

# 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.



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.

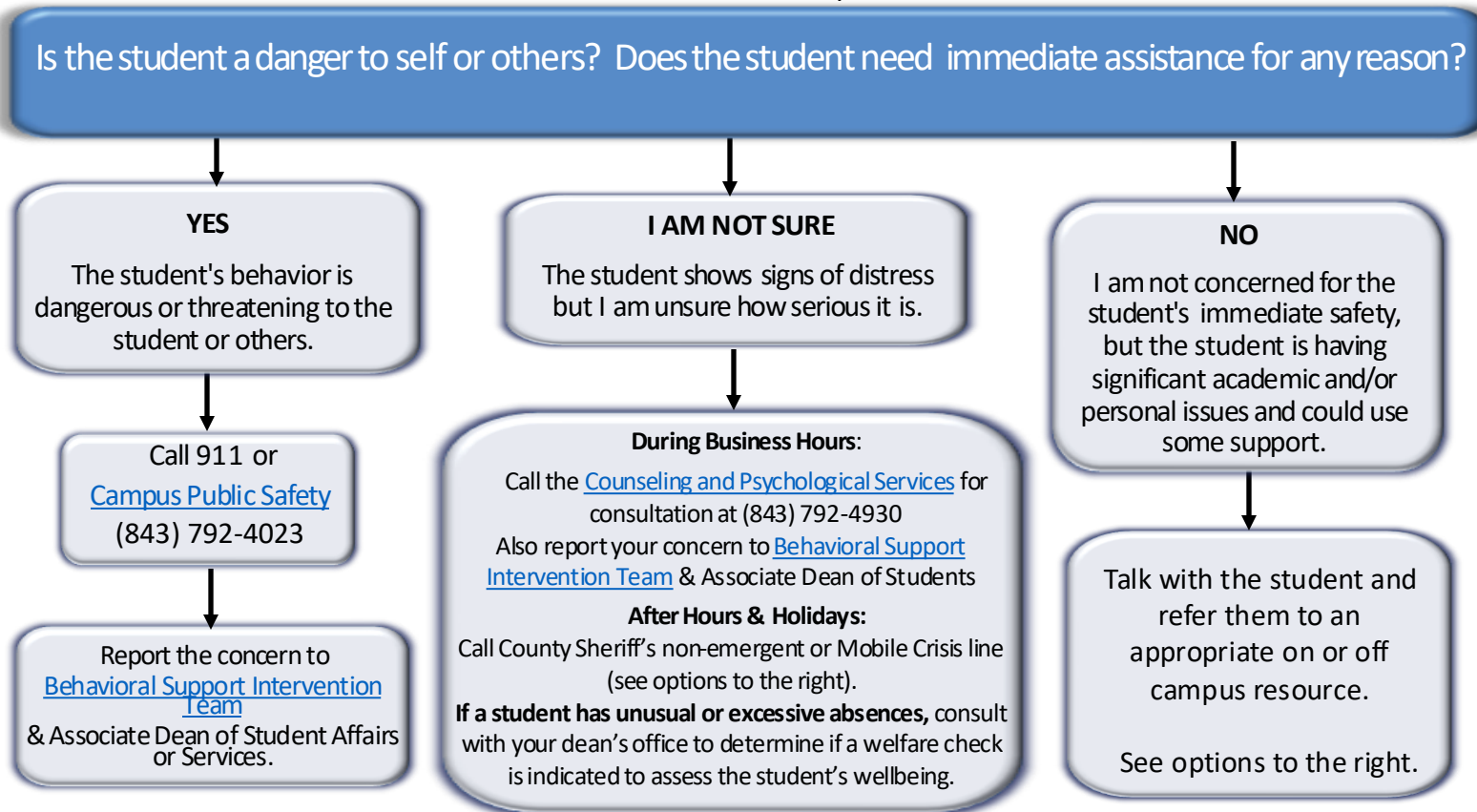
Such information should be shared with appropriate consideration for student privacy.

Academic Indicators	Physical Indicators	Safety Risk Indicators	Other Indicators
<ul style="list-style-type: none"><li>➤ Frequent and/or extended absences</li><li>➤ Tardiness</li><li>➤ Trouble concentrating</li><li>➤ Missing tests</li><li>➤ Late assignments</li><li>➤ Change in participation (dominating or avoiding discussion)</li><li>➤ Frequent requests for extensions or special arrangements</li><li>➤ Bizarre content in writings or presentations</li></ul>	<ul style="list-style-type: none"><li>➤ Headaches</li><li>➤ GI complaints</li><li>➤ Weight loss/gain</li><li>➤ Change in appearance</li><li>➤ Change in motor activity or speech</li><li>➤ Falling asleep in class</li><li>➤ Poor personal hygiene</li><li>➤ Disoriented or "out of it"</li><li>➤ Excessive or too little sleep</li><li>➤ Intoxication, hangovers, smelling of alcohol</li></ul>	<ul style="list-style-type: none"><li>➤ Suicidal thoughts/statements</li><li>➤ Homicidal thoughts/statements</li><li>➤ Unprovoked anger or hostility</li><li>➤ Irritability or unusual apathy</li><li>➤ Implying or making a direct threat to harm self or others</li><li>➤ Stalking or harassing</li><li>➤ Preoccupation with death or violent acts</li></ul>	<ul style="list-style-type: none"><li>➤ Marked change in mood</li><li>➤ Persistent unusual thoughts</li><li>➤ Hopelessness/helplessness</li><li>➤ Expressions of concern about the student by their peers</li><li>➤ Self-disclosure of personal distress such as family problems, financial difficulties, contemplating suicide, grief</li><li>➤ Disorganized performance</li></ul>

See Something. Say Something. Do Something.

## Response Protocol

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



On Campus	
<a href="#">Counseling and Psychological Services</a>	843-792-4930
<a href="#">Student Health</a>	843-792-3664
<a href="#">CON Student Services</a>	843-792-8515
<a href="#">COM Student Affairs</a>	843-792-1672
<a href="#">CHP Student Affairs</a>	843-792-4492
<a href="#">GS Student Services</a>	843-876-2410
<a href="#">CODM Student Affairs</a>	843-792-2344
<a href="#">COP Student Affairs</a>	843-792-8451
<a href="#">Center for Drug &amp; Alcohol</a>	843-792-5200
<a href="#">Diversity and Inclusion</a>	843-792-1072
<a href="#">Sexual Assault Nurse Examiners (SANE)</a>	843-860-5508
<a href="#">Title IX</a>	843-792-1282
<a href="#">Behavioral Support Intervention Team</a>	<a href="https://education.musc.edu/students/bsit">https://education.musc.edu/students/bsit</a>
Call the MUSC paging operator to page the psychiatry resident on-call (Weekends & Holidays Only)	843-792-2123
Off Campus	
<a href="#">National Suicide Prevention Lifeline</a>	988 or 800-273-8255 (TALK), 24/7
<a href="#">National Crisis Text Line</a>	Text HOME to 741741, 24/7
<a href="#">Charleston Sheriff's non emergency line</a>	843-743-7200
<a href="#">Charleston and Dorchester Mobile Crisis</a>	843-414-2350
<a href="#">Berkeley Mental Health and Mobile Crisis</a>	843-761-8282
<a href="#">Charleston Mental Health</a>	843-852-4100
<a href="#">Dorchester Mental Health</a>	843-873-5063
<a href="#">RAINN</a>	800-656-4673
<a href="#">My Sister's House</a>	843-744-3242
<a href="#">Tri-County S.P.E.A.K.S. (formerly People Against Rape)</a>	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

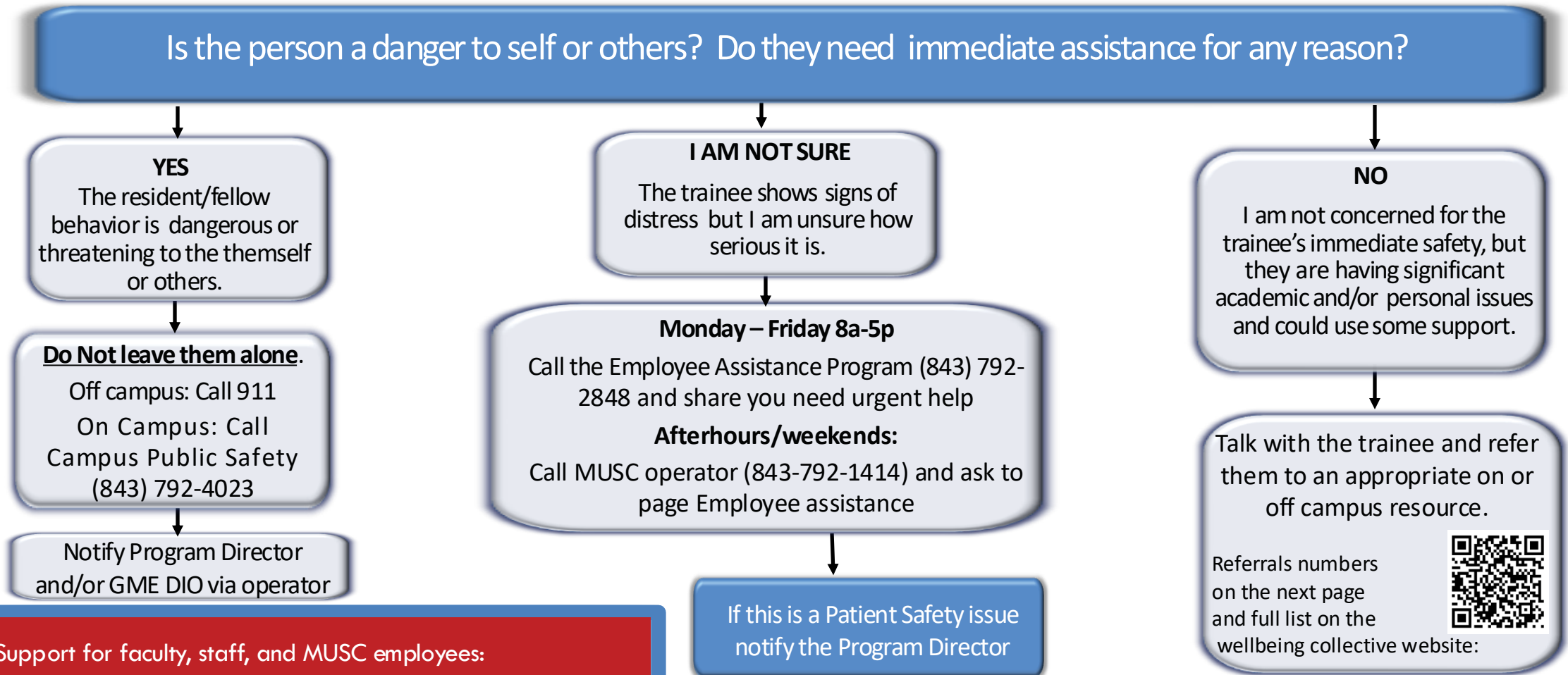
Sometimes people are reluctant to ask for help. DO SOMETHING! Your expression of concern may be an important factor in getting them the appropriate help and resources.



Changing What's Possible

Academic Indicators	Physical Indicators	Safety Risk Indicators	Other Indicators
<ul style="list-style-type: none"><li>➤ Frequent and/or extended absences</li><li>➤ Tardiness</li><li>➤ Trouble concentrating</li><li>➤ Lack of interest in outcome of patients</li><li>➤ Change in participation (dominating or avoiding discussion)</li><li>➤ Frequent requests for extensions or special arrangements</li><li>➤ Bizarre content in writings or presentations</li></ul>	<ul style="list-style-type: none"><li>➤ Headaches</li><li>➤ GI complaints</li><li>➤ Weight loss/gain</li><li>➤ Change in appearance</li><li>➤ Change in motor activity or speech</li><li>➤ Falling asleep in class</li><li>➤ Poor personal hygiene</li><li>➤ Disoriented or "out of it"</li><li>➤ Excessive or too little sleep</li><li>➤ Intoxication, hangovers, smelling of alcohol</li></ul>	<ul style="list-style-type: none"><li>➤ Suicidal thoughts/statements</li><li>➤ Homicidal thoughts/statements</li><li>➤ Unprovoked anger or hostility</li><li>➤ Irritability or unusual apathy</li><li>➤ Implying or making a direct threat to harm self or others</li><li>➤ Stalking or harassing</li><li>➤ Preoccupation with death or violent acts</li></ul>	<ul style="list-style-type: none"><li>➤ Marked change in mood</li><li>➤ Persistent unusual thoughts</li><li>➤ Hopelessness/helplessness</li><li>➤ Expressions of concern about the by their peers or anyone interacting with them</li><li>➤ Self-disclosure of personal distress such as family problems, financial difficulties, contemplating suicide, grief</li><li>➤ Disorganized performance</li></ul>

**Response Protocol:** Follow for concern about a resident/fellow



Support for faculty, staff, and MUSC employees:

Employee Assistance Program (843) 792-2848

## Resources for Resident/Fellow in Distress)

**Resources:** Follow for concern about a resident/fellow. 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
<a href="#">Center for Drug &amp; Alcohol</a>	843-792-5200
<a href="#">Diversity and Inclusion</a>	843-792-1072
<a href="#">Sexual Assault Nurse Examiners (SANE)</a>	843-860-5508
<a href="#">Title IX</a>	843-792-1282
Call the MUSC paging operator to page the psychiatry resident on-call (Weekends & Holidays (only)	843-792-2123

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