Our Program from the APPLE Lens

- Attended APPLE in 2018
- On-Going Program - “Club” within athletics
  o Student-Athlete Run → Requires Dedicated Student Athletes
- Education/Referral Counseling
  o Peer-to-peer support
A.G.S. is...

A group of Student-Athletes dedicated to connecting fellow Students-Athletes to health and wellness resources, providing peer support and implementing educational programs and events.
What does A.G.S. do?
Events

Purpose: to create a new culture around mental well-being

- One-event per quarter
  - Non-mandatory
  - Stress Relieving
  - 100 student-athletes attend
MENTAL HEALTH AWARENESS GAME

UC DAVIS

LB VS CA

1PM

DOBBINS STADIUM

CARE WALL
"It was enlightening to discover that there are others facing the same struggles that I am encountering as an athlete."
AGS Check-Ins

Purpose: to support and guide student-athletes to resources

- Trained Student-Athletes
- Listening Ear → Refer to Resources
- Built a Relationship with our Sports Psychologist & Counseling Center
- Athletic Department Wide - Needs Assessment
How did we decide to create A.G.S.?
UC Davis...

- DIV I, mid-major school, 600 student athletes
- Challenging Academics = extremely stressed students-athletes
- Budget ($1,000/year)
- Admin supports student-athlete run programs
- Alcohol/Drug Abuse occurs, but isn’t a huge culture
Problem:

Alcohol & Drug Abuse
Problem: Alcohol & Drug Abuse

Cause?
Problem: Alcohol & Drug Abuse

Cause?

1) Culture
2) Mental Health
Causes of Alcohol & Drug Abuse:

1) Culture

2) Mental Health
What are some aspects of your school that you need to be aware of?

What aspects can you take advantage of?

How could you adapt this program to your school?
Timeline and Structure

To Begin AGS:

➔ Month 1: Weekly APPLE Meetings
➔ Month 2: Student-Athlete Feedback Meeting
➔ Month 3:
  ◆ Finalized Structure: Quarterly Events and A.G.S. Check-In’s
  ◆ Held first A.G.S. Meeting
  ◆ Organized, marketed and held first event
What are our successes and struggles?
Our Success & Advice

1. Increased the conversation around Mental Health in UCD Athletics

2. Student-athlete run & organized, supported by staff

3. Meeting structure
PERSONAL CONNECTION IS KEY
Our Success & Advice

- Growth of A.G.S. & Meeting Attendance

- Event Attendance: Average of 60-100 student-athletes
Struggles

- It’s hard to get a diverse set of teams to our meetings, especially the men’s teams
- At first, no sports psychologist or much hands-on support from counseling center
- Talking about mental health is hard
References

This PowerPoint

AGS Ambassador Resource Flow Chart

A.G.S. Packet 2018-2019 and 2019-2020

https://tinyurl.com/agsfiles
Contact Info, Website and Social Media

Sydney Holmes
Phone: (209) 678-3392  Email: sjholmes@ucdavis.edu

Jackie Graves
Phone: (909) 764-7926 Email: jcgraves@ucdavis.edu

Website: https://www.ucdagsambassadors.com

Instagram: @ags.ambassadors

Twitter: @agsambassadors
Quick talk with the person next to you...

Q/A

Questions?