

MARYMOUNT UNIVERSITY

STUDENT AFFAIRS
CARE Team

What is CARE Team?

The CARE Team provides guidance and assistance to students who are experiencing crises, displaying odd or unusual behaviors, or are engaging in other behaviors that may be perceived as being harmful (either to themselves or others). The Marymount Student CARE Team accepts referrals and responds to students (and their families, faculty, and staff) when concerns for a student's health, welfare, and safety are identified.

How To Use:

1. **Recognize indicators of distress**
Reference the list of common indicators when considering student behavior. Students may present with different indicators not listed. Look for groupings, frequency, duration, and severity.
2. **Respond appropriately.**
Each situation is unique. Use the tips and decision chart to determine the most appropriate response.
3. **Refer the student**
Use the list of resources on the referral page to refer student to the most appropriate resource. Consult as necessary.



Recognize



Respond



Refer

RECOGNIZE

Indicators of Distressed Students

Look for groupings, frequency, and severity of behavior, not just isolated symptoms



Academic

- Disorganized or erratic performance
- Repeated absences & missed assignments
- Ranting or threatening emails
- Continual seeking of special provisions unrelated to a documented need
- Lack of engagement or refusal to participate in class
- Sudden decline in quality of work
- Disturbing content in writing or presentations

Physical

- Observable signs of injury (e.g. bruising or cuts)
- Marked changes in physical appearance (e.g. poor hygiene or sudden weight loss/gain)
- Visible intoxication or smelling of alcohol or marijuana
- Unusually rapid speech
- Sleeping in class/other inappropriate times

Emotional

- Inappropriate emotional outbursts
- Statements indicating distress (e.g. family problems, financial/legal difficulties, food/housing insecurity)
- Written or verbal expressions of hopelessness or suicide
- Peer or others' concern for a student
- Exaggerated personality traits (more withdrawn or animated than usual)
- Unusual response to events

Safety Risk

- Verbal, written, or implied references to suicide, homicide, assault, or self-injury
- Unprovoked anger or hostility/physical violence (e.g. shoving, grabbing, use of weapon)
- Stalking, harassing, or communicating threats via email, texting, or phone calls
- Academic assignments dominated by themes of hopelessness, isolation, rage, despair, violence

RESPOND

Use these tips to determine the most appropriate response for a distressed student



Stay Safe

Call 911 if there is an imminent danger to the student, you or anyone else then inform Campus Safety 703-284-1600.

Stay Calm

Take a few deep breaths to calm yourself. Use a calm voice when talking & asking questions. Talk to the student in private if possible.

Take Your Time

If this is NOT an imminently dangerous situation, take time to think through what might be the most helpful next step. If it is; call 911.

Seek Consultation

You are not alone. Ask those around you. Consult with a colleague; call another office on campus or Office of Wellness x6541.

Use Active Listening

Make eye contact. Give the student your full attention. Restate what the student says to make sure you understand what is causing the distress and/or what they are asking for help with.

Ask Direct Questions

When necessary, directly ask the student if they are having thoughts of harming themselves or others. (By asking you are **NOT** instilling the thought or behavior).

Give Concrete Help

Help get them to the next step (e.g. contact the academic advisor with the student to make an appointment, help them call Student Counseling Services (SCS) or walk them to SCS).

Notifications

For any situation involving the following, be sure to notify the necessary office: Sexual Misconduct: Title IX, Crime: Campus Safety, Student of Concern: CARE Team

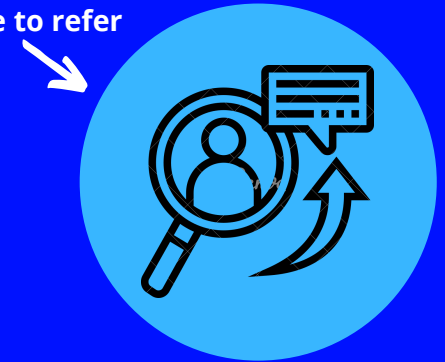
In addition to referring a student to resources, you must promptly report any sexual or gender-based harassment or misconduct. For questions regarding mandatory reporting, please contact the Title IX Office (703)-284-7960.

Mandatory Reporting

REFER

Follow the decision chart to determine whom to contact when you are concerned about a student who is distressed and/or disruptive. Emergency and campus resources are listed.

Click here to refer



Is the student a danger to themselves/others?

Yes

The student's conduct is clearly dangerous or is threatening, including harm to themselves, others with a plan or grossly disorganized behavior, e.g. hearing voices.

Call 911 then inform Campus Safety: (703)-284-1600

I'm Not Sure

The student is with me currently & shows signs of emotional distress, but it is not imminent. I feel uneasy and/or really concerned about the student

Student Counseling Services (psychological issue) or Campus Safety (safety issue)

No

I am not concerned for anyone's immediate safety, but the student is having significant challenges and I am not sure what to do.

Refer student to campus resources & CARE Referral

Submit a referral to CARE Team using student of concern form at <https://rebrand.ly/MUCARE>

Emergency

In an emergency, call 911 & inform Campus Safety: (703)-284-1600

EXAMPLES

- Possession of weapon
- Suicidal action plan
- Acts of threats or violence
- Fear for imminent harm to self, others, or student.
- Hearing voices

Non-Emergency

In a non-emergency situation, please use the CARE Team referral form on the website

EXAMPLES

- Evidence of self injurious behavior
- Suicidal ideations
- Erratic behavior that are disruptive and concerning
- Significant decline in academic work