The mission of the CARE Team is to:

• Assist in protecting the health, safety, and welfare of the students and members of the UNT community.
• Support student success.
• Provide a comprehensive response to students whose behavior is disruptive to themselves or the educational environment.

The CARE Team is one of several resources available to the campus community to address these concerns. Other offices with similar purposes include Dean of Students, Counseling and Testing Services, UNT Police Department, and the Office of Disability Accommodation.

Overview

The University of North Texas cares about our students’ success, not only academically, but emotionally and physically. Because of our commitment, we provide literally hundreds of departments and services across campus that responds to our students’ unique needs. But sometimes, students do not ask for help when they need it. Through the creation of a collaborative interdisciplinary team, the university will provide a caring, confidential program of identification, intervention and response in order to provide students with the greatest chance for success and the university community with the greatest level of protection.

We created this information to accomplish the following:

• Educate you about the CARE Team and how it works;
• Provide you with information and tips about how to deal with incidents you may encounter;
• Provide additional resources on our campus and in our community.

If you have any questions or concerns for the CARE Team about a student or an incident, contact the CARE Team at CAREteam@unt.edu.

Tips for Recognizing Students in Distress

At one time or another everyone feels upset or distressed. However, there are three levels of student distress which, when present over a period of time, suggest that the problems could warrant more attention.

Level 1

• Changes in academic performance in the classroom
• Significant drop in examination scores
• Change in pattern of interaction
• Changes in physical appearance
• Problems concentrating & remembering things or making decisions
Responding to Suicidal Concerns

When a student makes any reference to suicide, threat of suicide, or attempt at suicide, a judgment should be made by a mental health professional. A student who self-inflicts physical harm or overdose with a possible suicidal thought or behavior should be evaluated by a medical professional.

Tips for Recognizing Students in Distress

Level 2
- Repeated request for special consideration
- New or regularly occurring behavior that pushes the limits and may interfere with class
- Manipulating or being disruptive to other students, faculty or staff
- Unusual or exaggerated emotional responses
- Persistent sadness or unexplained crying
- High levels of irritability or inappropriate excitement

Level 3
- Highly disturbed behavior
- Outbursts of anger
- Inability to communicate clearly
- Irrational conversation or speech that seems disconnected
- Loss of contact with reality (seeing/hearing things that are not there, beliefs or actions at odds with reality)
- Suspiciousness, irrational feelings of persecution
- Statements related to death or dying or feelings of hopelessness
- Threats of harming self or harming others

What Can You Do To Help

Responses to Level 1 and 2 Behavior
- Talk to the student in private when you both have time
- Express your concern in non-judgmental terms
- Listen to the student and repeat the gist of what the student is saying
- Identify options available to the student
- Clarify the costs and benefits of each option for handling the problem from the student's point of view
- Respect the student’s value system
- Ask if the student is considering suicide
- Make appropriate referrals if necessary
- Make sure the student understands what action is necessary
- Call appropriate University resources for guidance or to refer

Responses to Level 3 Behavior
- Stay calm
- Inform a faculty or staff member who knows the student well
- Ask the student to stay with the student if possible
- Contact the CARE Team office by calling 940-565-4373
- Call the CARE Team office immediately if suicide attempt is possible
- Call 911
- Dependent upon the circumstances and the student's concern, you may need to contact other University resources

Communicating with Distressed Individuals

- Express your authority with non-verbal cues...be confident in your approach
- Conduct yourself in a serious manner
- Utilize your reflective listening skills

Who is a Distressed Individual?
- An individual who makes threats of physical harm to you, others, or themselves
- An individual who appears to be in emotional or behavioral crisis
- An individual who exhibits a weapon
- An individual who exhibits a weapon
- An individual who exhibits a weapon
- An individual who exhibits a weapon
- An individual who exhibits a weapon
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