

Application No. SP059

Q1. Applicant Information

Name (first and last)	Sydney Holmes
Email address	sjholmes@ucdavis.edu
Phone number (xxx) xxx-xxxx	(209)678-3392
Name of Department/ Unit/ Student Organization	Health Education and Promotion - Athlete Guidance and Support Supervisor
What is your role or position within the Department/ Unit/ Student Organization?	Staff - I supervise Athlete Guidance and Support, a Student-Athlete Resource Group within Athletics.

Q2. Event/ Program Information

Name of the Event/ Program	Athlete Guidance and Support(AGS) CAREnival
Date(s) of Event (include the year; must take place in 2024-25 academic school year)	Spring 2025
Location	Russell Fields
Estimated # of UC Davis students that will attend/ benefit from program	70-120
TOTAL event/ program budget (\$x,xxx)	2675
Funding request amount from COSAF (Student Programming Fund) (\$x,xxx)	2175

Q3. Please provide a detailed description and purpose of the event/ program.

Athlete Guidance and Support(AGS) is a Student-Athlete Resource Group within Intercollegiate Athletics(ICA) that focuses on improving the mental health of Student Athletes through peer-to-peer programming. Athlete Guidance and Support has a leadership team that consists of 6 student-athletes that meet weekly and 20 student-athlete ambassadors that meet biweekly. These students are jointly supervised by Health Education and Promotion department(the applying department) and ICA. The AGS CAREnival has been an annual event since Spring of 2018. The name "AGS CAREnival" is a play on words that emphasizes a culture of caring for one another within athletics. Student-athletes face a unique set of stressors and expectations balancing sports and academics. Thus programming that centers their experiences and gives an opportunity for them to connect is essential. The purpose of this event is to improve social connection between athletic teams and educate student-athletes about the mental health resources that are available to them. This event also serves as a therapeutic break from the daily demands of life as an athlete. In fact, a needs assessment conducted by Health Education and Promotion in 2018-2019 of UCD Intercollegiate Athletics revealed two major themes: 1) Within intercollegiate athletics, especially among male teams, student-athletes are hesitant to speak up and reach out when they need help and 2) Students-athletes are unaware of where to go for help and what resources exist. The AGS CAREnival is an large event that combines mental health resource distribution with "carnival" games. This event takes place on Russell Fields for about 2-3 hours during Spring quarter. We have a DJ, food, lawn games (cornhole, volleyball, etc) a watermelon eating contest, a photobooth with positive mental health messages, mental health trivia, and a table staffed by AGS Ambassadors to answer any questions athletes have about mental health resources on campus. While some activities are designed to increase social interaction, others are specifically designed to improve the knowledge of mental health resources of student-athletes. Over the past few years, Athlete Guidance and Support has found that infusing mental health into engaging events helps de-stigmatize the topic as well as increase attendance.

Q4. How will the requested funds be utilized to support this event/ program?

The funds we be utilized to order and print mental health resource cards and flyers to giveaway at the event. Funding for dinner will also increase attendance and provide a space for socializing amongst and between athletic teams.

Q5. Please enter estimated attendance for the following groups.

Staff	<input type="text" value="0"/>
Faculty	<input type="text" value="0"/>
UC Davis Students	<input type="text" value="70-120"/>
Other (please specify and include number)	<input type="text"/>

Q6. Who is the target audience of the event/ program? (e.g. students, program participants, users of a specific service)

Student-athletes, particularly those that may be struggling to find connections amongst other student-athletes or are unaware of mental health resources.

Q7. What program, activity, or service will be provided? (e.g. six-week training program, instructional class or activity, structured community program that exposes students to new ideas and experiences)

This event will provide space for student athletes to socialize with others outside of their teams as well as improve knowledge of mental health resources.

Q8. What will be learned? (i.e. acquired knowledge, skills or abilities, a new awareness/ sensitivity/ perspective, an adopted practice)

Goal: Participants will learn about at least one mental health resource they did not know about previously. Goal: At least 25% of participants will interact with someone outside of their respective athletic teams.

Q9. How will the learning be shown or what does the learning look like? (e.g. demonstrated knowledge of course material, change in behavior, a practiced skill, a task achieved)

We will do a post-evaluation survey. The survey can be distributed via a QR code at the end of the event as well as through email assessing how well we met the above goals.

Q10. How does the event/ program provide services that are of growing interest to students? (if applicable)

Five years ago, there were very few professional-athletes that spoke about their mental health. Today, there are countless professional athletes for student-athletes to look up to because of the increase in national dialog. This event is a small part of the larger national picture of athlete mental health. The AGS CAREnival provides a dedicated space for student-athletes to ask questions about mental health from a peer-to-peer perspective.. Mental health on the UC Davis campus is also evolving rapidly, with new resources and methods of accessing resources changing every year. The topic of mental health needs to continually be brought up and reaffirmed within the athletic community, a community that is particularly susceptible to high levels of stress and stigmatization for accessing mental health resources for the fear of being perceived as "weak."

Q11. How does the event/ program foster diversity, equity, and inclusion? (if applicable)

N/A

Q12. How does the event/ program provide crucial services to students? (if applicable)

Student-athletes currently do not have a sports psychologist (position vacant, in recruitment since 2022). While these events do not attempt to make up for the vacant position, peer-to-peer programming is a way to bridge the gap between student-athletes and mental health resources on campus.

Q13. Has your Department/ Unit/ Student Organization put on this event in the past?

- Yes
- No
- Uncertain

Q14. Please provide the following information on the previous event(s).

Event date(s) (Month(s)/ Date(s) / Year)

Spring 2018, Spring 2019, Spring 2022, Spring 2023

Location

A street Field or Russell Field

Total attendance

70-120

Q15. How was the success of the event measured?

Attendance and post-evaluation survey similar to what was described in this form previously.

FUNDING AMOUNT REQUESTED FROM COSAF | 2024-25

Name of Event/Program:

Athlete Guidance and Support (AGS) CAREnival

Name of Department/Unit/Student Organization:

Health Education and Promotion

Program Date(s): **Spring 2025**

ITEM	ESTIMATED COST	SUB-TOTAL
FACILITY: Room Rental, Room Set-Up, Equipment Rental, Audio/Video		
1.	Russell Field (East) \$ 105.00	
2.	Reservation Fees (trash, bathroom, etc) \$ 150.00	
3.	\$	
4.	\$	
5.	\$	
6.	\$	\$ 255.00
FOOD: Refreshments, Breakfast, Lunch, Dinner (include estimated cost per person)		
7.	Beverages (\$1 per person) \$ 70.00	
8.	Dinner (\$12 per person) \$ 1,000.00	
9.	\$	
10.	\$	
11.	\$	
12.	\$	\$ 1,070.00
PERFORMERS, GUEST SPEAKERS, HONORARIA		
13.	DJ \$ 300.00	
14.	\$	
15.	\$	
16.	\$	
17.	\$	
18.	\$	\$ 300.00
PUBLICITY/MARKETING: Flyers, Posters, Advertising, Mailing, Printing		
19.	Printed Flyers (Reprographics) \$ 100.00	
20.	Athlete Mental Health Resources Cards (Reprographics) \$ 200.00	
21.	\$	
22.	\$	
23.	\$	
24.	\$	\$ 300.00
SUPPLIES: Decorations, Online Tools, Software, Licenses		
25.	Art Supplies \$ 150.00	
26.	Decorations \$ 100.00	
27.	\$	
28.	\$	
29.	\$	
30.	\$	\$ 250.00
TRAVEL: Transportation, Parking, Lodging		
31.	\$	
32.	\$	
33.	\$	
34.	\$	
35.	\$	
36.	\$	\$ 0.00
Total Amount Requested from COSAF:		\$ 2,175.00
OTHER FUNDING SOURCES: Income, ASUCD, Dept & Club Contributions		
1.	HEP Staff Work time (student and full-time) \$ 500.00	
2.	\$	
3.	\$	
4.	\$	\$ 500.00

BUDGET SUMMARY

Please Enter Total Event/Program Budget:	\$	
Less Other Fund Sources:	\$	500.00
Less Amount Requested from COSAF:	\$	2,175.00
Balance (if any):	\$	-2,675.00