

HEALTH — & — SAFETY S U M M I T



**HOSTED BY UMASS LOWELL
MAY 29-30, 2019**

AGENDA

2019 HEALTH & SAFETY SUMMIT

WEDNESDAY, MAY 29

- 9:00AM** **WELCOMING REMARKS**
Peter Casey, UMass Lowell Athletics Director
- 9:15-10:00AM** **RELATIVE ENERGY DEFICIENCY IN COLLEGE SPORTS**
Meghan Keating, MPAS, PA-C
- 10:10-10:55AM** **ENERGY AVAILABILITY & THE ATHLETE: THE ROLE OF SPORTS NUTRITION**
Nicole Farnsworth, MS, RD, LDN
- 11:00-11:30AM** **BREAKOUT PANEL: FEMALE ATHLETE**
- 11:30-12:30PM** **AE CASE STUDIES (PART I)**
- 12:30-1:15PM** **LUNCH**
- 1:25-2:10PM** **TRAIN SMARTER, NOT HARDER: BLOOD FLOW RESTRICTION (BFR) THERAPY IN ATHLETICS**
Kyle Coffey, PT, DPT, Cert-MST, Cert-APHPT
- 2:20-3:05PM** **DIABETES MANAGEMENT IN THE STUDENT-ATHLETE**
Cigy Methratta, CNP, BC-ADM
- 3:10-3:45PM** **BREAKOUT PANEL: DIABETES & BFR**
- 4:00-4:45PM** **OPIOID MINIMIZING MULTI-MODAL PAIN MANAGEMENT: LATEST DATA, TECHNIQUES, AND TRENDS**
Scott A. Sigman, M.D.
- 6:00PM** **DINNER & SOCIAL GATHERING**
Cobblestones [91 Dutton Street, Lowell, MA 01852]
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THURSDAY, MAY 30 II MENTAL HEALTH WORKSHOP

8:00-8:30AM BREAKFAST

8:30-9:20AM AE CASE STUDIES (PART II)

9:20AM MENTAL HEALTH WORKSHOP WELCOME
Amy Huchthausen, America East Commissioner

9:30-10:15AM IMPACT OF SLEEP DEFICIENCY & DISORDERS ON HEALTH
Stuart F. Quan, MD

10:20-10:45AM BREAKOUT PANEL: OPIOID SPARING SURGERY & SLEEP HYGIENE

10:50-11:50AM HILINSKI'S HOPE
Kym & Mark Hilinski

12:00-12:50PM CONFIDENTIALITY AND COMMUNICATION BEST PRACTICES FOR FRONTLINE STAFF

12:50-1:35PM LUNCH//BREAKOUTS

1:40-2:30PM STUDENT-ATHLETE DURING TRANSITIONS: SUPPORT IS KEY

2:40-3:30PM BALANCING EMPATHY & ACCOUNTABILITY

3:30PM CLOSING REMARKS



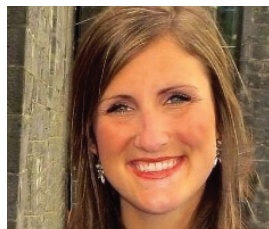
All programming will be held at the Middlesex/Pawtucket Room in the UML Inn & Conference Center unless otherwise noted.

BIOGRAPHIES

SUMMIT SPEAKERS

MEGHAN KEATING, MPAS, PA-C

Keating graduated from Providence College with a degree in biology and community health. She obtained her MPAS from MCPHS University, Boston and completed her clinical training at prominent hospitals such as Boston Children's Hospital, Tufts Hospital and Newton Wellesley Hospital. Keating is a nationally certified physician assistant, working at Boston Children's Hospital, and specializing in sports medicine with a focus on the female athlete.



NICOLE FARNSWORTH, MS, RD, LDN

Nicole Farnsworth received her Master of Science degree in human nutrition at Columbia University's Institute of Human Nutrition and completed a dietetic internship at the National Institutes of Health Clinical Center. Farnsworth works as a dietitian for the Sports Medicine Team and Female Athlete Program at Boston Children's Hospital and as a dietitian/nutritionist at Van Dusen Nutrition.



KYLE COFFEY, PT, DPT, CERT-MST, CERT-APHPT

Dr. Kyle Coffey is a physical therapist, exercise physiologist, faculty member and clinical educator who is passionate about increasing knowledge of movement within a population health model through research and experience. He is a clinical expert in blood flow restriction therapy (BFRT) and teaches clinical education courses on the topic throughout the country and internationally.



CIGY METHRATTA, CNP, BC-ADM

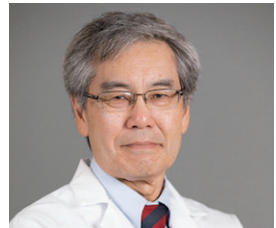
Cigy Methratta is a certified family nurse practitioner with board certification in advanced diabetes management. She received her BS in nursing from All India Institute of Medical Sciences, New Delhi and her MS in Family Health Nursing from the University of Massachusetts, Lowell. She has extensive experience in managing Type 1 & 2 Diabetes, Gestational Diabetes, and Type 1 & 2 Diabetes with Pregnancy. Methratta practices at the Circle Health Diabetes and Endocrine Center, located in Dracut.

**SCOTT A. SIGMAN, MD**

Dr. Sigman is an Opioid Sparing Surgeon who specializes in sports medicine and minimally invasive treatment of the knee and shoulder. He has been the team physician for UMass Lowell for over 20 years. Dr. Sigman is a leader in orthopedic innovation and physician education. He is also a fellow of the Worlds Society on Sports Medicine and Exercise and is a fellow of the Royal College of Surgeons of Ireland.

**STUART F. QUAN, MD**

Dr. Quan is clinical director and senior physician in the Division of Sleep and Circadian Disorders at Brigham and Women's Hospital and the McGinnis Professor of Sleep Medicine at Harvard Medical School. He was the founding editor of the Journal of Clinical Sleep Medicine and has served as the president of the American Academy of Sleep Medicine. His current research activities focus on the epidemiology of sleep and sleep disorders.

**KYM & MARK HILINSKI**

Kym & Mark Hilinski are the parents of former Washington State quarterback, Tyler Hilinski, who died by suicide in January 2018. In the wake of tragedy and in response to the outpouring of love for Tyler, the Hilinski family created Hilinski's Hope (H3H), a non-profit foundation, with the goal of keeping Tyler's memory alive and generating the funding necessary to support programs that will help destigmatize mental illness. H3H recently partnered with the NCAA's Sport Science Institute (NCAA SSI) to promote mental wellness in college athletics.



MENTAL HEALTH WORKSHOP

PANELISTS

JOE MONSERRAT, PsyD

Licensed Psychologist
University at Albany

PAULA QUATROMONI, DSc, RD

Assoc. Professor & Chair, Department
of Health Sciences
Boston University

MIKAYLA KRINETZ

Women's Soccer Student-Athlete
UMBC

ARI SHAPIRO-MILLER, MA

Assistant AD, Catamount Sport
Psychology & Counseling
University of Vermont

MEGAN CUSICK BRIX, MS

Ph.D. Candidate, Doctoral Psychology
University at Albany

CONNOR BENNETT

Men's Basketball Student-Athlete
UMass Lowell

KELLY THORNE, PsyD

Director, Catamount Sport Psychology
& Counseling & Asst. Director, CAPS
University of Vermont

MARIANNE SPECKER, LMHC

Counseling Clinician, Student-Athlete
Services Coordinator
UMass Lowell

GARY GARDNER

Cross Country/Track & Field Head Coach
UMass Lowell

A SPECIAL THANKS TO OUR
SPONSORS & UMASS LOWELL
FOR HOSTING THIS EVENT





YOU CAN'T TALK ABOUT YOUR MENTAL HEALTH HERE



#BetterTo9ether is an America East SAAC initiative focused on creating **mentally healthy environments** for student-athletes. You are never alone. We are better together!



If you, or someone you know, is battling anxiety or depression and in need of someone to talk to, The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones by calling 1-800-273-8255.