HOW TO SUPPORT STUDENTS IN DISTRESS

CARE TEAM
The Consultation Assessment Response & Education (CARE) team is an interdisciplinary group of professionals at the University of Washington Tacoma that meets regularly to discuss, assess, and, when necessary, intervene in situations involving students of concern.

REFERRALS
Students in distress are those who are displaying behavior that may get in the way of their success (See Indicators of Distress). Anyone is strongly encouraged to contact the CARE Team if they are concerned about the well-being or safety of a student or the community or if they have reason to believe that a student may pose a direct threat to themselves or others. A report may be referred to the CARE Team for consideration.

For emergencies, university and community members are encouraged to activate the appropriate emergency response by calling Campus Safety & Security 253-692-4416 or, in urgent situations by calling 911.

Referrals may be made by one of the following methods:

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<tr>
<th>The CARE Team:</th>
<th>The Associate Vice Chancellor for Student Life:</th>
<th>Campus Safety &amp; Security:</th>
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<td><a href="mailto:uwtcare@uw.edu">uwtcare@uw.edu</a> 253-692-4901 MAT 103 M-F, 8 AM - 5 PM</td>
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<td><a href="mailto:uwtsafe@uw.edu">uwtsafe@uw.edu</a> 253-692-4416 DOU 180 AT ANY TIME</td>
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What happens after a referral has been made?
All UW Tacoma student support services value student privacy and, in most circumstances, will not share additional details about a student’s personal situation. They can share university actions and may consult with the individual making a referral about actions they can take. Campus Safety & Security will always communicate with affected individuals and/or the campus community if there is a risk of harm or violence.

Questions regarding the CARE Team or referral process?
Contact the Associate Vice Chancellor for Student Affairs 253-692-4901 | uwtcare@uw.edu | tacoma.uw.edu/care

WHAT ABOUT PRIVACY?
The Family Educational Rights and Privacy Act (FERPA) permits the following:

UW faculty and staff may disclose personally identifiable information from an educational record to appropriate individuals in connection with a health and safety emergency.

Information may be released to parents, police, or others, if knowledge of the information is necessary to protect the health and safety of the student or other individuals.

Observations of a student’s conduct or statements made by a student are not FERPA protected educational records. Such information should be shared with University personnel when there is a specific need to know with appropriate consideration for student privacy.

SAFECAMPUS
The University of Washington’s violence-prevention and response program that supports students, staff, faculty and community members.
Call SafeCampus anytime—no matter where you work or study—to anonymously discuss safety and well-being concerns for yourself or others.

206-685-7233 AVAILABLE 24 HOURS / 7 DAYS A WEEK
uw.edu/safecampus
IN URGENT SITUATIONS, CALL 911

RESOURCES
Campus Safety & Security 253-692-4416
Associate Vice Chancellor for Student Life and Student Conduct & Academic Integrity 253-692-4901
Office of Student Advocacy & Support 253-692-5934
Counseling & Psychological Services 253-692-4522

STUDENT AFFAIRS
UNIVERSITY OF WASHINGTON | TACOMA
SEE SOMETHING?

INDICATORS OF DISTRESS  Be aware of the following indicators of distress. Look for groupings, duration, and severity - not just isolated occurrences.

ACADEMIC
- Sudden decline in quality of work/grades
- Repeated absences
- Disorganized performance
- Multiple requests for extensions
- Overly demanding of faculty and staff time/attention
- Bizarre content in writings or presentations
- Focus of office hours/meetings is more personal concerns than academic

PHYSICAL
- Marked changes in physical appearance including deterioration in grooming, hygiene, or weight loss/gain
- Excessive fatigue/sleep disturbance
- Intoxication, hangovers, or smelling of alcohol
- Disoriented or "out of it"
- Garbled, tangential, disconnected or slurred speech
- Behavior is out of context/bizarre

PSYCHOLOGICAL
- Self-disclosure of personal distress such as family problems, financial difficulties, grief or contemplation of suicide
- Unusual/disproportional emotional response to events
- Excessive tearfulness/panic reactions
- Delusions and/or paranoia
- Irritability/unusual apathy
- Verbal abuse (e.g., taunting, badgering, intimidation)
- Expressions of concern from peers

SAFETY RISK
- Implying or making a direct threat to harm self or others
- Unprovoked anger/hostility
- Physical violence (e.g., shoving, grabbing, assault, use of weapons)
- Academic assignments dominated by themes of extreme hopelessness, rage, worthlessness, isolation, suicidal ideations/violent behavior - a "cry for help"
- Stalking/harassing behaviors
- Communicating threats written or verbal

DO SOMETHING

Manage the Situation:
The welfare of the campus community is the top priority when a student displays threatening or potentially violent behavior. Seek help immediately.

Listen Sensitively and Carefully:
Use a non-confrontational approach and a calm voice. "I'm worried about you."

Be Direct:
Don't be afraid to ask students directly if they are under the influence of drugs or alcohol, feeling confused or having thoughts of harming themselves or others. "Have you been feeling bad enough to consider hurting or killing yourself?"

Connect to Resources:
Offer alternatives and assist the student in choosing the best resource.

Follow Through:
Direct the student to the physical location of the identified resource. Follow up with the student and involved parties.

Consultation and Documentation:
Document your interactions with distressed students and consult with your supervisor, administrator, chair or dean after any incident.

tacoma.uw.edu/care