



If you are unsure whether or how to intervene with a student in distress, ask yourself the following questions:

- Is this behavior significantly out of the ordinary?
- Is this behavior impacting the learning environment?
- Is the behavior getting worse?
- Does the behavior put anyone at risk?
- Is this situation beyond my skill level or training?
- Do I want to talk with someone before determining a course of action?

If you answered **YES** or **MAYBE** to any of the above questions it is a good idea to consult with a C.A.R.E. Team member.

To begin a consultation call 503-725-5341 or report your concerns online at:

[www.pdx.edu/dos/care-team](http://www.pdx.edu/dos/care-team)

## C.A.R.E. TEAM MEMBERS

- Campus Conduct and Community Standards  
503-725-5341
- Campus Interpersonal Violence Response  
503-725-5672
- Campus Public Safety  
503-725-4404
- Dean of Student Life  
503-725-4422
- Housing and Residence Life  
503-725-4375
- Student Health and Counseling  
503-725-2800

The C.A.R.E. Team regularly consults with many additional campus offices including:

- Academic Advising
- Bias Response Team
- Disability Resource Center
- Office of Global Diversity and Inclusion
- Office of Graduate Studies
- Diversity and Multicultural Student Services
- Faculty Departments
- Financial Aid
- International Student Support Services
- Queer Resource Center
- Student Accounts
- University General Council
- Women's Resource Center

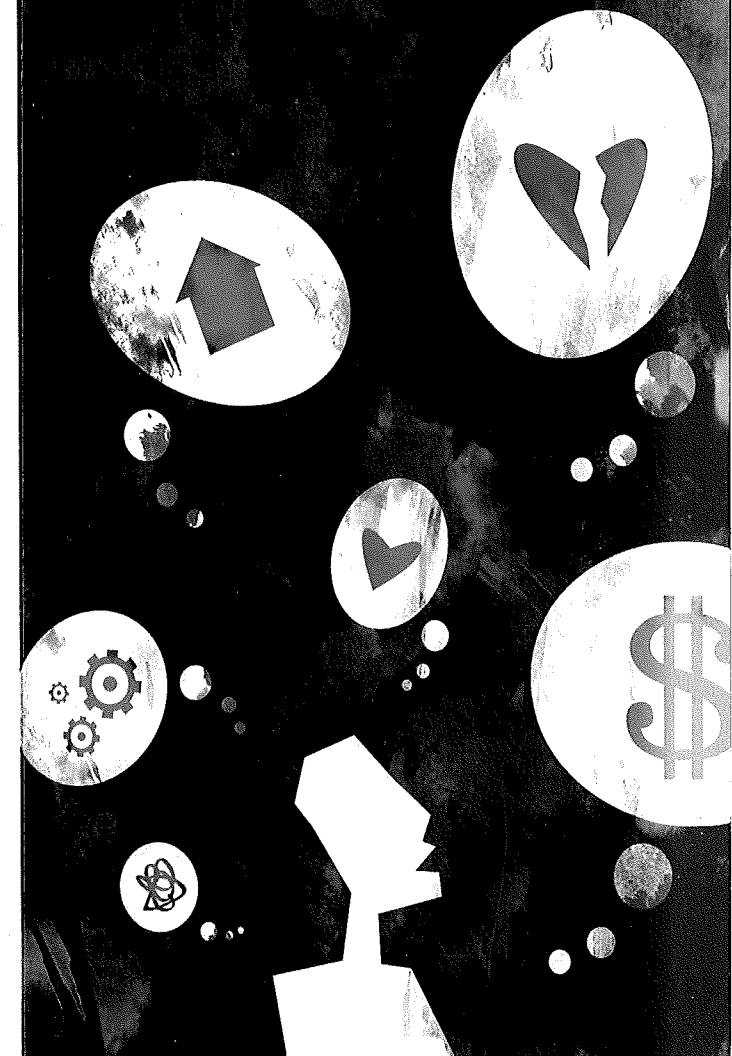


**Portland State University**

Enrollment Management and Student Affairs  
Office of the Dean of Student Life

## C.A.R.E. Team

Coordination Assessment Response Education



## What is the C.A.R.E. Team?

The C.A.R.E. Team is a multi-disciplinary leadership team convened in order to foster essential information sharing and collaboration. The C.A.R.E. Team 's purpose is to monitor, assess, intervene, consult, and refer regarding barriers to student success and well-being.

**C:** Coordination of resources, information, and campus perspectives

**A:** Assessment of risk, threat, well-being and available resources

**R:** Response to concerning behavior, distress, campus crisis, and wellness concerns

**E:** Education of the university community to create and maintain an ethos of care

## How we can help.

Often the C.A.R.E. Team members can provide a consult for university community members on how and when to intervene with a student in distress. We are happy to help with any concern- no matter how small it may seem.

In certain cases, the C.A.R.E. Team may serve as a point for a student who is less connected to the referring community member. We are happy to outreach to students in distress to help them succeed.

The C.A.R.E. Team regularly meets with faculty staff and student groups to present and discuss interventions to help students in distress.

## What about confidentiality?

In accordance with FERPA regulations, student information is disclosed only on an educational need to know basis among university employees. Student information is only kept confidential by campus mental health counselors, lawyers, and clergy. All university employees are required to report interpersonal violence, abuse, threats to harm self or other, and neglect.

## What to notice and when to consult

As a member of the PSU community you are in a unique position to identify signs of distress and connect students to services to support their success. It is important to note observable behaviors that indicate distress. These can guide your consultation with the C.A.R.E. Team and/or your supervisor. These include:

- Sudden academic change in performance or classroom participation
- Repeated requests for special consideration
- Excessive class absences
- Isolation
- Dramatic changes in self-care (eating, sleeping, hygiene)
- Exaggerated emotional responses, moodiness or irritability
- Mention of self-harm
- Inability to maintain appropriate boundaries
- Hyperactivity and/or rapid speech
- Bizarre, tangential, or paranoid communication
- Substance use
- Threats of violence
- Repeated risky behavior

## When to call the C.A.R.E. Team

Major life events outside the university community can significantly impact student success and behavior. Often there are supports available on campus. Contact the C.A.R.E. Team if you are made aware of the following so we can connect students to appropriate resources:

- Assault or violence
- Homelessness
- Incarceration or legal trouble
- Medical emergency or hospitalization
- Mental health emergencies
- Student death or death of a family member
- Suicidal ideation

