Assisting Students in Distress

See Something. Say Something. Do Something.

The purpose of this folder is to help you recognize symptoms of student distress and identify appropriate referrals to campus resources.

SEE SOMETHING

MUSC faculty/staff are in a unique position to identify and take action to help MUSC students in distress.

Students may sometimes feel *alone*, *isolated*, and even *hopeless* when faced with academic and life challenges. These feelings can easily disrupt academic performance and may lead to dysfunctional coping and other serious consequences.

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

SAY SOMETHING

Students exhibiting troubling behaviors in class, online or who are avoiding class are likely having difficulties in other settings including with roommates, family, and in work & social settings.

Trust your instincts and **SAY SOMETHING** if a student's behaviors or comments leave you feeling concerned, worried, alarmed, or threatened.

DO SOMETHING

Sometimes students are reluctant to ask for help. **DO SOMETHING!** Your expression of concern may be an important factor in getting students the appropriate help & resources.

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Changing What's Possible

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	Physical Indicators	Safety Risk Indicators	Other Indicators
 Frequent and/or extended absences Tardiness Trouble concentrating Missing Tests Late Assignments Change in participation (dominating or avoiding discussion) Frequent requests for extensions or special arrangements Bizarre content in writings or presentations 	 Headaches GI complaints Weight loss/gain Change in appearance Change in motor activity or speech Falling asleep in class Poor personal hygiene Disoriented or "out of it" Excessive or too little sleep Intoxication, hangovers, smelling of alcohol 	 Suicidal thoughts/ statements Homicidal thoughts/ statements Unprovoked anger or hostility Irritability or unusual apathy Implying or making a direct threat to harm self or others Stalking or harassing Preoccupation with death or violent acts 	 Marked change in mood Persistent unusual thoughts Hopelessness/helplessness Expressions of concern about the student by their peers Self-disclosure of personal distress such as family problems, financial difficulties, contemplating suicide, grief Disorganized performance

Medical University of South Carolina Counseling and Psychological Services

Recognizing & Assisting Students in Distress



Response Protocol

Follow the chart to identify whom to contact when concerned about a student.

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

YES

The student's behavior is dangerous, or threatening to the student or others.

Call 911 or

Campus Public Safety (843) 792-4023

After speaking with police report the concern to:

Behavioral Support Intervention Team

& Associate Dean of Student Affairs or Services

I'M NOTSURE

The student shows signs of distress but I am unsure how serious it is.

During Business Hours:

Call the Counseling and Psychological Services for consultation at (843) 792-

Also report your concern to

Behavioral Support Intervention Team

& Associate Dean of Students

After Hours & Holidays:

Call Charleston County Sheriff's nonemergent line or Mobile Crisis (see options to the right)

If a student has unusual or excessive

absences, consult with your dean's office to determine if a welfare check is indicated to assess the student's wellbeing.

NO

I am not concerned for the student's immediate safety, but the student is having significant academic and/or personal issues and could use some support.

Talk with the student and refer them to an appropriate campus resource.

See options to the right

On Campus	
Counseling and Psychological Services	843-792-4930
Student Health	843-792-3664
CON Student Services	843-792-8515
COM Student Affairs	843-792-1672
CHP Student Affairs	843-792-4492
GS Student Services	843-876-2410
CODM Student Affairs	843-792-2344
COP Student Affairs	843-792-8451
Center for Drug & Alcohol	843-792-5200
<u>Diversity and Inclusion</u>	843-792-1072
<u>Title IX</u>	843-792-1282
Behavioral Support Intervention Team	https://education.musc.edu/stu dents/bsit
the MUSC paging operator and ask to page the psychiatry resident on-call weekends and holidays only	843-792-2123

Off Campus	
National Suicide Prevention	800-273-8255
<u>Charleston Sheriff's non</u> <u>emergency line</u>	843-743-7200
<u>Charleston and Dorchester</u> <u>Mobile Crisis</u>	843-414-2350
Berkeley Mental Health and Mobile Crisis	843-761-8282
Charleston Mental Health	843-852-4100
<u>Dorchester Mental Health</u>	843-873-5063
RAINN	800-656-4673
My Sister's House	843-744-3242

Support for faculty, staff, and MUSC employees:

Employee Assistance Program (843) 792 2848