

**BRAD SHERMAN
REGULATORY CONFERENCE**
(formerly CARE Conference)
Compliance and Regulatory Education:
Best Practices for Athletic Trainer Regulation



ATs Care CISM Program

Taking Care of the Caregiver

boc BOARD OF CERTIFICATION
FOR THE ATHLETIC TRAINER

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Key Definitions

Terminology 101

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PSYCHOLOGICAL CRISIS

NATA

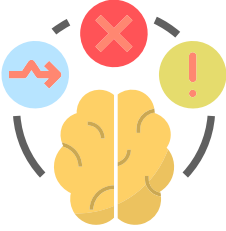


The **psychological distress** in response to a critical incident, such as, emergencies, disasters, traumatic events, terrorism or catastrophe.

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PSYCHOLOGICAL CRISIS



- Psychological balance is disrupted.
- One's usual coping mechanisms have failed.
- There is evidence of significant distress, impairment and dysfunction.

IMPORTANT: My crisis is NOT your crisis!

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Definitions:

CRISIS INTERVENTION

- A short-term helping process
- Acute intervention designed to stabilize and mitigate the crisis response

Not psychotherapy!

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PSYCHOLOGICAL FIRST AID (PFA)



The provision of basic psychological care in the short-term aftermath of a traumatic event...

Is an important skill set that all public health workers should possess.

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What is ATs Care?

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ATs Care is the peer-support/CISM program of the National Athletic Trainers' Association

NATA



The mission of ATs Care is to aid athletic trainers (ATs) in the aftermath of a catastrophic incident or death occurring to one or more of their athletes or colleagues by establishing a peer-to-peer system to assist, monitor, and encourage these individuals to seek initial support through state or regional athletic training care teams.

The ATs Care program is in place to provide the following resources:

-  Education for ATs about CISM, post-traumatic stress and their effects both in the workplace and in one's personal life.
-  Psychological and emotional support to ATs through on-scene support, demobilization intervention, post-incident defusing or one-on-one interaction.
-  A network of ATs trained in CISM and psychological first-aid to serve as a resource for Athletic Trainer CISM teams.

The ATs Care Team is comprised of ATs who have been specially trained in Crisis Intervention and Stress Management techniques and who work in conjunction with Mental Health Professionals who specialize in providing support to healthcare professionals.

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What is ATs Care?

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I'm an AT... And so are we.

- To date, ATs Care has supported over 65,000 athletic trainers and athletic training students.
- This equates to over 100% of the NATA membership.
- Support is provided regardless of NATA membership status.

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CORE PRINCIPALS OF ATs CARE



- Confidentiality
- Rapid Response
- Peer-Support via ATs
- Education and Support within ICISF Guidelines
 - Immediacy

Not psychotherapy!

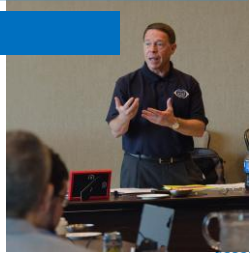


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CORE PRINCIPALS OF ATs CARE

WHAT WE WILL NOT DO

- Critique the event
- We will NOT "Monday Morning QB" you
- We are there because of your reaction or response to the event.



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The Need (Why This Matters)

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- Evidence suggests over 90% of adults in the United States will be exposed to a traumatic event during their lifetime;
- Suicide rates have been seen to increase 62% in the first year after an earthquake, increase 31% in the first two years after a hurricane, and increase by almost 14% four years after a flood;
- Over 10,000 terrorist attacks in 2013 (Institute for Peace and Justice, 2014)
- According to the United Nations International Strategy for Disaster Reduction, the frequency of disasters caused by natural hazards has been increasing (United Nations, 2010).

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What If An AT I Know Needs Help?

1. Take a breath and collect your thoughts.
2. Make sure the individual is safe.
3. Encourage the individual to ensure their basic needs are met; such as eating, sleeping, etc.
4. Acknowledge their situation.
5. LISTEN, LISTEN, LISTEN!

Support Resources

To Refer to ATs Care:

- Email: ATsCare@nata.org
- Call or Text: 972.532.8821

Also Consider:

- The National Suicide Prevention Hotline: 800.273.8255
- Text "HOME" to 741741 anytime in the U.S. and connect to a crisis counselor

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ATs Care Resources

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<https://www.nata.org/membership/support/ats-care>

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ATs Care Resources



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<https://www.nata.org/membership/support/ats-care>



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ATs Care Online Learning

Peer-to-Peer Support Following a Crisis

James "Bubba" Wilson, LAT, ATC, CCSM

James "Bubba" Wilson, LAT, ATC, CCSM is a nationally certified athletic trainer with over 20 years of experience in the industry. He has been a part of the NATA's leadership team for over 10 years and is currently the National Athletic Trainer of the Year. He has been a part of the NATA's leadership team for over 10 years and is currently the National Athletic Trainer of the Year. He has been a part of the NATA's leadership team for over 10 years and is currently the National Athletic Trainer of the Year.

https://educate.nata.org/products/peer-to-peer-support-following-a-crisis#tab-product_tab_overview

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Interested in Hosting an ICISF CISM Workshop?

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- CISM Workshops are 13-14 Contact Hours, performed in a Hybrid Setting
- 8 hours on online learning, followed by a 1-day, 6 hour in-person workshop
- CISM Workshop Full-Service Speaker Packages are available through NATA!
- Workshops are AT-specific in content and examples, taught by ATs
- Assisting Individuals in Crisis, Group Crisis Intervention are top two courses offered
- Contact us at katie@nata.org for more information and pricing

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How to Access ATs Care Support

Senior Member Services Coordinator
Melissa Aguilar
melissaa@nata.org

NATA
NATIONAL ATHLETIC TRAINERS' ASSOCIATION
HEALTH CARE FOR LIFE & SPORT

ATs Care Hotline
(972) 532-8821
or
ATsCare@nata.org

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