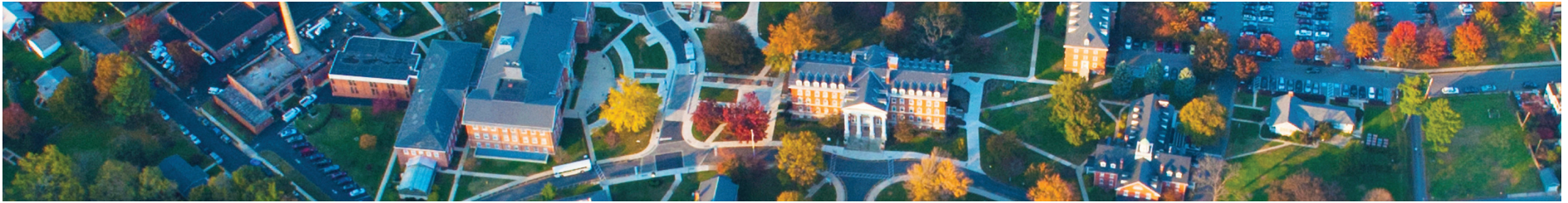


ASSISTING STUDENTS IN DISTRESS



RESPONSE PROTOCOL

Follow the chart to determine who to contact when faced with a student in distress.

Is the student a danger to self or others, or does the student need immediate assistance for any reason?

YES

The student's conduct is clearly and imminently reckless, disorderly, dangerous, or threatening, including self-harm behavior.

Call 911 or Campus Safety

NOT SURE

The student shows signs of distress, but I am unsure how serious it is. My interaction has left me feeling uneasy and/or really concerned about the student.

Call the appropriate dean (undergraduate/graduate)

NO

I'm not concerned for the student's immediate safety, but there are significant issues (e.g., academic, personal or attendance). Additional support and resources are needed.

Utilize list of RESOURCES, refer student accordingly and create a Beacon Alert.

RESOURCES

Academic Services
Student Success Center 301-696-3569

Accessibility Services 301-696-3421

Campus Safety 301-696-3111

Dean of Students (undergrad) 301-696-3235
Dean of the Graduate School 301-696-3600

Director of Wellness 301-696-3439

Hood College Health
and Counseling Services 301-698-8374

Religious & Spiritual Life
Dean of the Chapel 301-696-3436

Sexual Misconduct (Title IX) 301-401-6455

After hours crisis support:

- Campus Safety 301-696-3111
- Residence Life Professional On-Call 301-696-3111
- Frederick County Hotline (24/7) and Mobile Crisis Unit (1-9 p.m.) 211
- National Suicide Prevention Lifeline 800-273-8255



SEE SOMETHING.

Hood faculty and staff are in a unique position to demonstrate compassion for Hood students in distress.

Both undergraduate and graduate students may feel alone, isolated, and even hopeless when faced with academic and life challenges. These feelings can easily disrupt academic performance and may lead to difficulties coping and other serious consequences.

You may be the first person to **SEE SOMETHING** distressing in your students since you have frequent and prolonged contact with them.

SAY SOMETHING.

Students exhibiting troubling behaviors in your presence may be having difficulties in various settings (in class, at home, at work, in the residence hall, etc.) and in their interpersonal relationships.

Trust your instincts and **SAY SOMETHING** if a student leaves you feeling worried, alarmed, or threatened!

DO SOMETHING.

Sometimes students cannot or will not turn to family or friends.

DO SOMETHING! Your expression of concern may be a critical factor in saving a student's academic career or even their life.

The purpose of this non-exhaustive list is to help you recognize symptoms of student distress and identify appropriate referrals to campus resources.

Adapted from the UCLA Division of Student Affairs

The Family Educational Rights and Privacy Act (FERPA)

The Family Educational Rights and Privacy Act (FERPA) permits communication about a student of concern in connection with a health and safety emergency. Observations of a student's conduct or statements made by a student are not FERPA protected. Such information should be shared with appropriate consideration for student privacy.

ACADEMIC INDICATORS

- Sudden decline in quality of work and grades
- Repeated absences
- Disturbing content in writing or presentations (e.g., violence, death)
- You find yourself doing more personal rather than academic counseling during office hours
- Continuous classroom disruptions

SAFETY RISK INDICATORS

- Unprovoked anger or hostility
- Making implied or direct threats to harm self or others
- Academic assignments dominated by themes of extreme hopelessness, rage, worthlessness, isolation, despair, acting out, suicidal ideations/violent behaviors

PSYCHO-SOCIAL INDICATORS

- Self-disclosure of personal distress that could include family problems, relationship issues, financial difficulties, depression, grief, or thoughts of suicide
- Excessive tearfulness, panic reactions, irritability or unusual apathy
- Verbal abuse (e.g., taunting, badgering, intimidation)
- Expressions of concern about the student by his/her peers

PHYSICAL INDICATORS

- Marked changes in physical appearance including deterioration in grooming, hygiene, or weight loss/gain
- Excessive fatigue/sleep disturbance
- Intoxication, hangovers, or smelling of alcohol
- Disoriented or "out of it"
- Unexplained injuries or signs of self-harm