

WHERE TO

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



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A NOTE FROM DR. TOM CARTER III



Welcome to the September issue of Where to LAND. This month gives all of us pause as we mark **Suicide Prevention Awareness Month**. The rise of suicide rates and struggles among former student-athletes played an important role in the creation of Project LAND, and this month underscores our tireless efforts to guide individuals toward the services and resources available to them.

The focus on prevention calls for knowing what to do in a crisis and where to turn for treatment. That's why we have partnered with **Array Behavioral Care**, the nation's leading virtual psychiatry and therapy practice with more than 20 years of experience. Appointments are available seven days a week, and it's quick and easy to **find the right clinician and book an appointment**. Project LAND can also be contacted directly at 574-318-0722 for further assistance.

To enhance our knowledge about mental health conditions, a leading risk factor for suicide, Project LAND is proud to partner with the mental health education site, **Psych Hub**. Each member of our team is becoming certified as a Mental Health Ally by taking courses through the site. Once complete, we will proudly display an Ally badge on our LinkedIn company page, now live, and where we have posted several Psych Hub videos focused on suicide prevention.

We invite you to join us in becoming an Ally by enrolling in a complimentary certificate program through Psych Hub. Email **Project LAND** or call 574-318-0722 to learn more. Be one of the first to complete the program and receive a Project LAND apparel item.

This month's issue includes:

- Spotlight articles on the value of internships. **Sam Young (ND '10)** describes defining moments starting in his NFL rookie year that prepared him for his next career after football. Former Division 1 basketball player **Peyton Carter** is just getting started on her future career in sports management as a graduate student. What Sam and Peyton have in common is their internship experiences – and they highly recommend them.
- Internships on a résumé grab the attention of employers. Project LAND's Head of Career Transitions Ashley Morgan explains how to optimize a résumé in additional ways in her **Career Connections** article. Ashley also highlights a former student-athlete who used our career services and is embarking on a new job. He is among the nine talented individuals Project LAND has placed in new roles to date. Please let us know about jobs, internships, and mentorships you or someone you know can offer; we're building a database of all opportunities. Contact our Program Director, **Brandyn Curry**, to learn more.
- Through our partners, Project LAND has so far assisted 44 individuals across our five pillars. We're proud to feature South Bend Orthopaedics in our **Partnership Place** article. The practice's orthopedists have served as team physicians for The University of Notre Dame for decades, and former student-athletes will find the same level of care and expertise at SBO they would have received during their playing days.

Members of the Project LAND team will be reliving our own playing days when we join the **Holtz's Heroes Foundation** during Reunion Weekend in four days. We hope to see many of you there.

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. To learn more about our services and resources, please visit our **website**.