

IAC Meeting

Tuesday, December 17, 2013

Faculty Lounge, School of Law

Minutes

Present: Mac Ehlen, Jennifer Ellis, Bill Harbaugh, Kurt Krueger, Valerie Lawson, and Glen Waddell, members; Jim O'Fallon, FAR; Rob Mullens, Lisa Peterson, and Dr. Greg Skaggs, Department of Athletics; and Dr. Dave Mikula, guest speaker.

Absent members: Sam Dotters-Katz, Jennifer Freyd, Andrew Karduna, David Koranda, Laura Leete, Jeffrey Measelle, Margie Paris, Haley Rosenthal, Ken Safley, Lena Macomson, and Mathias Vogel.

The meeting was called to order by Chair Rob Illig. Each attendee introduced himself or herself to the group.

Dr. Greg Skaggs, Director of Athletic Medicine, Department of Athletics

Dr. Skaggs presented a brief outline of his professional background. He had a private practice for ten years as a family physician and in sports medicine. Dr. Skaggs worked part-time for the Department of Athletics for three years before becoming a full-time Team Physician in 2006. He accepted the position of Director of Athletic Medicine in 2009. He provides medical game coverage and, in coordination with Dr. Craig Davidson, the Sports Medicine Specialist at the campus Health Center, patient care for the student-athletes. Approximately 50% of the care he provides is for injuries and the other 50% is for general medical issues such as infections, diseases, referrals, etc.

A team physician is on the sideline of soccer, lacrosse, basketball and football games. For lower risk sports, such as men's or women's tennis and golf, a certified athletic trainer is present and one of the team doctors is on-call in the event of any injury.

In addition to the team doctors, the Athletic Medicine staff is composed of ten certified trainers, nine GTFs, and a certified nutritionist. Athletic Medicine utilizes the services of Drs. Rudy Hoellrich, Don Jones and Stan James at the Slocum Center for Orthopedics & Sports Medicine for orthopedic injuries and provides referrals to other professionals in the community, such as neurology, gastroenterology, etc. The Department of Athletics has contracted with two certified counselors, David Mikula, who is present here today, and Bettina Jensen for student-athletes needing those services.

Dr. Skaggs introduced David Mikula who is working with the Department of Athletics on a professional services contract. Mr. Mikula has been working in the chemical dependency and mental health field for 25 years. He is a Licensed Clinical Social Worker (LCSW), Certified Alcohol Drug Counselor, Level III [Master's] (CADC III), a National Certified Addiction Counselor, Level II (NCAC II) and he is a certified trainer in Motivational Interviewing. Mr. Mikula is the Director and Clinical Supervisor at the Center for Family Development in Eugene and he has extensive experience in individual, group and family therapy. He has participated in

the design, development and implementation of services and support models with numerous agencies, including those focused on working with co-occurring disorders. He is an addiction specialist and has cultivated a close working relationship with services and support providers in both the mental health and chemical dependency fields.

Student-athletes who are transitioning to campus life have the same issues as the general student population. Our student-athletes have many eyes on them – coaches, trainers, staff, etc. – and students who exhibit or describe symptoms of anxiety, depression, self-medication, sleeplessness or other issues are referred to Mr. Mikula or Ms. Jensen for consultation.

The value of having available therapists was obvious last year when the accidental death of one of the student-athletes occurred. Not only were the student-athletes who were present at the time of the incident affected, but most, if not all, of the student-athletes from all sports were highly emotionally distressed by the news of accident. It was very helpful to have a professional who is familiar with the Athletics program available to respond almost immediately.

Students with substance abuse issues are treated depending on their level of need according to the established continuum of care:

Level 1 – outpatient

Level 2 – 9 hours of therapy per week

Level 3 – residential care

Level 4 – hospitalization

Returning to medical issues, Dr. Skaggs or another team physician makes the call whether or not a student-athlete is able to practice and relays that info to the trainer(s). Some players want to sit out because of illness or injury recovery. Others want to play through an injury or illness. The team physician makes the decision whether it's medically safe for the student-athlete to practice or play.

Sports-related concussions have been receiving a good deal of attention in the press in recent years. Dr. Skaggs' opinion is that there hasn't been an increase in the occurrence of concussion injuries, but that more concussions are identified by the increasingly sophisticated high school and college medical staffs. There has been a protocol for the identification, treatment and clearing of concussed players for some time, but the NCAA mandated it only 3 years ago.

At Oregon, the players are hitting less than they used to in practices, reducing not only the number of concussion injuries, but also traumatic injuries, such as fractures and dislocations. Some players are running more, which has led to an increase in stress fractures and tendonitis.

There is a low use of prescription and over-the-counter pain medication in the Athletic Department. Most of the prescription oral painkillers are for post-surgery pain. Some pain is managed with physical therapy instead. Doctors, trainers and teams never travel over state lines with prescription painkillers; the policy is to have any medication that is needed by our student-athletes provided or prescribed on-site by the other team's medical staff.

Eating disorders seen in student-athletes are usually complicated, can be long-standing and are usually a long process to work through. They are usually picked up on during the student-

athlete's entry physical or when the student suffers a stress fracture, one of the possible side effects of an eating disorder. The head coaches and parents of these student-athletes are made aware of the diagnosis and the students are referred to a behavioral professional and work with the Athletic Department's nutritionist to develop healthier eating habits. Often this treatment requires time away from competitive sporting activity.

The health issues of student-athletes are generally comparable to the general student population in range and frequency of occurrence. Although student-athletes are generally healthier than average students, they can have more stressors, such as scheduling. For the 80% or 8 of 10 mainstream students who do have some substance use while in college – usually alcohol or marijuana – it is central to their social lives. On the whole, though, this generation is more willing to say, "I need help," if they are having substance abuse issues. The Athletic Medicine staff works to be pro-active instead of reactive. Our "Pre-hab" addresses many issues when student-athletes first arrive on campus, making them aware of the many preventative services available to them.

Random drug testing is performed by the Department of Athletics throughout the year. The NCAA has a random testing program as well as testing at championships. Per OAS policy, a caused-based test can still be requested on specific student-athletes based on suspicion.

The Department of Athletics has a four-strike policy concerning student-athletes who test positive for illicit substances. This policy is a highly therapeutic model, utilizing a collaborative method among professionals to identify and treat student-athletes who are having substance issues. Testing can and does identify issues. To date, no student-athlete has gotten three strikes. Students who have received two strikes know what is at stake and the possibility of getting a third strike can be an incentive to stop using.

Rob Mullens, Director of Athletics

It's been a busy month for the Department of Athletics staff, including two events in Portland that allowed us to engage with the community of supporters in that area. The Men's Basketball team played the University of Illinois at the Moda Center in last Saturday, winning 71-64. The night before, the Oregon Club of Portland held an event for donors and fans that featured Head Coach Dana Altman.

We announced that the University of Oregon's historic Hayward Field will be the home of the NCAA Track and Field Championships for each of the next eight years. The University of Oregon has a rich tradition with the sport of track and field and coupled with the fact that Eugene had previously been selected to host the national meet in 2014, the University of Oregon will be the destination for the Division I championships into the next decade. These events will bring a large number of visitors to our community and generate an influx tourist spending into our local economy.

The successful bid was based on three principles: an unprecedented partnership between Oregon and the local track and field community that will elevate the championships into one of the NCAA's premier events; a first-class student-athlete experience that allows competitors to excel at the top of their sport; and engaging the community to celebrate the history of the sport and emphasize the fan experience.

With the Football program's invitation to play in the Alamo Bowl, there is a large amount of work being done to prepare for the Football program staff and student-athletes, cheer squad, marching band and Athletics administrative support staff to make the trip.

This is the time of year that the Duck Athletic Fund starts its annual drive to encourage donors to make or add to their DAF contributions early.

We are always looking to improve our fans' experience when attending games and popularity of social media use has added new challenges. Fans today expect connectivity with applications such as Instagram and Facebook while in the game or match venue. Our goal is to have that connectivity available in all our facilities.

The NCAA annual convention will be held in January and some of the topics to be discussed are student-athlete welfare concerns and enhanced benefits for student-athletes, stipends for student-athletes (which we support), and a governance redesign.

The disciplinary process of the students who have been identified as being involved in the snowball incident, those from the general student population as well as the student-athletes, is being handled by the office of the Dean of Students.

Meeting adjourned.

DRAFT