

2017 OREGON STATE UNIVERSITY SUMMER SUMMIT



OREGON STATETM
S U M M E R S U M M I T

JULY 15, 2017

12-5

Registration with lunch
begins at 11am.

Registration Fee:
Professionals: \$50
Students: \$25

Location:
Reser Stadium
Club Level (3rd Floor)
660 SW 26th St
Corvallis, OR 97331

COURSE DESCRIPTION:

In addition to the stresses of everyday life, a student-athlete's mental health can be impacted by a wide range of factors including body image concerns, concussion-related elements, sports performance stresses, and injury management. Due to the day-to-day interactions athletic trainers and other sports medicine professionals have with their patients, they are in a prime position to observe a patient's mental health status and identify when a referral or intervention is warranted. The NATA recommends having a psychological referral protocol in place for these types of cases. This half-day course will address some of these mental health concerns related to student-athletes and how they can be effectively identified and appropriately treated through a referral process.

- In those between the ages of 18-25, the rate of mental illness has been found to be twice as high compared to those above the age of 50.¹
- Thirty percent of undergraduate students reported their ability to function was compromised by feelings of depression at least once over a 12 month period.²
- At the high school level, a 2013 study reported 17% of students seriously considered suicide, with 8% attempting suicide.³

1. Substance Abuse and Mental Health Services Administration, *Results from the 2010 National Survey on Drug Use and Health: Mental Health Findings*, NSDUH Series H-42, HHS Publication No. (SMA) 11-4667. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2012.

2. American College Health Association. *National College Health Assessment II: Undergraduate Reference Group Executive Summary*, Spring 2012. Hanover, MD: American College Health Association; 2012.

3. Kann L, Kinchen S, Shanklin SL, et al. Youth risk behavior surveillance: US, 2013. *MMWR Morbid Mortal Wkly Rep*. 2013; 63(SS04):1-168.

TARGET AUDIENCE

The target audience for this educational conference is athletic trainers and other sports medicine professionals.

EDUCATIONAL OBJECTIVES

At the conclusion of this summit, clinicians should be able to:

- Identify mental health components related to eating disorders
- Describe the neuropsychological model of functional disability following a concussion
- Recognize premorbid factors related to mental health outcomes following a concussion
- Recognize and identify the signs and symptoms of a person experiencing mental health distress and suicidal thoughts.
- Develop an effective and manageable psychological referral processes

Program

11am

Registration/Lunch

12pm

Mental Health Considerations
Related to Eating Disorders
Dr. Middendorf, PhD

1pm

Neuropsychological Factors
that Influence Concussion
Recovery
Tyler Duffield, PhD

2pm

Gatekeeper Training
Oregon State University
Counseling & Psychological
Services-Jim Gouveia

3:45pm

Testimonials

4:30pm

Mental Health Referral
Breakout Session

4:50pm

Breakout Synopsis/Conclusion

Contact Information

Oregon State University Sports Medicine

114 Gill Coliseum
Corvallis, OR 97331
541-257-7252
OSUsummersummit@oregonstate.edu



REGISTRATION

<https://campscui.active.com/orgs/OregonStateUniversityAthleticTraining>

NOTABLE SPEAKERS

Dr. Katharine Middendorf, PhD
Samaritan Mental Health

Dr. Tyler Duffield, PhD
Oregon Health & Science University, Pediatric Neuropsychology

Jim Gouveia, MS, MSW, LCSW
Oregon State University Counseling & Psychological Services

GATEKEEPER TRAINING

Gatekeeper training is a suicide prevention training that is designed to help participants know the signs and symptoms of a person experiencing mental health distress and suicidal thoughts. It teaches what to look for, how to ask the question and then finally where and how to get help. This is an interactive workshop that engages people in coming together as a community to save lives.

BOC APPROVED PROVIDER

OSU Sports Medicine (BOC Approved Provider Number: P8470) is approved by the Board of Certification, Inc. to provide continuing education for Certified Athletic Trainers. This program is eligible for a maximum of 4.5 hours of Category A hours/CEUs. Certified Athletic Trainers should only claim those hours actually spent participating in the educational program.



REFUND POLICY

Cancellations and refund requests can be submitted in writing to OSUsummersummit@oregonstate.edu prior to July 8, 2017. Refunds will be 95% of the registration due to processing fees. Please allow 4-8 weeks for the refund to be processed.

HOTEL ACCOMODATIONS

Discounted rooms are available through the Hilton Garden Inn in Corvallis. When you call to make reservations, mention the OSU Summer Summit for the discounted rate. Calls can be directed to Samantha Collman at 541-286-9821.