

**If you're worried about an IC student, please consider submitting an ICare referral**

---

.....

## ICARE REFERRALS

---

- Can be submitted by anyone familiar with an IC student. The referral source can choose to remain anonymous.
- A caring IC staff member will complete outreach and offer a meeting with the student.
- Goal is to help students connect to supports and resources both on and off-campus.

[WWW.ITHACA.EDU/ICARE](http://WWW.ITHACA.EDU/ICARE)

## CONTACT INFO

---

The ICare Referral form is not a crisis service. It may take up to 72 hours to review a concern. When the college is closed during holidays and emergencies, ICare referrals will be reviewed upon the college's reopening.

If you are unsure if a student requires immediate assistance, please call:

Office of Public Safety  
**607.274.3333**

Have questions about ICare Referral process?  
Please contact the

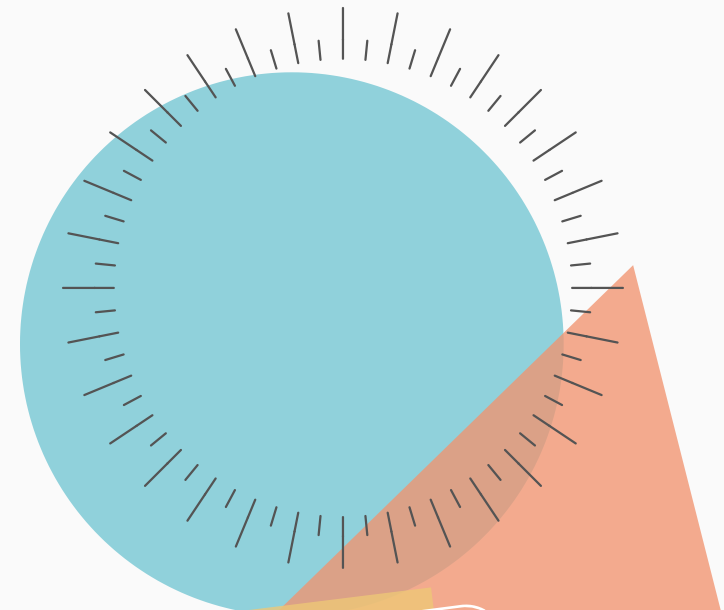
**Office of Case Management**

at 607.274.7731

# ICARE REFERRALS

---

Accessing Support & Assistance for  
Students through  
Ithaca College's  
Office of Case Management



[WWW.ITHACA.EDU/ICARE](http://WWW.ITHACA.EDU/ICARE)



**ITHACA COLLEGE**



## ICARE & CASE MANAGEMENT

ICare is a referral and outreach program coordinated by the Office of Case Management at Ithaca College.

Students referred through ICare will be contacted by caring staff and offered a meeting. This staff member may be a Residential Life staff, Case Manager, or other faculty/staff – to offer support and assistance in identifying and navigating available resources.

Case management is **not** counseling. Our records are protected by the Family Educational Rights and Privacy Act (FERPA).

Information may be shared with other IC faculty/staff on a need-to-know basis to coordinate care, access specific services, or request assistance for students as needed.

## IDENTIFYING DISTRESS

### Social Isolation or Disengaged

Is the student disengaging from activities which they previously enjoyed?

### Noticeable Change in Mood or Appearance

Have you noticed a significant change in the student's appearance, hygiene, or functioning?

### Behavioral Concerns

Does the student behavior seem harmful or concerning? Are they not acting like themselves?

### Safety Concerns

Has the student told you information that has you concerned for their wellbeing or safety?

### Something Doesn't Feel Right

Are you noticing something doesn't feel right? Is your gut telling you something is off?



## HOW TO START THE CONVERSATION

Are you concerned about someone but are not sure how to initiate the conversation?

### CONVERSATION STARTERS

- "I've noticed recently that (share behaviors or concerns)..."
- "What supports do you have that could be helpful right now?"
- "Who else have you talked to about this?"
- "Let's submit an ICare Referral together, so that someone can help work through these challenges."
- "How can I help you during this time?"

WWW.ITHACA.EDU/ICARE  
607.274.7731