

## List of questions to consider before submitting a CARE Referral

These questions are meant to serve as guidelines for referring a student to the CARE Network.

Please note that the CARE Network operates during normal business hours, and does not provide immediate crisis response. If you have a concern about a student that you believe requires immediate attention, please contact Public Safety at 585-275-3333 or UCC at 585-275-3113.

Listed below are some of the possible signs of distress that would warrant a CARE Referral:

**Have you noticed a change in the student's behavior?** (e.g. the student was attending class regularly and has stopped showing up, the student is looking more and more disheveled and "out of it", the student's academic performance is declining)

**Is the student presenting to you in a way that has you concerned for his/her well-being?** (e.g. the student is making poor choices, you have received a concerning email from the student, the student doesn't seem to have many social connections, the student presents as angry or confrontational)

**Does the student need support from multiple campus resources?** Determine whether your office is able to handle this student's concern or if the concern should be addressed by connecting the student with more than 1 other office on campus.

**Is the student experiencing multiple levels of distress?** (e.g. poor academic performance and looking disheveled, student stops attending class and responding to your attempts to reach out, you have reason to believe the student may be experiencing hardships outside of what you are physically seeing or hearing)

If you are still uncertain about whether to submit a CARE Referral, you may contact a CARE staff member at [CARENetwork@rochester.edu](mailto:CARENetwork@rochester.edu) or 585-275-4085. You are encouraged to submit a CARE Referral if you are uncertain about whether or not it is appropriate to do so, as your information can provide the "missing piece" to ensuring that a student is connected to support.