



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!

We hope the summer months have brought you time to feel renewed and energized (and of course moving forward on your APPLE action plans!). Here in Charlottesville, we're hard at work planning for the 2019 APPLE Training Institutes. We have some exciting website updates to release in August including a team contact portal so you can track your APPLE tasks and team member registration.

This edition of our APPLE newsletter highlights Berry College's video that uses an engaging format to educate student-athletes on the drug testing process. You'll also learn about NCAA resources for mental wellness promotion and for hazing prevention. As you begin planning for fall, please keep these wonderful resources in mind!

Susie Bruce, Director
Holly Deering, Program Manager

APPLE Team Spotlight: Berry College's Drug Testing Video



The drug testing process can be confusing and intimidating for student-athletes, especially first-year college students. As part of their action plan, [Berry College](#) (Mount Berry, GA) created a [engaging video](#) to lessen anxiety about the drug testing process and explain how a drug testing program helps protect a healthy campus culture. [Kiersten Hammock Williams](#), a former Berry College volleyball player, volunteered her time and professional services to create the

video. [Derrell Mims](#), a current Berry College football player, brought his charm and enthusiasm to the role of a "typical student-athlete who gets a drug testing notice." We hope Berry College inspires you to create a similar program for your campus! For more information, contact [Ginger Swann](#).

ALCOHOL & ATHLETIC PERFORMANCE

During the APPLE opening session, participants learned how alcohol use impacts athletic performance. But how many of the student-athletes on your campus know this information? Most people do not realize that drinking *after* athletic activity decreases vitamin and mineral absorption needed for muscle repair. The

Gordie Center created a [Student-Athlete BAC card](#), available in the [GORDIEstore](#), that includes information on healthy social norms among NCAA student-athletes and shows how alcohol use before or after activity can have unintended consequences. The student-athlete data was provided by [NCAA Sport Science Institute](#) staff from the 2017 Student-Athlete Substance Use Study.

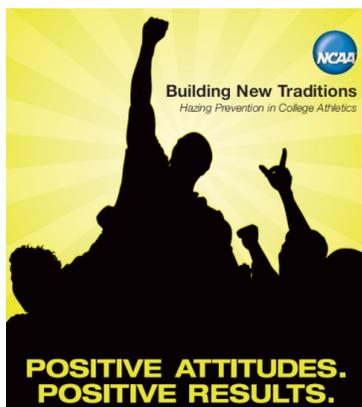


Creating a Culture of Mental Wellness

The NCAA's Sport Science Institute, collaborating with the NCAA Student-Athlete Advisory Committees, and medical, mental health and sports medicine experts, has created educational resources and tools to help you promote student-athlete mental wellness. A series of [web-based educational modules](#) help normalize and de-stigmatize mental health help seeking for college athletes.

The [Mental Health Best Practices](#) document provides a guide to understanding and supporting student-athlete mental wellness. The [Mental Health Interdisciplinary Team Planner](#) guides campuses in applying those best practices. Additional resources and a [four-minute video](#) (also viewable at the image above) are also available on the NCAA's [Mental Health: A More Educated Approach](#) page.

National Hazing Prevention Week Resources for Athletics



[National Hazing Prevention Week](#) is September 24-28, 2018, which includes [National GORDIEday](#) on September 27 to raise awareness of alcohol overdose and encourage students to intervene when a friend is in distress. A critical component for preventing and responding to hazing within athletic teams is empowering student-athletes to take the lead in discussions and programs. The NCAA has a number of excellent programs to support you in addressing hazing on your campus, including the guide [Building New Traditions: Hazing Prevention in College Athletics](#) and the article, [Addressing Student-Athlete Hazing](#),

written by Gordie Center staff. The NCAA is also a sponsor of the national [Step UP! Bystander Intervention Program](#), which has a hazing prevention module.

SHARE YOUR MATERIALS

Did your APPLE team create a social norms survey? Posters for the locker rooms? Recruiting guide? We want your materials to share with other APPLE schools. [Email us](#) to share!

Upcoming Training Institutes

January 18-20, 2019 in Charlottesville, VA

January 25-27, 2019 in Orlando, FL

Registration opens in late August 2018

APPLEathletics@virginia.edu | www.APPLEathletics.org

VISIT OUR WEBSITE



**SIGN UP FOR
OUR EMAILS**



**SHARE THIS
EMAIL**

