Hello,

Welcome to the third edition of the Pac-12 Student-Athlete Health and Well-Being Initiative (SAHWBI) newsletter. While the entire Pac-12 SAHWBI Board hopes everyone is staying safe during these unprecedented times, the below newsletter provides a periodic update from the Pac-12 SAHWBI over the past several months, including:

- **New Research Funded** - During a successful winter meeting in January, the Pac-12 SAHWBI Board reviewed a number of research proposals and voted to fund three innovative projects in addition to a new initiative we are excited to announce, the Pac-12 Mental Health Coordinating Unit. More information from the Grants Program Committee Chair, Dan Nordquist, is available in this newsletter.

- **Student-Athlete Mental Health Summit** - Also this past January, we are thrilled to have held the first ever mental health summit focused on student-athletes at UCLA's Luskin Conference Center. With over 300 in attendance, the group featured a wide range of professionals including athletics directors, team physicians, athletic trainers, coaches and current and former student-athletes.
Future Planning, Beyond COVID-19

Once we reach the point of beginning to restart our athletics programs, medical aspects of healthcare delivery and a focus on health and wellness will continue to be paramount. In discussions with our colleagues across the nation, the Pac-12 SAHWBI and its members have served as a go-to resource for advice and guidance by other collegiate conferences and programs.

As changes appear on the horizon, our medical providers, athletic trainers and strength and conditioning staffs will continue to be needed more than ever, as these professionals will play a pivotal role in keeping our student-athletes as safe as possible.

Continuous Innovation & Leadership

Highlights of our Pac-12 SAHWBI throughout this newsletter, as well as information regarding new programs and research funded, illustrate the ways in which the Pac-12 continues to take a leadership role by investing in innovative programming that directly promotes the health and safety of our student-athletes. This work would not be possible without the combined efforts and support from the Pac-12, our university leaders, athletics directors and campus sports medicine programs.

On behalf of the Pac-12 SAHWBI Board, thank you for continuing to help with this important work to make our Pac-12 sports safer for our student-athletes.

Sincerely,

Pac-12 SAHWBI Board

Grants Program Update from Committee Chair, Dan Nordquist (Washington State)

The Pac-12 SAHWBI Grants Program is excited to share that the program has funded three new projects, involving eight total universities:

- **Head Trauma**: Advancing New Biomarker Tests for Concussion Diagnosis and Recovery (California)
- **Injury Prevention**: Documenting Overuse and Non-Time-Loss Injuries (Oregon State)
- **Injury Prevention**: Utilizing Ultrasound Imaging to Detect Precursors of Achilles Tendon, Patellar Tendon and Plantar Fascia Injuries (Utah)

[Click here to read more](https://www.pac-12.com/) about each of these funded projects at Pac-12.com.
Pac-12 Mental Health Coordinating Unit

Following a thorough process which began with a request for proposal in October 2019, we are excited to announce the award of our Pac-12 Mental Health Coordinating Unit (MHCU) to the University of Arizona. As we outlined in the request for proposal, the awardee is expected to serve as, and provide services related to, supporting and implementing a partnership among the Pac-12 universities to establish the MHCU which will support student-athlete mental health related programs and research.

I would also like to give a shout out to our over 150 grant reviewers who continually help us review all proposals for us to fund the best possible ideas. In addition, a big thank you to the Grants Committee who pours through reviews and proposals to help us sort and prioritize proposals for the SAHWBI Board to review and fund, including:

- **Joshua Beaumont**, Arizona State University
- **Dr. Karin VanBaak**, University of Colorado Boulder
- **Sarah Lyons**, Stanford University
- **Dr. Frank Petrigliano**, University of Southern California
- **Kevin Robell**, Presagia Program Manager and Technical Advisor, Pac-12 Health Analytics Program

Lynn Fister, executive director of the Pac-12 SAHWBI Grant Program, and I very much appreciate all of the hard work that goes into these reviews and the expert feedback we receive. Together with this work, we truly are the Conference of Champions!

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**Message from Stanford Director of Athletics, Bernard Muir**

“Since 2013, the Pac-12 Student-Athlete Health and Well-Being Initiative has been an NCAA-leader in the proactive, research-based approach to student-athlete safety. As a Pac-12 athletics director, I feel the initiative sets us apart from other conferences as it strives to improve the health, general well-being, and safety of our student-athletes.”
2020 Student-Athlete Health Conference Postponed

As we all continue to adjust during this time, the Pac-12 SAHWBI Board has made the necessary decision to postpone the 2020 Student-Athlete Health Conference (SAHC) which was originally scheduled for May 7-9, 2020 in Las Vegas. More information regarding a new date and plans for the annual conference will be announced at a later time and made available at pac12sahc.org.

For questions related to the SAHC event, please contact Tandi Hawkey.

Other Pac-12 SAHWBI Updates

Pac-12 Brain Trauma Task Force Updates:

Pac-12 Concussion Coordinating Unit (Colorado)

The Pac-12 CARE-Affiliated Program (CAP) continues to serve as a regional hub of the NCAA/DoD CARE Consortium. By Summer of 2020, all 12 universities will be IRB-approved to participate in the study.

- To date, over 3,500 student-athletes are set to participate in the Pac-12 CAP, each with valuable baseline measures and assessments collected from male and female student-athletes participating in a variety of NCAA Division I sports, including football, soccer, volleyball, basketball, lacrosse, water polo and skiing.
- Of those consented student-athletes, investigators have collected valuable incident concussion and recovery information from over 200 male and female student-athletes.
- This information will continue to advance our understanding of concussion incidence and recovery and establish a knowledge base to guide clinical assessment and treatment paradigms.

Other CAP / Pac-12 Concussion Coordinating Unit Updates

In addition to, and with aid of the CAP project details above, initial research looking at commonly-utilized concussion assessment and management tools (including the King-Devick, Standardized Assessment of Concussion/SCAT5 assessment batteries) was performed at Colorado, Oregon State and Washington.

- Dr. Kim Harmon (Washington) has submitted scientific abstracts from year one of this study for inclusion at the sixth International Consensus Conference on Concussion in Sport (Paris, Oct. 29-31, 2020).
- There have also been concrete, real-time benefits of our initial concussion research platform.
- The Pac-12 Concussion Coordinating Unit assisted with a CAP data-driven virtual discussion with our volleyball coaches regarding a perceived upward trend in concussion noted in that sport.
We look forward to providing continued guidance to the Pac-12 and securing additional grant funding for on-going research and collaboration with outside entities to strengthen and highlight the role of the Pac-12 as a leader in sports concussion science.

Pac-12 Mental Health Task Force Updates from Dr. Shanyn Lancaster, Chair (Arizona State):

First formed in May 2018, the Pac-12 Mental Health Task Force is a multidisciplinary group of licensed mental health practitioners, physicians, athletic trainers and students from Pac-12 member universities that serves as a resource for the Pac-12 on educational initiatives, applied research and best practices for advancing the mental health and well-being of collegiate athletes.

- Past projects include efforts to help develop best practices for mental health disqualification, education, research and in the development and planning of the Student-Athlete Mental Health Summit.
- The 2020 event, which took place this past January, provided a unique opportunity for exchange among national and international leaders on the important issues surrounding mental health. The summit also included presentations of new findings and discussions regarding policies and procedures to help better treat the mental health of student-athletes.
- Hosted by UCLA, the two-day event allowed attendees and the SAHWBI Board to connect with seven current Pac-12 student-athletes who were in attendance as well as a number of head coaches who took part in panels. The summit allowed these student-athletes to learn about current mental health research and clinical care of competitive athletes, as well as how the Pac-12 is a leading sports entity in these matters and is truly committed to the health and well-being of student-athletes.

Mental Health Coordinating Unit

Next up is collaboration with the Mental Health Coordinating Unit, led by Arizona's Dr. Daniel Taylor. This unit is set to:

- Facilitate the integration of relevant mental health variables used in clinical documentation on the Pac-12 EHR (a conference-wide injury and health record system being utilized for clinical research and analysis)
- Establish mental health screening methods consistent with NCAA best practice recommendations to be implemented at each Pac-12 university
- Facilitate policies and procedures that address positive mental health screening methods
- Report on epidemiological outcomes at the end of the study's period with an initial phase of activities set for three years.

**Pac-12 Health Analytics Program (HAP) Updates:**

Updates related to the Pac-12 HAP include:

- Just after the new year, the HAP program provided participating universities additional clinical tools that will facilitate health care operations and local sports epidemiology efforts.
- At the winter board meeting this past January, the SAHWBI Board approved the first Pac-12 funded research study to use de-identified sports injury data from the HAP program. Headed up by Oregon State University, this particular study, entitled "Documenting Overuse and Non-Time-Loss Injuries in Pac-12 Sports," is a first step to developing a data-driven overuse injury prevention program and provide clinicians and administrators evidence-based data to support strategic medical staffing across teams.
- In March, the Pac-12 SAHWBI Board finalized the application process for participating universities to request de-identified sports injury and illness data for use in approved prospective research studies. A link to the electronic application and instructions can be found [here](https://example.com).