



Understanding How to Help

The Gordie Center's (home of the APPLE Training Institute) short prevention video series now includes two new videos! We now offer a video on [hazing signs](#) to look out for if you are worried about a friend. Our second new video is a 1-minute demonstration of the [BACCHUS Maneuver](#) (a.k.a the recovery position), which is used to reduce the risk of someone choking on their vomit while passed out if no [PUBS signs of overdose](#) are present. If you see any PUBS signs, call 911 and use the BACCHUS Maneuver while waiting for help to arrive.

These videos are available free of charge--we encourage you to view them, insert them in team presentations, and share them on social media. The Gordie Center will roll out new videos every few weeks, so be sure to subscribe to our [YouTube Channel](#) to be alerted when we post new content!



University of Texas at Arlington: SAM & Athlete2Athlete

In 2018, the University of Texas at Arlington (DI) created an APPLE action plan to create a student-athlete mentor (SAM) program and Athlete2Athlete: a peer-to-peer influence program within the athletics department. Their first step after returning from APPLE was to meet with their AD to share their action plan and he supported the entire plan immediately!



The SAM program was created to help freshmen student-athletes transition to college by creating a family atmosphere in the athletic department. SAMs give back to athletics by mentoring and serving freshmen student-athletes. One of their first programs was to educate all student-athletes and coaches on alcohol misuse and hazing by showing the Gordie Center's film [HAZE](#). The film was followed by a [discussion led by student-athletes](#) and a survey afterwards.

The SAM program started by training SAAC members to be mentors to the freshmen class. The following year, the program was opened to non-SAAC members and encouraged freshmen mentees to serve as mentors the next year. Mentees were recruited from the required freshman UNIV class. To help student-athletes get to know a broader range of student-athletes, mentees are paired with mentors from a different team.



The purpose of Athlete2Athlete (A2A) is to provide opportunities for student-athletes to share information with their peers that will help them be successful in athletics, academics and in life after sports. The program also creates opportunities for student-athlete peer-to-peer interaction. A2A facilitates two to three education sessions per semester, all led by student-athletes. Topics have included sport psychology, [sports nutrition](#), competing under pressure, [how to deal with injuries](#) mentally & physically, [considering grad school](#), [balancing nursing school & athletics](#), and the mental & physical [impacts of COVID-19](#) on student-athletes.

As peer-led programs, SAMs and A2A have had a meaningful impact on student-athletes and the athletics culture at UTA. Learn more about these programs through UTA's [presentation slides](#) or contact [Tim Kennedy](#).



Moving Your Action Plan Forward

The fall is underway and we're all adjusting to very different athletics environments. Some schools have cancelled competition seasons, others have curtailed the number of events and all of us are doing our best to manage. We hope that turning attention to your APPLE action plan can be a way to focus on positive change for the future.

Here are some suggestions from APPLE team contacts on how they moved their action plan forward in 2020:

- “Student-athletes took the lead to decide what parts of their plan were feasible for the year.”
- “Our campus' focus is retention, so we marketed our program across campus as an athletic department retention tool.”
- “Our institution has a program that is big on the mental health, wellness, and development of our students. We incorporated our action plan into one of the well-being categories to show how it aligned with the university's goals and plans.”
- “Our campus has struggled with alcohol issues, so our...athletic director and VP of Student Affairs made sure that coaches knew it was mandatory for their teams to participate.”
- “We developed a yearly educational event around mental health. Our counseling services and our Mental Health Organization on campus is supporting us- and we are using SAAC as an avenue to get the event hosted for athletes.”



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