

Choose Cardinals First:

Empowering Campus Wide Change



The Catholic University of America

THE CATHOLIC UNIVERSITY OF AMERICA

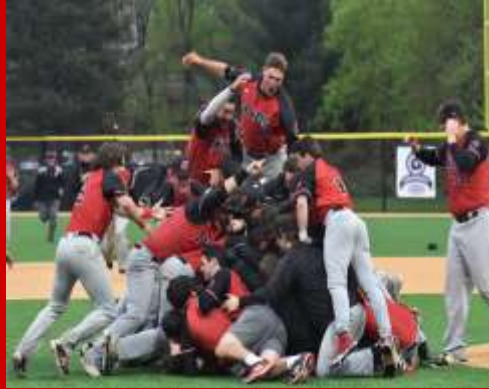


- Washington, DC
- 3,300 Undergraduate
- 2,500 Graduate



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
- 3 Year Program
 - 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

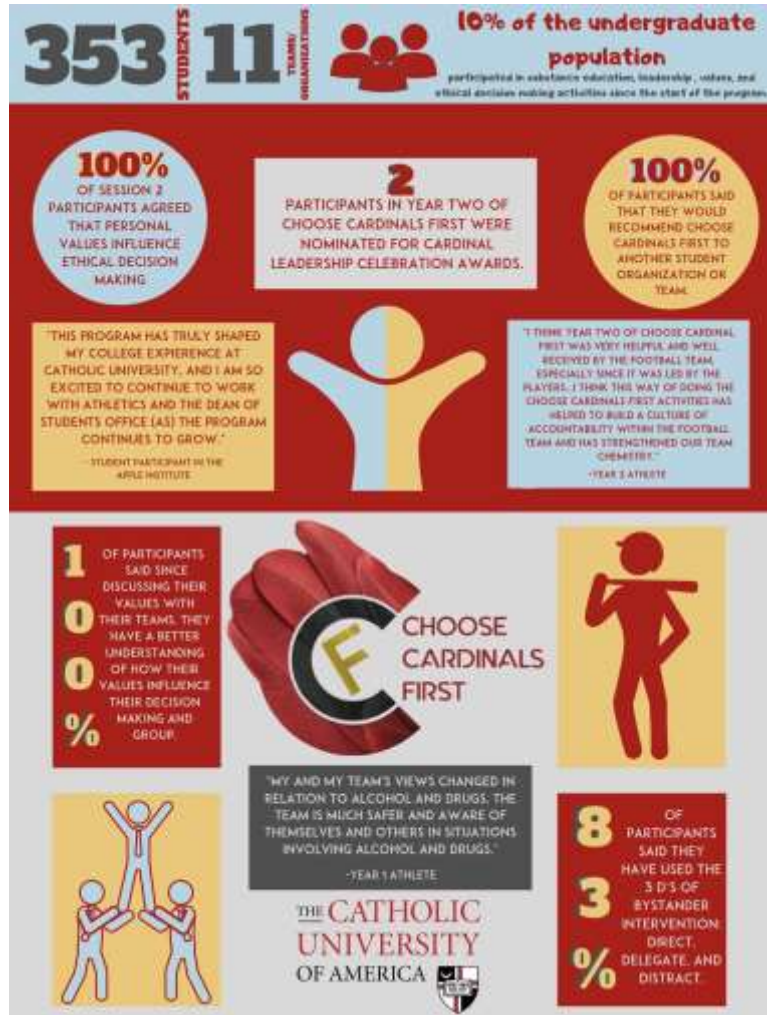
Focus Group

- 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



Student Experiences



Questions?

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