



Promoting Student-Athlete Wellness
and Substance Misuse Prevention

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Meaningful Discussions with Student-Athletes During COVID-19

When we ask our "how are you?" we usually get a very basic response and move on in the conversation. As we focus more on the mental health of student-athletes and those around us, it is important to take the time to dig deeper to embrace the uncertainty most of us are feeling instead of avoiding it. Asking questions that require us to listen deeply helps build relationships and connect in meaningful ways. We encourage you to incorporate some of the questions below into your daily interactions with student-athletes and colleagues.

- How are you taking care of yourself today?
- What part of your current residence have you come to appreciate the most?
- What habit have you started, or broken, during the quarantine?
- What's the easiest part about the quarantine during this semester?
- What are some things you have realized that you don't really need?
- Which member of your family/ friend group have you been thinking about the most during this time? Why?
- What's the most generous act you've seen recently?
- What's the last thing you experienced that made you laugh, or cry?
- What times of the day or the week are hardest?
- What's giving you hope right now?
- What's the best thing that happened to you today?

Source: [Reach Out Remotely](#), Elizabeth Weingarten



CONNECT

University of Virginia: Campfire Initiative to Support Mental Health

Throughout their lives, many college students and student-athletes put immense internal pressure on themselves to practice overwhelming toughness and independence in the face of adversity. In so many ways, overcoming obstacles in life with grace and positivity molds students


into amazing, resilient individuals. However, this tendency to hide behind a veneer of strength contributes to a culture in which young adults feel as if they must persist through and internalize their issues independently without seeking help, leaving them isolated and struggling.



The University of Virginia Student-Athlete Mentors (SAMs) created the Campfire Initiative to give student-athletes the opportunity to have vulnerable, honest, compassionate discussions with peers who understand similar pressures. Groups of 6-8 individuals gather monthly in an informal setting to talk. Some meetings have a set topic and others are based on the current issues of those athletes in attendance. Through these discussions, the student-athletes strive to build an environment where each one feels supported by the others, empowered to express their genuine, authentic selves, and most of all united in their common experience.

Originally designed to be in-person, the program has easily adapted to the online, Zoom format. The program is proving to be especially critical this year as student-athletes are in desperate need for connection and a sense of belonging and support.

Check out their slides from the [APPLE 2020 presentation](#) or contact advisor, [Holly Deering](#) to learn more.

 ACT

Introduction & post-screening Q&A with **Leslie & Michael Lanahan**, Gordie's mother & stepfather

NATIONAL
HAZE DOCUMENTARY
VIRTUAL SCREENING
GORDIEDAY

09/24/2020 8:30-9:30PM ET

Mark your calendars: the Gordie Center is hosting a free virtual screening of *HAZE* on National GORDIEday, September 24th! **Leslie and Michael Lanahan, Gordie's mother and stepfather, will join us** for the screening and will participate in a Q&A after the film. The screening will begin at 8:30pm ET, and is open to everyone--to receive the Zoom link, please [register to attend](#) and plan to join us!

