Helping faculty and staff support students

We all play an important role to foster a culture of wellbeing and safety on our campus, taking an active role in creating a supportive environment. As a staff or faculty member, you may be the first person to notice a student who is experiencing difficulty. You do not have to be a mental health professional to engage with students and refer them to appropriate resources.

College Support Program for Students on the Autism Spectrum (CSP)

The CSP offers individualized guidance for students who are on the Autism Spectrum to address social, academic, and life skills. For more information, contact:

Pamela Lubbers, 848-932-9558 or plubbers@echo.rutgers.edu

The Situation is Urgent

If a student is:

- exhibiting signs of injury or serious illness
- unresponsive, unconscious, or incoherent
- physically or verbally aggressive
- behaving in a threatening or dangerous manner

Contact RUPD immediately at 848-932-7211 or call 911.

The Rutgers - New Brunswick Threat Assessment Safety Committee (TASC)

The Threat Assessment Safety Committee is committed to promoting campus safety through a proactive, collaborative approach to assisting students who may be at risk. The team assesses and intervenes in situations that may pose a threat to the safety and well-being of the campus community. Comprised of professional staff from across the University, TASC coordinates information and develops support plans for students of concern. TASC’s objective is to synchronize a network of resources focused on prevention and early intervention involving students experiencing distress or engaging in harmful or disruptive behaviors. If you would like to refer a situation to the TASC, go to https://publicdocs.maxient.com/incidentreport.php?RutgersUniv or contact the Dean of Students Case Manager at 848-932-2300.
Choosing a Referral Pathway:
There are multiple options for making a referral depending on the situation. Speak directly with the student to determine the appropriate next steps:

CAPS
CAPS is a comprehensive mental health service that includes counseling, alcohol & other drug assistance, and psychiatric services designed to support a student’s ability to succeed at Rutgers. CAPS offers individualized treatment plans tailored to the unique needs of each student.

CAPS
Tips for referring a student:
+ Thank the student for speaking with you
+ Explain that not everyone who utilizes CAPS has a diagnosed mental health issue. Many people access services to deal with challenges and struggles in their daily lives. In 2013, 15% of students nationally reported being so depressed in the last 30 days it was difficult to function. (National College Health Assessment, American College Health Association, 2013)
+ Emphasize that CAPS provides a confidential environment to better solve problems, learn coping skills, and manage stress.

CAPS
What does the CAPS do?
+ Facilitates Campus Connect Suicide Prevention Training for faculty, staff and students
+ Provides resources to the Rutgers Community on mental health and suicide
+ Provides in-classroom lectures on suicide prevention and mental health
+ Designs and disseminates materials related to mental health and suicide

Mental Health Resources
There is a variety of resources related to mental health that are available to the entire Rutgers community.

Campus Connect Suicide Prevention Training
Campus Connect Suicide Prevention Training is an evidence-based, community-oriented training. Participants learn content information about mental health and suicide and practical skills for initiating a conversation with a student in crisis and making the appropriate referral to CAPS. Individuals or units interested in a free Campus Connect Training should contact Francesca M. Maresca at fmaresca@echo.rutgers.edu.

OSC
The Office of Student Conduct assists students in making better choices in their behavior, provides an outlet for community members to address conflict, and aids in the creation of a safer, more educational, and inclusive community.

Student Conduct
The Office of Student Conduct supports the educational goals of Rutgers University by facilitating processes that:
1) assist students in making better choices in regards to their behavior,
2) provide an outlet for community members to address conflicts, and
3) aid in the creation of a safer, more educational, and inclusive community.

Refer to Student Conduct when you are concerned about:
+ Disruptive behavior inside or outside the classroom
+ Behavior that endangers the student themselves or others
For more information about disruptive conduct, visit http://studentconduct.rutgers.edu
Consult the Director of Student Conduct about the nature of the incident asking about the appropriate pathway for referral.
If a student claims a disruptive behavior is the result of a disability, it is still completely appropriate to refer to Student Conduct, TASC and/or RUDP.
Office of Student Conduct
Bishop House
115 College Avenue
848-932-9414
doncourt@tri.rutgers.edu
http://studentconduct.rutgers.edu

TASC
Threat Assessment Safety Committee
addresses behaviors that could result in violent or threatening activity

Threat Assessment Safety Committee
The goal of TASC is to address behaviors that could result in violent or threatening activity. If you are concerned a student poses a threat to the safety and well-being of self or the campus community, a TASC referral is appropriate. All concerns will be taken seriously. A case manager will gather relevant information about the safety concern and consult with a multi-disciplinary team. The team will develop a plan designed to mitigate the potential threat while addressing the needs of the student. Consult with the TASC case manager about the appropriate pathway for referral.
Office of the Dean of Students
115 College Avenue
Bishop House, Suite 109
848-932-2300
http://www.deanofstudents.rutgers.edu

On-Line Resources

Peer Mental Health Educators
The Peer Mental Health Educators provide interactive workshops and outreach on the myth and stigma of mental illness, stress management, time management and test anxiety. These free workshops are available in residence halls, classrooms, student organizations and Greek-letter organizations. Go to http://mshope.rutgers.edu/peer-education to request a workshop.

Mindfulness Meditation
Mindfulness meditation workshops are offered throughout the semester to faculty, staff and students. Go to http://tascaps.rutgers.edu for the schedule.

If there is an emergency situation when CAPS is not open, please call:
Acute Psychiatric Services
732-235-5700