



Promoting Student-Athlete Wellness and Substance Misuse Prevention

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LEARN

The Color of Drinking: Alcohol as a Social Justice Issue

In 2017-2018, Reonda Washington, MPH, led a **research study** to examine racial disparities, the drinking culture and the culture's impact on the racial climate at the University of Wisconsin-Madison. Her team found that students of color abstained from drinking alcohol at a higher rate than white students and often avoided areas where drinking was prevalent. A majority of students of color experienced harassment and micro-aggressions from students who were under the influence.

What does this mean for our own institutions and athletics departments? How can we better serve our students of color and tailor our substance education efforts to promote equity and inclusion? We encourage you to view Ms. Washington's excellent **1-hour (free!) webinar** through the Higher Education Center for Alcohol and Drug Misuse Prevention at The Ohio State University. The APPLE staff are working to incorporate the UW-M findings into our work supporting student-athletes. We'd love to hear what APPLE schools are doing in this area!



CONNECT

APPLE Staff Present at NASPA Strategies

Holly and Susie presented two sessions on athletics issues at the 2021 virtual **NASPA Strategies Conference**, which addresses collegiate alcohol and drug abuse prevention, mental health, sexual violence prevention and response, and well-being. It was an excellent

opportunity to share information on the APPLE Model and the ways that alcohol impacts athletic performance with a broader audience. Our 14-minute poster session, *APPLE: Promoting Student-Athlete Wellness and Substance Misuse Prevention*, reviewed the basics of the APPLE model. Our live session, *Alcohol, Cannabis, and Team Success: the "Hook" for Student-Athletes*, covered the information we deliver during the Friday night APPLE curriculum. The recordings of our sessions will be available to the 1,300 attendees for a full year! If you've been looking for a way to introduce student affairs staff to these issues, ask if they registered and encourage them to watch our sessions!

And...to provide an opportunity for you to *Connect* and *Act* we are excited to announce the following...



ACT

ALCOHOL, CANNABIS, & TEAM SUCCESS

FREE WEBINAR. THURSDAY, MARCH 4TH 4-5PM EASTERN

Looking for models of how to engage student-athletes in substance misuse education while keeping physically distant? Need an APPLE education booster session? Join us Thursday, March 4th at 4pm Eastern for a live presentation of our APPLE core curriculum session, *Alcohol, Cannabis, and Team Success*. We will utilize Menti.com so attendees can participate in live polls throughout the program. This is an excellent opportunity to share APPLE with others at your institution without travelling!

Attendance is limited to the first 300 Zoom attendees so be sure to **register** by February 26 to receive the presentation link.



APPLE Training Institute

GORDIE CENTER @
UNIVERSITY OF VIRGINIA
WWW.APPLEATHLETICS.ORG

