

APPENDIX A

Evidence-Based Educational Resources

I. Tools to Build Your Plan.

- a. **Departmental Resource Assessments** — These *assessment tools* assist athletics administrators in evaluating existing substance abuse prevention resource needs, strengths and gaps (examples of assessments: IMPACT Evaluation Resource for NCAA CHOICES, Action Planner from Promising Practices). ncaa.org/choices
- b. **Student-Athlete Surveys** — The data from these *surveys* identify substance use and other wellness concerns for student-athletes on college campuses (examples of surveys: NCAA, National Collegiate Health Assessment, Core Survey by Southern Illinois University at Carbondale). ncaa.org/research, acha-ncha.org, core.siu.edu
- c. **Campus Road Map and Collaboration Team Tool** — These *worksheets* identify campus services with which athletics department staff may connect for specific substance abuse prevention support. (See Pages 16-19)
- d. **Strategic Action Plan** — This *worksheet* identifies steps that athletics department staff may take in implementing a substance abuse prevention strategic action plan. (See Pages 20-21)
- e. **360 Proof** — A high-risk alcohol use *prevention platform* developed jointly by the NCAA and NASPA (Student Affairs Administrators in Higher Education). All NCAA Division III and NASPA Small College and Universities Division institutions have free access to the program, which is provided as a membership benefit. 360proof.org

II. NCAA-Sponsored Educational Resources.

- **myPlaybook** — An *online curriculum* designed to prevent harm related to alcohol and other drugs and to promote student-athlete wellness. These interactive web-based modules will target health promotion strategies such as social norms, behavioral expectancies, behavioral intentions, bystander decision making and harm prevention skills. Modules also include personalized feedback, technical assistance and user-friendly administrative and data collections tools to facilitate quality program delivery and program assessment. preventionstrategies.com/myplaybook-collegiate-program
- **APPLE Training Institute** — An annual three-day *in-person training program* for student-athletes, athletics administrators and campus partners to facilitate athletics department needs assessments, strategic planning and implementation strategies to support student-athlete wellness and substance use prevention.

Also available from the APPLE Institute are student-athlete blood alcohol content *educational cards* that contain a standard drink conversion chart and signs of alcohol overdose, as well as student-athlete specific statistics and information on how alcohol impacts athletic performance. The BAC cards are evidence-informed, student-tested cards with alcohol information relevant to student-athletes. appleathletics.org
- **Coaches Assist** — An interactive *in-person workshop* designed to help coaches communicate more effectively with their student athletes. Drawing from the fields of health promotion, prevention science and motivational interviewing, it demonstrates the basic skills and strategies for effective conversations and to recognize and more effectively address substance use concerns of student-athletes. coachesassist.org
- **NCAA CHOICES** — An NCAA-sponsored *grant program* that provides up to \$30,000 in funding for a three-year educational initiative that integrates athletics into campuswide efforts to reduce alcohol abuse. ncaa.org/choices

APPENDIX A

- **Step UP! Bystander Intervention Program** — A prosocial *intervention program* that provides an online trainers guide with scripted facilitators presentations supported by additional educational materials designed to help students and student-athletes increase awareness of opportunities to intervene, increase motivation to help, develop skills and confidence when responding to problems or concerns, and ensure the safety and well-being of self and others. A national facilitator training, sponsored every two years by the NCAA Sport Science Institute, provides opportunities for a two-person team to learn and practice facilitating campus training events. stepupprogram.org
- **Marijuana Educational Power Point Template** — A *templated PowerPoint presentation* for athletics administrators to use as part of their student-athlete substance abuse prevention efforts. ncaa.org/substanceabuseprevention
- **Marijuana Education Infographic** — An *educational infographic* designed for student-athletes that includes facts and figures about the health, performance and legal impacts of using marijuana. (See Page 22)

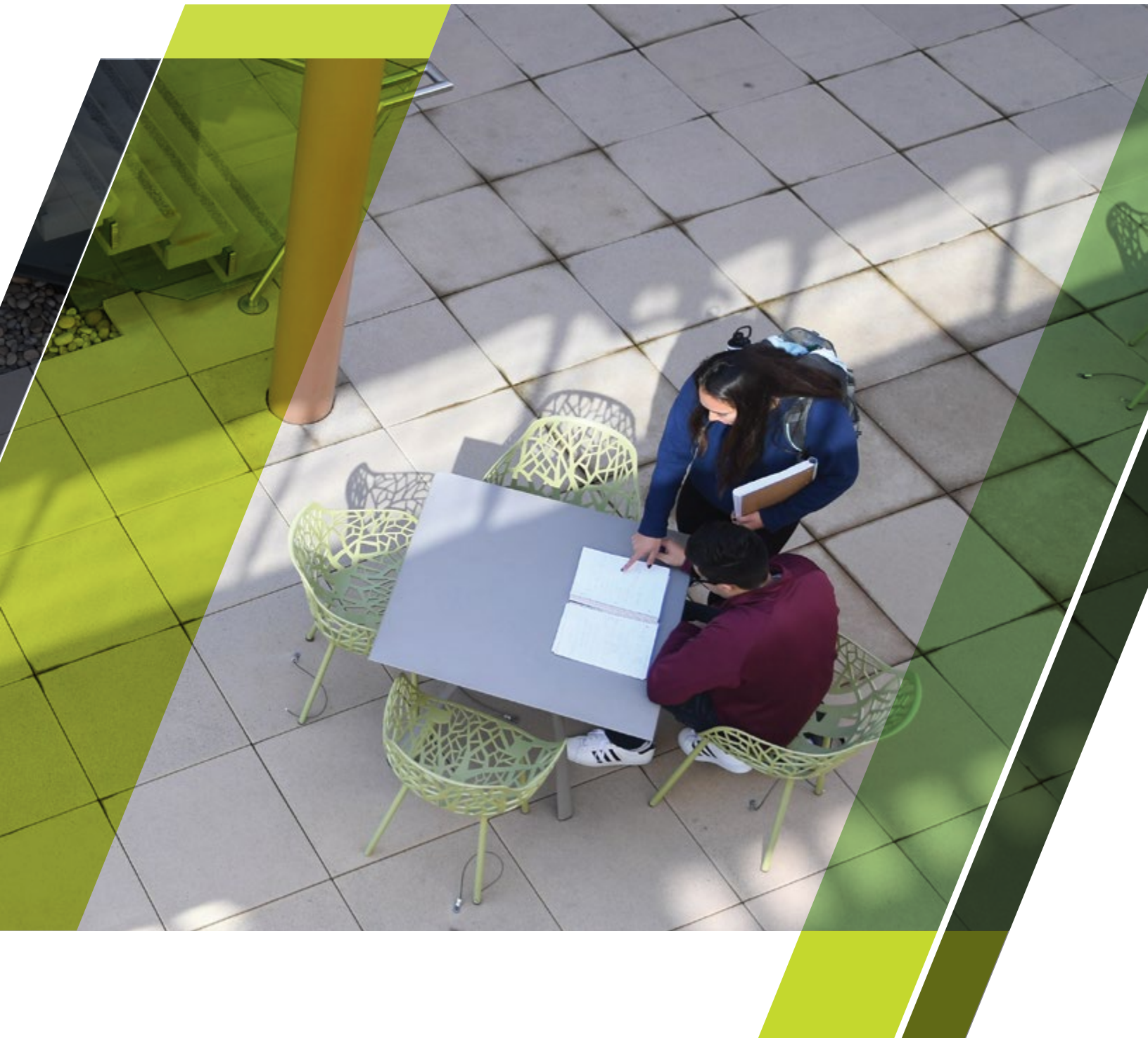
III. IMPACT Evaluation Resource.

Evaluation of efforts helps educators determine if those efforts are achieving desired results and can provide indicators for a shift in programming. This *guide* for athletics administrators and campus partners offers simple tools to evaluate substance abuse education programming. ncaa.org/choices

IV. NCAA Publications and Other Reliable Sources.

- **Addressing Sexual Assault and Interpersonal Violence: Athletics' Role in Support of Healthy and Safe Campuses** — A *guide* for athletics administrators and campus partners that provides recommended approaches to prevent or reduce the incidents of sexual assault and other acts of interpersonal violence on college campuses. It provides information on responding appropriately to acts of violence and other matters relevant to complying with federal law. ncaa.org/violenceprevention
- **Mind, Body and Sport: Understanding and Supporting Student-Athlete Mental Wellness** — An *educational publication* designed to help college athletics and campus stakeholders support student-athlete mental wellness. It includes a collection of chapters and first-person stories written by former and current student-athletes, coaches, researchers, practitioners, educators and experts in the field. ncaa.org/mentalhealth
- **NCAA Alcohol, Tobacco and Other Drug Education Guidelines** — A *checklist and timeline* to assist athletics administrators in providing timely programming to educate student-athletes about NCAA banned drugs and the products that may contain them. ncaa.org/drugtesting
- **Centers for Disease Control Guideline for Prescribing Opioids for Chronic Pain** — These *guidelines* provide recommendations for primary care clinicians who are prescribing opioids for chronic pain outside active cancer treatment, palliative care and end-of-life care. cdc.gov/mmwr/volumes/65/rr/pdfs/rr6501e1.pdf
- **College Alcohol Intervention Matrix** — A comprehensive *guide* developed by leading college alcohol researchers to identify effective campus alcohol interventions. collegedrinkingprevention.gov/collegeaim
- **College Life Study at University of Maryland** — A National Institutes of Health-funded project that provides *research publications* designed to aid in understanding the health-related behaviors of college students. cls.umd.edu
- **Generation Rx Safe Medication Practices for Life** — A project developed by The Ohio State University School of Pharmacy that provides *online videos, visual aids and resources kits*, created by college students for college students, designed to help prevent prescription drug misuse on college campuses. generationrx.org/take-action/college
- **Opioid Prescribing in College Health** — A white paper from the American College Health Association. acha.org/documents/resources/guidelines/ACHA_Opioid_Prescribing_in_College_Health.pdf

- **The Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery** — An educational center that provides colleges and universities with *web-based tools and resources* to launch alcohol and drug misuse prevention and recovery programs on their campuses. hecaod.osu.edu
- **The University of North Carolina at Greensboro Institute to Promote Athlete Health and Wellness** — An institute that provides *in-person training, online programs and evaluation tools* that promote the health and wellness of all athletes. athletewellness.uncg.edu
- **Substance Abuse and Mental Health Services Administration Treatment Locator** — A confidential and anonymous *online tool* for individuals seeking to locate treatment facilities for substance abuse/addiction and/or mental health issues. findtreatment.samhsa.gov





SOURCE: The University of North Carolina at Greensboro Institute to Promote Athlete Health and Wellness

DESCRIPTIONS OF COLLABORATORS

WHO IS YOUR DIRECTOR/VICE CHANCELLOR/ VICE PRESIDENT OF STUDENT AFFAIRS?

Student affairs is a division or department charged with growth and development of students outside the classroom as a complement to academic affairs. This unit also may be called student support or student services.

WHO IS YOUR CAMPUS COORDINATOR FOR ALCOHOL AND OTHER DRUG (AOD) PREVENTION?

The campus coordinator develops campus AOD programming and is a key player in developing AOD policy and recommendations. The coordinator works with the campus community, but also may work collaboratively with state and national groups and agencies. You may find your campus coordinator in student services, campus counseling or wellness center.

WHO IS YOUR DEAN OF STUDENTS?

Typically an office within the division of student affairs, the dean of students is a direct link to students who are in crisis, have violated campus honor codes or need help navigating the campus care network. The Dean of Students may act as a liaison or advocate for students.

WHO IS YOUR TITLE IX COORDINATOR?

A Title IX coordinator's core responsibilities include overseeing the school's response to Title IX reports and complaints and identifying and addressing any patterns or systematic problems revealed by such reports and complaints. Title IX deals with sex discrimination of all kinds – it is not just about athletics or sexual assault/violence. The coordinator may report to the provost, but be located in any department on campus.

WHO IS YOUR DIRECTOR OF RESIDENCE LIFE?

Residence life is the office charged with managing the student experience of living on campus, including staff [resident assistants (RA)] selection and training, and social/educational programming. It may be part of a larger housing division, or under student affairs or a business division.

WHO IS YOUR DIRECTOR OF CAMPUS SECURITY?

The person in this role is charged with managing the safety, security, and emergency plans for campus, and fulfilling reporting requirements (Clery). He or she may report to the chancellor or president, or to the dean of students. If the institution has a police force, the director of campus security may lead this

office or act as a liaison between police and other campus departments.

WHO IS YOUR CONTACT IN THE OFFICE OF FRATERNITY AND SORORITY LIFE?

The Office of Fraternity and Sorority Life serves as the liaison among chapters, community, and institution to provide guidance, programming, and resources. May be called Greek Life. May be part of Student Affairs, Residential Life, or Campus Activities.

WHO IS YOUR DIRECTOR OF HEALTH SERVICES?

Health services manages student medical needs, often including a campus medical clinic and may include other programs such as women's health, wellness, and counseling. Health services also may manage immunization needs, prevention and other educational programming.

WHO IS YOUR DIRECTOR OF COUNSELING/ PSYCHOLOGICAL SERVICES?

This office is charged with supporting the mental health needs of students through group and individual counseling. Counseling services may be a part of campus health or student affairs or may be an independent unit.

WHO IS YOUR DIRECTOR OF HEALTH AND WELLNESS PROGRAMMING/SERVICES?

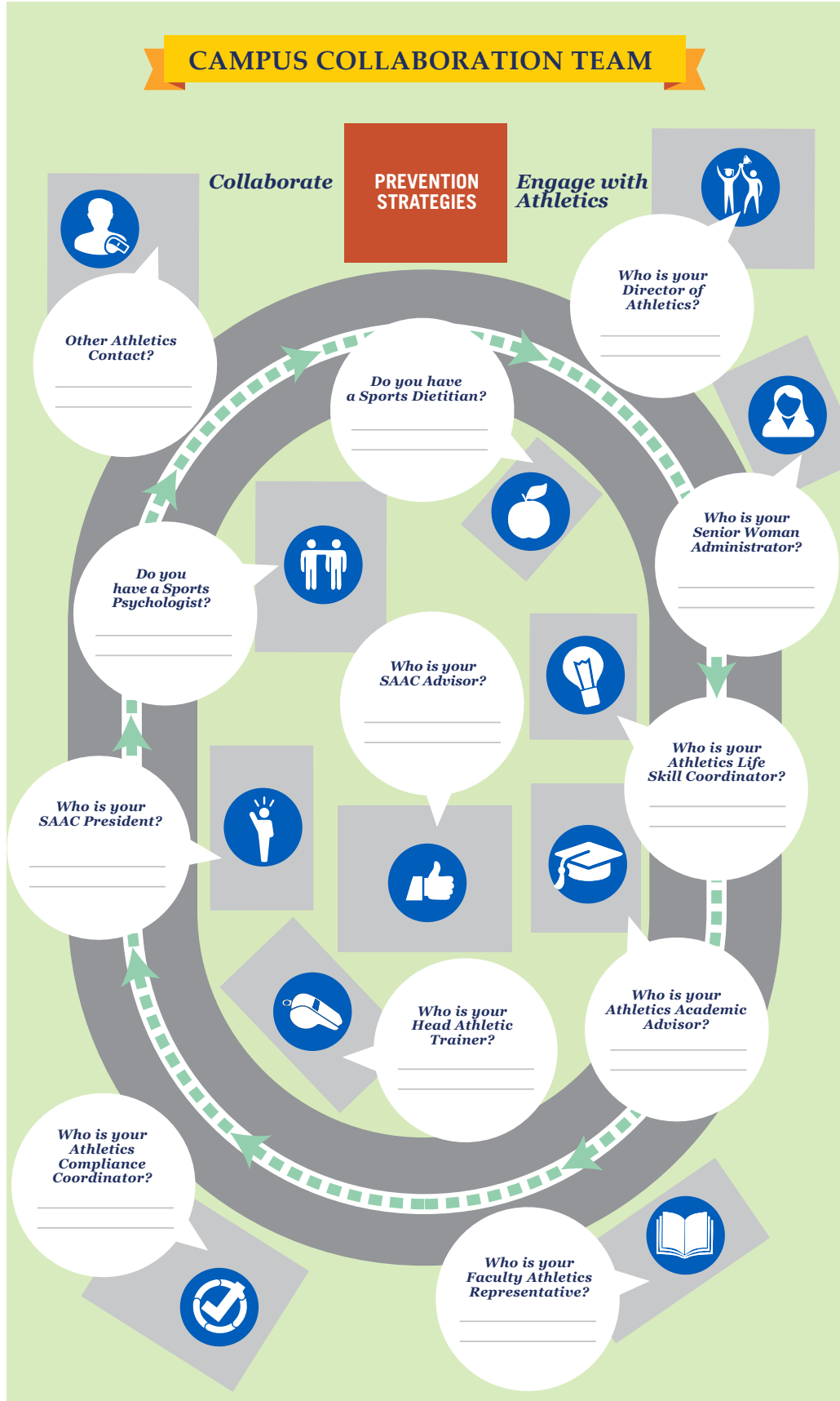
Wellness programs support student well-being through programming that may include bystander training and prevention of sexual violence, and address similar aspects of spiritual, mental, emotional and physical wellness. This unit may fall under several names, but is typically part of the overall student health division.

WHO IS YOUR STUDENT BODY PRESIDENT?

This person is elected by the general student body or a student government association to represent the perspective of students on campus boards, committees and policy teams. The student body president may act as a liaison between students and campus administrators.

WHO IS YOUR LIAISON TO THE FACULTY SENATE?

The faculty senate is a representative body that is responsible for faculty participation in the planning and governance of your institution. Generally, senate members are chosen to represent the faculty of their unit, school or college.



SOURCE: The University of North Carolina at Greensboro Institute to Promote Athlete Health and Wellness

DESCRIPTIONS OF COLLABORATORS

WHO IS YOUR DIRECTOR OF ATHLETICS?

The athletics director, or AD, is the senior athletics department administrator and is responsible for general oversight and supervision of the athletics department. The AD is also responsible for decisions related to coach hiring and guidance, scheduling, strategy and policy.

WHO IS YOUR SENIOR WOMAN ADMINISTRATOR?

Commonly known as the SWA, this is the highest ranking female staff member in the athletics department. This designated position is intended to encourage and promote the involvement of female administrators in the decision-making process in intercollegiate athletics, and to ensure representation of women’s interests, experience and perspective at the institutional, conference and national levels. The SWA’s responsibilities can include any department tasks, senior management team responsibilities and oversight of a number of teams.

WHO IS YOUR ATHLETICS LIFE SKILLS COORDINATOR?

The life skills coordinator administers any programs, workshops and necessary information to student-athletes to help them develop the skills needed to succeed as a student and athlete on campus and for life after sports. This staff manages outreach and relationships with campus and community organizations to create such events and opportunities for the student-athletes’ success.

WHO IS YOUR ATHLETICS ACADEMIC ADVISOR?

The academic advisor is responsible for the oversight of the academic-related tasks of the student-athlete such as advising and registration, monitoring satisfactory progress, tutoring and study sessions, and coordinating and implementing life skills programming and special events.

WHO IS YOUR FACULTY ATHLETICS REPRESENTATIVE?

The FAR is a member of the faculty at an NCAA member institution officially designated by the institution to serve as a liaison to the athletics department, and also as a representative of the institution in conference and NCAA affairs. The FAR plays a central role in the overall checks-and-balances system designed to ensure academic integrity, sound governance and commitment to rules compliance, attention to equity, and student-athlete welfare.

WHO IS YOUR HEAD ATHLETIC TRAINER?

This allied healthcare professional is responsible for developing, coordinating, and administering a comprehensive sports medicine program for intercollegiate athletics,

with a focus on injury prevention, evaluation, management, treatment and rehabilitation, and coordination of medical treatment with campus and community services.

WHO IS YOUR SAAC PRESIDENT?

This student-athlete is responsible for leading all SAAC (Student-Athlete Advisory Committee) events and meetings to help create a voice of change for the student-athletes at the institutional, conference and national levels. SAAC is made up of student-athletes assembled to provide insight on their experience and to offer input on the rules, regulations and policies that affect student-athletes’ lives.

WHO IS YOUR SAAC ADVISOR?

The SAAC advisor is a departmental staff person charged with supervision of SAAC-related meetings and events, as well as serving as the liaison between athletics administration and the student-athletes. This person may communicate the concerns of the student to the department in order to give the student-athlete the best experience possible.

WHO IS YOUR ATHLETICS COMPLIANCE COORDINATOR?

The compliance coordinator works closely with both the athletics director and the Faculty Athletics Representative, to ensure compliance with all institutional, conference and NCAA rules and regulations governing intercollegiate athletics; monitors eligibility of student-athletes; and communicates with the NCAA and conference about rules interpretations and compliance matters. The duties of the compliance coordinator address administration and reporting, rules education, eligibility, recruitment, admissions and investigation.

DO YOU HAVE A SPORTS PSYCHOLOGIST?

Sport psychologists help athletes enhance performance and may use various mental strategies, such as visualization, self-talk and relaxation techniques to help athletes overcome obstacles and achieve their full potential. Sport psychologists utilize knowledge from many related fields including biomechanics, physiology, kinesiology and psychology. Mental health counseling should be provided only by a licensed psychologist.

DO YOU HAVE A SPORTS DIETITIAN?

A registered dietitian (RD), or a Certified Specialist in Sports Dietetics (CSSD) provides individual, group, and team nutrition counseling and education to enhance the performance of student-athletes. This person may serve as a resource for coaches, trainers, and athletes, or track and document outcomes of nutrition services.

Use this worksheet to plan next steps and identify potential campus collaborators and how you will engage with them.

Consider these questions as you plan your outreach:

- How can you find out about evidence-based strategies to address substance abuse?
- What other student groups on campus face similar issues as student-athletes?
- What types of substance-free events are being offered through your campus activities office?

ACTIONS	POINT PERSON	WHAT TASKS ARE EACH RESPONSIBLE FOR?	BY WHAT DATE?	WHAT OUTCOME?	HOW WILL THEY BE MEASURED?
<p>CREATE A PREVENTION TEAM, INCLUDING:</p> <ol style="list-style-type: none"> 1. Senior athletics administrator 2. Student-Athlete Advisory Committee 3. Sports medicine 4. Legal 5. Health and counseling 6. Student government 7. Faculty 8. Dean responsible for student conduct 9. Other 					
<p>SCHEDULE MEETINGS THROUGH THE YEAR</p>					
<p>CONDUCT NEEDS ASSESSMENT</p> <ol style="list-style-type: none"> 1. Students 2. Staff 3. Coaches 					
<p>DRAFT DEPARTMENTAL PROTOCOLS FOR RESPONSE/REFERRAL</p>					

ACTIONS	POINT PERSON	WHAT TASKS ARE EACH RESPONSIBLE FOR?	BY WHAT DATE?	WHAT OUTCOME?	HOW WILL THEY BE MEASURED?
<p>IDENTIFY/CREATE A CALENDAR OF CAMPUS PREVENTION/HEALTH PROMOTION PROGRAMS AND SCHEDULED EVENTS</p>					
<p>IDENTIFY/SELECT EDUCATIONAL PROGRAMMING FOR:</p> <ol style="list-style-type: none"> 1. Students 2. Staff 3. Coaches <p>Programs to address:</p> <ol style="list-style-type: none"> 1. Alcohol and other drugs of abuse 2. Peer-to-peer intervention 3. Coaches' and staff roles 4. Etc. 					
<p>CREATE PROGRAM ASSESSMENT REVIEW FOR ADJUSTMENTS TO PLAN FOR NEXT YEAR</p>					
<p>CREATE REPORTS OF EXPERIENCE/SUCCESS TO HELP DEFINE ELEMENTS OF NEXT YEAR'S PLAN</p>					
<p>SCHEDULE BRIEFING WITH SENIOR STAFF</p>					
<p>OTHER</p>					

MARIJUANA FACTS FOR NCAA ATHLETES



LEGAL ≠ PERMITTED

AGAINST NCAA POLICY

MARIJUANA IS A BANNED SUBSTANCE IN THE "ILLICIT DRUG" CLASS. IF YOU TEST POSITIVE ON AN NCAA DRUG TEST, YOU WILL LOSE:

- + HALF THE SEASON (FIRST TEST)
- + + FULL CALENDAR YEAR OF ELIGIBILITY (SECOND TEST)

AND BECAUSE IT IS AN "ILLICIT DRUG," THERE IS NO "MEDICAL EXCEPTION" WAIVER AVAILABLE.



AGAINST FEDERAL LAW THROUGHOUT THE U.S.

NO PURCHASE, USE OR POSSESSION AND NO SHARING OR PROVIDING TO ANYONE YOUNGER THAN 21



AGAINST THE RULES SET BY MOST ATHLETICS DEPARTMENTS AND TEAMS

LEGAL ≠ EVERYONE & EVERYWHERE

AGAINST THE POLICIES OF SCHOOLS, WORKPLACES AND INSTITUTIONS

DISPENSARIES SELL MARIJUANA IN MANY FORMS, AND THEY DON'T ALL WORK THE SAME WAY.

LEGAL ≠ SAFE



90-240 MINUTES TO FEEL EFFECTS

CONSUMING TOO MANY EDIBLES CAN RESULT IN AN OVERDOSE



NO MATTER HOW IT'S USED, THC WILL MAKE YOU HIGH.



DABBING HASH OIL OR WAX CAN BE DANGEROUS BECAUSE THE LEVEL OF THC IN THESE PRODUCTS IS VERY HIGH

EFFECTS ON HEALTH AND ATHLETIC PERFORMANCE

<p>Marijuana has NO performance-enhancing potential</p> <p>1</p>	<p>Impairs skills requiring eye-hand coordination and a fast reaction time</p> <p>2</p>	<p>Decreased strength and endurance</p> <p>3</p>	<p>Reduces maximum exercise capacity resulting in increased fatigue</p> <p>4</p>	<p>Reduces motor coordination, balance, tracking ability and perceptual accuracy</p> <p>5</p>	<p>Impairs learning, memory and concentration</p> <p>6</p>	<p>24-36 Skill impairment may last up to 24 to 36 hours after use</p> <p>7</p>	<p>Increases risk of injury, and decreases ability to recover from injury</p> <p>8</p>	<p>Chronic use can cause cough, frequent respiratory infections, anxiety, panic attacks and psychosis.</p> <p>9</p>
MOTOR FUNCTION AND ATHLETIC PERFORMANCE				MENTAL		RISK AND HEALTH EFFECTS		

This resource was developed in partnership with The Institute to Promote Athlete Health and Wellness at The University of North Carolina at Greensboro.
 > For more information, visit us online at athletewellness.uncg.edu



THE UNIVERSITY OF NORTH CAROLINA
GREENSBORO
 Institute to Promote Athlete Health and Wellness