CARE@SCRIPPS stands for Community, Assessment, Resources, and Education and is housed in Dean of Students Office. CARE@SCRIPPS provides assistance to community in navigating complex issues and supports students as they advocate, develop and sustain success in school-life balance.

If you have an emergency or urgent concern, please contact the Dean on-Call via Campus Safety at 909-607-2000.

THE SUPPORT OF CARE@SCRIPPS

CARE@SCRIPPS Team
CARE@SCRIPPS team works in collaboration with the Department of Case Management, College departments, Monsour Counseling and Psychological Services (MCAPS), and Student Health Services and will provide a referral if there is a need for further resources to reduce barriers and connect students to supportive resources related to: mental health, food insecurity, textbook scholarship awards, follow up services, MLOA return assessment and support, personal care, and student wellness check ins.

Student Support Referral Form
If you have concerns regarding a student’s well-being or think a student could benefit from support, please complete a CARE referral (see QR code) or email CARE@scrippscollege.edu.

Dean on-Call (DOC) Support
The purpose of the Dean On-Call (DOC) is to respond quickly, effectively, and compassionately to student(s) of concern, disruptions to the community, and crisis situations, in order to support of the College’s educational and residential mission. The DOC is often the first responder to calls about a serious concern, disruptive behavior, and/or crisis on campus. The DOC will determine the appropriate steps and keep a record of the interaction and intervention. If a student engages in threatening and/or extremely disruptive behavior, the situation will be referred to CARE@SCRIPPS or the Assistant Vice President for Student Affairs. CARE@SCRIPPS will manage follow-up services that include on campus referrals, off-campus referrals, emergency funds, and more.

The DOC can be reached through Campus Safety at 909-607-2000
**Knowing the Signs of Students in Distress**

<table>
<thead>
<tr>
<th>Academic Signs of Distress</th>
<th>Physical Signs of Distress</th>
<th>Psychological Signs of Distress</th>
<th>Safety Risk Factors</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Significant decline in quality of work or grades</td>
<td>• Changes in physical appearance such as decline in hygiene or grooming, weight loss/gain, or appetite change</td>
<td>• Disclosure of significant personal issues such as familial, financial, traumatic, suicidal/homicidal ideas, grief</td>
<td>• Unprovoked anger or hostility</td>
</tr>
<tr>
<td>• Repeated absences</td>
<td>• Extreme fatigue or sleep issues</td>
<td>• Excessive tearfulness, panic, irritability, dissociation, or numbness</td>
<td>• Direct or vague threats to harm self or others</td>
</tr>
<tr>
<td>• Bizarre or concerning content in emails or presentations</td>
<td>• Substance abuse</td>
<td>• Verbal attacks or harassment such as taunting, intimidation, badgering, or bullying</td>
<td>• Unable to care for themselves</td>
</tr>
<tr>
<td>• Disruptive in class</td>
<td>• Disoriented, confused, difficulty concentrating</td>
<td>• Concern expressed by other students, faculty, staff, or family</td>
<td>• Academic assignments displaying themes of violence, hopelessness, worthlessness, despair, suicidal thoughts, isolation, or proactive statements that could be seen as threatening</td>
</tr>
</tbody>
</table>

**Communicating threats via email, text, phone call, or other means**
INTERVENING WITH A STUDENT

<table>
<thead>
<tr>
<th>Assess</th>
<th>What are the disruptive behavior issues, the potential causes, and reasons for concern?</th>
</tr>
</thead>
<tbody>
<tr>
<td>How to Identify</td>
<td>Behavior is considered disruptive when it adversely affects teaching, learning communities residential life, and or interferes with functions and services of the College.</td>
</tr>
<tr>
<td>Make a Referral</td>
<td>Listen sensitively. Provide empathy and encourage students to seek resources provided. Refer students to CARE@SCRIPPS who need help navigating campus and off-campus resources. The Student Support Referral form is located online on the CARE@SCRIPPS home page.</td>
</tr>
<tr>
<td>Consultation</td>
<td>See back cover for quick reference guide and list of available resources.</td>
</tr>
</tbody>
</table>

UNDERSTANDING CASE MANAGEMENT

Office of Case Management
The Office of Case Management coordinates student services and provides support. In addition to supporting students, case management is also available to consult with faculty, staff, parents, and others any time they are worried about a student’s behavior or mental health. Department of Case Management will provide a referral if there is a need for further resources to reduce barriers and connect them to supportive resources related to: mental health, food insecurity, textbook scholarship awards, follow up services, MLOA return assessment and support, personal care, and student wellness check ins.

Off Campus Referral Program
Scripps Off-Campus Referral Program is designed to help currently enrolled Scripps students have timely access to mental health services during the academic year. The program expands the pool of available mental health professionals in Claremont to help students connect with a counselor who meets their specific needs. This includes the Off Campus Subsidized Therapy Referral Program for students who need financial support covering low-cost therapy or copay costs. For more information, please reach out to Case Management.

• Intervention • Advocacy • Resources • Referrals • Follow-up services •

CONTACT INFORMATION
Jamila Zuwayed, M.S, LMFT
Assistant Dean/Director of Case Management
jzuwayed@scrippscollege.edu

CARE@SCRIPPS
CARE@scrippscollege.edu
**DO YOU KNOW SOMEONE IN DISTRESS?**

<table>
<thead>
<tr>
<th>Yes, and there are safety concerns:</th>
<th>Call Campus Safety, (909) 607-2000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes, and I need to connect with support:</td>
<td>Call Monsour Counseling &amp; Psychological Services (MCAPS), (909)621-8202 or a Crisis Line</td>
</tr>
<tr>
<td>No, but the person is experiencing difficulties:</td>
<td>Personal or academic concern, email <a href="mailto:CARE@scrippscollege.edu">CARE@scrippscollege.edu</a> or submit the Student Support Referral form, Click Here.</td>
</tr>
</tbody>
</table>

**7C Health**
7C Health is a convenient way for The Claremont Colleges students to receive 24/7, free medical and mental health support.
For more information, please Click Here.

**CAMPUS RESOURCES FOR STUDENTS**
- Campus Safety .................................................. (909) 607-2000
- Monsour Counseling and Psychological Services .................................. (909) 621-8202
- Student Health Center ........................................................................ (909) 621-8222
- The EmPOWER Center ........................................................................ (909) 607-0690
- Scripps College Title IX ..................................................................... (909) 607-7142
- Queer Resource Center ......................................................................... (909) 607-1817
- Office of Black Student Affairs .......................................................... (909) 607-3669
- Chicano/Latino Student Affairs .............................................................. (909) 621-8044
- Office of the Chaplains ....................................................................... (909) 621-8685
- Student Disability Resource Center .................................................. (909) 607-7419

**CRISIS LINES**
- Monsour Counseling and Psychological Services (MCAPS)
  24/7 crisis line .................................................................................. (909) 621-8202
  "After hours, press "1"
- National Suicide Prevention Hotline .................................................. (800) 273-8255
- Project Sister ...................................................................................... (909) 626-4357
- The Trevor Lifeline (LGBTQ+) ............................................................ (866) 488-7386
- Crisis Text Line .................................................................................. Text HELLO to 741741

**Student Health Services (SHS)**
SHS provides patient-centered health care to all of the 7C campus community in a professional and compassionate manner that directly contributes to the student’s well-being and overall success.
For more information, please Click Here.

**Employee Resources and Support**
The Optum Employee Assistance Program (EAP) is a confidential service designed to help employees resolve personal and workplace challenges. For more information, please call 800-234-5465.

**Monsour Counseling and Psychological Services (MCAPS)**
MCAPS is the mental health resource to the five undergraduate Claremont Colleges. There are no fees for counseling services and all services are confidential.
For more information, please Click Here.