SUPPORTING STUDENTS IN DISTRESS

SOURCES OF DISTRESS

Disstress can stem from a variety of sources:

- Violence & Harassment
- Food/Housing Insecurity
- Finances
- Mental & Emotional Health

UW Bothell has a number of entities dedicated to helping students manage stressors from these areas:

- **Violence Prevention & Advocacy** works to prevent and respond to sex- and gender-based violence and harrassment on campus. Students can meet with an advocate in a private space on campus, via Zoom, or via phone.
- **Health & Wellness Resource Center (HaWRC)** is a one-stop hub providing resource connections (on-campus and community), financial coaching, and public benefits enrollment (e.g., rent assistance, food assistance).
- **Emergency Funds** are available for UW Bothell students who are at risk of dropping out of school because they can no longer afford to attend. With a $1,000 per quarter limit, these funds can be used to help pay for textbooks, utility bills, phone/internet bills, medical bills, predatory loans or high interest credit cards (16%+), car loans/insurance payments.
- **Counseling Center** provides mental health counseling services to registered UW Bothell students. The Counseling Center offers in-person, phone, or Zoom video-counseling sessions.

REFERRALS

Students in distress often display behaviors that may interfere with their success. UWB community members are strongly encouraged to contact the CARE Team if they are concerned for a student’s—or the community’s—well-being and/or safety.

For emergencies, university community members are encouraged to activate the appropriate response entities by contacting Campus Safety or, in emergency situations by calling 911.

**After the referral has been made...**

Student privacy is highly valued at UWB. In most cases, the CARE Team will not share additional details regarding a student’s situation. The CARE Team will occasionally consult with the individual making the referral about actions that could possibly be taken. If there is a risk of harm or violence, affected individuals and/or the campus community will be notified.

**Questions about the CARE Team or referral process?**

Contact the Dean of Student Affairs at 425-352-3183 or tlw34@uw.edu.

AND 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.
SEE SOMETHING?

Indicators of Distress
Look for groupings, duration, and severity

<table>
<thead>
<tr>
<th>ACADEMIC</th>
<th>PHYSICAL</th>
<th>PSYCHOLOGICAL</th>
<th>SAFETY RISK</th>
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</thead>
<tbody>
<tr>
<td>Sudden decline in quality of work/grades</td>
<td>Marked changes in physical appearance including decline in grooming, hygiene, or weight</td>
<td>Self-disclosure of personal distress such as family problems, financial stress, grief or contemplation of self harm including suicide</td>
<td>Implying or making a direct threat to harm self or others</td>
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<tr>
<td>Repeated absences</td>
<td>Excessive fatigue/sleep disturbance</td>
<td>Unusual or disproportionate emotional response to events</td>
<td>Unprovoked anger/hostility</td>
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<td>Multiple requests for extensions</td>
<td>Intoxication, hangovers, or smelling of alcohol</td>
<td>Excessive tearfulness/panic reactions</td>
<td>Physical violence (e.g., shoving, grabbing, assault, use of weapons)</td>
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<td>Overly demanding of faculty and staff time/attention</td>
<td>Disoriented</td>
<td>Delusions and/or paranoia</td>
<td>Academic assignments dominated by themes of hopelessness, rage, worthlessness, isolation, suicidal ideations/violent behavior</td>
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<tr>
<td>Bizarre content in writings or presentations</td>
<td>Incoherent speech</td>
<td>Irritability/unnecessary apathy</td>
<td>Stalking/harassing behaviors</td>
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<tr>
<td>Focus of office hours/meetings is more personal matters rather than academic issues</td>
<td>Out of context behavior</td>
<td>Expressions of concern from peers</td>
<td>Articulating written or verbal threats</td>
</tr>
</tbody>
</table>

DO SOMETHING?

Filing a Navigate Academic Alert
For Academic related concerns such as excessive absences or missing coursework, submitting an online Navigate Academic Alert is the fastest way to connect struggling students to the resources and services they need. Navigate Academic Alerts are monitored during normal business hours, excluding University holidays. If you are unsure whether to submit a Navigate Academic Alert or a CARE Report, submit a CARE Report and the Case Manager will notify the appropriate team. Navigate Academic Alerts can be submitted online at: [uwb.campus.eab.com](http://uwb.campus.eab.com)

Click “Issue an Alert” in the righthand column

Filing a CARE Report
For Physical, Psychological and Safety Risks submitting an online CARE Report is the fastest way to connect students in distress to the resources and services they need. CARE Reports are monitored during normal business hours, excluding University holidays. If a submission is posted after hours, the matter will be addressed the following University business day. CARE Reports can be designated to the CARE Team, UW Student Emergency Funds, the Bias Support Team, the Student Conduct Office and/or the UW Victim Advocate Services. If you are unsure as to which option to select, use the CARE Team option and the Case Manager will notify the appropriate team.

CARE Reports can be submitted online at: [www.uwb.edu/studentaffairs/care-team](http://www.uwb.edu/studentaffairs/care-team)
Click “Submit a CARE Report” in the righthand column

Based on the UW Tacoma Purple Sheet