

Creating a SAM Program

Presented by:
The University of Central Florida



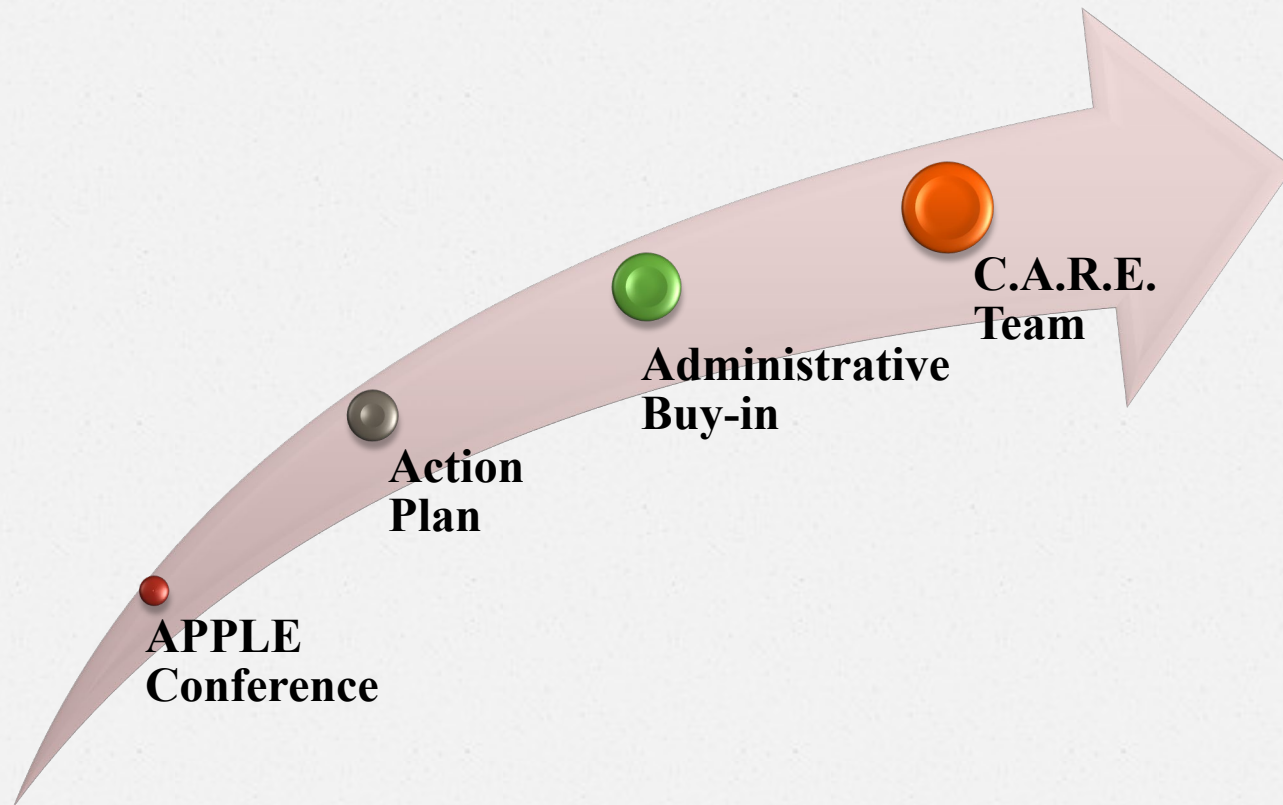


Agenda

The Creation Process



Year One



APPLE Conference 2010

Identified weaknesses

- Policies
- Education Programs
- Referral and Counseling

Focus:

- Education Programs





Video here of SA answering
question about the importance of
creating the CARE Team - Diana

APPLE Team Meeting

Tracking Sheet

Team Members:							
Sara Rex	Cameron Cooksey	Marcus Sedberry					
Diana Rojas	Christina Petrucco	Jessica Reo					
Action Plan Items:			Responsible Persons	Resources Needed	Completed By	Status	Comments
Assess who will be members of CARE Team			Sedberry	Time	Spring 2010		
Survey student-athletes to determine current awareness			APPLE Team	Exit Interviews	Spring 2010		
Determine resources			Sedberry and Reo	TBD	Spring 2010		
Establish Busget			APPLE Team	TBD	Spring 2010		TBD - after assessing our needs
Determine Meeting Times			APPLE Team	TBD	Spring 2010		
Implementation plan for Fall 2010			APPLE Team	All of the above	Fall 2010		
Determine Role of Care Team and Care Council			APPLE Team	n/a	Fall 2010		
GET AD Approval			APPLE Team	n/a	Fall 2010		
Education Materials			Sedberry	n/a	Fall 2010		
Tasks							
Email Exit Interview Surveys to S/A			Reo	Exit Interviews		Done	
Review Exit Interviews			Rojas and Rex				
Get Coaches Survey from UVA			Sedberry				
Create Coaches Survey			Sedberry				
Create Job Descriptions for CARE Team Members							
Create CARE Team Organizational Chart							
Organize times to meet with team							
Meet with Care Team Members to discuss Fall 2010 Implementation							
Find Football Players			APPLE Team				Bruce Miller??
Create tracking/status sheet			Sedberry	n/a		Done	
Determine Time and Place for CARE Team Meetings			APPLE Team				Monday's Nights at 6:30 TBD

Notes

Roles of CARE Team Members

- Meeting once a month for CARE Team
- Meeting once a month for CARE Council
- CARE Team members will meet with their specific team twice a month

CARE Council

- Consist of 3 people
- Roles will include
 - Organizing food for each meeting
 - Communication with speakers
 - Preparing Notes/Handouts
 - Organize Meetings



- o Student-athletes presented proposal to the Athletics Director
- o Presentation Identified:
 - o Why the C.A.R.E. Team is necessary
 - o Logistics surrounding the organization
 - o Benefits for student-athletes

C.A.R.E. Team

- o Who we are
- o What we do
- o What we promote...

Courage to stand

Awareness of resources

Responsibility to act

Excellence on and off the field

How does it work?

- o Each team has two representatives
- o C.A.R.E. Council
- o Year commitment
- o Meeting once a month
- o Attend seven mandatory meetings per year
- o Participate in two outreach events per year

C.A.R.E. members are...



Benefits of the C.A.R.E. Team

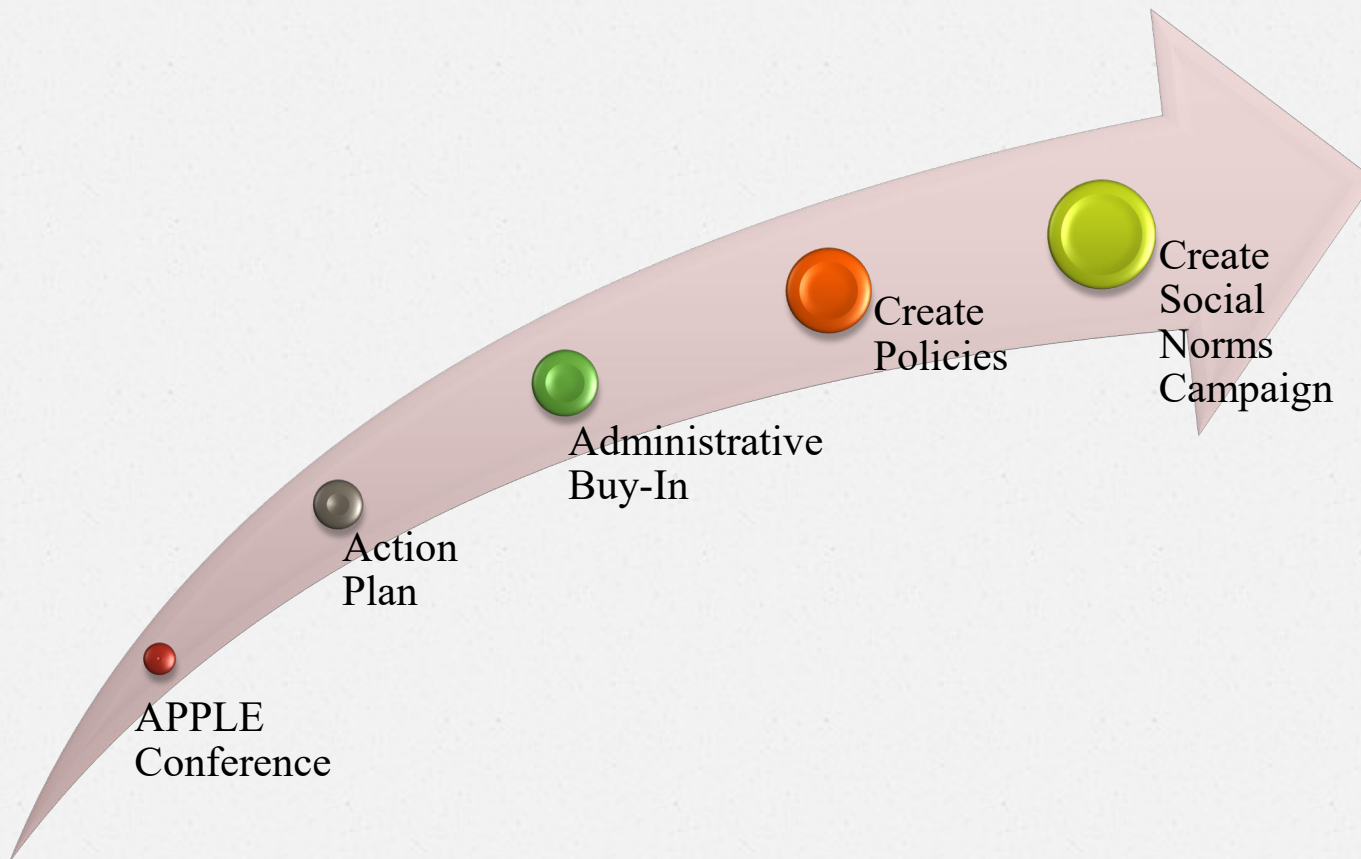
- Assume leadership
- Make a difference in the lives of friends, teammates, and peers
- Receive professional training





Video of Tristan Spurlock
discussing the benefits of the
CARE Team

Year Two



APPLE Conference 2011

Identified Weaknesses

- Policies
- Education

Areas of Focus:

- Policies and Education



APPLE Team Meeting

Tracking Sheet

Team Members:

Meredith Murphy	Jenna Doerfler	Marcus Sedberry					
Spencer Scott	Christina Petrucco	Jessie Gardner					
Action Plan Items:			Responsible Persons	Resources Needed	Completed By	Status	Comments
Get AD Approval			Marcus		Fall 2011		
Create Social Norms Campaign			APPLE Team		Spring 2011		
Determine logistics of creating posters			Meredith, Christina and Jessie		Spring 2011		
Assess who will be members of the CARE Team			APPLE Team		Spring 2011		
Establish a budget			Meredith, Christina and Jessie		Spring 2011		
Determining guest speakers for the year			Meredith, Christina and Jessie		Spring 2011		
Determining topics for the meetings			Meredith, Christina and Jessie		Spring 2011		
Implementation Plan for Fall 2011			APPLE Team		Fall 2011		
Evaluation plan for success of meetings			Meredith, Claire, and Cori		Fall 2011		
Tasks							

Notes



APPROVED

- o Director of Student Services met with the Athletics Director to present the Social Norms Campaign

Solution

- o C.A.R.E. Team

- o Create an educational poster series on social norm topics that will run every month
- o Utilize the services of a guest speaker to motivate and encourage the C.A.R.E. Team and student-athletes

- o Policies

- o Create a Social Norms campaign
- o SAAC and C.A.R.E. Team members will be responsible for relaying important information concerning the key points of the policy back to their respective team

Social Norms Campaign

- o Goal

- o Educate student-athletes on topics relevant to them with interesting, easy to read visuals

- o Logistics

- o The posters will be distributed at the beginning of each month around UCFAA
 - o Each poster will relate to the specific C.A.R.E. meeting topic of that month

Key Benefits

- o Provides student-athletes with information about applicable topics on a monthly basis
- o Creative posters catch attention of student-athletes and are easily accessible for student athletes to see (displayed in study hall, training rooms, and locker rooms)
- o Guest speaker will serve to motivate, encourage, and prepare student athletes to act responsibly

U KNIGHT

DID **U**KNOW...

**2/3 of People Suffering From
Depression Do Not Seek Treatment**



What to Watch For:

- Noticeable change in behavior
- Feelings of worthlessness or helplessness
- Fading to the background

Resources:

- PRIDE Office
- Campus Counseling Services
- NCAA Mental Health www.ncaa.org/health-safety



DID **U**KNOW...

1 Drink = 1 oz Shot = 4 oz Glass of Wine = 8 oz Beer



← 1 BEER

1 GLASS
OF WINE →

← 1 SHOT

KNOW BEFORE YOU POUR!



DID U KNOW...

24 Million People of all Ages and Genders Suffer from Eating Disorders



Common Disorders Defined:

- Anorexia: eating less than supposed to
- Bulimia: overeating and using methods to prevent weight gain
- Orthorexia Nervosa: obsession with eating healthy and working out

We can help!

- ➔ PRIDE Office
- ➔ UCF Counseling Services
- ➔ Nutritionists - Tara and Kelsee

KNIGHTS
CARE

DID U KNOW...

80% OF THE WORLD HAS SOME FORM OF HERPES



YES + YES + ALCOHOL = 

INTERESTING FACTS

- Top 3 STI's: Chlamydia, Herpes, & HPV
- 75% of people with an STI do not show symptoms
- 90% of UCF students have between 0 and 2 partners within a year

RESOURCES

- ➔ PRIDE Office
- ➔ UCF Wellness Center

KNIGHTS
CARE

Evaluation

- o End of year evaluation
 - o Effectiveness of C.A.R.E.
 - o Strengths and Weaknesses
 - o Areas of Improvement
 - o New Ideas



Challenges

Scheduling

Poster Logistics

Awareness

Student-Athlete Buy-In

Evaluating the Social Norms
Campaign





Takeaways for Success


- o Utilizing campus resources
- o Athletic benefits
- o Meeting format

Meeting Format

Activity

Time

- | | |
|--|------------|
| o Ice Breaker | 10 minutes |
| o C.A.R.E. Council
Introduction of
Speaker/Topic | 5 minutes |
| o Discuss Topic (Program
style) | 30 minutes |
| o Recap previous meeting
and create poster | 15 minutes |



Comparison between year one
and year two - Claire

Hindsight is 20/20



- o Awareness campaign
 - o Highlight what C.A.R.E. is and the services they provide
- o In depth introduction to each team at the beginning of the school year

Obtain buy-in from
student-athletes

Show coaches why it's
important

Weather the
Storm

Be
Persistent



Share Resources

Obtain buy-in from
administration



TIME FOR
QUESTIONS