

Molly McCarthy
Fall 2015 Sabbatical Proposal Application Packet
9/16/2014
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Sabbatical Leave Request and Recommendation Form
BOT/AAUP Contract Article 13.7
BOT/ SUOAF-AFSCME Contract Article 24.8

Please Forward To Department Chair or Administrative Officer by September 16, 2014

Name Molly A. McCarthy

Date 9/10/2014

Department CCSU Intercollegiate Athletics SUOAF-AFSCME

Preferred Time of AAUP Sabbatical: Fall 2015 X Spring 2016___ AY 2015-2016___ (please check one)
Start and End Date of SUOAF-AFSCME Sabbatical: July 1, 2015-December 31, 2015

Candidate Must Have Completed At Least Six Years Of Full-Time Service Since Initial Appointment Or Any Previous CCSU Sabbatical. (Candidates may apply in their sixth year of service; however only tenured members may take a sabbatical leave.)

Please Indicate Semester and Year of Appointment: Spring/1995

Semester and Year of Last Sabbatical: N/A

___ Check here if your sabbatical leave is dependent on your receipt of a Fulbright or other fellowship. If, yes, please be sure to include information and explanation of the fellowship in the narrative below including the anticipated date of notification of award.

Plan of Study

In preparing the application, please be specific and detailed, while keeping in mind that not all members of the Sabbatical Leave Committee will share your exact background.

I. Title of Project: *Health and Wellness Programming with Emotional Curriculum Development for College Students and Student Athletes*

II. Statement of purpose (or hypothesis) and objective(s)

Under the direction of Dr. Christopher Diamond, Director of the University Health Services and Counseling and Wellness Center, I will work directly with Dr. Shannon Jackson and Dr. Jonathan Pohl on a variety of mental health projects and services that would involve and directly benefit CCSU students and student athletes. This sabbatical will incorporate the roles of counselor, researcher and educator.

The mental health and well-being of young adults on college campuses across the country is a rising concern. Our youth today face different socio-cultural challenges that have not faced previous generations. These challenges can negatively impact the mental well being, social skills, and developmental growth of our college students. Students face anxiety and depression as well as increasing academic and social pressures. Their stressors go deeper than this, however, and may correlate to their decreased communication skills in this age of advanced technology. Related to this, young people today lack the capacity to cope with stress positively and to problem solve productively. They lack resiliency in the face of adversity, a byproduct of this generation where parents have shielded them and navigated their lives for them. Youth today typically have a lower emotional

intelligence and lack empathy for others which are critical abilities for life and career success. These factors, individual or combined, can create great mental health and social concerns for our young people.

As with every generation, college students come together from divergent socioeconomic and cultural backgrounds. College, being a microcosm of the 'real world', will be the first opportunity young people have to interact, communicate and socialize with dissimilar peers. The transition brings with it traditional stressors and excitement. However, with these distinct attributes that students bring to their college experience these days, the transition is ever more challenging.

There is an emergent need for educational work outside of the traditional classroom walls to help our students be successful in career, relationships and life. As educators it is our obligation to identify these needs and to develop services to aid in our students' growth and development. It must be our commitment to take action to support student welfare. Through this sabbatical I will support the mission of the Departments of Health Services and Counseling and Wellness through psycho-educational outreach work, individual counseling work and training Athletic Department coaches on outreach skills to help our student athletes.

III. Description of your existing knowledge and/or work to date related to the project (include citations to the literature as appropriate).

I am enrolled in the Advanced Professional Counseling Program at CCSU. I earned a Masters of Science Degree in Counseling in 1997 and have accumulated 80 graduate credits in the fields of counseling and psychology. I entered this Advanced Professional Counseling program in Spring 2012 and have completed the required 18 graduate school credits in addition to my previous studies to meet the State of Connecticut licensure coursework requirements. The final piece to the program is a 600 hour internship in a counseling capacity. Completion of this internship will afford me the professional development achievement of certification in professional counseling. This will not only benefit me in my career at CCSU working with students, particularly student athletes, but it will also benefit the Department of Athletics to have on staff a full time employee who is also a professional counselor who is able to work with our student athletes and coaches on mental health and substance abuse issues.

IV. Description of proposed sabbatical activities and/or methodology (include as much detail as possible).

For my sabbatical I propose to work in the University Health Services Department and Counseling and Wellness Center where I will complete 300 hours of clinical work with students. This will involve individual counseling and psycho-educational group work. The remainder of the time of approximately 700 additional hours will be spent on research and development of an emotional curriculum that can be used in our classrooms. Emotional curriculum would include the following areas: Grit and resiliency skills, positive coping skills -- including mindfulness, positive communication skills and emotional intelligence development. These tools can be extremely powerful in the improvement of student welfare on a college campus and in their life beyond college as productive and healthy citizens.

Further, during sabbatical, I would be trained in QPR which is Question, Persuade and Refer procedures for working with students who are suicidal. I would bring back this knowledge and a training program, to the Department of Athletics. I would work with our coaches, administrators and staff to be sure they all are QPR trained. According to research by the National Institute of Mental Health, approximately 18% of undergraduate students seriously consider attempting suicide in their lifetimes. Between 40 and 50% of these same students report multiple episodes of serious suicidal thoughts. (NIMH, 2014) Further, the second leading cause of death in the United States for young people between the ages of 18-24 is suicide (Suicide Prevention Resource Center, 2004).

While on sabbatical I would research transition issues for students entering all years of college and develop psycho educational group work to bring back to the Department of Athletics. For instance, for first year students I would focus on adjustment to college transition issues and for graduating seniors I would focus on retirement from sport and identity issues.

V. Statement of potential value of your project to the university, to your professional growth, and to your particular field of study or discipline

The topic of mental health is extremely relevant and pressing in society today. It is my goal to develop programming that will benefit students and student athletes at CCSU to help develop healthier students. It is also my goal to empower our coaches and administrators with knowledge and tools to aid our student athletes who are suffering, quietly sometimes, with their personal struggles and are desperate for help. I am eager to support the mission of the University Health Services and Counseling and Wellness Center and their mission to provide a range of wellness services and reach out to better meet students' complex needs. I embrace the belief that "College health is the caring intersection between health and education. It is a community with a shared vision and common cause. College health cannot be separated from the physical, social, emotional, political or cultural influences, nor from fostering a sense of belonging and value." (Boyer E. Keynote Address: The Quality of Life. American College Health Association Annual Meeting, Chicago: May 27, 1987)

With the completion of this sabbatical I will earn my Professional Certification in Counseling which will enable me to work in a professional capacity as a counselor. This will be an added benefit the Department of Athletics and to the University. It is a goal I have been working towards for almost twenty years and one that I have tremendous passion.

VI. Statement of expected outcomes of your project. (Describe the outcomes and relationship, if any, of any previous sabbatical projects to the current one.)

This sabbatical will produce several new initiatives to bring back to the Department of Athletics as well as usefulness with the general student population.

QPR Training for all coaches (head and assistant) and for administrators who oversee any sports.

Enhanced protocol when a coach identifies a student who is suicidal or has mental health concerns.

Development of psycho-educational group work that can be utilized every year and implemented into the student athlete experience that focuses on transition issues.

Development of emotional curriculum that can be utilized in individual or group settings with our students that focuses on grit, resiliency, communication skills, positive coping skills, emotional intelligence development and mindfulness techniques.

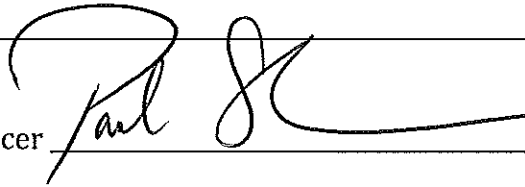
Completion of the Professional Certification Program enables me to work in a counseling capacity with students and student athletes at CCSU.

Department Sabbatical Leave Committee Appraisal:

Recommend: Yes ____ No ____

Departmental Sabbatical Leave Committee Signatures:

Reviewed By Dean or Administrative Officer

 9/12/14

Reviewed By Provost _____

Richard Buchace
~~Theresa [unclear]~~
~~Approved~~

Molly A. McCarthy

64 Maple Avenue
Unionville, CT 06085

860.751.4636 (C)
860.832.3048 (W)

mccarthym@ccsu.edu

Education:

Advanced Professional Certification Program, Graduate Studies, Counseling
Central Connecticut State University, currently enrolled

80 credits completed at the Graduate level

Coursework completed as part of the Professional Certification Program:

- Mental Health Counseling
- Drug and Alcohol Counseling
- Child and Adolescent Counseling
- Life Span Development
- Ethics
- Appraisals

Master of Science, Counseling for Higher Education, 1997
Central Connecticut State University

Bachelor of Arts, Psychology, 1993
Central Connecticut State University

Professional Experience:

Assistant Director of Intercollegiate Athletics
Compliance and Student Athlete Services
May 2001-Present

Position Summary: As Assistant Athletic Director I support the mission of the Athletic Department by enforcing the legislation set forth by the NCAA that maintains the integrity of sport, fairness, amateurism and the student first philosophy. My role is to support our student athletes in their efforts to be the best they can be in the classroom, in their sport and in the community. I work in collaboration with fellow administrators and coaches to support our 18 intercollegiate athletic programs with an emphasis on compliance and student support services. In this role I must adhere to NCAA, Conference and University compliance and maintain student athlete eligibility monitoring.

Position Responsibilities:

- Support the Associate Athletic Director in NCAA compliance and student athlete eligibility

- Work daily with the NCAA on academic and amateurism issues with prospective student athletes
- Designed and coordinate Athletic Department New Employee Orientation
- Evaluate and monitor prospective student athlete NCAA academic eligibility. Work closely with coaches, prospective students, high school staff and NCAA staff to troubleshoot eligibility issues.
- Coordinator of community engagement activities for student athletes. Organized activities with New Britain, Newington, Hartford, Bristol and New Haven. Over 16,000 hours of community service in the past three years completed by our student athletes.
- Forged strong relationships with various groups in Connecticut, I.e.: Interval House Boys and Girls Club of Hartford and New Britain, New Britain public schools
- Monitor and Track student athlete disciplinary issues and coordinate and implement punitive measure issued by the Athletic Department. Liaison to the Office of Student Conduct, Student Affairs and Campus Police.
- Primary liaison to the Departments of Recruitment and Admissions and Residence Life on issues involving prospective and current students
- Faculty Mentor Program coordinator. Connect faculty members to teams to assist in their transition to CCSU and other areas of development
- Organize annual guest lecturers for student athlete population on such topics as Drug and Alcohol Education, Healthy Relationships, Domestic Violence & Relationship Concerns, LGBT issues, College to Career Transition
- Sport supervisor for the women's golf team. Assist coach in development of budget, and management of program.
- Conduct Rules Education and NCAA workshops to coaches, prospective students and guidance counselors.
- Responsible for coordination of the Athletic Department Book Loan Scholarship Program

Advisor to the Student Athlete Advisory Committee (SAAC), since 2002

Role concurrent to role as Assistant Athletic Director

SAAC is comprised of student athlete leaders and is open to all CCSU students as it considered a university club. The club's mission is "Service to the university and the community and to serve as a sounding board for student athletes' concerns related to their experience at CCSU." The SAAC is the voice for student athletes that reaches the conference and national level of

Division I athletics. My role as the advisor is to guide and support them in their mission and encourage activity.

Assistant Director of Recruitment and Admissions

Central Connecticut State University, 1997-2001

Recruitment of undergraduate freshman and transfer class through visits and presentations to high schools and community colleges in the region. Developed relationships with high school and college constituents in Connecticut, Massachusetts and Rhode Island. Responsible for training Admissions staff on the intricacies and importance of transfer evaluation process. Personally reviewed all transfer credit evaluations. Created monthly Transfer Student Workshops to increase student enrollment. Developed Transfer Manual to assist staff counselors in the transfer evaluation process. Created first ever transfer student newsletter distributed to community college contacts and transfer student applicants to encourage enrollment and ease of process. Met regularly with CCSU Department Chairpersons on changes to curriculum and feedback on course equivalencies.

Transfer Credit Evaluator, Department of Recruitment and Admissions

Central Connecticut State University, 1995-1997

Evaluated transcripts and determined transferable credits for applicants. I met with many of these students to discuss their evaluations, questions and concerns. At the time, 50% of students at CCSU had either transferred in or had transfer credit.

Connecticut Intercollegiate Athletics Conference, lecturer, 2013-present

Co-developed continuing education courses for Connecticut high school coaches:

- The Impact of Coaches and Ethics on Student Athletes
- Understanding the Female Athlete
- The College Bound Student Athlete

Other Activities:

CCSU Fresh Check Committee

CCSU Red Flag Committee

New Britain/CCSU Town Gown Committee

March of Dimes, volunteer, helped host annual event at CCSU

Guest lecturer for Dr. Leslie Saunders' Graduate Counseling Internship course

President's Advisory Council on Drugs and Alcohol Awareness

SUOAF-AFSCME Professional Development Committee

CCSU Cheerleading Team, Advisor

CCSU Dance Club, Liaison to Athletic Department

"Conversation Partners" volunteer for CCSU ESL program

New England Transfer Association, Guest Lecturer

University Athletic Board, 2001-2004



Central Connecticut State University

Thursday, August 15, 2014

Paul Schlickmann
Director, Department of Athletics
Central Connecticut State University
1615 Stanley Street
New Britain, Ct 06050

Dear Paul,

This letter is to express my enthusiastic support for Molly McCarthy's sabbatical proposal. I am already delighted with the collaboration between our departments. Yet, I believe you and I both see the possibilities and potential benefits in expanding this work. As Student Wellness Services enters its second full year as an integrated medical, mental health, and wellness education department, we are looking for unique approaches to harness the potential of this integration in supporting the growth and development of our students. Ms. McCarthy's proposal is exactly this type of project and, from my work with her over the past five years, I know Ms. McCarthy is the perfect person for the task.

I find the proposal exciting in many ways. I am particularly impressed with the idea of developing and implementing an emotional curriculum for use by coaches and trainers. Targeting the development of our student athletes' empathy, resiliency, and emotional intelligence mesh beautifully with our discussions of specific department goals. The other group topics she lists similarly are in line with the work we wish to accomplish.

This seems like a perfect fit. Ms. McCarthy's project will forge a permanent and very visible link between our counseling and education services with our student athletes. We also know that working with our student athletes, who are among our student leaders, is an effective way to reach the greater student body. In addition, this project meets the President's directive for us to look for more co-curricular opportunities. Finally, I think our department and the students we serve will benefit from Ms. McCarthy's skill as an intern in our Counseling Center.

I hope you are able to support Ms. McCarthy's sabbatical proposal. I am already very excited by the prospect of starting this important work with our student athletes. I give my strongest endorsement to this proposal without reservation and with my full support.

Sincerely,

A handwritten signature in black ink that reads "Christopher Diamond, MD".

Christopher Diamond, MD
Director of Student Wellness Services
Central Connecticut State University



8/27/14

To Sabbatical Leave Committee:

It is a pleasure to write a letter in support of Molly McCarthy's request for a sabbatical. Molly's intention to work in the University Health Services Department and Counseling and Wellness Center will provide additional support for these departments and further training for Molly.

I have had the opportunity to work with Molly over the course of her graduate education. Molly has been an outstanding student in several of my classes. I know her to be bright, competent and hardworking individual. She has a strong student service ethic and has served the University well over many years. Her current graduate work will further develop her counseling skills and her ability to work with student athletes around mental health issues.

Her proposal incorporates training in the QPR model of suicide prevention. After completing her proposed sabbatical Molly would bring many needed skills back to her department. Additionally, the research component of her proposal, identifying transition issues for students, will yield data that will provide direction for program development.

Granting this sabbatical is a worthy investment in Molly's growth and the University's development.

A handwritten signature in cursive script that reads "Judith H. Rosenberg".

Judith H. Rosenberg, Ph.D.
Professor, Department of Counselor Education and Family Therapy
Central Connecticut State University
New Britain, CT 06050
Rosenbergj@ccsu.edu

Student No: 30149888

Date Issued: 08-AUG-2014

UNOF

Record of: Molly A. McCarthy
64 Maple Avenue
Unionville, CT 06085

U N O F F I C I A L Page: 1

Issued To: mm

Course Level: Graduate

Current Program
Advanced OCP

College : Sch of Education & Prof Study
Major : Professional Counseling- Advnc

Awarded : Master of Science 22-MAY-1997
Major : Counseling

SUBJ NO.	COURSE TITLE	CRED GRD	PTS R
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INSTITUTION CREDIT:

Term:	Fall 1993		
PSY 470	Theories of Personality	3.00 B+	9.90
SPED 470	Ed Except Learner	3.00 A	12.00
Term: Ehrs:	6.00 GPA-Hrs: 6.00	QPts: 21.90 GPA:	3.65
Good Standing			

Term:	Spring 1994		
CNSL 500	The Dynamics of Group Behavior	3.00 B+	9.90
CNSL 501	Theories + Techniques in Cnsl	6.00 A	24.00
Term: Ehrs:	9.00 GPA-Hrs: 9.00	QPts: 33.90 GPA:	3.76
Good Standing			

Term:	Fall 1994		
CNSL 503	Supv Cnsl Prac	3.00 A-	11.10
CNSL 521	Career Cnsl&Dvlmnt	3.00 B+	9.90
EDF 500	Contemp Ed Issues	3.00 A-	11.10
PSY 454	Drugs and Behavior	3.00 B-	8.10
Term: Ehrs:	12.00 GPA-Hrs: 12.00	QPts: 40.20 GPA:	3.35
Good Standing			

Term:	Spring 1995		
ED 598	Research in Education	3.00 A-	11.10
Term: Ehrs:	3.00 GPA-Hrs: 3.00	QPts: 11.10 GPA:	3.70
Good Standing			

***** CONTINUED ON NEXT COLUMN *****

SUBJ NO.	COURSE TITLE	CRED GRD	PTS R
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Institution Information continued:

Term:	Fall 1995		
CNSL 530	Std Dev In Hghr Ed	3.00 A-	11.10
Term: Ehrs:	3.00 GPA-Hrs: 3.00	QPts: 11.10 GPA:	3.70
Good Standing			

Term:	Spring 1996		
CNSL 531	Std Serv Higher Ed	3.00 A-	11.10
Term: Ehrs:	3.00 GPA-Hrs: 3.00	QPts: 11.10 GPA:	3.70
Good Standing			

Term:	Fall 1996		
CNSL 592	Internship in Higher Education	3.00 A	12.00
Term: Ehrs:	3.00 GPA-Hrs: 3.00	QPts: 12.00 GPA:	4.00
Good Standing			

Term:	Spring 1997		
CNSL 592	Internship in Higher Education	3.00 A	12.00
CNSL 595	Applied Research in Counseling	3.00 A-	11.10
Term: Ehrs:	6.00 GPA-Hrs: 6.00	QPts: 23.10 GPA:	3.85
Good Standing			

Term:	Fall 1997		
PSY 545	Intro to Clinical Psychology	3.00 A	12.00
PSY 596	Rsch:Dsgn/Anlys I	3.00 A-	11.10
Term: Ehrs:	6.00 GPA-Hrs: 6.00	QPts: 23.10 GPA:	3.85
Good Standing			

Term:	Interession 1998		
PSY 430	Psychology of Minority Groups	3.00 A	12.00
Term: Ehrs:	3.00 GPA-Hrs: 3.00	QPts: 12.00 GPA:	4.00
Good Standing			

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