What should I do when I am concerned about the behavior or the wellbeing of a classmate?

MSM established the Campus Assessment Response and Evaluation (C.A.R.E.) Team in 2013 to better manage getting help to those who need it, and to make sure MSM identifies anyone who poses a potential danger to others. The C.A.R.E. Team is composed of individuals who have specific expertise and professional training in the assessment of, and intervention with, individuals who may present a threat to themselves and/or the Manhattan School of Music Community. The C.A.R.E. Team can follow up with appropriate resources to give the referred individual the physical, psychological and academic support they need. The C.A.R.E. Team also seeks to educate the campus community on the importance of prompt reporting of the problematic behaviors. The C.A.R.E. Team Referral Form is one way to communicate to the C.A.R.E. Team.

http://students.msmnyc.edu/SchoolOffices/StudentAffairs/CARETeamReportForm.aspx

C.A.R.E. Team members

- Monica Coen Christensen, Dean of Students
- Carol Matos, Director of Administration & Human Relations/Special Assistant to the President
- Marjorie Merryman, Provost and Dean of the College
- David Geber, Vice Provost and Dean of Artistic Affairs
- Melanie Dorsey, Director of Student Engagement

Note: Title IX Coordinator Carol Matos is tasked with responding to allegations of sexual harassment, gender-based harassment, sexual misconduct (including sexual assault), stalking, domestic violence and dating violence. To report situations which may be violations of Title IX please use the online Sexual Misconduct Report form: http://students.msmnyc.edu/SchoolOffices/StudentLife/SexualMisconductReportForm.aspx

What are the warning signs that a classmate may be in distress?

- Deteriorating academic performance
- Poor attendance
- Abrupt changes in behavior
- Isolation from others
- Poor appearance or hygiene
- Physical changes such as sudden weight loss or weight gain
- Exhibits high levels of anxiety
- Displays sudden outbursts of anger
- Develops memory or attention issues
- Shows signs of substance abuse
- Seems fatigued/low energy or depressed
- Has outbursts of crying
- Seems irritable or restless
- Expresses suicidal thoughts or feelings
- Communicates low self-esteem
• Has poor social skills
• Seems excessively dependent
• Exhibits bizarre or erratic conduct
• Threatens self or others

Are there common situations to be aware of that can lead to distress?

Yes, if you know someone who is experiencing one or more of the following they may need support more than usual:

• Classmate experiences academic failure
• Classmate experiences financial pressures
• Classmate has health issues
• Classmate has relationship difficulties such as a break up
• Classmate has experienced a loss (or anticipates losing someone)

What should I do if I think a classmate at MSM is showing signs of distress?

Fill out the C.A.R.E. Team Referral Form

• If you do not feel comfortable approaching the classmate yourself, you don’t have to. Reach out to an RA or a member of the C.A.R.E. Team or just rely on the form.
• If you do feel comfortable doing so, talk to the classmate in private. Express concern and listen carefully.
• Suggest a way to get help. Your classmate can be referred to the nurse, the counseling office or the Dean of Students.
• Assure your classmate that the nurse and counseling office services are free and confidential
• Let your classmate know that you are going to reach out to let the nurse or counseling office or Dean of Students know they are coming. You can even walk them over to get help.

What should I be careful NOT to do?

Do not feel you have to take the situation or the person on yourself!

• Do not discuss the classmate’s situation widely; MSM is a small community and word gets around. Only discuss the situation with those who need to know to provide help.
• Don’t be upset if the nurse or counseling staff cannot give you detailed information as to what is happening with an individual you referred. While you are naturally and appropriately concerned and will wish to follow up, the nurse and counseling staff are bound by confidentiality laws. They will share as much as they can and no more.

What will happen after I refer a classmate to the C.A.R.E. Team?

You may not hear back from the C.A.R.E. team but that does not mean nothing is happening. The C.A.R.E. Team will be working to manage the physical, psychological, and academic needs of the individual who needs
C.A.R.E. intervention. The need for confidentiality will often limit the amount the C.A.R.E. Team can communicate.