STUDENT-ATHLETE
MENTAL
HEALTH
SUMMIT

JANUARY
16-17
2020

UCLA Meyer & Renee Luskin Conference Center
Los Angeles, California
Course Description

The Pac-12 Conference, the NCAA, and the Office of Continuing Medical Education, David Geffen School of Medicine at UCLA will host a Mental Health Summit on January 16-17, 2020 at the Luskin Center on the UCLA campus. The conference provides a unique opportunity for a multidisciplinary exchange with the leaders in both research and the clinical care of competitive athletes as it pertains to mental health.

The course will feature sessions on effectiveness of mental health educational programming, mental health medical disqualification from athletic participation, management of eating disorders and substance abuse, mental health emergency action plans, exploration of models of care, psychology of injury, mental health screening, multidisciplinary management of problematic cases, and panel presentations featuring athletic directors and coaches from around the NCAA to speak on current mental health topics.

The two-day program will bring together top clinical psychologists, physicians, athletic trainers, and administrators from across the nation to explore the important issues surrounding mental health, present new findings and discuss policies and procedures that can help better treat the mental health of athletes.
Course Objectives

At the completion of this program, participants should be better able to:

- Adopt NCAA and Pac-12 mental health initiatives
- Implement approaches to providing environments of supportive mental health care, promoting resiliency and supporting mental health concerns from the point of view of athletic administration and coaches
- Recommend effective educational programming for collegiate and elite athletes
- Identify optimal therapy strategies for patients with eating disorders or substance abuse concerns
- Select optimal screening strategies for elite athletes
- Apply institutional policies for medical disqualification for mental health diagnoses
- Compare the models of care available for athlete care
- Review emergency action plans for athlete mental health concerns in intercollegiate athletic departments
- Classify the psychological impact of injury and the influence on return-to-play progress
- Report a systematic approach to the multi-disciplinary care of mental health cases in the collegiate athlete population
- Address barriers to implementation of the evidence-based practices for mental health screening, treatment, and prevention discussed.

Target Audience

This course is targeted toward healthcare personnel within intercollegiate athletic departments who work directly with collegiate and elite athletes. This may include, but is not limited to, clinical psychologists, team physicians, athletic trainers, dietitians, academic advisors, and athletic administrators.
THURSDAY, JANUARY 16, 2020

Morning Session—Current State of Mental Health in Athletics

7:30 am  Registration

8:00 am  Opening Remarks from the Pac-12
Larry Scott, Pac-12 Conference, Commissioner

8:15 am  NCAA Overview and Update
Brian Hainline, MD, NCAA, Chief Medical Officer

9:00 am  Athletic Director Panel Interview: Promoting Athletic Environments that Support Mental Health & Resilience
Moderator: Amy Athey, PsyD, University of Arizona, Executive Director, Student Wellness & Retention
Erika Barnes, University of Arizona, Senior Women's Administrator
Eric A. Zillmer, PsyD, Drexel University, Director of Athletics
Dwight Hollier, Jr., University of North Carolina, Senior Associate Athletics Director for Student-Athlete Health, Well-Being and Program Outreach
Darryl Conway, University of Michigan, Senior Associate Athletic Director—Student-Athlete Health & Welfare

9:45 am  BREAK

10:05 am  Multi-Disciplinary Approach to Challenging Mental Health and Behavioral Issues
University of Southern California Panel:
Russ Romano, MA, ATC, Associate Athletic Director for Sports Science and Performance
Scott Simon, Associate Vice President, Athletic Compliance
Robin Scholefield, PhD, Associate Director of Clinical and Sport Psychology Services
Alan G. Green, PhD, Faculty Athletics Representative
Joyce Bell, Associate Director, Risk Management
Denise Kwok, PhD, Senior Associate Director, Student Athlete Academic Services

10:50 am  Considerations for Mental Health Medical Disqualification
Brian Hainline, MD, NCAA, Chief Medical Officer
11:20 am  **Coaches Panel Interview: Promoting an Environment That Supports Mental Health & Resilience**

*Moderator:* Amy Athey, PsyD, University of Arizona, Executive Director, Student Wellness and Retention
John Speraw, UCLA, Head Men’s Volleyball Coach
Laura Ianello, University of Arizona, Head Women’s Golf Coach
Jerry Azzinaro, UCLA, Football Defensive Coordinator Coach
Valorie Kondos Field, UCLA, Former Head Gymnastics Coach

12:00 pm  **LUNCH**

**Afternoon Session—Mental Health Best Practices**

1:00 pm  **Best Practices for Mental Health Screening**
Vincent Gouttebarge, PhD, Amsterdam University Medical Centers

2:00 pm  **Management of Disordered Eating**
Riley Nickols, PhD, CEDS, The Victory Program, Director, Counseling & Sport Psychologist
Melinda Kirschner, PhD, UCLA, Clinical Psychologist
Aurelia Nattiv, MD, UCLA, Associate Team Physician

3:15 pm  **BREAK**

3:35 pm  **The Changing Landscape of Substance Use Disorders and Models of Treatment**
Jessica M. Mohler, PsyD, CMPC, US Naval Academy, Clinical Psychologist
Timothy Fong, MD, UCLA, Director of Sports Psychiatry Service

4:15 pm  **Emergency Action Plans for Mental Health: Roles of Non-Mental Health Providers in Personal Endangerment**
L. Kenneth Chew, Jr., PsyD, Indiana State University, Director of Student Counseling Services
William D. Parham, PhD, ABPP, Professor, Counseling, School of Education, Loyola Marymount University; Director, Mental Health and Wellness Program, National Basketball Players Association

5:30 pm  **ADJOURN**

5:30 pm  **SOCIAL**
Friday, January 17, 2020

Morning Session—Models of Care

8:00 am  Effectiveness of Education/Programming & Barriers to Implementing Best Practices/Effective Models of Care
Emily Kroshus, ScD, MPH, University of Washington, Assistant Professor

8:45 am  Showcase of Models of Care
Carmen Tebbe-Priebe, PhD, University of Iowa, Counseling Psychologist
Cody Commander, PsyD, CMPC, University of Oklahoma, Director of Psychological Resources
Robin Scholefield, PhD, University of Southern California, Associate Director of Clinical and Sport Psychology Services
Kris Eiring, PhD, University of Wisconsin, Clinical Psychologist
Tom Golightly, PhD, Brigham Young University, Assistant Athletic Director, Counseling and Psychological Services

10:30 am  BREAK

10:45 am  Psychology of Sports Injury
John Heil, DA, FAASP, FAPA, Psychological Health Roanoke, Clinical Psychologist
Karen Cogan, PhD, US Olympic & Paralympic Committee, Senior Sport Psychologist
Jeremy Summers, DC, DACBSP, LAc, ATC, USA Fencing, Director of Sports Medicine Coaches Panel:
    David Shaw, Stanford University, Head Football Coach
    Kyle Kepler, University of Utah, Cross Country/Track Coach
    Kelsie Chaudoin, Stanford University, Assistant Women’s Rowing Coach

12:30 pm  ADJOURN
REGISTRATION INFO

**Conference Fee:** $275
Includes lunch and breaks.

**Online:** Go to [www.cme.ucla.edu/courses](http://www.cme.ucla.edu/courses), click on Student-Athlete Mental Health Summit, and click on the registration information section. You may use your MasterCard, Visa, American Express or Discover card to register online.

**By Phone:** Use your American Express, MasterCard, Visa or Discover card. Call (310) 794-2620.

**Course Refunds**
Cancellations must be received in writing by **December 16, 2019** and will be subject to a $75 processing fee. No refunds will be granted after the cutoff date. If, for any reason, the course must be canceled, discontinued, or rescheduled by the Office of Continuing Medical Education, a full refund will be provided.

**Accreditation**
The Office of Continuing Medical Education, David Geffen School of Medicine at UCLA, is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Office of Continuing Medical Education, David Geffen School of Medicine at UCLA designates this live activity for a maximum of 11.75 **AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Athletic Trainers:** UCLA is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 11.75 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

**Disclosure Statement**
The FDA has issued a concept paper which classifies commercial support of scientific and educational programs as promotional unless it can be affirmed that the program is “truly independent” and free of commercial influence. In addition to independence, the FDA requires that non-promotional, commercially supported education be objective, balanced, and scientifically rigorous. The policy further states that all potential conflicts of interest of the CME staff and faculty be fully disclosed to the program's participants. In addition, Accreditation Council for Continuing Medical Education policy mandates that the sponsor adequately manage all identified potential conflicts of interest prior to the program. We, at UCLA, fully endorse the letter and spirit of these concepts.
GUEST PRESENTERS

Amy Athey, PsyD
Executive Director, Student Wellness and Retention
University of Arizona

Kelsie Chaudoin
Assistant Coach, Women’s Rowing
Stanford University

Cody Commander, PsyD, CMPC
Director of Psychological Resources for OU Student-Athletes
University of Oklahoma Athletics Department

Jerry Azzinaro
Defensive Coordinator, UCLA Football
UCLA

L. Kenneth Chew, Jr., PsyD
Director
Student Counseling Center
Indiana State University

Darryl Conway
Senior Associate Athletic Director- Student-Athlete Health & Welfare
University of Michigan

Joyce Bell
Associate Athletic Director, Risk Management & Student Services
University of Southern California

Karen Cogan, PhD
Senior Sport Psychologist
United States Olympic Committee

Kris Eiring, PhD
University of Wisconsin–Madison
Former Director of Clinical and Sport Psychology Services at UW-Madison
Licensed Psychologist
Certified Mental Performance Consultant
Kyle Kepler
Head Track & Field/Cross Country Coach
University of Utah

Emily Kroshus, ScD MPH
University of Washington, Department of Pediatrics
Seattle Children’s Research Institute, Center for Child Health, Behavior and Development

Aurelia Nattiv, MD
Professor, Departments of Family Medicine and Orthopaedic Surgery
Division of Sports Medicine and Non-Operative Orthopaedics
Director, UCLA Bone Health Practice
David Geffen School of Medicine at UCLA
Associate Team Physician, UCLA Dept. of Intercollegiate Athletics
President, Female Athlete Triad Coalition

Melinda Kirschner, PhD
Clinical and Sport Psychologist
Program Coordinator of CAPS, Athletics Services
UCLA

Denise Kwok, PhD
Senior Associate Athletic Director—Student Athlete Academic Services
University of Southern California

Riley Nickols, PhD, CEDS
Counseling and Sport Psychologist
Director of the Victory Program at McCallum Place Eating Disorder Centers

Valorie Kondos Field
Former Head Gymnastics Coach
UCLA

Jessica M. Mohler, PsyD, CMPC
Assistant Director, Clinical and Sports Psychologist
Midshipmen Development Center
United States Naval Academy

William D. Parham, PhD, ABPP
Professor, Counseling Program
Interim Associate Dean of Faculty School of Education
Loyola Marymount University
The Luskin Conference Center

The Luskin Conference Center features 254 beautifully-appointed guest rooms, many with sweeping views of the stunning campus architecture and beautifully landscaped grounds. The gracious guest experience at the Luskin Conference Center is further enhanced by a full-service restaurant and lounge, on-site professional catering services, well-equipped fitness center, business center, and free Wi-Fi throughout the property.

UCLA has arranged a room block at the Luskin Conference Center for our guests. A room rate of $259 will be offered (tax exempt). Each individual guest must make their own reservations by going to the reservation link http://luskinconferencecenter.ucla.edu/reserve/. The group code is 200115PA.

You may also call 855-LCC-UCLA (522-8252). All reservations must be guaranteed with a major credit card. **Reservations must be made by December 13, 2019.** Once the room block is filled, room rates will be subject to availability. Limited overnight parking is available at $32 per night.

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UCLA Meyer & Renee Luskin Conference Center
425 Westwood Plaza • Los Angeles, CA 90095
855-522-8252 • www.luskinconferencecenter.ucla.edu

Directions and Parking

From the 405 freeway, exit Wilshire Blvd., East toward Westwood. Turn left on Westwood Blvd., travel past Charles E. Young Dr. South and turn left on Structure 8 driveway. Drive up the ramp to the rooftop level to park. Pay stations are located up on the roof top. Participants are responsible for their own parking charges at a rate of $13 per vehicle. The Luskin Conference Center is located at Westwood Plaza and Strathmore Place.

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QUESTIONS?

If you have any questions, please contact the Office of Continuing Medical Education, David Geffen School of Medicine at UCLA (310) 794-2620 or visit our website at www.cme.ucla.edu.