

If you are concerned for an IC student, please consider submitting an ICare referral

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ICARE REFERRALS

- ICare referrals can be submitted by anyone.
- The goal of ICare is to help students connect to supports and resources both on and off-campus.

THE ICARE TEAM

The ICare team is a collaborative group of IC staff that meets weekly to evaluate ICare referrals, coordinate support, and determine how to best serve and support students referred to ICare.

The ICare team consists of close campus partners including:

- The Office of ICare and Student Support
- Residential Life and Student Conduct
- The Center for Counseling, Health, and Wellness
- The Office of Public Safety
- Title IX
- The Deans Office
- The Office of Religious and Spiritual Life
- Dean of Students
- Center for Student Equity, Inclusion, and Belonging

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 the ICare Referral process?

Please contact

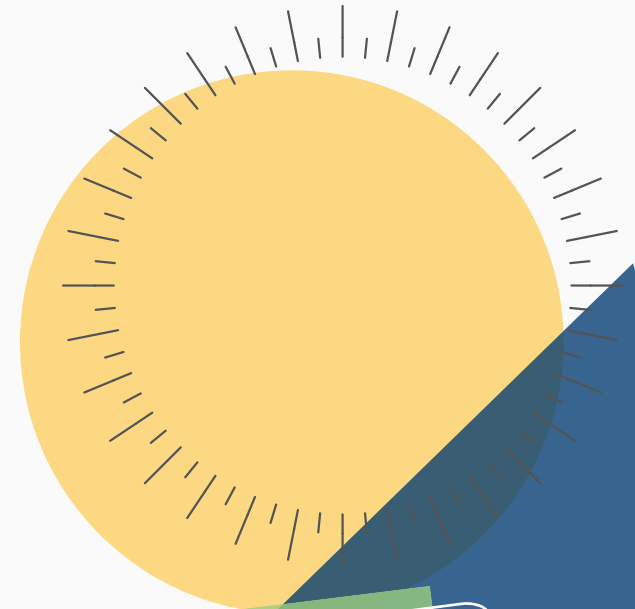
The Office of ICare and Student Support

at 607.274.7731

ICare@ithaca.edu

ICARE REFERRALS

Accessing support and resources for students through Ithaca College's Office of ICare & Student Support (ISS)





ICARE & STUDENT SUPPORT

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

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

ISS is **not** counseling.

ICare and Student Support 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.

SHOULD YOU SUBMIT AN ICARE REFERRAL?

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 mood, appearance, or functioning?

Behavioral Concerns

Does the student's 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? Or the safety of the community?

Impact

Is the student's social life, academics, or daily life being impacted by their current mental health or situational stressor(s)?

If you answered "yes" to any of these questions, an ICare referral could be helpful.

HOW TO START THE CONVERSATION

Are you concerned about someone, but feeling unsure how to initiate the conversation?

CONVERSATION STARTERS

- "I've noticed recently that (share behaviors or concerns)..."
- "What supports do you have that may 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 with you."
- "How can I help you during this time?"

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