

Understanding I-CARE



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What is I-CARE?

- *The Island University's Behavioral Intervention Team*
- *We provide Outreach, Support, and Early Intervention*
- *Notion of BITs - Early intervention with "students of concern" may prevent behaviors from escalating to a more serious level of concern*
- *An increase in mental health concerns on college campuses = an increase in the presence of behavioral intervention teams & threat assessment teams on campuses across the country*
- *Team consists of representation from various departments across campus and meets weekly to receive updates from the I-CARE Case Manager regarding the needs of students. The Team then recommends appropriate resources and interventions to the I-CARE Case Manager*

I-CARE Purpose

- *To provide a centralized system for members of the campus community to report concerns regarding students showing signs of distress*
- *To ensure a coordinated University response to each student/situation (determining the most appropriate intervention strategy for each individual referral)*
- *To assist students and the campus community to move from a state of struggling or distress to a sense of safety, well-being, and success.*

Goals of I-CARE

- *It is important to remember that making a referral to I-CARE does not mean that a student is in any kind of trouble.*
- *Work to make sure our students feel supported and are connected with appropriate resources both on and off campus.*
- *Strive to support and address the needs of students who are in distress.*
- *Assist the campus community by providing consultation, outreach, appropriate referrals, and early intervention.*
- *I-CARE links students with other campus departments.*
- *Develop relationships with local mental health organizations to coordinate options, resources and better continuity of care for students.*

Identifying “Students of Concern”

The “D” Scale – created to help behavioral intervention teams assess mental health related risk

- *Three levels of the “D” Scale:*
 - *Distress*
 - *Disturbance*
 - *Dysregulation*

“D” Scale: Distress Level

- *Student may be showing signs that he/she is experiencing a mental health challenge*
 - *Depression*
 - *Persistent Sadness*
 - *Anxiety*
 - *Family emergency or tragedy*
 - *Difficulty adjusting to college life*
- *May show psychiatric symptoms if they are not coping well with stressors/trauma*
- *Behavior may subside when stressor is removed or trauma is addressed*

“D” Scale: Disturbance Level

Student is becoming increasingly behaviorally disruptive, unusual, and/or bizarre acting

- *Others may view them as harmful or threatening*
- *Possibly engaging in substance misuse/abuse*
- *Unusual emotional responses (exhibiting or vocalizing extreme irritability or anger; shifting rapidly between various moods)*

“D” Scale: Dysregulation Level

- *Student may be suicidal (expressing thoughts, feelings, or intentions about wanting to cause harm to oneself)*
- *Student may be para-suicidal (engaging in self-harm behaviors; e.g. eating disorders and cutting behaviors)*
- *Student may be hostile and aggressive, or the student may even express intent to cause harm to another person(s)*
- *Student may not be able to regulate emotion, cognition, self or behavior.*

Cases involving “immediate threat”

- *Immediate Threat: situation in which a clear danger to self and/or others is present*
- *I-CARE does not respond to cases of immediate threat*
- *Involvement of University Police Department*
- *Police report created and submitted to the Office of Student Engagement and Success*
- *If evidence of a distressed student exists, I-CARE will provide follow-up and reach out to the student for additional support.*
- *Examples of immediate threat situations-aggressive/threatening behavior, suicidal actions, intentional threat to harm others, etc.*

NOTE: it is always a good idea to make a secondary call to I-CARE with the Office of the Associate Dean of Students to provide us with a “heads-up” about any student that you have to file a police report about.

Judicial cases and I-CARE

- *Cases that start off as judicial (violation of our Code of Conduct) can then be referred to I-CARE*
- *Meeting between Conduct Officer and student*
- *Conduct Officer can make a referral to I-CARE if considered appropriate*
- *Student may have simultaneous judicial case and I-CARE case*

I-CARE and FERPA

- *FERPA is a federal law that protects the privacy of student education records (information obtained by I-CARE does fall under the guidelines of FERPA)*
- *At our discretion, we may share information with the reporting party (and/or others) that is relevant and necessary to maintain a safe and productive learning environment*
- *Based on circumstances of each individual case, I-CARE team may consider contacting student's family if they agree that it would be in the student's best interest*

Third-Party Intervention

- *Common intervention strategy used in mild-level cases*
- *Used when the reporting party already has some sort of professional relationship established with the student*
- *Students are more likely to follow-through with a referral that comes from someone they already know/trust*
- *Can always walk a student over to the Counseling Center in the Driftwood building during normal business hours and they will be seen by the Counselor on Duty. After hours call 361-825-2703 to speak to the Counselor on Duty via phone*
- *Alert List: what we use when a student does not meet the criteria to become an I-CARE case, yet we still want to keep student's behavior on our "radar"*

Anonymous Reports

- *I-CARE team's ability to take action is limited in these situations*
- *Without having access to the reporting party, our ability to investigate the situation and/or intervene becomes limited*
- *Reporting parties that want to remain confidential*
 - *Occurs fairly often on our campus*
 - *We can never guarantee complete anonymity as students can often figure out who has referred them*

How To Make an I-CARE Referral

- Go to our website icare.tamucc.edu and fill out an Incident Report Form.
- Be prepared to give as much information as possible about the student of concern and any situations involving them. The more information we have the better we are able to assist the student.
- If you have any questions about making an I-CARE referral, contact Stephanie Majors or Angela Walker at ext. 6219.

“What happens after I make an I-CARE referral?”

- *Possible outcomes for students referred to I-CARE include, but are not limited to:*
 - *Guided intervention by 3rd party*
 - *Contact made with student by I-CARE Case Manager*
 - *Student linked to appropriate on-campus or off-campus resources*
 - *Student Success Plan developed in collaboration with the student*
 - *When withdrawal is the best option a Success Plan for Re-enrollment is developed in collaboration with the student*
 - *In severe cases, possible referral to the Vice President for Student Engagement and Success (Dr. Don Albrecht)*

Summary

- **Immediate threat** = contact UPD immediately!! (ext. 4444)
- **I-CARE main goals** – “Outreach, Support and Early Intervention,” to ensure that students in distress are supported and linked to appropriate resources in order to encourage their success as well as to minimize disruption to the campus community.
- **Report**-As University employees, we all have an obligation to intervene and report concerning behavior.
- **Consult**-When in doubt, contact Stephanie Majors or Angela Walker for consultation (ext. 6219).

For further information about
I-CARE & to submit an online
Incident Report Form:

icare.tamucc.edu

QUESTIONS??