

WHERE TO

A resource dedicated to student-athletes
and their Life after Notre Dame.



JUNE 2023

A NOTE FROM DR. TOM CARTER III



Welcome! You've found ... Where to LAND! We're excited to introduce the first issue of our quarterly newsletter and express our gratitude to you for joining us in Project LAND's mission.

Project LAND was founded just a year ago and time has flown by – not surprising since there is much to do for the men and women in need of resources for their Life After Notre Dame. Your participation in this unique and vital effort to support former student-athletes and managers across the 26 varsity teams of the University of Notre Dame will be reflected in this and future issues of Where to LAND.

As someone who cares deeply about these promising individuals and their futures, you're familiar with the reason Project LAND was created: To address the alarming rise in suicide rates and struggles among former student-athletes. Men and women of many backgrounds, ages, and experiences are facing career, physical health, and mental wellness setbacks.

Project LAND provides a network of world-class providers, industry experts, and Notre Dame alumni across key pillars essential to personal and professional development: Post-Athletic Career Transitions Coaching, Mental Wellness & Safety Net Navigation Services, Physical Health Care & Rehabilitation Navigation Services, Innovation & Entrepreneurial Training, and Emergency Assistance.

So how are we doing so far, and what's on the horizon? I'm pleased to report examples of our progress and how we're keeping the momentum strong:

- Project LAND has established several partnerships with business and health-related organizations, including **Array Behavioral Care, featured in this issue**. We're also strengthening our ties with Notre Dame's Athletic Department, IDEA Center, and nationwide alumni chapters on behalf of the student-athletes and managers we serve.
- Through our partners, Project LAND is currently assisting 35 individuals in each of our five pillars; for example, across our Career Transitions resource, we're thrilled that five former student-athletes have obtained new jobs.
- We established our buddy system of dedicated Class Representatives for outreach to fellow Notre Dame alumni. Class Reps are full of enthusiasm as they help us build connections with former student-athletes and managers. **Read Class Rep Dan Stevenson's (ND '05) article** for his advice to those stepping toward their future.
- **Project LAND hosted 55 attendees at our kickoff event** during Notre Dame's Legacy Weekend in April. In addition to celebrating our newly minted Class Reps, Jack Shields, Sr., Pat Eilers, our team, and I mingled with friends, old and new. The event's strong engagement is carrying over to our growing partner network.
- Speaking of the Project LAND team, we've formed an outstanding one: Program Director **Brandyn Curry**, Marketing & Administrative Coordinator **Kacie Galloway**, and Head of Career Transitions Ashley Morgan are designing and promoting our services while assisting former student-athletes in their post-athletic transitions. **Ashley's article** about our customized approach is in this issue.

Each member of our team, including my fellow founders and I, is telling everyone we know on social media about Project LAND. Check out our recent articles if you haven't done so already by joining our **LinkedIn group**. Reinforce our message by sharing this newsletter and our contact information and **website** with people who wish to help us "wave our Project LAND pennant."

Until next time, thank you for reading about Project LAND and for your commitment to former student-athletes and managers and their successful Life After Notre Dame.