



HEALTH & SAFETY SUMMIT

Dates. Wednesday, May 29 – Thursday, May 30, 2019

Summit Location. Middlesex/Pawtucket Ballroom
UMass Lowell Inn & Conference Center
50 Warren Street, Lowell, MA 01852

Day 1 – Wednesday, May 29		
Program	Speaker	Time
Breakfast		8:30 – 9:00am
Welcoming Remarks	Peter Casey <i>UMass Lowell, Athletics Director</i>	9:00am
Relative Energy Deficiency in College Sports	Meghan Keating, MPAS, PA-C <i>Boston Children's Hospital</i>	9:15 – 10:00am
Energy Availability & the Athlete: The Role of Sports Nutrition	Nicole Farnsworth, MS, RD, LDN <i>Boston Children's Hospital</i>	10:10 – 10:55am
<i>Breakout Panel: Female Athlete</i>		11:00 – 11:30am
AE Case Studies (Part I)	Albany, Bing, Hart, UMBC, UML	11:30 – 12:30pm
Lunch		12:30 – 1:15pm
Train Smarter, Not Harder: Blood Flow Restriction (BFR) Therapy in Athletics	Kyle Coffey, PT, DPT, Cert-MST, Cert-APHPT <i>UML - Zuckerberg College of Health Sciences</i>	1:25 – 2:10pm
Diabetes Management in the Student-Athlete	Cigy Methratta, CNP, BC-ADM <i>Lowell General Hospital</i>	2:20 – 3:05pm
<i>Breakout Panel: Diabetes & Blood Flow Restriction</i>		3:10 – 3:45pm
Opioid Minimizing Multi-Modal Pain Management: Latest Data, Techniques, and Trends	Scott A. Sigman, M.D. <i>Orthopedic Surgical Associates of Lowell</i>	4:00 – 4:45pm
Dinner & Social Gathering (<i>Cobblestones – 91 Dutton Street, Lowell, MA 01852</i>)		6:00pm

Day 2 – Thursday, May 30		
Mental Health Workshop		
Program	Speaker	Time
Breakfast		8:00 – 8:30am
AE Case Studies (Part II)	Maine, UNH, SBU, Vermont	8:30 – 9:20am
Mental Health Workshop Welcome	Amy Huchthausen <i>America East, Commissioner</i>	9:20am
MH Session 1: Impact of Sleep Deficiency & Disorders on Health	Stuart F. Quan, MD <i>Harvard Medical School, Brigham and Women's Faulkner Hospital</i>	9:30 – 10:15am
Breakout Panel: Opioid Sparing Surgery & Sleep Hygiene		10:20 – 10:45am
MH Session 2: Hilinski's Hope	Kym & Mark Hilinski	10:50 – 11:50am
MH Session 3: Confidentiality & Communication Best Practices for Frontline Staff	Joe Monserrat (<i>Albany</i>) Paula Quatromoni (<i>Boston U</i>) Mikayla Krinetz (<i>UMBC WSOC</i>)	12:00pm – 12:50pm
Lunch // Breakouts	Topic: MH Standard Practice Implementations	12:50 – 1:35pm
MH Session 4: Student-Athletes During Transitions: Support Is Key	Ari Shapiro-Miller (<i>Vermont</i>) Megan Cusick Brix (<i>Albany</i>) Connor Bennett (<i>UML MBB</i>)	1:40 – 2:30pm
MH Session 5: Balancing Empathy & Accountability	Kelly Thorne (<i>Vermont</i>) Marianne Specker (<i>UMass Lowell</i>) Gary Gardner (<i>UMass Lowell</i>)	2:40 – 3:30pm
Closing Remarks	Kate Bergstrom <i>America East, Associate Commissioner</i>	3:30pm