

**RESPONDING TO EMOTIONALLY DISTRESSED
STUDENTS**

Wednesday, September 27, 2017

Why This Training?



As a LBCC staff member, you are continuously interacting with students. At times, you may encounter a student undergoing an overwhelming amount of stress.

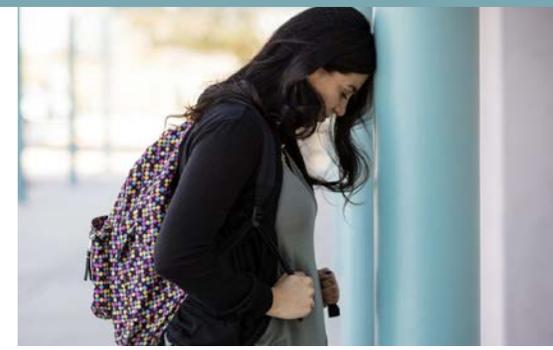
For many students, one of the most important factors of their personal and academic success is your ability to recognize and respond to their emotional distress.

VIDEO: Mental Health on Campus



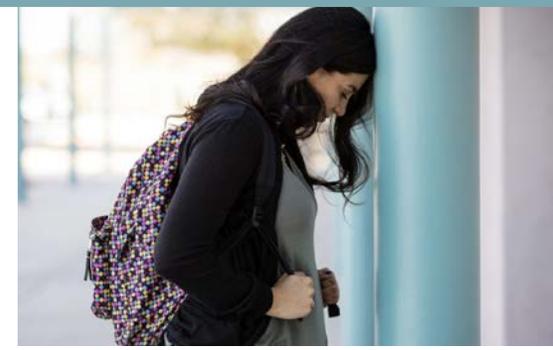
<https://www.youtube.com/watch?v=hBeGSiamFlo>

Who Are We Talking About



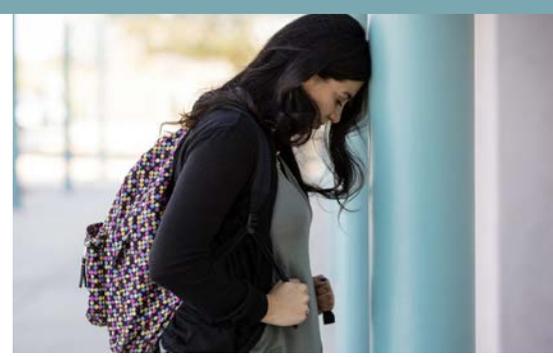
- 1 in 4 young adults (18-24) have a diagnosable mental illness. Depression, anxiety and stress lead the list.
- Over 80% of college students report feeling overwhelmed by school work; 45% report feeling things were hopeless.
- Nearly 75% of students living with mental illness experienced a mental health crisis on campus -- one-third of this group did not ask for help.
- Concern over stigma is the number one reason students do not seek help.

Emotional Distress: It's Toll on Student Success



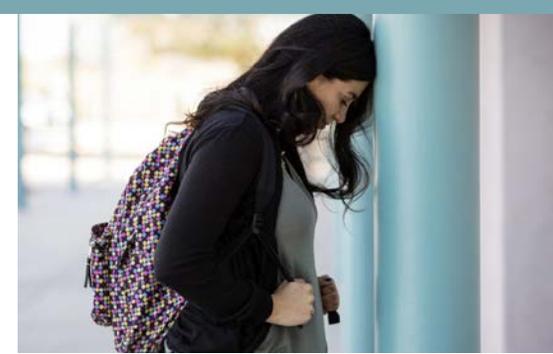
- 86% of students with a diagnosis of mental illness fail to complete their degree -- more than double the rate of the general population.
- 2/3 of young adults no longer in college cite mental health related reasons for not continuing with school.
- 40% of currently enrolled students with mental health conditions report they did not seek help. 57% did not request any accommodations.

Helping a Student in Distress -- Reviewing the Eight Steps



1. Give the student your full attention.
2. Briefly acknowledge your observations.
3. Comment on what you've observed.
4. Listen to the student's concerns.
5. Try to identify the student's problem.
6. Give hope by exploring options.
7. Be flexible with the student.
8. Consult with someone who can help.

How Might These Steps Help You?



Part of our role is triage. We are in a position to make an assessment of what's going on for a student and to answer the question, can I help this student?

If you do nothing else, take the time to pull the student aside and ask if everything is okay. Just showing a student you care and want to help will go a long way towards getting them the help they need.

You do **NOT** need to know the answer to help a student. You just need to know who to link them up with who will do that navigation for them.

How Prepared Are You?

Questions to Ask Yourself in Each Crisis

1. Is there imminent danger?
2. Is there a possible threat of danger?
3. Can I resolve this situation?
4. If not, what can I do to help manage it until I can get support?
5. What should I report and to whom?

Important Numbers



1. For a Student in Emotional Distress

CALL Student Health Services Mental Health: Appts x 3987

WALK Student over to LAC (A1010) or PCC (GG117) SHS Clinic

Deborah Miller-Calvert, Director 562-938-3032

2. For Student Conduct

CALL Office of Student Conduct: x 5082

Dr. Josh Williams, Director 562-938-5082

3. For a Student Who Poses a Threat (or any of the above)

CALL Campus Police: 911

4. For Title IX (Sexual Assault)

CALL Student Affairs: x 4083

Ramon Knox, Dean of Student Affairs 562-938-4083