



Promoting Student-Athlete Wellness and Substance Misuse Prevention

[APPLE Model](#)

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LEARN

research/tools to promote student-athlete wellness

CONNECT

with other campuses and their prevention programs

ACT

employ tools and strategies to address needs on your campus

LEARN

Dear Gordie Center Supporter,

The APPLE staff have taken this time as we work remotely to debut a new framework for our monthly newsletters: **Learn. Connect. Act.** Thanks to all who completed our short **survey** to see how the Gordie Center can help you keep your action plan momentum! Many of you told us that budgets have been cut for next year or remain uncertain. We are launching a *summer Zoom series* to highlight free materials your institution can use in your action plan. Scroll to the **Act** section for more details and to register!

CONNECT

University of California, Davis: Athlete Guidance and Support



The 2018 University of California, Davis (Division I) APPLE team created Athlete Guidance and Support (A.G.S.) as a student-athlete-run "club" to provide peer-to-peer education and referral counseling. A.G.S. student-athletes connect their peers to health and wellness resources, provide peer support, and implement educational programs and events. In less than two years, A.G.S.

grew from four to 25 members, and is now a successful and fully functioning program

run by passionate student-athletes on a minimal budget. The effort has increased the number and variety of mental health events for student-athletes and increased conversations about mental health within the Athletics Department. A.G.S. is currently working on a "check-in program" to make Davis student-athletes more comfortable in talking with their A.G.S. Ambassador, coaches, or UCD sports psyc staff when they are facing struggles or mental roadblocks.

To learn more, see their [APPLE presentation slides](#), the A.G.S. [website](#), Instagram: [@ags.ambassadors](#); Twitter: [@agsambassadors](#); or contact [Sydney Holmes](#) or [Jackie Graves](#).

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](#)

APPLE School Discounts at the Gordie Store!

Use 20APPLE20
for 20% off your total
purchase!



Did you know the Gordie Center has wallet-sized Student-Athlete BAC cards that describe how alcohol use before or after activity can impact athletic

performance? These cards are a great supplement to your educational programs! Many schools hand them out at orientation to all incoming students. Just another great way to create a comprehensive campaign for your campus.



