



# University Committee for Assistance, Response, and Evaluation (UCARE)

CHALLENGE: Available information is often scattered with various individuals having different pieces of the puzzle

## WHEN TO REPORT

If you know a student who appears to be....

- **Experiencing a decline in work or academic performance**
- **Demonstrating disruptive or disturbing behavior**
- **Showing dramatic changes in appearance, behavior or weight**
- **Having problems at home, with classes or work**
- **Making disturbing comments in email, letters, web or papers**
- **Hyperactive, anxious or experiencing dramatic mood shifts**
- **Abusing alcohol or drugs**
- **Sad or isolating socially**
- **Acting paranoid or suspicious**
- **Frequently angry or easily frustrated**
- **Struggling with health problems**

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A MULTIDISCIPLINARY APPROACH  
TO MAKE OUR CAMPUS THE  
SAFEST ENVIRONMENT POSSIBLE

[ucare.mst.edu](http://ucare.mst.edu)

## HOW TO REPORT

REPORT  
ONLINE

[ucare.mst.edu](http://ucare.mst.edu)

UCARE

[ucare@mst.edu](mailto:ucare@mst.edu)

341-4209

Krista Morris-Lehman  
[morislehman@mst.edu](mailto:morrislehman@mst.edu)

341-4211

Resource Information  
[ucare.mst.edu/facultystaff](http://ucare.mst.edu/facultystaff)

Ask.Listen.Refer.  
[asklistenrefer.org/mst](http://asklistenrefer.org/mst)

# UCARE COMMITTEE MEMBERS

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[ucare.mst.edu](http://ucare.mst.edu)

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UCARE was formed following incidents that highlighted the need for greater communication and preparedness regarding students facing distress. UCARE focuses on prevention and effective response strategies.



## REFERRAL STATISTICS

Year	12-13	13-14	14-15	15-16	16-17
Referral	53	45	55	286	372

## What does UCARE do?

- Prevention and planning
- Consults and communicates
  - Gathers information
  - Assesses circumstances
  - Develops action plans
  - Responds
- Process improvement

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