

Mental Health in Sports CEU



360 Sports Medicine will host a half-day lecture focusing on mental health. This half day conference will provide the most current evidence supported assessment and management of mental health in youth. This CME will include content specific to certified athletic trainers, physical therapists and coaches.

Saturday, December 1st, 2018

8:00 AM - 1:30 PM

7:30 AM - Registration and Breakfast

8:00 AM - Program Begins

Education Office Building - Rady Children's Hospital-San Diego

7960 Birmingham Drive, San Diego, CA 92123 (map attached)

**Earn 4.5 BOC Approved CEUs
& .45 CPTA Approved CEUs!**

\$50 | Early Registration Fee

**\$60 | Registration Fee
At the door**

Sport Diversification vs Specialization: Impact on Body and Mind

Andrew Pennock, MD

Eric Post, PhD, ATC

Orthopedics



Depression During Recovery: Risk Factors, Signs and Coping

Frederick Wahlig, LCSW

Social Worker

How to Develop a Supportive Relationship with your Student Athlete

Suzi Collins, PT

Physical Therapy

How to Prepare the Athlete for Retirement

Suraj Achar, MD

Sports Medicine

How to Mentally Prepare for Competition

Jeff Jones, PhD

Psychology

Moderator
Eric Edmonds, MD
Orthopedics

Rady Children's Hospital-San Diego

Objectives: At the conclusion of this course, participants should be able to (1) Identify student-athletes with signs and symptoms of depression. They should be able to distinguish student-athletes that are utilizing appropriate coping mechanisms to deal with their injury and students that are at-risk and require recommendation to seek professional assistance (2) Recognize and evaluate student athletes for any signs of suicidal ideation and develop an action plan with that student and their parental guardian to follow the county provided action plans (3) Apply questions and potential solutions to their interpersonal interactions with injured student athletes (4) Provide support to their student athletes through career evaluation, long-term planning and eventual retirement from sports (5) Identify overuse injuries, their relation to gender and age and engage with the student-athlete regarding prevention and recovery depending on the stage of injury.



Rady Children's Hospital-San Diego (BOC AP# P8389) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 4.5 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

Rady Children's Hospital-San Diego is recognized by the California Physical Therapy Association (CPTA #18-401) to offer continuing education for Physical Therapists and Physical Therapist Assistants. This Program has been approved for a maximum of 4.5 contact hours of category A continuing education. PTs and PTAs should claim only those hours actually spent participating in the continuing education activity.



Please Register & Pay by November 30, 2018

Name _____ Title _____

Email _____ Phone _____

Circle \$50 by November 30 OR \$60 at the door

Check or Money Order Payable to: RCHSD

For Credit Card payment: Visa/MasterCard/American Express/Discover

CC# _____ Exp. _____ Billing Zip Code _____ Security Code _____

Mail to: Rady Children's Hospital-San Diego
3020 Children's Way, MC 5101, San Diego 92123 Attn: Berenice Lucero
Questions - blucero@RCHSD.org or (858) 966-7572 or FAX (858) 966-4957

Cancellations received on or before November 26, 2018 will be fully refunded.
Due to costs incurred, cancellations received after November 26, 2018 will not be refunded.
"Any profits from this event will be used to benefit future practical pediatric educational events"