

HOW TO MAKE A REFERRAL

Referrals to the Assessment & Care Team (ACT) can be made by contacting the following ACT members:

Kathy Slattery

Associate Provost and
Dean of Student
Services, Co-Chair

Graciela Dufour

Associate Vice President for
Human Resources,
Co-Chair

Mary DeGraw

Associate Provost and
Dean for Retention

Dr. Kristi Kelly

Chief Diversity Officer and
Director of Multicultural
Student Services

Fred Gandy

Director of Residence Life

Jill Whitaker

Director of
Counseling Services

Randy Venzke

Assistant Dean, College of
Education and Social Sciences

Mike Zegadlo

Chief of Police

Toni Fitzpatrick

Director of Academic Services

Or online at
lewisu.edu/ACT

The ACT understands that protecting privacy is essential to our effectiveness. Once a person is referred to the ACT, information is shared only as necessary.

UNIVERSITY EMPLOYEE ASSISTANCE PROGRAM (EAP)

It is important to recognize that dealing with disruptive or distressing behavior can be difficult. Consequently, it can be very helpful to discuss these issues with a colleague or supervisor or seek professional stress debriefing assistance through the University's Employee Assistance Program (EAP). You may also contact the Lewis University Human Resource Department if you have questions or require additional information about the Employee Assistance Program.

LU CARES

Lewis University does not tolerate sexual misconduct of any type. Our Catholic, Lasallian tradition inspires us to view each and every human being as created in the image and likeness of God, full of dignity and worth. LU Cares is an online resource that informs and assists those affected by sexual misconduct and who seek the needed help. The following information can be found at the LU Cares webpage:

- Information about Title IX and how it impacts you
- Information about sexual assault, harassment, dating violence, and stalking
- What you can do to help
- The role of responsible employees
- Contact information for on and off campus resources

The following off-campus support services are available to assist:

Romeoville Police Department

1050 West Romeo Road,
Romeoville, IL 60446
Emergency: 911
Non-Emergency:
(815) 886-7219

Silver Cross Hospital

1900 Silver Cross Blvd
New Lenox, IL 60541
(815) 300-1100

Guardian Angel Community Services

168 N. Ottawa Street
Joliet, IL 60432
gacsprograms.org/

24-Hour Sexual Assault Hotline

(815) 730-8984

24-Hour Domestic Violence Hotline

(815) 729-1228

24-Hour Suicide Prevention Hotline

(800) 273-8255

suicidepreventionlifeline.org

Instant Message option
available on the website

24-Hour Crisis Text Line

crisistextline.org

Text your message to
741741 for support

Will County Crisis Hotline

P.O. Box 2354
Joliet, IL 60434
(815) 722-3344



Concerned
About Someone?

ACT

*A Guide for the
Lewis University Community*

*Developed by the Center for
Health & Counseling Services and the
Assessment & Care Team (ACT)*

WHAT IS YOUR ROLE?

Acute or prolonged distress may require the guidance of others to help with a serious problem. You may be perceived as someone who can lend a helping hand or be a good listener if someone is experiencing difficulty in his or her life. Members of the Lewis University community can play an invaluable role in helping persons who are disruptive or in distress. Your expressions of interest, concern, and compassion are important factors for a person seeking the assistance they need. The Office of the Dean of Student Services, The Center for Health and Counseling Services, Residence Life, Center for Academic Success and Enrichment (CASE), Lewis University Police Department, and the Department of Human Resources stand ready to offer assistance.

It is important to note that the University does not expect you to assume the role of counselor or police officer. For those responsibilities, Lewis University has trained professionals who can assist you:

Center for Health & Counseling Services

(815) 836-5455
Mother Teresa Hall
(Lower Level)

Office of Human Resources

(815) 836-5270
Room 306, Learning Resource Center (LRC)

ACT Online Referral
lewisu.edu/ACT

Campus Police

(815) 836-5911
Learning Resource Center (Lower Level)

Dean of Student Services

(815) 836-5275
Office of Student Services, Learning Resource Center (Lower Level)

EXAMPLES OF DISTRESSED, DISTURBING OR DISRUPTIVE BEHAVIOR

- Harmful to self or others
- Making suicidal threats or gestures
- Exhibiting alcohol or drug problems
- Exhibiting a pattern of bizarre behaviors
- Disrupting the living or learning community
- Withdrawing socially
- Showing a decline in the quality of work
- Preoccupation with violence
- History of aggressiveness
- Threats made as jokes
- Showing bias, discriminating against or harassing others

SUICIDAL BEHAVIOR

Warning signs might include:

- Increased alcohol and other drug use
- Feelings of hopelessness, helplessness, or worthlessness
- Risky or self destructive behaviors
- Recent impulsiveness
- Dramatic mood changes
- Social withdrawal
- Unexpected rage or anger
- Talk of death and/or suicide

It is important to remember that asking a person if they are contemplating suicide DOES NOT give him/her the idea to do so. In fact, your openness and concern may allow the person to feel less lonely or isolated and ultimately more hopeful. Talking about suicide is NOT to be ignored.

THREATENING BEHAVIOR

If you are concerned about someone being a danger to others, you must report it. This is in the best interest of the individual and the community.

Threatening behavior might include:

- Physically violent behavior
- Verbally threatening or overly aggressive behavior
- Threatening or violent material in e-mails, letters, academic papers, or online social network posts
- Harassing or stalking behaviors
- Possession of weapon, particularly a firearm



IMPORTANT TO NOTE

If you consider the student or any other person to be an immediate danger to self or others, contact Lewis University Police Department at extension 5911 or (815) 836-5911 or 911 immediately.

WHEN TO MAKE A REFERRAL

- If your efforts to manage a behavioral issue have not resolved the problem.
- If you are concerned about the welfare of another person or yourself.
- If the person asks for help in dealing with personal issues that is outside of your role.
- If you have referred a person for assistance in the past and there seems to be no improvement or things seem to be worsening.