

We are living in a unique time, in the midst of a global viral pandemic and a global movement for justice.

The Gordie Center and APPLE Training Institute are committed to seeing, hearing, standing with, and amplifying the voices of young people who are actively working to ensure inclusion and equity for all members of our society.



Promoting Student-Athlete Wellness and Substance Misuse Prevention

[APPLE Model](#)

[Training Institute](#)

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Dear Gordie,

Summer is usually a time when many of us reflect on the successes of the past year and plan for the upcoming semester. With the uncertainty of how COVID-19 will impact our campuses, we're all required to be more nimble and cost-effective with our educational programs than ever before. In this issue, we invite you to learn about alcohol strategies that can minimize negative effects on mental health, connect with Catholic University's "Choose Cardinals First" program and act by participating in our webinar on free online tools for student engagement or purchasing the new streaming version of *HAZE*.

LEARN

Alcohol & Self Care

Finding healthy ways to relax is important when we're stressed or bored. Alcohol, in moderation, generally can be used safely, if drinking choices are made mindfully. Gordie Center staff created an **infographic** to help students understand the relationship between alcohol and mental health, and strategies for safer use.



CONNECT

Catholic University of America: Choose Cardinals First

Catholic University (Washington, D.C. Division III) applied what they learned at

153
STUDENTS
5

ATHLETIC TEAMS
+ STUDENT
ORGANIZATIONS



<p>99% OF PARTICIPANTS AGREED THAT PERSONAL VALUES INFLUENCE ETHICAL DECISIONS</p> <p>COMMUNICATION SESSION 2</p>	<p>SESSION 3 MAJORITY OF STUDENTS REPORTED LEARNING THAT "SIMILAR PERSONAL VALUES ON A TEAM CAN LEAD TO A SUCCESSFUL COHESIVE TEAM"</p> <p>VALUES & DECISION-MAKING SESSION 3</p>	<p>STUDENTS TAKEAWAYS</p> <p>"CHOOSE CARDS FIRST WAS A GREAT WAY FOR ME TO CONNECT WITH MY TEAMMATES OFF THE FIELD IT WAS A FUN ENVIRONMENT TO BE IN! I LOVED BEING ABLE TO WORK THROUGH DIFFERENT SITUATIONS, LEARNING NEW FACTS, AND BUILDING NEW GOALS FOR THE UPCOMING SEASON."</p>
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APPLE to successfully implement an NCAA CHOICES grant! Their Choose Cardinals First program educates and empowers students by focusing on leadership skills, bystander intervention, harm reduction and ethical decision-making. They've had an amazing impact on campus by developing strong cohorts within campus athletic teams, organizations, and student leaders; building effective cross-campus collaborations to support students; and teaching students transferable intervention skills. Their first year evaluation results found that 100% of student participants would recommend

the program to another student! To learn more, see their APPLE [presentation slides](#), the Choose Cardinals First [website](#) or contact Assistant Dean of Students, [Amy Love](#).



ACT

APPLE ZOOM CONVERSATION: MAKING AN IMPACT ON A SHOESTRING BUDGET



A DISCUSSION ON FREE INTERACTIVE TOOLS TO USE IN LIVE AND VIRTUAL ENVIRONMENTS. WE'LL DEMO KAHOOT AND MENTIMETER FOR THE FIRST 30 MINUTES, THEN HAVE 15 MINUTES OF Q&A. BE PREPARED TO SHARE YOUR GOOD IDEAS AND MAKE CONNECTIONS!

**17
JUNE**

**FROM
3 PM TO
3:45 PM
EASTERN**

CLICK TO REGISTER

Tools to Use - *HAZE* now available for streaming and rental!

The Gordie Center's *HAZE* [documentary film](#) is now available in streaming format! You can [rent the film on Vimeo](#) for a 1-week period, or purchase the streaming film through our [GORDIEstore](#) to receive a link to download! If you already own the *HAZE* DVD and would like access to the streaming download, please [email us](#). Also [email us](#) if you are an administrator who would like to preview *HAZE* before renting or purchasing.



Use 20APPLE20
for 20% off your total purchase at the
GORDIEstore!



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of VIRGINIA

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SPORT SCIENCE
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