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

<table>
<thead>
<tr>
<th>1</th>
<th>Education</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>● Alcohol and drug awareness</td>
</tr>
<tr>
<td></td>
<td>● Leadership skills</td>
</tr>
<tr>
<td></td>
<td>● Bystander intervention</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2</th>
<th>Referral and Counseling</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>● Mental Health Resources</td>
</tr>
<tr>
<td></td>
<td>● Focus group about student athlete wellness</td>
</tr>
<tr>
<td></td>
<td>● Mental Health Speaker</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>3</th>
<th>Expectations and Attitudes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>● Year 1: Team Compact</td>
</tr>
<tr>
<td></td>
<td>● Year 2: Student Facilitation</td>
</tr>
<tr>
<td></td>
<td>● Year 3: Apple Institute Action Plan</td>
</tr>
</tbody>
</table>
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?

Amy Love, Assistant Dean of Students: lovea@cua.edu