

# APPLE

Promoting Student-Athlete Wellness  
and Substance Abuse Prevention

A training institute to learn how to apply the APPLE model within athletics departments to prevent student-athlete substance abuse and promote health and wellness.

## Greetings!

Graduations are underway and many of us are looking forward to the summer. This season in higher education affords those working in and with athletics a potential reprieve from the day-to-day tasks and a chance to get ahead on special projects. Perhaps you have some APPLE action items to focus on or you are already thinking about summer/fall orientation. Our summer "bucket list" includes completing a new APPLE Training Institute promotional video and creating social norms posters that APPLE attendees can use at their institution. In this issue, we highlight the work of Lindenwood University. We hope you'll be inspired by their success!

Susie Bruce, Director  
Holly Deering, Program Manager

## SHARE YOUR MATERIALS

Did your APPLE team create a social norms survey? Posters for the locker rooms? Recruiting guide? We want your materials! APPLE staff are creating a database of resources to share with other APPLE schools. [Email us to share!](#)

## 2017 APPLE Training Institute Updates



### Step UP! Bystander Intervention Training

APPLE and Gordie Center staff traveled to the University of Maryland on April 23rd to present the Step UP! Bystander Intervention Program at the inaugural Maryland Association of Collegiate Directors of Athletics Student Leader Forum. Over 60



### NCAA Division II APPLE Training Institute Update

Thirty-nine institutions were selected to attend the NCAA Division II APPLE Training Institute in September 2017. APPLE staff are hard at work preparing for the Training Institute and look forward to working with all the schools, including twenty-five schools

student-athletes and administrators participated in the day-long training.

who have never attended APPLE before.

## After APPLE: Creating a Peer Mentoring Program at Lindenwood University



*"I have always desired for change in my athletic department but never knew if I could make it possible. The APPLE Training Institute...made me realize I have the power to make a true difference on my campus."*

*-Madison Shetter, Field Hockey*

The Lindenwood University (St. Charles, MO) APPLE Team has worked hard in the last two years to serve the student-athletes of their NCAA Division II institution. After their first APPLE, they implemented a survey to gauge student-athlete alcohol and other drug use and knowledge. In 2017, the team decided to launch the Athlete Mentor Program or AMP.

Casey Finnell, Assistant Athletic Director for Academic Success, stated "initially we wanted to find a more effective way to implement a peer education program on drug/alcohol policy. After hearing about several peer mentor programs at the APPLE Training Institute, we decided we wanted to cast a wider net beyond the drug/alcohol policies education and really find a way to help grown Lindenwood pride and culture." The AMP program pairs incoming student-athletes with returning student-athletes to help orient, connect and educate. This spring, the student-athletes on the APPLE team were responsible for creating the AMP mission statement and presenting the details of the program to athletics administration, coaches and student-athletes. Additionally, they were tasked with creating program guidelines including meeting frequency, training topics and mentor requirements. The Lindenwood APPLE team set a goal of recruiting 25 mentors and were thrilled that 60 signed up! Over the summer, the APPLE team are finalizing the AMP handbook, training and matching new student-athletes with their mentors.

The Lindenwood APPLE team appreciates that the APPLE Training Institute is built around accountability. "Competitive by nature, our students and staff do not want to fail at anything, so that follow-up makes this [training institute] different in that it's not just a static experience, it is ongoing." The Lindenwood Athletics administration have now made attending APPLE and the resulting action plans a priority. Michael Mlambo, Lindenwood Track and Field, stated that the overarching goals for their APPLE team are to continue working with the athletics department to keep improving the environment and education for the student-athletes, one step at a time.

## Upcoming Training Institutes

September 22-24, 2017 in Reston, VA

*(NCAA Division II Only)*

January 19-21, 2018 in Charlottesville, VA

January 26-28, 2018 in San Diego, CA

*\*Registration Opens in Late August for January Institutes*

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OUR EMAILS**



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