**Program Description:**
There will be two sessions, an Introduction to IASTM in the morning and Mental (Health) Fitness in the afternoon.

**IASTM Techniques:**
Many musculoskeletal injuries involve soft-tissue pathologies that can limit mobility and function. Instrument Assisted Soft Tissue Mobilization (IASTM) techniques can be used to help normalize soft-tissues, improving mobility and function. This hands-on workshop will introduce the fundamental knowledge and skills to allow practitioners to safely and effectively incorporate IASTM techniques into their intervention regimen.

**Mental (Health) Fitness:**
Mental health and wellbeing are essential for individuals to live happy and successful lives, especially for youth and young adults. A student’s mental health journey can affect their social involvement, grades, sport, physical health and so much more. This professional workshop will provide attendees with the knowledge and skills to better assess and address mental health in student athletes. The workshop will break down common mental health diagnosis in sports, while examining what being mentally fit vs mentally unfit looks like. Participants will learn helpful, tangible solutions to help these students in need and hear about various services and resources that the community has to offer. This workshop will also address the connection between concussions and mental health. Join us to break down the barriers and stigma of mental health so that all young adults can live rewarding and thriving lives!

**Speakers:**

**Cullen Nigrini**, PT, ATC, LAT, SCS, OCS, PES, is a physical therapist/athletic trainer with The University of Texas Athletics Sports Medicine staff since 2015. He also provides sports physical therapy services at Austin Physical Therapy, his private practice in Austin. Nigrini served Texas Athletics as a graduate assistant athletic trainer with football, men’s swimming and diving teams and spirit squads from 2002-04. In 2004-05, Nigrini was an assistant athletic trainer for UT football. He has worked exclusively with the NBA’s New Orleans Pelicans as their sports physical therapist and assistant strength coach from 2011-2014. Nigrini also interned as an athletic trainer with the Dallas Cowboys. He has worked in a variety of orthopedic and sports physical therapy staff and management settings. He has obtained specialty board certification in both sports physical therapy and orthopaedics by the American Board of Physical Therapy Specialties as well as other specialty credentials, manual therapy certifications, and continuing education credits. Nigrini completed his Bachelor of Arts degree in Kinesiology and Psychology with a Business minor at the University of Colorado. While at CU, he worked as a student intern primarily with football from 1999-2002.

**Ashley Harmon**, LCSW (Licensed Clinical Social Worker) serves as the Mental Health Coordinator for UT Athletics. She began building the athletics mental health program in June of 2016, and is in charge of all student athletes’ behavioral health needs and wellness. She provides program planning, therapy and coordinated care with other contracted therapists, psychiatrists and intensive outpatient programs, along with the sports medicine department. Before UT, she worked at a non-profit crisis center providing therapy to survivors of domestic violence and sexual assault. Ashley received both her Bachelors and Masters in Social Work from The University of Texas at Austin.

**Elizabeth Flint**, BSW, is currently the Program Coordinator for Texas Network of Youth Services. Her work at TNOYS is focused on youth development programming and event planning. She is responsible for overseeing PEAKS Camp, an experiential learning program for youth and adults; organizing Youth In Action Capitol Day, a bi-annual event that brings young Texans to the State Capitol to advocate for policy change; coordinating Transition Age Youth Initiative, which aims to increase youth engagement and collaboration with eight Houston-area mental health organizations. Her work is driven by a desire to share the value of youth voice in changing programs, systems, and the future. She received her bachelor’s degree in Social Work from The University of Texas at Austin.
High School Sunday Professional Workshop
Sunday, April 23, 2017

Target Audience:
The target audience is athletic trainers, however, other medical and allied medical professionals and coaches working with athletics will also benefit from the workshop.

Schedule (tentative):
9:00am - Registration*
9:30am - Welcoming Remarks and Educational Presentation
11:30am - Lunch** & Presentation on the UT ATP
12:30pm - Educational Presentations
2:30pm - Viper Sports Medicine/USAF Presentation
3:00pm - Facility Tour
4:00pm - Campus tour on your own

Registration:
Please register via e-mail to Adrienne Horton at adriennehorton@austin.utexas.edu by Wednesday, April 21st. Please enter "HSS WORKSHOP" in the subject area. Include the following information:
1. Name and credentials
2. School/Facility/Employer
3. Phone Number and E-mail address

Fees:
$15 donation to the Longhorn Athletic Training Students’ Association (LATSA) collected at registration. Cash, checks and money orders (made out to LATSA) only please. We cannot accept debit or credit cards. Lunch will be provided at no additional cost.

Location:
The workshop will be held in the Moncrief-Neuhaus Athletic Center (MNC) on the UT campus. MNC is the building immediately south of the football stadium (STD).

Parking:
Parking is available in the Manor Garage (MAG). Parking usually costs $15-20 for the day and is not included in the workshop fees. If you choose to park elsewhere, please mind the posted signs. We are not responsible for any parking tickets. Please call Brian Farr at 512.471.9885 if you plan to bring a group of students in a bus. The bus driver will either need to stay with the bus or will need to park off campus. There is no dedicated bus parking on campus. Busses will not fit in the MAG.

Here is a link to an area map: http://www.utexas.edu/maps/main/areas/stadium.html

Please note that this workshop in NOT approved to offer CEU’s under the BOC’s ECC or Level I-Category A. However, Certified Athletic Trainers may report CEU’s under Level II-Category D:Non-Approved Programs. Check the BOC website for more information on Category D credits.

Contact: Brian Farr: bfarr@austin.utexas.edu
512-471-9885