



**NYU Winthrop
Hospital**

5TH ANNUAL SPORTS MEDICINE SYMPOSIUM

**TRAUMA IN YOUTH SPORTS:
THE UNSPOKEN TRUTH OF MENTAL
AND PHYSICAL HEALTH**

SEPTEMBER 27, 2019 | 8:00AM - 1:35PM

NYU WINTHROP RESEARCH & ACADEMIC CENTER

NYU Winthrop Hospital
Mineola, New York



Accredited by NYU Winthrop Hospital

Approved for a maximum of 5.50 AMA PRA Category 1 Credits

5.50 BOC Category A Credits

5.50 ANCC Contact Hours

5.50 Physical Therapy Credits

OVERVIEW

Welcome to NYU Winthrop Hospital's 5th Annual Sports Medicine Symposium titled, "Trauma in Youth Sports: The Unspoken Truth of Mental and Physical Health." This course has been designed for Athletic Trainers, Physical Therapists and other members of the inter-professional healthcare team who are looking to improve their knowledge and practice in this area of sports medicine. This program will begin by discussing the importance of a mental wellness approach for supporting student-athletes, during a time of trauma and stress. It will also discuss evidence based approaches, personal techniques and therapies dealing with the mental wellness of athletes from various professionals. Additionally, it will discuss topics related to managing crisis situations, administering proper psychological first aid and discussing current initiatives being developed from legislation at the secondary school level. Lastly it will discuss the importance of communication and a team based approach when dealing with the psychosocial aspects of an athlete, from time of injury to return. This will be outlined by the sports medicine team, including a physician, physical therapist and athletic trainer. Speakers will provide didactic, case based illustrations that will improve patient care outcomes and increase awareness of the mental health epidemic.

LEARNING OBJECTIVES

At the end of this symposium, learners should be able to:

- Recognize the signs and symptoms of student athletes experiencing mental health issues.
- Demonstrate appropriate psychological first aid techniques for mental wellness and crisis situations.
- Identify the right treatment or therapy that will improve mental and emotional wellness of an athlete.
- Explain the current initiatives and strides that will help improve the mental health of students and student athletes in secondary schools.
- Improve relationships and communication among members of the inter-professional sports medicine team when it comes to managing mental health and wellness of youth athletes.
- Devise a plan to overcome any mental or emotional barriers to decrease the risk of unsuccessful treatment, rehabilitation or return to play.

TARGET AUDIENCE

Athletic trainers, physical therapists, physicians, physician assistants, nurses, residents and students.

CONTENT DOMAINS

- Injury/ Illness Prevention and Wellness
- Clinical Evaluation and Diagnosis
- Immediate and Emergency Care
- Treatment and Rehabilitation

LEVEL OF DIFFICULTY

This course has been defined as at the Essential level.

EVALUATION

All participants must complete an online evaluation survey after completion of the course in order to receive a certificate of credit.

CME ACCREDITATION

NYU Winthrop Hospital is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians through 3/31/2023. **Provider #: 0006392.**

AMA CREDIT DESIGNATION

NYU Winthrop Hospital designates this live activity for a maximum of **5.50 AMA PRA Category 1 Credit(s)[™]**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

CERTIFIED ATHLETIC TRAINERS



NYU Winthrop University Hospital is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of **5.50 hours of Category A continuing education**. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.

PHYSICAL THERAPISTS

NYU Winthrop Hospital is a New York State Education Department approved provider for physical therapy continuing education. NYU Winthrop Hospital designates this activity for a maximum of **5.50 contact hours**.

NURSING ACCREDITATION

NYU Winthrop Hospital is an Approved Provider of continuing nursing education by the Northeast Multistate Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Provider Number: #NY009-2020 – 10/9/20. **5.50 contact hours** will be awarded. Accredited status does not imply endorsement by NEMSD, NYU Winthrop Hospital or ANCC of any commercial products or services.

AGENDA

- 7:00am **Registration, Breakfast, and Vendor Exhibits**
- 7:50am **Welcome & Introductions**
Stephen Wirth, PT
- 8:00am **Supporting Student Athletes Under Stress: A Mental Wellness Approach**
David Hymowitz, LMSW
- 8:45am **We're All A Little "Crazy" – How Mental Health is a Topic for 5 out of 5!**
Eric Kussin
- 9:45am **Emotional Rehab for the I-Generation; The Influence of Mental Health on Return-To-Play**
Amanda Ferranti, MA, CMPC
- 10:30am **Quarterbacking Crisis Control**
Christopher Napoli, MS, ATC & Anthony Marra, MS, ATC/P.E.
- 11:00am **Panel Discussion and Q&A**
- 11:30am **Lunch Break**
- 11:45am **NYS Education Department's Status on Mental Health for K-12 Curriculum (working lunch)**
Dr. Robert Dillon
- 12:15pm **Psychological Factors and Emotional Health, as related to Orthopaedic Surgery**
Mark Grossman, MD
- 12:45pm **Mind Over Matter: Managing the Emotions of Injury and Return to Play**
Ian Leary, ATC, CSCS and Scott Yerys, PT, DPT, MA, OCS, Cert. MDT, CSCS
- 1:15pm **Panel Discussion and Q&A**
- 1:30pm **Closing Remarks**
- 1:35pm **Adjourn**

FACULTY



David Hymowitz, LMSW

Coordinator of Behavioral Health Awareness Training and Education Unit Nassau County Department of Human Services Offices of Mental Health and Chemical Dependency



Dr. Robert Dillon

District Superintendent Nassau BOCES



Eric Kussin

Professional Sports Executive
Founder of "We're All A Little Crazy" Organization



Mark Grossman, MD*

Chief, Division of Sports Medicine
Department of Orthopaedic Surgery
NYU Winthrop Hospital
Mineola, NY
Assistant Professor of Clinical Orthopaedics
Stony Brook University School of Medicine
Stony Brook, NY



Amanda Ferranti, MA, CMPC

Certified Mental Performance Consultant
Director and Founder of Ferranti Empowerment



Ian Leary, ATC, CSCS

Staff Athletic Trainer
NYU Winthrop Hospital
Mineola, NY



Christopher Napoli, MS, ATC

Manager of Athletic Training Services
NYU Winthrop Hospital
Mineola, NY



Scott Verys, PT, DPT, MA, OCS, Cert. MDT, CSCS

Supervisor of Physical Therapy
NYU Winthrop Hospital
Mineola, NY
Associate Professor
Hofstra University



Anthony Marra, MS, ATC/PE

Staff Athletic Trainer
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PLANNING COMMITTEE

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Danielle Singson, BSN, RN, ONC, WCC

Nurse Coordinator
Department of Orthopaedic Surgery
NYU Winthrop Hospital
Mineola, NY

***Planning Committee Member**

REGISTRATION

We accept online registration ONLY for all NYU Winthrop CME-CE courses.

Please register at <http://bit.ly/SportsMed2019> SPACE IS LIMITED. REGISTER EARLY.

LOCATION

NYU Winthrop Research & Academic Center
Main Level – Rooms G-018 A, B and C
101 Mineola Boulevard
Mineola, NY 11501

REGISTRATION FEES Registration fee includes breakfast, break, lunch, materials, and certificate of credit.

Register and pay online at <http://bit.ly/SportsMed2019>

\$150 Physicians

\$105 Non-NYU Affiliated Athletic Trainers, Physical Therapists, Nurses and PAs

\$75 NYU Affiliated Athletic Trainers, Physical Therapists, Nurses and PAs

FREE NYU Affiliated Residents - N/C with ID (ID must be shown on the day of registration)

\$30 Students

PARKING Parking for the 5th Annual Sports Medicine Symposium is available at any of these convenient campus lots:

- Mineola Intermodal Center at 65 3rd Ave., Mineola (Payment required)
- NYU Winthrop Campus Visitors Lot (access via Emergency entrance at 2nd & 3rd Ave. Payment required)
- 120 Mineola Blvd. Ramp (Free parking on weekends above level 2 only, other levels will be fined)

NOTE: Parking will not be validated in any NYU Winthrop campus lots.

CONFIRMATION All registrants will receive a confirmation via email.

CANCELLATION

Cancellation by NYU Winthrop Hospital: It is the policy of NYU Winthrop Hospital that in the unlikely event we must cancel a scheduled activity, all registered learners are immediately notified via email, with full refund offered where applicable. Wherever possible, our registration page of the website will be updated to reflect the activity cancellation. If we cancel less than 48 hours in advance of scheduled start time, we will also telephone all registered learners regarding the cancellation and refund.

Cancellation by learner: It is the policy of NYU Winthrop Hospital that if you the learner must cancel or withdraw before an activity for which you have previously registered, a handling fee of \$25 will be deducted for cancellation. Requests for refund or transfer of registration must be received by email 72 hours prior to the course to Keyana.Golds@nyulangone.org. No refund or transfer of registration will be made thereafter.

COMPLAINT RESOLUTION POLICY

It is the policy of NYU Winthrop Hospital that complaints received about continuing education or related matters are investigated and resolved within 72 hours (if received during business hours) or within 7 days (if received outside of business hours).

SPECIAL NEEDS

The NYU Winthrop Research & Academic Center is accessible to individuals with disabilities or special needs. Participants with special needs should contact the CME Office at 516-663-8459 or Peter.Sandre@nyulangone.org for assistance.

MORE INFORMATION

If you experience technical problems with the online system, wish to register a group, or require other special arrangements; Please contact Keyana Golds at 516-663-9685 or Keyana.Golds@nyulangone.org for assistance.

NYU Winthrop
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<http://bit.ly/2E6LL6u>

