# Choose Cardinals First:

Empowering Compute Wide Change



The Catholic University of America

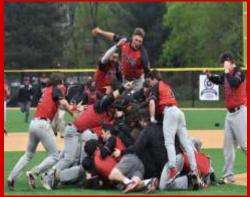
# THE CATHOLIC UNIVERSITY OF AMERICA

- Washington, DC
- 3,300 Undergraduate
- 2,500 Graduate



## Athletics at Catholic University

- NCAA Division III
- 650 student-athletes
- 23 varsity sports







#### **Choose Cardinals First**

- CCF is a 3 year educational, empowering, and informative program provided to student athletes and student organizations at the The Catholic University of America.
  - Leadership skills
  - Bystander intervention
  - Harm reduction strategies
  - Ethical decision making



#### **CCF Apple Slices**

1 Education

- Alcohol and drug awareness
- Leadership skills
- Bystander intervention

2 Referral and Counseling

- Mental Health
   Resources
- Focus group about student athlete wellness
- Mental Health Speaker

3 Expectations and Attitudes

- Year 1: Team Compact
- Year 2: Student Facilitation
- Year 3: Apple Institute
   Action Plan

## **Learning Outcomes**

- 1. Develop an understanding of how the development of strong cohorts within campus athletic team, organizations, and student leaders.
- 2. Identify ways to build effective cross-campus collaborations to support students and reduce high risk behaviors.
- 3. Practice ways to intervene in situations that are transferable in various forms of collegiate life.

#### **Background of CCF**

- Cross Collaboration
  - Athletics
  - Office of the Dean of Students
  - Office of Campus Activities
  - Student Conduct and Ethical Development



 The 3 year program is used to encourage and promote student change within our campus over the course of the program



#### Year One

- Four 1 hour sessions that include 3 activities, opening, and wrap-up discussions
- Activities involve team engagement and discussion
  - Session 1: Norming Group Behaviors
  - Session 2: Communication
  - Session 3: Authenticity
  - Session 4: Team/Organizational Compact
- Assessment is taken at the end of each session to collect data and gain understanding of the students thoughts on the program.
- As of Fall 2019, 488 students participated in Year One
- 92% of participants identified that alcohol interferes with muscle recovery and retention of information.



## Activity # 1:

## **Speed Intervening**

#### **Year Two**

- Members of teams and organizations are nominated to participate by coaches
- Individuals come to know their own strengths
  - Learn how individual strengths can influence group dynamics
- These team members now become facilitators and are responsible to facilitate the activities and skills they have learned to their respective team.
- As of Fall 2019, approximately 60 student leaders participated in Year Two Train the Trainer



## Activity # 2:

## Four Corners

#### **Year Three**

#### The Apple Training Institute

 Athletes who participated in Year Two are selected by the Athletic Director to attend the Apple Institute or a Leadership Institute on Campus.



#### After Year 3

#### Focus Group

- Implement our Apple Institute Action Plan and create a focus group about student athlete wellness & mental health needs
- Formed a group of more than 20 student athletes varying in teams
- Gained support, help, and encouragement from our athletic community among student athletes, athletic department and the Office of the Dean of Students

### Mental Health Speaker

- Focus Group formed brought a mental health speaker, Dr. Todd Keyes, to speak to our whole athletic community
  - Coaches specialized meeting
  - Team Leader specialized meeting
  - All student presentation
- Collaboration between Athletic Department and Office of the Dean of Students

## Year One Findings of the NCAA Choices Grant

353 11



#### 10% of the undergraduate

#### population

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100% DE PARTICIPANTS SAID

OF PARTICIPANTS SAID
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ORGANIZATION OR
TEAM

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STUDENT PARTICIPANT IN THE APPLE HOTTLITE



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-YEAR 1 ATHLETS

CATHOLIC UNIVERSITY OF AMERICA



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HAVE USED THE
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ENTERVENTION
DIRECT.
DELLEGATE, AND
DISTRACT

## **Student Experiences**



### **Questions?**

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