



Promoting Student-Athlete Wellness and Substance Misuse Prevention

[APPLE Model](#)

[Training Institute](#)

[DII Institute](#)

[Resources](#)

[About](#)



LEARN

**[The Higher Education Center for Alcohol and Drug Misuse Prevention, & Recovery](#)** provides excellent resources and webinar, some available at no charge! This month we are highlighting several series and webinars that are available for you to watch at anytime!

### Prevention 101

Prevention 101 is a 5-part video series that explores the foundations of collegiate substance misuse prevention. It is designed for new prevention professionals. View one or all of these brief modules: <https://hecaod.osu.edu/trainings/prevention101/>

### Webinar: Tobacco and Vaping Flavors: Kids and Race

<https://hecaod.osu.edu/trainings/webinars/prevention/>

If you want to learn more about vaping trends, cessation and the intersection with social justice, check out this HEC webinar. “In recent years, we’ve seen the tobacco industry use flavored e-cigarettes to hook teens into a lifelong nicotine addiction, but they’ve been guilty of directly targeting Black Americans of all ages with menthol products since the 1960s. Menthol is not only easier to start, it’s harder to quit.”



CONNECT

## Mercyhurst University Making Wise Choices

Recently, APPLE Athletics staff presented “MU Making Wise Choices” to Mercyhurst University student-athletes and administrators. Small groups of student-athletes gathered in person to participate, via Zoom, in a customized version of the APPLE “Alcohol, Cannabis, and Team Success” presentation. APPLE team contact Sue Sweeney and other

administrators helped facilitate discussion and Q&A. It was a great way to share the APPLE curriculum and essential substance misuse prevention information in a COVID-safe environment. Sue Sweeney, Mercyhurst’s Assistant Athletic Director for Health and Wellness said, “The APPLE Athletics staff provided an excellent interactive educational opportunity for our student-athletes. They connected relevant research data to athletic performance which will assist our athletes in making wise choices with alcohol and drug use.”



ACT

# Alcohol Overdose Education



Educating students on the PUBS signs of alcohol overdose is critical, and the Gordie Center offers many free tools and resources to ensure students can identify an alcohol emergency and know to call 911. We sponsored a National Alcohol Overdose Awareness Week Instagram campaign. Continue our efforts by incorporating our **free tools** into your own campaigns.

