

# APPLE

Promoting Student-Athlete Wellness  
and Substance Abuse Prevention

A training institute to learn how to apply the APPLE model within athletics departments to prevent student-athlete substance abuse and promote health and wellness.

## Greetings!

It is hard to believe that winter sports are in playoffs and spring sports are in full swing. The APPLE staff are thankful for another successful APPLE Training Institute and are ready to begin spring follow-up assessment and support. We believe that collaboration and partnerships are essential in creating a strong APPLE team. In this issue, we highlight our educational partner, the [National Center for Drug Free Sport](#) and several of the services they provide. Even if your team is not focused primarily on policy development or drug testing issues, we encourage you to explore the excellent resources and expertise available from Drug Free Sport. Read below for ideas on Safe Harbor policies to assist student-athletes seeking help for alcohol and drug abuse and the AXIS online resource portal.

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Susie Bruce, Director  
Holly Deering, Program Manager

## 2017 APPLE Training Institutes Update

The 2017 APPLE Training Institutes were held in Charlottesville, VA and Nashville, TN in January. A total of 440 participants, speakers, and staff from 76 NCAA member schools came together for two memorable weekends. In addition to learning about best practices for substance abuse prevention within college athletics, participants created inspiring action plans for change. The APPLE Training Institutes continue to be an opportunity for student-athletes and administrators to begin to work collaboratively to create and implement their action plan on their respective campuses. There were so many amazing ideas in your action plans! We've [posted](#) some of the most innovative and/or clearly stated action plan items on our APPLE website.



University of Texas at Dallas



## Drug Free Sport AXIS™ Offers APPLE Teams Ongoing Education & Support

Drug Free Sport AXIS™ is the NCAA's authoritative resource for information on banned substances, medications, and supplements. As an essential tool for athletes and athletic support staff, AXIS serves as a pivot point around which all resources and information related to athlete health and wellness revolve.

Through the [AXIS online portal](#), users can submit questions about supplements for guidance on the presence or absence of [NCAA banned substances](#). Other tools include a prescription and over-the-counter medication database, downloadable sports nutrition handouts, and a developing catalog of recipes designed just for athletes: less than 20 minutes to prepare, budget-friendly, and requiring little culinary experience.

For supplement education, AXIS utilizes a [Risk Level Rating System](#) to communicate information about banned ingredients, marketing claims, or other known information such as recent product recalls from the FDA. In the Spring of 2017, AXIS will add educational resources related to [marijuana](#), mental health, disordered eating, and [dietary supplement safety](#).

Log into AXIS today, using the NCAA password that pertains to your respective division: ncaa1, ncaa2, and ncaa3.



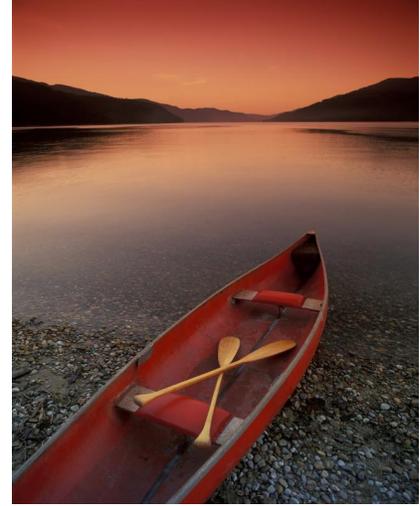
## Safe Harbor Policies

A student-athlete at your school has an alcohol or drug program and wants to stop. They know they need help but are worried about the punishment for speaking up. Safe Harbor programs allow athletics departments the opportunity to participate in a process that focuses less on punitive measures and rather on the education, counseling and rehabilitation of the student-athlete. More and more NCAA member schools are beginning to add the Safe Harbor program into their drug testing policies. To learn more, we spoke with [Kathy Turpin](#), Vice President of Sport Drug Testing at the [National Center for Drug Free Sport](#).

- **What is a Safe Harbor policy?** It is a component of a testing program that outlines how a student-athlete can submit to voluntary evaluation, testing, and treatment

for alcohol or substance abuse issues.

- **How does a Safe Harbor policy benefit student-athletes, administrators/coaches, athletic departments?** Safe Harbor is an avenue that allows assistance to be provided without punishment to a student-athlete. It requires clear expectations to be set for all involved and an understanding that the program is to improve the decision making process regarding alcohol and other substances of abuse. If the student-athlete regresses into poor decisions there will also be repercussions.
- **How are schools utilizing the Safe Harbor policy/examples of schools implementing the program?** Many schools have a desire to educate and assist student-athletes and this policy plays directly into those desires. We offer guidelines on how to run an effective safe harbor, but each school can amend as needed. In our opinion, it is important that the policy only be used once by a student-athlete in their athletic career and cannot be declared after notified of an upcoming test or after receiving a positive result.
- **How can APPLE attendees start a conversation about implementing a policy? How do they engage upper administration?** The policy has to align with the philosophy and goals of the testing program. Most schools do not want to have a punitive program, but want to focus on education, counseling, and rehabilitation. The conversation should start there.
- **How can Drug Free Sport help?** Any school that is a client can call our staff to ask questions. If a school is not a client, we are willing to also have a conversation, but there is a cost associated with performing a policy/program review.



## Upcoming Training Institutes

September 22-24, 2017 in Reston, VA\*  
January 19-21, 2018 in Charlottesville, VA  
January 26-28, 2018 in San Diego, CA

*\*NCAA Division II Only*

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