

# LET'S A.N.C.H.O.R. OUR RAMS!

ASSESS NEEDS CARE HELP OUTREACH RESOURCES

## SCAN PREPARING TO REACH OUT TO THE STUDENT:

- Familiarize yourself with the campus resources and the referral process
- Consult with the resources to explore the issues involved and course of intervention
- Review your physical environment and make provisions for your safety and that of others. If necessary, notify colleagues in close proximity of your intended intervention
- Allow sufficient time to thoroughly address the issues of concern
- Remain calm and know who to call for help in case of need
- When a student expresses a direct threat to self or others, or acts in a bizarre, highly irrational and disruptive way, call URI Police
- If you decide not to have direct contact with the student, report the incident to the suggested resource immediately  
*(Adapted from UC San Diego Faculty and Staff response guide)*

## SET COURSE MAKING A REFERRAL:

- Be honest with the student about your limits (time, expertise, student's reluctance to talk)
- Direct student to a preferred assistance source
- Recommend services and provide student with realistic expectations
- Frame any decision to seek and accept help as an intelligent and wise choice
- Reassure them that students often seek help over the course of their college career to effectively achieve their goals
- Make sure the student understands what actions are necessary
- Encourage and assist the student to make and keep an appointment
- If necessary, find someone to stay with the student while calls to the appropriate resources are made, and offer to escort the student
- Set a follow-up appointment with the student

## REPORT WHEN ENGAGING WITH A STUDENT:

- Connect with the distressed student. If safe, meet and talk in private to minimize embarrassment and defensiveness
- Clearly express your concerns focusing on the behavior in non-disparaging terms
- Do not challenge, or become argumentative with the student
- Listen empathetically and supportively. Repeat the student's statement to clarify and to demonstrate an understanding of the student's perspective
- Do NOT try to minimize the student's distress
- Ask if the student is considering suicide. Asking does not plant ideas in the student's mind!
- Offer supportive alternatives
- Respect the student's privacy, do not promise confidentiality
- Explore the student's support system(s)
- Offer resources

## CONNECT



**Mental Health Resources**  
web.uri.edu/healthservices/mental-health-and-wellness



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## WARNING SIGNS of a student in distress

Students exhibiting troubling behaviors may have difficulties in various settings besides the classroom. You may be the first contact person who is in a position to help a student in need. Help ANCHOR the student by calling for assistance and reporting your concerns to the suggested contact.

*You might be the one saving a student's life by being available in the right place at the right time.*



## If you have CONCERNS it's important to respond!

If you have concerns about a student, speak with them privately if at all possible. If you are unsure what to do, it is best to err on the side of caution and consult with the appropriate resources.

The information and recommendations that follow are consistent with, and supported by, the URI Community Standards of Behavior and the Faculty.

URI Dean of Students  
Report-It

uri.edu/deanofstudents/report-it



## Who do I call when a student...

### EMERGENCY

- IS A THREAT?**  
Conduct is clearly and imminently reckless, disorderly, dangerous, threatening, including self-harmful behavior.  
**URI Police** ..... 911
- IS IN DISTRESS?**  
Student is troubled, confused, very sad, highly anxious:  
**Counseling Center** ..... 401-874-2288  
**Health Services** ..... 401-874-2246

### NON-EMERGENCY

- NEEDS SUPPORT?**  
Student's behavior is not a threat but is interfering with learning:  
**Dean of Students Office** ..... 401-874-2098

### ON-CAMPUS:

Alcohol and Other Drug Education	401-874-5521
Center for Military and Veteran Education	401-874-5213
Counseling Center	401-874-2288
Couple and Family Therapy Clinic	401-874-5956
Dean of Students Office	401-874-2098
Disability, Access, and Inclusion	
Student Support and Advocacy Services	
Early Alert Services	401-874-5527 or 5168
Gender and Sexuality Center	401-874-2894
Health Services	401-874-2246
Multicultural Student Services Center	401-874-2851
Psychological Consultation Center	401-874-4263
Violence Prevention and Advocacy Services	401-874-9131
Women's Center	401-874-2097
URI Police (Non-Emergency)	401-874-4910
URI Police (Emergency)	911

### OFF-CAMPUS:

Narragansett Police (Routine)	401-789-1091
North Kingstown Police (Routine)	401-294-3316
South Kingstown Police (Routine)	401-783-3321

THINK BIG WE DO™



# ACADEMIC CONCERNS

Roosevelt Hall 234/236

## EARLY ALERT SERVICES

Early Alert Services helps to support undergraduate student success with a focus on academic interventions. Academic concerns can be common for students during their academic journey. Common academic concerns include lack of engagement in the classroom, poor quality work, missed assignments, repeated absences, frequent attempts to obtain extensions on assignments, or failure to respond to repeated communication attempts. The **first step for faculty** to take when there are early signs of academic concerns is to raise an "Academic Concern" or an "In Danger of Failing" flag about a student's academic progress in Starfish. Raising a flag and making a note in Starfish can alert staff connected to the student to reach out and offer support.

After a flag is raised, and the concern persists, or if the concern requires a higher level of support, community members can submit a referral through Early Alert's referral system. When a referral is submitted, staff work to provide holistic, individualized support, that includes developing an action plan with the student. As part of the individualized plan, Early Alert staff often work with campus partners (e.g. Academic Enhance Center, Academic Advising, Disability, Access and Inclusion, and the Counseling Center), to ensure students are connected to services that can provide longer-term support.

# CASE MANAGEMENT

Memorial Union 302

## STUDENT SUPPORT AND ADVOCACY SERVICES

Student Support and Advocacy Services (SSAS) fosters student growth and development by assisting students with their emotional, mental, and financial wellbeing.

SSAS case managers can step in to assess basic needs security, as well as threats/risks to self and community. They advocate for, assist, and work with students to connect them to appropriate resources, while considering student voices around academic and personal needs. SSAS staff oversee the Rhoody Outpost Food Pantry, manage the Student First Fund, and review requests for the Student Bereavement Notification policy.

## DISABILITY ACCESS AND INCLUSION

The Office of Disability, Access, and Inclusion's mission is to collaborate with the URI community to facilitate and create equitable access by design. Students who are seeking disability-related, reasonable accommodations for equal access to campus (including but not limited to academic environments, housing, and/or transportation) should complete the below steps to get connected to the office. Each student who completes the DAI Intake Process is assigned to a case manager, who is listed on their accommodation letters and serves as a primary point of contact for the student and their faculty should issues or concerns arise. Campus partners are always welcome to reach out to the office for consultation around particular concerns.

Students can receive support from DAI in 3 Steps:

- **Self Identification:** The student completes the DAI Intake Form (only the student should do this, Single Sign On (SSO) required).
- **Documentation:** Must meet our published Documentation Guidelines. Regardless of documentation status, students can always participate in a consultation meeting with DAI to discuss their request and next steps.
- **Intake Meeting:** The student and a DAI team member meet for a comprehensive initial appointment. They will discuss and review the requested accommodations, documentation, resources, and then determine eligibility.

**\*\* Academic accommodations are renewed EVERY semester.**

# COUNSELING SERVICES

Roosevelt Hall; Transition Center; Chafee Hall

## COUNSELING CENTER

The Counseling Center is a multi-disciplinary team comprised of psychologists, clinical counselors, social workers, and clinicians in training. The center offers individual therapy, group therapy, and referrals to community clinicians for students who need long term therapy or who may need a higher level of care (e.g., hospitalization, intensive outpatient treatment, or in patient care). There are no fees for services as they are included in tuition fees. Staff also engage in campus-wide outreach and offer workshops as other ways to promote mental health and wellbeing.

## COUPLE AND FAMILY THERAPY CLINIC

The Couple and Family Therapy Clinic provides relational counseling for students, staff, and the community. The clinic offers counseling for concerns such as: family stress, communication problems, infidelity, sexual dissatisfaction, boundary setting, parenting, mediation, breakups/divorces, relationship improvement and premarital work. The clinic is a research and training clinic under the auspices of the Couple and Family Therapy Graduate Program in the Human Development and Family Sciences Department. Graduate student therapists are overseen by licensed and experienced Faculty and Staff. Services range from \$15-\$45 per session depending on your income.

## PSYCHOLOGICAL CONSULTATION CENTER

The Psychological Consultation Center (PCC) is the graduate training clinic for the department of Psychology at URI. All clinicians at the PCC are graduate students who are getting their Doctorate in Clinical Psychology and are supervised by licensed Clinical Psychologists. The PCC offers confidential individual support for a wide variety of concerns as well as Assessment services for issues such as learning challenges and memory difficulties. Services at the PCC are available to undergraduate and graduate students, as well as faculty, staff and members of the broader RI community. Clinicians at the PCC collaborate closely with other campus and community providers to ensure that clients are receiving the best possible care to support their health and wellbeing.

# HEALTH SERVICES

Potter Building

## VIOLENCE PREVENTION

Violence Prevention and Advocacy Services (VPAS) provides confidential victim-advocacy for both undergraduate and graduate students impacted by sexual assault, dating and domestic violence, stalking and harassment. VPAS is located within Health Services and provides a confidential safe-space for students to learn about available reporting options, access safety planning, and assistance with access to healthcare. VPAS can offer assistance with connecting students to medical, counseling, and legal support. VPAS assists with securing legal restraining orders, coordinate academic and housing accommodations on an emergent basis. In addition, VPAS also runs a weekly support group for students who have been impacted by interpersonal violence.

## HEALTH PROMOTION

Health Promotion, located in Health Services, is a wellness-focused department offering various supports for students. Health Promotion educates students on healthy lifestyle choices through programs and workshops, through raising awareness of college health issues at campus events and through meeting with students individually or in groups to talk about specific wellness issues affecting them. Health Promotion also consists of Nutrition Counseling services offering individual meetings with a registered dietitian and educational programs. Alcohol and Other Drug Education (AODE) is also a sector of Health Promotion, offering individualized support for students who are concerned about their substance use.

## CALL 911 IMMEDIATELY

A student/faculty/staff member should seek emergency assistance if these symptoms occur, even if the student states they do not want you to call.

- **Choking**
- **Loss of consciousness**
- **Pain or pressure in the chest or abdomen**
- **Sever seizures**
- **Severe allergic reaction or burns**
- **Sudden dizziness/fainting**
- **Traumatic injury**

