Prescription Drugs and NCAA Student-Athletes

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Who is The National Collegiate Athletic Association?

- Higher Education Association with services to support athletics departments at over 1100 IHE.

- Membership-led Association abiding by the NCAA principles of shared responsibility to provide an environment that protects the health safety of student-athletes.
NCAA Membership Principles

- **Principle of Institutional Control and Responsibility**
  - It is the responsibility of each member institution to control its intercollegiate athletics program in compliance with the rules and regulations of the Association.

- **Principle of Student-Athlete Welfare**
  - Health and Safety: It is the responsibility of each member institution to protect the health of and provide a safe environment for each of its participating student-athletes.
NCAA Structure

National Office

Member Schools and Conferences

Committees recommendations and regulations
NCAA Committee on Competitive Safeguards and Medical Aspects of Sports

- Association-wide advisory committee

- Charged by the Executive Committee/Board of Governors to oversee NCAA Drug Deterrence

- University staff from sports medicine, law, athletics administration, research

- Ensures fair and credible drug-testing, medical review and appeals processes
NCAA Sport Science Institute

- Mission: To promote and develop safety, excellence, and wellness in college student-athletes, and to foster life-long physical and mental development
Who’s Who in Athletics

- Director of Athletics
- Senior Woman Associate
- Compliance Coordinator
- Sports Psychologists
- Sports Dietitians
- Life Skills Coordinators; Academic Advisors
- Faculty Athletics Representatives
- Coaches
- SAAC/SAM Peer Educators
- Athletic Trainers
- Others...
<table>
<thead>
<tr>
<th>Division</th>
<th>Number of Student-Athletes</th>
<th>Student-Athlete Percent of Student Body</th>
</tr>
</thead>
<tbody>
<tr>
<td>Division I</td>
<td>177,691</td>
<td>4.1%</td>
</tr>
<tr>
<td>Division II</td>
<td>110,624</td>
<td>8.5%</td>
</tr>
<tr>
<td>Division III</td>
<td>184,958</td>
<td>16.0%</td>
</tr>
</tbody>
</table>
Student-Athlete Advisory Committees -SAAC-

• a student voice in the NCAA
• advisory committees at the campus, conference, and national level
• made up of student-athletes to provide insight on the student-athlete experience and offer input on the rules, regulations and policies that affect student-athletes' lives on campus.
Drug-Use Deterrence

A shared responsibility!

• Strong written *policy* with significant sanctions
• Comprehensive *education*
• Drug *testing*
Purpose of NCAA Drug Testing

- To deter drug use
- To protect student-athlete health and safety
- To maintain the integrity of the game
NCAA Banned Drug Classes

Banned Drugs

• Stimulants
• Anabolic Agents
• Alcohol and Beta Blockers (banned for rifle only)
• Diuretics/ Masking Agents
• Street Drugs
• Peptide Hormones and Analogues
• Anti-estrogens
• Beta-2 Agonists

www.NCAA.org/drugtesting
What if a Banned Substance is Prescribed?

Medical Exception review for all classes except street drugs

- No pre-approval needed for
  - Stimulants
  - Beta blockers
  - Beta 2 agonists
  - Diuretics
  - Anti-Estrogens

- Pre-approval needed for
  - Peptide hormones
  - Steroids

Must maintain records with sports medicine staff.

USE OF a BANNED Medication without a prescription can result in loss of eligibility.
NCAA on Institutional Drug Education

• Required under NCAA Bylaw 14.1.4.
  – to disseminate list of banned drugs
  – to educate student-athletes about products that may contain them

• Minimum Guidelines-Conduct Alcohol/Other Drug Education
  • for NCAA, conference, institution and team
  • each semester
Administrators Responsibilities

- Administer compliance forms
- Educate student-athletes regarding banned substances and the products that may contain them
- Follow institutional policies for reported or suspected drug use
- Declare a student-athlete ineligible for a positive NCAA drug test
- Provide opportunity for a drug-test appeal
- Report ineligibility for NCAA drug test of student-athlete transferring to another NCAA institution
- DI – identify a resource person for student-athlete questions about nutritional/dietary supplements
Elements of Promising Athletics Prevention Programs

- leadership from administrators
- clear, consistent and comprehensive policies
- inclusive practices: students, staff and faculty
- comprehensive and targeted prevention activities
- supportive environmental conditions
- intervention and treatment services in place
- cooperation with broader community
- student-athletes empowered to collaborate in policy development
2013 NCAA National Study of Substance Use Habits of College Student-Athletes
About the Study

• Survey is administered on a quadrennial basis.

• Surveys are administered on campuses with the assistance of Faculty Athletic Representatives.

• Data were weighted relative to national participation rates within the sampled sports in order to produce the most accurate population estimates possible.

• Approximately 21,000 student-athletes surveys were completed this year.
# Most Student-Athletes Don’t Use/Abuse

**NCAA 2013 Substance Use Survey**

Percent of Student-Athletes Reporting “Never Used”

<table>
<thead>
<tr>
<th>Substance</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ephedrine</td>
<td>99.1%</td>
</tr>
<tr>
<td>Anabolic Steroids</td>
<td>99.0%</td>
</tr>
<tr>
<td>Cocaine</td>
<td>96.8%</td>
</tr>
<tr>
<td>Synthetic Marijuana</td>
<td>94.3%</td>
</tr>
<tr>
<td>Amphetamines</td>
<td>93.9%</td>
</tr>
<tr>
<td>Spit Tobacco</td>
<td>79.6%</td>
</tr>
<tr>
<td>Cigarettes</td>
<td>83.5%</td>
</tr>
<tr>
<td>Marijuana</td>
<td>67.1%</td>
</tr>
<tr>
<td>Alcohol</td>
<td>14.8%</td>
</tr>
</tbody>
</table>
Emerging / Re-emerging Drug Issues

- Alcohol Abuse
- Marijuana
- Prescription drugs
  - Narcotics (opiates)
  - Stimulants
Alcohol

• Continues to be identified by the membership as the #1 issue
• Impaired driving is a major cause of death of college-aged students, including NCAA student-athletes
When you drink alcohol, typically how many drinks do you have in one sitting? (of those who report alcohol use)

<table>
<thead>
<tr>
<th></th>
<th>Female</th>
<th>Males</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Division I</td>
<td>Division II</td>
</tr>
<tr>
<td>More than 4 drinks</td>
<td>31.9%</td>
<td>32.6%</td>
</tr>
<tr>
<td>10+ drinks</td>
<td>2.4%</td>
<td>3.2%</td>
</tr>
</tbody>
</table>
Excessive Drinking Trend
(10+ Drinks in One Sitting)
Excessive Drinking Trend
(4+ Drinks/ 5+ Drinks)

- Male:
  - 2005: 63%
  - 2009: 50%
  - 2013: 44%

- Female:
  - 2005: 41%
  - 2009: 38%
  - 2013: 33%
Marijuana Use
(Within the Last 12 Months)

- 2005: 21%
- 2009: 23%
- 2013: 22%
### Prescription Drug Use 2013

<table>
<thead>
<tr>
<th></th>
<th>Year</th>
<th>With Prescription</th>
<th>Without Prescription</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ADHD Medication</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2009</td>
<td></td>
<td>4.5%</td>
<td>6.7%</td>
</tr>
<tr>
<td>2013</td>
<td></td>
<td>5.8%</td>
<td>8.8%</td>
</tr>
<tr>
<td><strong>Pain Medication</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2009</td>
<td></td>
<td>13.7%</td>
<td>5.1%</td>
</tr>
<tr>
<td>2013</td>
<td></td>
<td>18.0%</td>
<td>5.8%</td>
</tr>
</tbody>
</table>
Prescription ADHD Medication
(Use Within the Last 12 Months)
Amphetamine Use Overall
(Within the Last 12 Months)

- Total Use:
  - 2009: 16%
  - 2013: 16%

- Prescription Drug Use:
  - 2009: 14%
  - 2013: 16%

- Other Amphetamines:
  - 2009: 5%
  - 2013: 5%
Prescription Pain Medication
(Use Within the Last 12 Months)

Total Use: 2009: 18%, 2013: 23%
With Prescription: 2009: 6%, 2013: 5%
Without Prescription: 2009: 20%, 2013: 15%
SAAC Survey

Asked national SAAC about prescription drug abuse resource needs

- Division I -- 15
- Division II -- 94
- Division III -- 18
I know where to find help for prescription drug abuse and misuse issues.

• Yes – 77
• No -- 20
• Not sure -- 22
I would seek help if I had an issue with misusing or abusing prescription drugs.

- Yes -- 92
- No -- 70
- Not sure -- 20
I would try to intervene if a friend or teammate was misusing or abusing prescription drugs.

• Yes -- 108
• No -- 1
• Not sure -- 10
I would like more information about what to do if I suspect a friend, teammate or family member may be abusing prescription medications

• Yes -- 70
• No -- 33
• Not sure -- 16
My athletic department provides resources and education about prescription drug abuse.

- Yes -- 79
- No -- 39
I would like the NCAA to provide the following types of resources about prescription drug abuse (check all that apply):

- Website -- 73
- Pamphlet -- 50
- In-person workshop -- 37
- Social media messaging -- 30
Substance Abuse Prevention

- APPLE Conferences
- CHOICES Grants
- Coaches Assist
- Drug Education/Testing Video
- myPlaybook
- Resource Exchange Center (REC)
- Step Up! Bystander Intervention
NCAA Sponsored APPLE Conferences

• Strategic planning conference dedicated to substance abuse prevention and health promotion for student-athletes;

• “Prevention teams” consist of 4-6 members from an institution, including at least 2 student-athletes, and coaches, administrators and health educators;

• Empowers teams of student athletes and administrators to create an institution-specific action plan;

• APPLE staff follows institutional progress at 3 months and 9 months.

[www.virginia.edu/gordiecenter/apple]
CHOICES Alcohol Education Grants

- Purpose is to integrate student-athletes and athletics into the campus-wide prevention effort:
  - student-athlete as an integral part of the student body

- Campus project coordinators are collaborators, bringing together athletics and student-affairs (and sometimes academic affairs!)
  - application can be made by any campus professional

- 3-year projects receive up to $30,000

- How to write a CHOICES Grant Proposal, Best of CHOICES and IMPACT Evaluation Resource. . . . . www.ncaa.org/CHOICES
myPlaybook

• myPlaybook is an evidence-based program designed to prevent alcohol and other drug-related harm among college student-athletes.

• Currently myPlaybook consists of a Core Program and brief booster sessions.

2009/10 myPlaybook

The Core Program consists of 5 lessons:
– NCAA Banned Substances & Drug Testing
– Alcohol
– Marijuana
– Performance Enhancing Drugs/Dietary Supplements
– Tobacco

www.drugfreesport.com/myPlaybook
Step Up!
Bystander Intervention Training

A Facilitated Leadership Training to:
• Raise awareness of helping behaviors
• Increase motivation to help
• Develop skills and confidence when responding
• Ensure the safety and well-being of others

www.stepupprogram.org
COACHES ASSIST
to deter alcohol and drug abuse.

Coaches Believe
• Every student-athlete matters
• Most student-athletes will respond to clear expectations about alcohol and drug use
• We must step up and intervene when needed
• My behavior matters

How To Recognize a S-A needs help
How to Voice Your Concerns
How To Access Campus Resources

Click Here For an Alcohol/Drug Emergency
Resource Exchange Center

- Staffed by Drug Free Sport
- Provides authoritative info on supplements, medications and banned drugs
- 877-202-0769
NCAA Resources

• APPLE Conferences
• CHOICES Grant Awards
• Sport Science Newsletter
• Health and Safety Publications
• Health and Safety Posters
• Drug-Testing Program Book
• Sports Medicine Handbook
• REC