

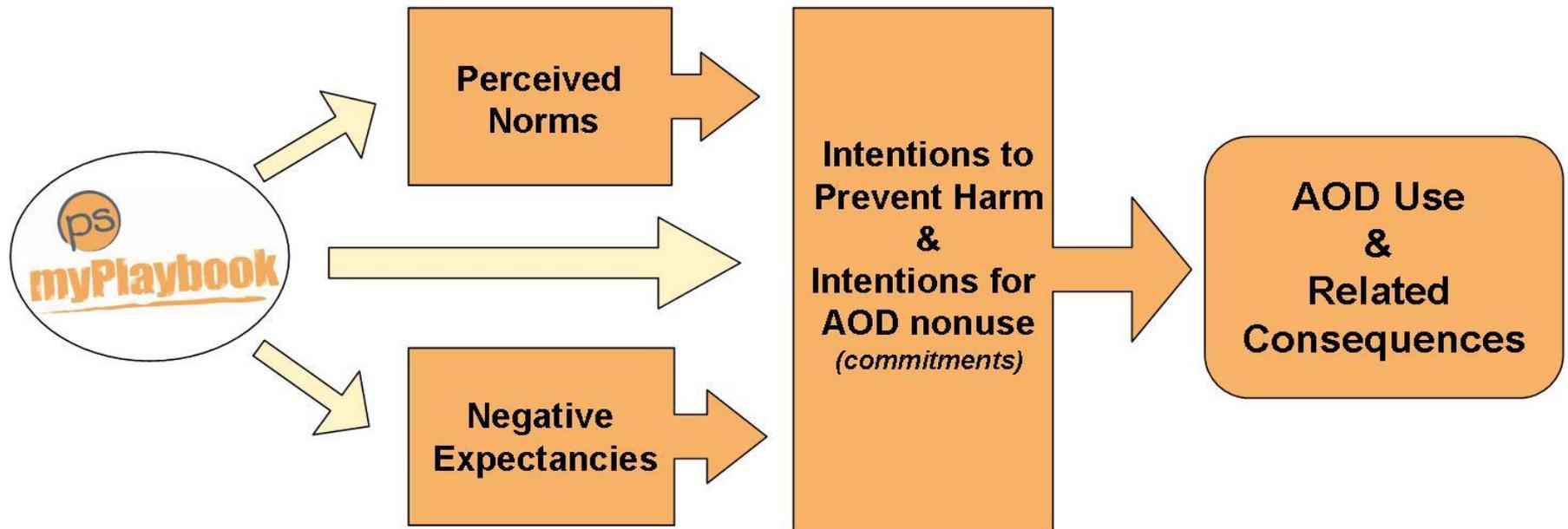
What is.....

The logo for 'my Playbook' is centered within a white rectangular box with a thin black border. The word 'my' is in a bold, lowercase green font, while 'Playbook' is in a bold, uppercase yellow font. A thick, horizontal green brushstroke underline is positioned below the text.

my Playbook

myPlaybook

- myPlaybook is an evidence-based program designed to prevent alcohol and other drug-related harm among **NCAA student-athletes**.



myPlaybook

- 6 lessons within myPlaybook
 1. NCAA banned substances and Drug testing
 2. Alcohol
 3. Marijuana
 4. Performance Enhancing Drugs and Dietary Supplements.
 5. Tobacco
 6. Prescription and Over-the-counter Drugs
- Mini-lessons/Boosters
 - Fall mini-lesson: NCAA banned substances and Drug testing
 - Spring Boosters: various topics that will target the same mediating variables as the core course does.

myPlaybook

The myPlaybook web-based program includes:

- Interactive learning exercises
- Immediate student feedback
- Tools to track student progress
- Track dissemination of NCAA banned substances list
- Direct students to REC (Resource Exchange Center) hosted by Drug Free Sport
- Certificate of completion
- Specific content includes:
 - NCAA's role in drug testing and drug education
 - Content on the NCAA banned substances
 - Required NCAA drug education and testing video

Demo

myPlaybook Progress Reports

- **Reporting functions of myPlaybook can help with:**
 - keeping coaches informed about completion rates
 - documenting the use of myPlaybook by student-athletes
 - documenting exposure to the NCAA Drug Testing and Education Video
 - “email-blasting” to student-athletes

[Administrator Functions](#)

myPlaybook also includes:

- Customized homepages (upon request)

- myPlaybook newsletter
- Implementation manual

HOME COURSE CATALOG MY COURSES & INFORMATION REPORTS LOGIN

Search Catalog: Search Clear

Dear incoming Elon student,

This summer as you prepare for the start of your collegiate career at Elon University, I ask that you consider the meaning of citizenship in the university setting. At Elon, students are expected to make conscious choices that do not diminish the academic or social success or personal safety of themselves or others. One choice of great significance for college students is the role of alcohol in their lives. It is a myth that unhealthy drinking is the norm on college campuses—the majority of college students drink moderately or not at all. Yet most problems on college campuses, whether academic or social, are related to alcohol use. To prepare to drink to make wise personal choices, you can sign up for a course regarding the well-being of other students, Elon is requiring all new first-year and transfer students to complete College Alc, a comprehensive, online alcohol education course, by August 16.

College Alc utilizes the latest research on college

Email: (case-sensitive)
(password, case-sensitive)

Login

to receive for College Alc, click here.
I forgot my password.

Upper-class students, parents, or guests, click here.

Getting Started
Step 1: For PC Users, use [Internet Explorer 6.0 Service Pack 2](#) or higher. For Mac users, use [Safari 1.2](#) or higher.

www.preventionstrategies.com

- Resources for coach's and staff
- Available online resources

— www.preventionstrategies.com

- Optional Institutional Evaluation

Optional Institutional Evaluations

- Detailed final report
 - Pre survey results compared with post survey results (i.e., change)
- PowerPoint of final report
 - Useful when presenting myPlaybook results to groups or individuals on your campus

Evidence of effectiveness

2009/2010 Mini-grant program

2009/2020 Southern Conference pilot study

Pre to post test changes

- **Knowledge** of drug effects, banned substances, and drug testing procedures increased
- **Athlete-specific drug use social norms** became more accurate (more conservative)
- **Social norms of “close friends”** became more accurate (more conservative)
- Negative **alcohol expectancies** increased
- Negative **marijuana expectancies** increased
- Negative **tobacco expectancies** increased
- Negative **stimulant expectancies** increased

Student-athlete Impressions

Over 83% felt they benefited from taking *myPlaybook*

Since taking *myPlaybook*,

- 80% felt better prepared to handle an alcohol or other drug emergency (e.g., alcohol poisoning)
- 73% said they were more likely to intervene with a friend who is in trouble with alcohol or other drugs
- 81% said they thought more about how to prevent alcohol and other drug related harm

myPlaybook Best Practice

Increasing student-athlete participation

- Mandating myPlaybook
- Coordinating the implementation of myPlaybook with other AOD education efforts
- Email correspondence with student-athletes by the institution
- Deadlines and reminder emails
- Informing all Athletic Staff about myPlaybook
- Announce in compliance meetings
- Include information in student-athlete handbook
- Communication with Jeff Milroy (myPlaybook director)