

Friday, January 24

Orientation Session • 4:00 PM – 5:00 PM

Student-Athletes • Newport 1 & 2 • Holly Deering, MEd, APPLE Faculty, University of Virginia

Administrators • Crescent Bay Ballroom • Susie Bruce, MEd, APPLE Faculty, University of Virginia

These sessions provide an overview of the APPLE Training Institute format and offer advice on maximizing team meeting efficiency. We will give you the opportunity to discuss strategies to create a strong APPLE team, get to know your fellow attendees, and begin to network for success!

Dinner • 5:00 PM – 5:45 PM • Pacific Ballroom

Welcome from the NCAA and the University of Virginia • 5:45 PM – 6:00 PM • Pacific Ballroom

APPLE Foundations: Alcohol, Other Drugs & Team Success • 6:00 PM – 7:00 PM • Pacific Ballroom

Susie Bruce, MEd, Holly Deering, MEd, & Joe Gieck, EdD, PT, ATC, APPLE Faculty, University of Virginia

Learn the social norms of student-athlete alcohol and other drug use, and how alcohol use can impact athletic performance. Test your knowledge in a Kahoot quiz with prizes!

Break • 7:00 PM – 7:15 PM

Keynote: Tools to Make a Difference • 7:15 PM – 8:30 PM • Pacific Ballroom

Linda Hancock, FNP, PhD, APPLE Faculty, LindaGivesBack

Student-athletes give a lot to our campuses so they deserve our best in return. This session will provide practical tools for understanding and addressing all substances: alcohol, nicotine and other drugs. The most effective prevention, early intervention and recovery support concepts will be shared. Join us to laugh, learn, meet new people and get energized to make a difference.

Evening Wrap Up • 8:30 PM – 8:45 PM

Saturday, January 25

Breakfast • 8:00 AM – 9:00 AM • Pacific Ballroom

Team Photos • 8:30 AM – 9:00 AM

The APPLE Model: Campus Implementation & Team Meetings • 9:00 AM – 12:00 PM • Pacific Ballroom

Susie Bruce, MEd, Holly Deering, MEd, & Joe Gieck, EdD, PT, ATC, APPLE Faculty, University of Virginia

Learn about the guiding principles for each “slice” of the APPLE model and action plans implemented by previous APPLE teams. Brief team meetings throughout this session provide you with time to review the results of your campus assessment and discuss your athletic department’s strengths and weaknesses in each area. See the *Team Meeting Facilitation Guide* for detailed information.

Lunch • 12:00 PM – 1:00 PM • Monarch Pavilion

Team Photos • 12:00 PM – 1:30 PM

Break • 1:00 PM – 2:00 PM

Breakout Session I • 2:00 PM – 2:50 PM

Step UP! Bystander Intervention Program • Pacific 5

Slices: Expectations & Attitudes, Education

Doug Everhart, MA, University of California, Irvine

We all realize that mental health is an important topic, but we still have some work to do in order to get people comfortable addressing it. This workshop will demonstrate how the Step UP! bystander intervention program is being used to give student-athletes at the University of California, Irvine the foundation they need to address concerns they may have about their teammates or other student-athletes when it comes to mental health challenges. The workshop will also touch on how the Step UP! program has partnered with the Hilinski's Hope Foundation to address mental health across the country.

Best Practices for Developing Drug Testing Policies • Balboa 1 & 2

Slices: Drug Testing, Policies, Sanctioning

Erika Kuhr, MEd, ATC, CSCS, Drug Free Sport International

Drug Free Sport will help participants understand how to create or update an institutional drug education and/or drug testing program that is built on "best practices." Session content will focus on the application of safe harbor policies, the drug testing program's objectives, "the team," policy education, substances to consider, penalty structure including sanctions and appeals, sample collection and choosing a laboratory.

Changing Minds, Changing Lives: Building Resilience with College Student-Athletes • Newport Bay 2

Slices: Education, Expectations & Attitudes, Referral & Counseling

Genevieve Chandler, PhD, RN & Jim Helling, MSW, LICSW, University of Massachusetts, Amherst

This presentation introduces an evidence-based educational and psychosocial intervention, Changing Minds, Changing Lives* (CMCL), designed to strengthen resilience competencies among student-athletes. Outcomes of the ten-session CMCL class indicate an increase in managing stress, a sense of belonging, leadership capacity and a paradigm shift to building on strengths rather than correcting vulnerabilities. The audience will experience several of the class activities and examine how to integrate a resilience focus into their athletics department. *2017 recipient of an NCAA Innovations Grant

Update on E-cigarettes & Vaping Associated Lung Injury (EVALI) • Crescent Bay

Slices: Education, Expectations & Attitudes, Policies, Referral & Counseling

Linda Hancock, FNP, PhD, APPLE Faculty, LindaGivesBack

Information about e-cigarettes and vaping changes almost daily. This session will provide the most updated research available on vaping nicotine and/or THC concentrates. E-cig and Vaping Associated Lung Injury (EVALI) will be explained. Participants will leave with practical strategies for prevention as well as resources for vaping cessation.

Snack Break • 2:50 PM – 3:10 PM • Pacific Ballroom Foyer

Breakout Session II • 3:10 PM – 4:00 PM

HAZE: The Movie • Pacific 5

Slices: Education, Expectations & Attitudes

Jill Maurer, The Gordie Center, University of Virginia

Less than a month after arriving at college, Gordie Bailey was found dead of an alcohol overdose following a hazing event. *HAZE* weaves together interviews with Gordie's friends, family, and national experts to examine the factors that led to Gordie's death and how to prevent a similar tragedy. We will screen the 37-minute film and follow with a brief discussion.

Supplement Traps & Nutrition Gaps: Creating an Education Action Plan • Balboa 1 & 2

Slices: Policies, Drug Testing, Education, Sanctioning, Referral & Counseling

Anna Bottoms, MS, CPT, Drug Free Sport International

Student-athletes continue to use dietary supplements to enhance performance, recovery, or nutritional biomarkers. This presentation uses data from Drug Free Sport AXIS to outline current trends in supplement use. With thousands of sports supplement sold and new ingredients being developed each year, this information will help educate on emerging ingredients of concern and marketing ploys to be aware of in order to protect student-athletes. We will learn ways to incorporate healthy food options into a student-athlete's daily meal plan to allow them to reach peak performance.

Help Seeking, Medical Amnesty Policies, & Establishing a Culture of Care in Athletics • Newport Bay 2

Slices: Recruitment, Expectations & Attitudes, Education, Policies, Sanctioning, Referral & Counseling

David Wyrick, PhD, Jeff Milroy, DrPH, Institute to Promote Athlete Health & Wellness at UNC Greensboro

Dianne & Chris Williams, McCrae James Williams Foundation

A culture of care in collegiate athletics is critical to promoting help seeking behaviors to prevent harm among student-athletes. Increasing active bystander skills is an especially important harm reduction strategy for alcohol-related emergencies. Medical Amnesty policies are intended to increase help seeking by protecting college students from institutional consequences when they call for help. This session will examine student-athletes' awareness of medical amnesty policies, the influence of policy awareness, and the effect of student-athlete status on expected consequences of help seeking. The tragic death of McCrae Williams, a collegiate lacrosse player, will be highlighted to stress the importance of Medical Amnesty policies.

One Love: Healthy Relationship Curriculum • Crescent Bay

Slices: Education, Expectations & Attitudes

Megan Gray, One Love Foundation

This session provides an overview of One Love's 2020 Athletic Challenge to educate student-athletes on identifying unhealthy and abusive relationship behaviors and developing a framework for helping friends, teammates, and peers. Come see how easy and empowering it is to implement our film-based workshops and peer-led discussions on your campus.

Breakout Session III • 4:15 PM – 4:45 PM

Developing a Foundations Program • Pacific 5

Slices: Expectations & Attitudes

Jude Wolbert, MA, Renee Treviranus, MSW, Jessica Linnemeyer, Alexis Yeager, Rollins College

Have you found it challenging to set guidelines and expectations of attitudes and behavior for everyone in the athletic department including AD, coaches, staff and student-athletes? The Rollins APPLE team created a set of pillars to guide expectations and attitudes in our department. The LACERS (Leadership, Accountability, Collaboration, Excellence, Respect, Service) tie us together and provide guidance to our athletics department. We'll discuss the process of creating our pillars, lessons we learned from attending APPLE and our persistence in creating change on campus.

Choose Cardinals First: Empowering Campus-Wide Change • Balboa 1 & 2

Slices: Education, Expectations & Attitude, Referral & Counseling

Amy Love, MA, Jaime Walls, MA, Bridget Cuckley, Claire Flannery, Nick Torroella, Catholic University

Through the NCAA CHOICES grant, Catholic University empowered students in their organizations, clubs, and athletic teams to create campus-wide change around alcohol and drug consumption through the Choose Cardinals First (CCF) program. CCF is a three-year initiative where students learn tangible skills around leadership, bystander intervention, harm reduction strategies, and ethical decision-making in a high-engaging activity model. In this session, attendees will learn how norming behaviors and providing education in a strong cohort can help influence the greater campus culture around alcohol and drug consumption.

myPlaybook: The Freshman Experience • Newport Bay 2

Slice: Education, Expectations & Attitudes

Jeff Milroy, DrPH, Institute to Promote Athlete Health & Wellness at UNC Greensboro

This session will describe myPlaybook: The Freshman Experience; an online educational curriculum designed specifically for freshmen student-athletes to promote student-athlete well-being through healthy behavioral strategies. Participants will learn details of the myPlaybook curriculum and modules which include: Alcohol and other Drug Prevention, Mental Health, Sexual Violence Prevention, Time Management, Hazing Prevention, Sleep Wellness, and Sport Nutrition. We'll also review data collected through the program and how you can receive campus-specific data.

Athlete Guidance and Support (A.G.S.) • Crescent Bay

Slices: Education, Expectations & Attitudes, Referral & Counseling

Sydney Holmes, Jackie Graves, University of California, Davis

Athlete Guidance and Support (A.G.S.) is a student-run mental health resource group or club within UC Davis Athletics. The group focuses on events and outreach and has developed a system to help student-athletes connect with the mental health resources they need. Growing from four to over 25 student-athletes in just two years, A.S.G. is now a successful and fully functioning program run by passionate student-athletes on a minimal budget. Even if you don't think this is the exact program for your school, there will be general advice and ideas on how we organized our APPLE project.

Team Meeting • 4:45 PM – 6:00 PM • Choose Your Own Meeting Location!

Dinner • 6:00 PM – 7:00 PM • Pacific Ballroom

Dessert Reception • 7:00 PM – 8:00 PM • Pacific Ballroom

Sunday, January 26

Breakfast • 8:00 AM – 9:00 AM • Pacific Ballroom

Keynote - Alcohol, Cannabis/Marijuana, and Student-Athletes: Emerging Research & Prevention Implications and Opportunities on Campus

9:00 AM – 10:00 AM • Pacific Ballroom

Jason Kilmer, PhD, University of Washington

There is clear science related to alcohol, marijuana, and other drugs and the impact on athletic performance. There are also numerous studies documenting the impact of substance use on academic outcomes. Finally, there is emerging science related to cannabis/marijuana with implications for the college setting. In this keynote address, we will review those research findings, discuss what these mean for student-athletes and consider prevention, intervention, and education opportunities on campus that you can weave into your APPLE action plan.

Taking APPLE Back Home • 10:00 AM – 10:15 AM • Pacific Ballroom

Susie Bruce, MEd, & Joe Gieck, EdD, PT, ATC, APPLE Faculty, University of Virginia

Gain motivation for implementing your action plan and learn helpful hints on successful action plan implementation!

Final Team Meeting • 10:15 AM – 11:00 AM

Submit Team APPLE Action Plan & Individual Evaluations • 11:00 AM

Finalize your action plan and submit online prior to departure. Don't forget to pick up your team photo at the registration table! Each team member should complete the post-test and evaluation through the APPLE app.

Hotel Checkout • Noon

Action Plans must be submitted by 11:00 AM through the APPLE app