HOW THIS PROGRAM IS CHANGING THE LIFE OF ONE ARMY VETERAN.

(------------TAKE PKG--------------)

MEET SPROCKET. HE IS LINDA JUHL’S SERVICE DOG. LINDA SERVED AS A SPECIALIST IN THE ARMY GUARD BEFORE SUFFERING A DEVASTATING INJURY TO HER KNEE.

“I was running with my squad and the next thing I now I am on the ground screaming holding my leg.”

HER MOBILITY WAS GONE. SHE COULD NO LONGER BE A SOLIDER. WHEN SHE

RETURNED HOME, SHE WAS ALSO DIAGNOSED WITH PTSD.

“I had just attempted suicide nine months prior to getting

him. I was going to group therapy

THERAPY DOGS-2

SCARANO/MILLS

12/11/19

S: MEGAN SCARANO/

@MScaranoWVUNews

S: LINDSAY PARENTI/

DIR. OF OPERATIONS

FOR HEARTS OF GOLD

S: HOLD

sessions and talking about how a lot of this had stemmed from my injury

and how I couldn’t do things anymore and having anxiety attacks because I

never knew what was going to happen when.”

“Linda is not alone. Over 20 percent of U.S. veterans are diagnosed with a mental health disorder. The dogs in the hearts of gold program are trained to help with disabilities from physical to mental health.”

LINDSAY PARENTI IS THE DIRECTOR OF PROGRAM RELATIONS AT HEARTS OF GOLD. SHE SAYS THE DOGS ARE WELL TRAINED FOR ANY SITUATION A VETERAN COULD BE IN.

“Our dogs are trained a base level of 80 commands and then once they get their Offical placement we do some more specific, tailored commands to their client.”

SOMETIMES THE DOGS KNOW BEFORE THEIR VETERAN THAT SOMETHING IS WRONG.

“He notices when I am about to have a panic attack before it even hits me. He’ll back me up to a chair, or he will make me sit against the wall and he won’t stop whining at me until I am

literally sitting against the wall. In the mornings, I used to skip meds on days

because I wouldn’t realize I didn’t take them, no Linda you really didn’t,

and he won’t go to his bowl until I take my medication.”

THERAPY DOGS-3

SCARANO/MILLS

12/11/19

S: HOLD

PACKAGE

TRT: 2:30

THE HEARTS OF GOLD PROGRAM TRAINS DOGS FOR ALL PHYSICAL AND MENTAL LIMITATIONS AND WHEN THEY ARE MATCHED WITH A VETERAN, THEY CAN MEET THEIR SPECIFIC NEEDS.

“He has been a huge relief and godsend. It’s improved everything. This program is really amazing cause they give so many people back their lives.”

LINDA IS THANKFUL SHE CAN LEAN ON SPROCKET.

MEGAN SCARANO. WVU NEWS. MORGANTOWN.

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B-TEASE

MILLS

12/11/19

CAMERA 2/TWO-SHOT

PIC 7

EFFECTS: FADE IN BUMPER MUSIC

EFFECTS: TAKE SOT TZ

LENGTH: 0:10

EFFECTS: TAKE LOWER THIRD:

COMING UP: THE EMOTIONAL TOLL ON STUDENT ATHLETES

(SOT TZ ROLLS INTO PSA/

SPORTS BUMPER)

READER

TRT: 0:30

(-------------VICTORIA-------------)

WOW…. THAT’S WONDERFUL THAT A PET CAN PROVIDE THAT TYPE OF EMOTIONAL SUPPORT GILLIAN.

(-------------GILLIAN--------------)

YES,,, IT IS VICTORIA. AND COMING UP AFTER THE BREAK...GLENN KITTLE JOINS US...TO TAKE A CLOSER LOOK AT HOW DIFFICULT IT IS FOR STUDENT ATHLETES TO JUGGLE BUSY SCHEDULES… AND THE TOLL IT HAS ON THEIR MENTAL HEALTH.

(------------TAKE TZ----------------)

“I’m Glenn Kittle and coming up I’ll be talking with a sports psychologist about mental health in athletes here at W-V-U.”

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(SOT TZ ROLLS INTO PSA/

SPORTS BUMPER)

SPORTS TOSS

MILLS/KITTLE

12/11/19

CAMERA 3/THREE-SHOT

PIC 8

READER

0:25

(----------------VICTORIA------------)

WE ALWAYS TALK ABOUT THE PHYSICAL DEMANDS OF BEING A STUDENT ATHLETE GLENN....

(--------------GILLIAN---------------)

THAT’S RIGHT VICTORIA….. BUT WHAT ABOUT THE EMOTIONAL DEMANDS? GLENN KITTLE JOINS US NOW WITH MORE TO EXPLAIN…GLENN?

(----------------GLENN---------------)

THANKS GILLIAN…VICTORIA. ...STUDIES HAVE SHOWN THAT ATHLETES ARE AT A HIGHER RISK TO SUFFER FROM ANXIETY AND DEPRESSION.

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ATHLETES

MILLS/KITTLE

12/11/19

CAMERA 1/1 GLENN

S:GLENN KITTLE/

@GKittleWVUNews

EFFECTS: TAKE PKG

LENGTH: 1:48

CG:U: MORGANTOWN/

#StudentAthletes

S: DR. DAYNA CHARBONNEAU/ WVU DIRECTOR OF CLINICAL AND SPORT PSYCHOLOGY

(----------------GLENN----------------)

AN N-C-DOUBLE A SURVEY FOUND THAT 30-PERCENT OF ATHLETES REPORTED FEELING DEPRESSED OVER THE COURSE OF A YEAR. NUMEROUS FACTORS PLAY A KEY ROLE… IN AN ATHLETES PERFORMANCE ON AND OFF THE FIELD… AND THIS CAN CAUSE A LOT OF PRESSURE TO WIN.....WITH SOME MENTAL HEALTH ISSUES EMERGING IN ATHLETES AS YOUNG AS TWELVE YEARS OLD.

(------------TAKE PKG--------------)

NEARLY ALL DAY EVERYDAY DIVISION ONE ATHLETES WORK HARD TO PLAY ON THE BIG STAGE IN THEIR RESPECTIVE SPORTS. BUT SOMETIMES PHYSICAL STRENGTH MAY NOT BE ENOUGH WITH MENTAL HEALTH CONCERNS RISING. DR. DAYNA CHARBONNEAU SAYS THAT STUDENT ATHLETES HAVE A HIGHER RISK OF MENTAL HEALTH CONCERNS.

“What’s interesting is that more research is showing that student athletes compared to their non-athlete peers might actually be more at risk for mental health concerns because of things like the unique demands put on them and pressures put on them and being part of the sport and sport culture.”

ATHLETES-2

MILLS/KITTLE

12/11/19

S:GLENN KITTLE/

@GKittleWVUNews

S: ERIN SLINDE/WVU STUDENT

ATHLETE

NOT ONLY ARE THESE PROBLEMS HAPPENING AT THE

ELITE LEVEL BUT THE BAR KEEPS GETTING YOUNGER AND YOUNGER.

“College athletes may not be the only ones at risk. A study showed that kids as young as thirteen years old can be developing anxiety and depression ad one sport athletes as well can be developing anxiety and depression at higher rates.”

A MORE RECENT CASE AT W-V-U WAS WIDE RECEIVER SAM JAMES WHO SAYS HE VISITED A SPORT PSYCHOLOGIST TO HELP HIM WITH HIS CONFIDENCE ISSUES ON THE FOOTBALL FIELD. W-V-U VOLLEYBALL SENIOR ERIN SLINDE KNOWS ALL TOO WELL ABOUT THE MENTAL ASPECT OF KEEPING UP WITH SCHOOL AND PLAYING SPORTS.

”The physical toll and the emotional toll that athletes go through on a day to day basis I mean you look at an athletes schedule you may see there may be an 1 hour lift and a two hour thirty minute practice and that’s three hours thirty minutes total out of you know a twelve hour day that doesn’t seem that bad but people don’t realize the mental toll that it really takes for that hour lift or that two hour thirty minute practice. ”

EXPERTS SAY SOME WAYS FOR ATHLETES TO COPE WITH MENTAL ILLNESS IS TO SEEK HELP. THEY ALSO SAY TO TRY

ATHLETES-3

MILLS/KITTLE

12/11/19

EFFECTS: RETURN CAM 1 WITH

GLENN

CG: <https://carruth.wvu.edu/resources/self-care-tips>

PACKAGE

TRT: 2:10

AND USE YOUR RECREATIONAL TIME USEFULLY AND REST OFTEN IN ORDER TO REFUEL YOUR BODY PROPERLY.

(---------------GLENN-----------------)

IF YOU OR AN ATHLETE YOU KNOW… MAY BE DEPRESSED OR EXPERIENCING OR A MENTAL ILLNESS… VISIT THE LINK AT THE BOTTOM OF YOUR SCREEN FOR SELF-CARE AND OUTREACH TIPS.

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CONCUSSIONS

DONATELLI/MILLS

12/11/19

CAMERA 2/TWO-SHOT

EFFECTS: TAKE PKG

LENGTH: 2:10

CG:U: MORGANTOWN/

#Concussions

(-----------------GILLIAN-------------)

THANKS FOR THAT REPORT GLENN… IT’S ALSO IMPORTANT FOR ATHLETES TO TAKE CARE OF PROTECTING THEIR BODIES ON THE FIELD... HEAD INJURIES ARE COMMON IN SPORTS AND CAN BE THE CAUSE OF MENTAL HEALTH ISSUES.

(-------------VICTORIA---------------)

YOU’RE RIGHT GILLIAN… A NEW STUDY REVEALS THAT AROUND ONE IN FIVE ATHLETES MAY EXPERIENCE DEPRESSION OR ANXIETY… UP TO SIX MONTHS AFTER A CONCUSSION. I FOUND OUT WHAT STEPS TO TAKE TO PROPERLY HEAL A CONCUSSION.

(--------------TAKE PKG--------------)

MANY PEOPLE ARE QUESTIONING THE MENTAL HEALTH OF FORMER STEELERS PLAYER ANTONIO BROWN FOLLOWING HIS CONCUSSION DUE TO A VICIOUS HELMET TO HELMET HIT THAT KNOCKED HIM OUT OF THE GAME. THIS HAS PEOPLE IN THE MEDICAL COMMUNITY ALSO QUESTIONING HOW SEVERE THE LONG-TERM AFFECTS ARE OF CONCUSSION ESPECIALLY

CONCUSSIONS-2

DONATELLI/MILLS

12/11/19

S: TAYLOR TEDESKY/WVU

ATHLETIC TRAINER

S: LINDSAY PROCTOR/

WVU VOLLEYBALL PLAYER

S: HOLD

AMONG ATHLETES. WHAT EXACTLY DO LOCAL TRAINERS HAVE TO SAY ABOUT THIS ISSUE?

“The way that we are caring for them now which is so different than how they cared for them 15-20 years ago that we are hopefully doing something to decrease the amount of long term affects.”

EVEN THOUGH VOLLEYBALL IS NOT CONSIDERED A HIGH CONTACT SPORT

CONCUSSIONS CAN STILL HAPPEN VERY EASILY.

“There’s 6 people on the court at once we’re all running around, I never really thought of it as a contact sport but once you’re out there playing, I’ve collided with other teammates a bunch of times.”

IN FACT, FOR WVU VOLLEYBALL PLAYER LINDSAY PROCTOR SHE DID EXPERIENCE A CONCUSSION AND HOW SHE’S DEALING WITH IT.

“I was just really lightheaded like didn’t really know what was going on that type of thing I had a bad headache there was a big bump on my head.”

SOME ATHLETES WILL AVOID REPORTING THEIR CONCUSSION-LIKE SYMPTOMS TO KEEP PLAYING. BUT IT’S IMPORTANT TO EDUCATE PLAYERS ON WHY THEY NEED TO REPORT ALL CONCUSSIONS ESPECIALLY FOR THEIR LONG-TERM HEALTH.

CONCUSSIONS-3

DONATELLI/MILLS

12/11/19

S: HOLD

S: VICTORIA DONATELLI/

@VicDWVUNews

PACKAGE

TRT: 2:35

“Here at WVU we have a program that we use its called C3 Logics and it’s a program on a laptop it’s

used all over the country in collegiate and high school programs and it assess a lot of things such as memory, balance cogitative ability.”

CONCUSSIONS CAN CAUSE TEMPORARY LOSS OF BRAIN FUNCTION LEADING TO PHYSICAL AND EMOTIONAL SYMPTOMS, SUCH AS CONFUSION, VOMITING, AND HEADACHES.

While studies on the long term effects of concussions continues to progress. The NCAA is doing their research to find out how to help athletes now and in the future.

IN 2013, MORE THAN 4,000 FORMER NFL ATHLETES SUFFERING FROM DEMENTIA, DEPRESSION OR ALZHEIMER'S HAD SUED THE NFL, ACCUSING IT OF CONCEALING THE DANGERS OF CONCUSSIONS AND RUSHING INJURED PLAYERS BACK ONTO THE FIELD.

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CLOSE

MILLS

11/06/19

CAMERA 2/TWO-SHOT

EFFECTS: FADE IN BUMPER MUSIC

CG: S: GILLIAN BROOKS/

VICTORIA DONATELLI

@GBrooksWVUNews

@VicDWVUNews

EFFECTS: TAKE LOWER THIRD:

Mediacollegenewscast.wvu.edu

EFFECTS: TAKE LOWER THIRD:

Youtube.com/WVUJournalism

EFFECTS: TAKE LOWER THIRD:

@WVUNews

EFFECTS: FADE OUT BUMPER

MUSIC

READER

TRT: 0:25

(--------------VICTORIA-------------)

IF YOU SUFFER A HEAD TRAUMA...EXPERTS SAY YOUR RISK OF DEVELOPING CERTAIN MENTAL DISORDERS MAY INCREASE BY AS MUCH AS 400-PERCENT. WELL, THAT’S IT FOR THIS WEEK’S SPECIAL EDITION SHOW...OF ‘A MENTAL HEALTH CRISIS IN AMERICA’ … I’M VICTORIA DONATELLI.

(-------------GILLIAN--------------)

AND I’M GILLIAN BROOKS… YOU CAN VISIT US ONLINE ON OUR WEBSITE… OR YOU CAN ALSO WATCH OUR SHOWS ON YOUTUBE AND PLEASE FOLLOW US AND OUR REPORTERS ON TWITTER. THANKS FOR WATCHING… WE’LL SEE YOU NEXT TIME.

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MILLS

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EFFECTS: ROLL CREDITS

EFFECTS: TAKE CAMERA 4

SHOT WIDE

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