

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

ASSESS NEEDS CARE HELP OUTREACH RESOURCES

URI • Kingston

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 (401) 874-2121
or **South Kingstown Police 911**

...IS IN DISTRESS?

Student is troubled, confused, very sad, highly anxious:

Counseling Center (401) 874-2288

NON-EMERGENCY

...NEEDS SUPPORT?

Student's behavior is not a threat but is interfering with learning:

Early Alert Services (401) 874-5527
web.uri.edu/earlyalert/referral-form

ON-CAMPUS:

- [Counseling Center](#) 401-874-2288
- [Couple and Family Therapy Clinic](#) 401-874-5956
- [Dean of Students Office](#) 401-874-2098
- [Disability Services for Students](#) 401-874-2098
- [Early Alert Services](#) 401-874-5527
- [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
- [Title IX/Affirmative Action](#) 401-874-2442
- [Women's Center/Violence Prevention & Advocacy Services \(VPAS\)](#) 401-874-2097 / 401-874-9131
- [URI Police \(Community Outreach\)](#) 401-874-4397
- [URI Police \(Emergency On-Campus\)](#) 401-874-2121

OFF-CAMPUS:

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

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. Being aware of distress signals, ways to intervene, and resources to help the student may assist you in responding effectively to such an event. If you find yourself feeling worried, alarmed, or threatened, take signs of distress seriously. 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 Handbook: web.uri.edu/student-affairs.



IF YOU ARE CONCERNED, BUT THE STUDENT DOES NOT POSE A THREAT...

- **Ensure** your safety in the environment.
- Use a **calm**, non-confrontational approach in response to the student's behavior.

- **Remind** them of the community standards in which disruptive behavior is inappropriate.
- If behavior continues, ask the student to stop and **warn** them that disciplinary action may be taken.

- If the student persists, request the student to leave the classroom and **contact** the Dean of Students Office 401-874-2098.

ACADEMIC CONCERNS

Early Alert Services
401-874-5527

• DECREASED PERFORMANCE

THESE ARE SOME SIGNS SEEN IN STUDENTS WITH ACADEMIC CONCERNS.

- Homesickness
- Withdrawn from class engagement
- Frequent attempts to obtain extension on assignment or postpone test taking
- Failure to respond to repeated communication attempts
- Heightened signs of depression or anxiety around course performance (See Depression/Anxiety)
- Repeated absences from class, section, or lab
- Missed assignments, exams, or appointments
- Deterioration in quality or quantity of work
- Extreme disorganization or erratic performance
- Written, verbal or artistic expression of unusual violence, morbidity, social isolation, despair, or confusion; essays or papers that focus on suicide or death (See Threats to Self or Others or Depression/Anxiety)
- Patterns of perfectionism: e.g., can't accept themselves if they don't get an A
- Overblown or disproportionate response to grades or other evaluations

ASSIGNMENTS

Dean of Students Office
401-874-2098

• DISTURBING • INAPPROPRIATE, OR SENSITIVE

DISTURBING, INAPPROPRIATE, OR SENSITIVE CONTENT IN THE WORK OF STUDENT.

- Disclosure of personal trauma, assault or abuse
- References to suicidal thoughts or severe depression
- Violent or morbid content that is disturbing or threatening
- Sexual content that is disturbing or excessively graphic
- Bizarre or incoherent content
- Disclosure of severe problems with alcohol or drug abuse
- Lengthy/ranting emails, voice mails, social media posts, etc.

BEHAVIOR

Dean of Students Office
401-874-2098

• HARASSING • TARGETED

IF YOU DO NOT FEEL THE BEHAVIOR WARRANTS IMMEDIATE ATTENTION CONTACT THE DEAN OF STUDENTS OFFICE 401-874-2098, TITLE IX (AFFIRMATIVE ACTION) OFFICE 401-874-2442 OR THE URI POLICE 401-874-4910. THESE ARE SOME SIGNS OF HARASSING OR TARGETED BEHAVIOR.

There may be instances where it is necessary to stop the class and call the police for assistance. If you feel the student's behavior is escalating, uncontrollable or unsafe call the police at 401-874-2121. Inappropriate outbursts or persistent interruptions based on gender, race, sexual orientation, etc.

- Arguing beyond the scope of academic debate
- Social Media harassment
- Communications that continue after being told to stop
- Threatening to distribute or releasing private information/photos
- Verbal abuse, sexual innuendo, unwanted sexual flirtations
- Any unwelcome verbal, nonverbal and/or physical conduct that ranges from sexual gestures or teasing to sexual assault or sexual violence (see URI's Sexual Harassment policy for more detailed information)
- Display of sexually suggestive pictures or cartoons in classrooms, workspaces, residence halls, and/or online, etc.
- Continued jokes, language, epithets, gestures or remarks of a harassing or threatening nature

COMMUNICATION

Early Alert Services
401-874-5527

• INAPPROPRIATE • DISJOINTED • EMOTIONAL

SOME SIGNS EXHIBITED IN STUDENTS EXPERIENCING INAPPROPRIATE, DISJOINTED, OR EMOTIONAL COMMUNICATIONS.

- Poor academic performance or a significant decline in academic performance (See Academic Concerns/Decreased Performance)
- Angry or hostile outbursts, yelling, or aggressive comments
- Significantly more withdrawn or more animated than usual
- Emotional outbursts including crying or tearfulness and/or inappropriate laughter
- Expressions of severe anxiety or irritability
- Excessively demanding or dependent behavior
- Shakiness, tremors, fidgeting, or pacing
- Strange or bizarre behavior indicating loss of contact with reality
- Continued arguing beyond the scope of academic debate

DEPRESSION / ANXIETY

Counseling Center
401-874-2288

WHILE MANY STUDENTS EXPERIENCE HIGH LEVELS OF STRESS WHILE IN COLLEGE, DEPRESSION AND ANXIETY BECOMES A DISORDER WHEN THE SYMPTOMS BECOME CHRONIC AND INTERFERE WITH DAILY LIFE AND THE ABILITY TO FUNCTION.

POSSIBLE SYMPTOMS:

- Feelings of guilt, worthlessness, hopelessness, and emptiness
- Withdrawal from family, friends and classes
- Sleeping too much or too little
- Gaining or losing a significant amount of weight
- Giving away prized possessions/ putting things "in order"
- Increased or persistent sadness, irritability or agitation
- Change in personal appearance/ neglecting appearance or hygiene
- Performing poorly at work or in school
- Difficulty thinking, concentrating, and remembering
- Recurrent thoughts of death or suicide
- Lack of interest or pleasure derived from activities that were once enjoyed
- Muscle tension, physical weakness
- Poor memory
- Sweaty hands
- Fear or confusion
- Inability to relax, constant worry
- Shortness of breath, palpitations
- Upset stomach

MEDICAL CONCERNS

Health Services
401-874-2246

A STUDENT/FACULTY/ STAFF MEMBER SHOULD SEEK EMERGENCY ASSISTANCE (BY DIALING 401-874-2121 FOR ON-CAMPUS EMERGENCIES) IF THESE SYMPTOMS OCCUR, EVEN IF THE STUDENT STATES THEY DO NOT WANT YOU TO CALL.

CALL IMMEDIATELY:

- Pain or pressure in the chest or abdomen
- Confusion/bizarre behavior
- Loss of consciousness
- Bleeding that won't stop
- Seizures
- Severe or persistent vomiting
- Sudden dizziness/fainting

Students with these symptoms may be referred to URI Health Services by calling 401-874-2246 for year round care.

- Most non-emergent medical conditions that the student needs evaluated (treatment/referral), if uncertain call 401-874-2121
- Physical injury for assessment (treatment/referral)
- Illnesses such as respiratory illness, cold, flu, etc.
- Significant weight loss/gain
- Cuts/Scratches/Wounds/ Burns - that may be signs of self-injurious behavior
- Depression/anxiety (also refer to Counseling Services or Psychological Consultation Center)
- Fatigue/dizziness/lethargy
- Coordination of care for students with chronic illness (i.e., asthma, diabetes, etc.)

SUBSTANCE ABUSE

Dean of Students Office
401-874-2098

IF YOU BELIEVE A STUDENT IS CURRENTLY IMPAIRED IN CLASS, OR IF A STUDENT IS ACTIVELY USING SUBSTANCES IN THE CLASS, CONTACT URI POLICE/EMERGENCY AT 401-874-2121.

- The student seems preoccupied with or makes frequent references to alcohol/drug use (e.g., when they will next drink/ use, talking in class about alcohol/drug use, and/or legal/disciplinary/medical results of use.)
- The student or someone else has expressed concerns about their use
- Decline in academic performance or functioning
- Deterioration in physical appearance (bloodshot eyes, dilated pupils, trembling hands, etc.)
- Smelling of alcohol or other substances

EMERGENCY

THREAT TO SELF OR OTHERS

If you believe the individual or others are in danger call:

**On-Campus
URI Police
401-874-2121**

— or —

**Off-Campus
911**

Non-Emergency

If you have concerns about the student's well-being, contact:

**Counseling Center
401-874-2288
Roosevelt Hall
Room #217
Mon-Fri, 8:30-4:30**

Walk-in visits are welcome!

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.)

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

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

YOU MIGHT HELP SAVE A STUDENT'S LIFE BY BEING IN THE RIGHT PLACE AT THE RIGHT TIME.

The A.N.C.H.O.R. Team is the hub for the network of campus resources, with a focus on prevention and early intervention in situations involving individuals displaying concerning or disruptive behaviors, or navigating complex family and personal concerns that may impact academic progress. The team will develop intervention plans specific to the needs of the individual on a case-by-case basis. Recommended support strategies and interventions will work in accordance with existing university policies.