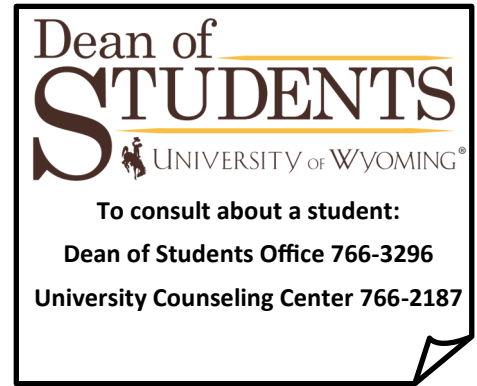


UWYO Cares Guide for Faculty and Staff

The Dean of Students Office in partnership with UWYO Cares developed this guide for faculty and staff on the University of Wyoming Campus to assist students who are in crisis .

If you are concerned for the safety of yourself or others, Call 911 immediately!



The UWYO Cares Team is a University of Wyoming multi-disciplinary team responsible for assessing, responding to, and evaluating the safety and welfare of individuals who present concerns of any nature. Faculty and staff are encouraged to report concerns about a student's health, wellbeing, safety, and/or academic success.

When you submit a student report of concern to the UWYO Cares Team, you are informing the Dean of Students Office that you have seen or heard something regarding a student that causes you to be concerned. The Dean of Students Office will work with our partners, including the University Police Department*, the University Counseling Center*, Residential Life, Student Health*, Stop Violence Program* and our Welfare Coordinator, to contact the student.

*Please note that these members are confidential entities and they do not discuss specific students or cases.

To submit a report:

https://cm.maxient.com/reportingform.php?UnivofWyoming&layout_id=5 or

Visit the Dean of Students Website and click on the UWYO Cares Icon

Your report may be the activating event that helps the student get connected to appropriate campus resources, or you may be providing supplemental information about a student that assists in our ability to more appropriately reach out to support the student.

UWYO Cares Team members shall have a duty to protect confidential and/or sensitive information which is disclosed about students as part of the behavior intervention team process. The UWYO Cares Team members shall limit disclosure of information to within the UWYO Cares Team and/or employees having a need to know in order to care for the student.

*Please note that these members are confidential entities and they do not discuss specific students or cases.

University of Wyoming Gatekeepers Suicide Prevention Training

As part of a comprehensive suicide prevention initiative titled "UW Lifesavers Initiative," the University Counseling Center (UCC) provides free Gatekeepers Training to students, staff, community members and faculty that will help identify students at risk of suicide attempts and suicide.

For further information or to schedule training call, 766-2187 or email uccstaff@uwyo.edu

Assisting students in crisis

Possible signs of distress:



Academic Indicators:

- Repeated absences from class or work
- Consistently leaves class or work early or is consistently late
- Missed assignments, exams, or appointments
- Deterioration in quality or quantity of work
- Extreme disorganization or erratic performance
- Inability to concentrate
- Dependency (student hangs around or makes excessive appointments during office hours)
- Decreased academic motivation
- Written or artistic expression of unusual violence, suicide, or death
- Overblown or disproportionate response to grades or other evaluations

Behavioral and Emotional Indicators:

- Direct statements indicating distress, family problems, stress of a major life change or loss
- Angry or hostile outbursts, yelling, or aggressive comments
- More withdrawn or more animated than usual
- Expressions of hopelessness or worthlessness; crying or tearfulness
- Expressions of severe anxiety or irritability; excessive worry, feeling “on edge”; panic attacks
- Online posting of a threat or a threatening e-mail
- Discussion of violence as a way to solve a problem
- Someone talks about feeling “wronged” and wants to get revenge
- Excessively demanding or dependent behavior
- Lack of response to outreach from staff
- Isolation from friends, family, or classmates

Physical Indicators:

- Deterioration in physical appearance or personal hygiene
- Excessive fatigue, exhaustion; falling asleep in class or at work repeatedly
- Noticeable cuts, bruises, or burns
- Disorganized speech, rapid or slurred speech, confusion
- Coming to class bleary-eyed or smelling of alcohol
- Persistent sadness
- Shakiness, tremors, fidgeting, or pacing
- Behavior indicating loss of contact with reality

The DOs

- Do be mindful of cultural norms
- Do speak with the individual privately
- Do express your concern in behavioral non-judgmental terms
- Do tell the student you are willing to help
- Do listen carefully to what is troubling them
- Do help the student explore options and discuss resources
- Do be firm, steady, consistent and honest
- Do make referrals to the appropriate campus department
- Do point out that help is available and that seeking help is a sign of strength and courage
- Do maintain clear and consistent boundaries and expectations
- Do recognize your limits and seek the help of others when appropriate

The DON'Ts

- Don't promise confidentiality
- Don't judge or criticize
- Don't ignore the unusual behavior
- Don't minimize the situation
- Don't interrupt
- Don't blame, ridicule, or use sarcasm
- Don't make the problem your own or talk about yourself
- Don't involve yourself beyond the limits of your time and skill set

{ If you feel threatened or endangered, call 911! }