What is the CARE Team?

❖ The CARE Team works as a pathway through which students who may need additional support can be identified and referred to the most appropriate services
❖ Through the CARE Team, students are given the support they need to persist and succeed at GW and beyond.

https://studentlife.gwu.edu/care-team
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Life Cycle of a CARE Referral

**STEP ONE:**
CARE Referral Submitted

**STEP TWO:**
CARE Team Evaluates Referral

**STEP THREE:**
Referral is Assigned to Campus Partner

**STEP FOUR:**
Initial Outreach Conducted by Campus Partner

**STEP FIVE:**
Follow-Up from CARE Team to Campus Partner

**STEP SIX:**
Concern Requires Additional Follow-Up and/or Concern Resolved
CAPS will be providing our model through both in-person and telehealth formats.

Students can call via phone to speak with a therapist during our daily 12-4pm virtual walk-in hours for an initial consultation through telehealth. No appointment needed.

Following the initial consultation, students will have the option for in-person or virtual follow-up visits.
Contextualizing Student Trends in Higher Education

On October 13, 2021, the US Department of Education shared further guidance about the importance of supporting students at risk for self-harm or suicide. Some key takeaways from research that has emerged over the past year:

- Students during the COVID-19 pandemic are being identified as having depression and anxiety at higher rates than in past years
- More students have started or increased substance use to cope with stress or emotions
- Accessing mental health care during the COVID-19 pandemic has been more difficult than before for students
- COVID-19 has raised new barriers for many students, with heightened impacts emerging for students of color, students with disabilities, and students who are caregivers.
Current Backdrop: Contextualizing the Mental Health Crisis

- Nationally, we’re seeing a generational trend with college-aged individuals who are increasingly paying greater attention to and are more accepting of mental health issues and concerns.
- Greater attention is being paid to the need for mental health support.
- College-aged adults are prioritizing “self-care” and are realizing that “it’s okay to not be okay”.
- We’re seeing reduced stigma around mental health issues and/or counseling.
We’ve seen a significant increase in the incidence of mental health challenges among college-aged students that only accelerated during the COVID-19 pandemic. In addition to the previous top presenting concerns:

- Anxiety
- Depression
- Stress
- Interpersonal (relational, family) concerns

Students today are presenting with a larger variety of mental health concerns and are dealing with the impact from COVID, racial injustice, and political unrest.

- 2,739 appts from August 30th – December 5th
Students CAPS Typically Serves vs Students of Fall 2021

- Isolation, social anxiety, reduced motivation, depressive symptoms, grief/loss, uncertainty, interpersonal differences in navigating COVID safety.
- Readjustment concerns.
- Disappointment around missed experiences and their education.
- Regression in socio-emotional developmental skills/tasks.
- COVID appears to have contributed to decreased coping skills, distress tolerance and problem solving leading to significant increase in hospitalizations (suicidality)
  - College aged students have always carried an increased risk of suicide, and the COVID pandemic has only exacerbated this
## Student CARE Referral Data

### CARE Referral Numbers by Semester

<table>
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## Student CARE Referral Data

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## Fall 2021 Student CARE Referral Data (by Class Year)

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<td>Exchange</td>
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</table>
Fall 2021 Student CARE Data

Top 5 CARE Concerns

Psychological Concern- 168
Academic-Related Concern- 141
Medical Concern- 43
Friend Crisis/ Emergency- 38
COVID-19 Concern- 19
Connecting a Student to Support

A student is seriously injured, incoherent/delusional, violent, and/or threatening harm to self or others

Dial 911 or call GWPD at 202-994-6111.

A student shares information about sexual misconduct or other protected status-based discrimination or harassment

- Contact the Title IX office: https://titleix.gwu.edu/report-incident
- Submit a bias-incident report: https://diversity.gwu.edu/report-bias-incident-online

A student shows changes in mood, hygiene, attendance, or academic performance, and/or discloses personal concerns and requests for support

- Reach out to the student offering care & concern for their well-being
- Submit a CARE Referral
How else can we be supporting our students?

- Add a syllabus statement that reiterates your availability to support students
- Consider timing deadlines in order to promote healthy sleep
- Block out time if able to after class periods to engage & chat with students
- Incorporate opportunities for self-reflection
- Reiterate the availability and importance of office hours
- Ensure that you are aware of resources and have them easily accessible if needed
- Clearly communicate your boundaries and expectations around email responses
- Be timely about reaching out to students of concern or flagging issues
- Take care of yourself, and remember you’re not alone!