

LIST OF POSSIBLE INDICATORS TO REFER TO THE CARE TEAM

WHAT SHOULD BE REFERRED?

Staff members, faculty, friends, parents, family members, and community members may be in a critical position to notice when an individual might benefit from assistance and additional support. Observing students displaying academic, physical, emotional, or risky/dangerous behaviors listed below, or noticing that “something seems off,” are indicators that a referral to the CARE Team may be warranted. A referral allows trained administrators to objectively assess any level of risk to self or others that may exist and provide an opportunity to intervene and support those in need.

This list is not presented in a particular order, nor is it exhaustive. Consideration should be given to multiple indicators with a single individual. A helpful indicator is often a noticed decline or change from baseline attitudes, actions, and behaviors.

ACADEMIC INDICATORS:

- Deterioration in quality of work
- Negative change in performance
- Excessive procrastination and poorly prepared work, especially if inconsistent with previous efforts
- Missing assignments or exams
- Multiple absences or excessive tardiness
- Decline in interest or enthusiasm
- Inability to follow assignment instructions or tasks, despite repeated attempts to clarify/encourage
- Repeated requests for special consideration (e.g., deadline extensions)
- Argumentative, frequent crosstalk, or non-compliance with reasonable faculty requests
- Technology misuse/abuse
- Poor focus or decrease in attention
- Strange or concerning writing that is off topic from prompt
- Disruptive, or unusual participation in class
- Fixation or focus on an individual, place, or system
- Hardened or inflexible thoughts or speech (e.g., unwilling to consider alternate thoughts or evidence)
- Themes of suicide, death, and/or dying in papers/writing projects that are off topic from the prompt

EMOTIONAL INDICATORS:

- Emotions displayed to an extreme degree or for prolonged time (e.g., sadness, anxiety, fearfulness)
- Inappropriate emotional outbursts (e.g., unprovoked anger/hostility, sobbing)
- Expressions of hopelessness, isolation, or worthlessness
- Themes of suicide, self-harm, or reference to death and dying
- Change in typical personality without explanation (e.g., more outgoing, or more withdrawn than usual)
- Difficulty connecting with the community, making social connections, etc.
- Challenges coping with a life event (e.g., death in family, relationship breakup)
- Marked irritability, anger, or hostility, frequent conflict with others
- Disclosed mental health issue (e.g., depression, anxiety, mood disorder, eating disorder)
- Strange or concerning behavior (e.g., seeing or hearing things other people don't)
- Delusional or paranoid speech or actions (e.g., statements/actions that demonstrate a clear detachment from reality)
- Panic or excessive worry over relatively common troubles
- Teasing or bullying; receiving or giving

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PHYSICAL INDICATORS:

- Chronic fatigue or falling asleep at inappropriate times
- Marked change in personal hygiene or appearance
- Noticeable increase or decrease in energy level
- Dramatic weight loss or weight gain
- Impaired speech or confused disjointed thoughts
- Frequently appears “hung-over” or attends class intoxicated
- Noticeable signs of self-harm that seem unusual (e.g., cuts, burns)

DANGEROUS/RISKY INDICATORS:

- Excessive alcohol or drug use
- Profoundly disturbed or detached view of reality
- Arguing with intent to embarrass, shame, or shut down others
- Inability to care for oneself
- Storming off when frustrated or angry
- Bullying actions including cyberbullying
- Direct threat communicated to professor/instructor, staff, student, or other individual(s) ▲
- Self-injurious behaviors (e.g., cutting, burning) ▲
- Physical assault (e.g., pushing, shoving, punching) ▲ ■
- Aggressive behavior (e.g., throwing objects, slamming doors) ▲
- Conversations that are designed to upset others (e.g., discussions of weapons, violence, death) ▲
- Expression of racist or discriminatory thoughts or other hardened beliefs ■
- Objectifying and depersonalizing language
- Sexually harassing or aggressive actions toward others ■
- Stalking behaviors, with or without intent to harm ▲ ■

HOW TO MAKE A REFERRAL

1. **Submit a referral online***
www.uccs.edu/care

2. **Call Us**
719-255-3091

3. **Visit Us**
Main Hall 201



Referral form landing page

**Our preferred method of receiving referrals*

CONSIDERATIONS

▲ These indicators likely should be reported to police. In the event of a health or safety emergency, or, if there is an immediate threat to yourself or others, please promptly call 9-1-1 or contact UCCS Police at 719-255-3111.

■ These indicators likely should be reported to the Office of Institutional Equity at UCCS. For concerns of discrimination or harassment based on identity or protected class, or sexual misconduct (sexual harassment, dating or domestic violence, unwelcome sexual contact, stalking, or sexual exploitation), please submit a report to the Office of Institutional Equity.

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