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 on and off 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 in a student since you have frequent and prolonged contact with them.

SAY SOMETHING

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

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



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.

Medical University of South Carolina Counseling and Psychological Services

Reviewed 09/20/2023

Assisting Students in Distress (Page 2)

See Something. Say Something. Do Something.



Response Protocol Follow the chart to identify whom to contact when concerned about a student. Is the student a danger to self or others? Does the student need immediate assistance for any reason? YES I AM NOT SURE NO The student's behavior is The student shows signs of distress I am not concerned for the but I am unsure how serious it is. dangerous or threatening to the student's immediate safety, student or others. but the student is having significant academic and/or personal issues and could use **During Business Hours:** some support. Call 911 or Call the Counseling and Psychological Services for **Campus Public Safety** consultation at (843) 792-4930 (843) 792-4023 Also report your concern to Behavioral Support Intervention Team & Associate Dean of Students Talk with the student and refer them to an After Hours & Holidays: Call County Sheriff's non-emergent or Mobile Crisis line Report the concern to appropriate on or off (see options to the right). **Behavioral Support Intervention** campus resource. Téam If a student has unusual or excessive absences, consult & Associate Dean of Student Affairs with your dean's office to determine if a welfare check or Services. See options to the right. is indicated to assess the student's wellbeing.

On Campus	
Counseling and Psychological Services	843-792-4930
<u>Student Health</u>	843-792-3664
CON Student Services	843-792-8515
COM Student Affairs	843-792-1672
CHP Student Affairs	843-792-4492
<u>GS Student Services</u>	843-876-2410
CODM Student Affairs	843-792-2344
COP Student Affairs	843-792-8451
Center for Drug & Alcohol	843-792-5200
Diversity and Inclusion	843-792-1072
Sexual Assault Nurse Examiners (SANE)	843-860-5508
Title IX	843-792-1282
Behavioral Support Intervention Team	https://education.musc.ed u/students/bsit
Call the MUSC paging operator to page the psychiatry resident on-call (Weekends & Holidays Only)	843-792-2123

Off Campus

National Suicide Prevention Lifeline	988 or 800-273-8255 (TALK), 24/7
National Crisis Text Line	Text HOME to 741741 , 24/7
Charleston Sheriff's non emergency line	843-743-7200
Charleston and Dorchester Mobile Crisis	843-414-2350
Berkeley Mental Health and Mobile Crisis	843-761-8282
Charleston Mental Health	843-852-4100
Dorchester Mental Health	843-873-5063
RAINN	800-656-4673
My Sister's House	843-744-3242
Tri-County S.P.E.A.K.S. (formerly People Against Rape)	843-745-0144

Support for faculty, staff, and MUSC employees:

Employee Assistance Program (843) 792-2848

Assisting Residents and Fellows in Distress

See Something. Say Something. Do Something.

The purpose of this folder is to help you recognize symptoms of a trainee in distress and identify appropriate referrals to on and off campus resources.

SEE SOMETHING

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

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

You may be the first person to SEE SOMETHING distressing in a peer or trainee since you have frequent and prolonged contact with them.

SAY SOMETHING

Anyone exhibiting troubling behaviors at work are likely having difficulties in other settings including with roommates, family, and in social settings.

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

DO SOMETHING

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

Academic Indicators	Physical Indicators	Safety Risk Indicators	Other Indicators
 Frequent and/or extended absences Tardiness Trouble concentrating Lack of interest in outcome of patients 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 by their peers or anyone interacting with them Self-disclosure of personal distress such as family problems, financial difficulties, contemplating suicide, grief Disorganized performance



Changing What's Possible

Medical University of South Carolina

Response Protocol: Follow for concern about a <u>resident/fellow</u>





Resources: Follow for concern about a <u>resident/fellow</u>. Most up to date resources can be found at the wellbeing

collective website

On Campus	
Employee Assistance Program	843-792-2848
Resilience Team	843-364-7798
Center for Drug & Alcohol	843-792-5200
Diversity and Inclusion	843-792-1072
<u>Sexual Assault Nurse Examiners</u> (SANE)	843-860-5508
<u>Title IX</u>	843-792-1282
Call the MUSC paging operator to page the psychiatry resident on-call (Weekends & Holidays (only)	843-792-2123

Support for faculty, staff, and MUSC employees: Employee Assistance Program (843) 792-2848

Off Campus	
National Suicide Prevention Lifeline	988 or 800-273-8255 (TALK), 24/7
National Crisis Text Line	Text HOME to 741741 , 24/7
Charleston Sheriff's non emergency line	843-743-7200
Charleston and Dorchester Mobile Crisis (24/7 psych assessment team)	843-414-2350
Berkeley Mental Health and Mobile Crisis	843-761-8282
Charleston Mental Health	843-852-4100
Dorchester Mental Health	843-873-5063
RAINN	800-656-4673
My Sister's House	843-744-3242
<u>Tri-County S.P.E.A.K.S. (formerly People</u> <u>Against Rape)</u>	843-745-0144