

REFERRING STUDENTS TO COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

NATIONAL TRENDS OF DISTRESSED STUDENTS

- American College Health Association—National College Health Assessment
- Within the last 12 months:
 - 53% reported feeling hopeless
 - 87% felt overwhelmed by all they had to do
 - 83% felt exhausted (not from physical activity)
 - 64% felt very lonely
 - 68% felt very sad
 - 40% felt so depressed they could barely function,
 - 13% seriously considered suicide
- Suicide is the 2nd leading cause of death among college students
- 75% of all mental health conditions begin before the age of 24 (NAMI)

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SIGNS OF DISTRESS

- Academic indicators
 - Drop in grades or decrease in quality of work, missed classes, poor attendance, caring less about performance, not turning in assignments
- Physical indicators
 - Changes in sleep patterns, change in physical appearance (hygiene), change in weight or appetite, alcohol or drug abuse
- Psychological indicators
 - Decreased concentration, talk of hopelessness or despair, abrupt changes in mood, sadness or depression
- Safety risk indicators
 - Talking or writing about suicide
 - Making implied or direct threats to harm self or others

FACTS ABOUT SUICIDE

- Suicide is preventable. Most suicidal people desperately want to live; they are just unable to see alternatives to their problems.
- Most suicidal people give definite warning signals of their suicidal intentions, but others are often unaware of the significance of these warnings or unsure what to do about them.
- Talking about suicide does not cause someone to become suicidal.

TALKING TO STUDENTS IN DISTRESS

Notice

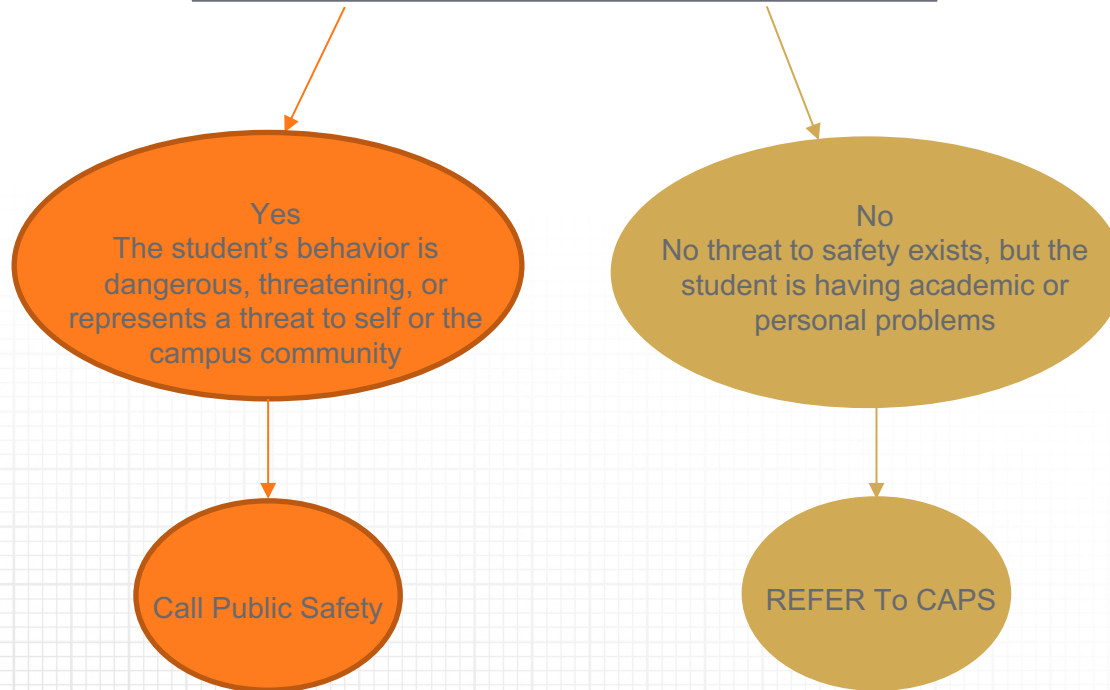
Approach

Collaborate

Refer

Deciding How to Respond:

Does the student need immediate help?



HOW TO REFER

- Get to know the referral sources.
- Use a direct approach with the student and express concern for his or her welfare.
- Anticipate some concerns and fears about seeking counseling.
- Create a positive expectation.
- Mention seeking help as a sign of courage rather than weakness

HOW TO REFER

- If the student is ready to accept the referral, let him or her make the call. Students can call 678-466-5406 or stop by our office in the Edgewater Hall.
- Faculty and staff can walk the student over to CAPS to schedule or to request an immediate appointment.
- Ask the student at a later date what action he/she has taken.
- Respect the student's right to reject the referral suggestion, or to take time to think about it. This is acceptable unless it is an emergency.
- Call Counseling and Psychological Services to consult.

CONSULTATION WITH CAPS STAFF

- Assess the seriousness of the situation
- Discuss resources so that you can provide the student with potential options for obtaining assistance
- Decide how best to approach a student or initiate the referral process
- Determine whether an emergency exists

WHAT IS AN EMERGENCY?

- Students who say they are going to kill themselves.
- Students who reveal they made a recent suicide attempt.

CAPS RESPONSE

- CAPS staff do not reach out directly to students unless it is an emergency
- Referral to Student Behavior Consultation Team
- Referral to Dean of Students, Mr. Jeff Jacobs
- In case of emergency, CAPS will enlist support from Public Safety

STUDENT BEHAVIOR CONSULTATION TEAM (SBCT)

- Campus wide team that provides consultation, makes recommendations, and coordinates the University's response in situations involving students who engage in concerning, disruptive, and/or potentially harmful behavior.
- Anyone can express a concern about a student to any member of the team.
- Potential outcomes include
 - No action
 - Referral to support services
 - Parent notification
 - Referral to CAPS for an assessment

SBCT REPRESENTATIVES

- Mr. Jeff Jacobs, Dean of Students (Chair)
- Mr. Eric Tack, Director of Advising and Retention
- Dr. Christine Smith, Director of Counseling and Psychological Services
- Director of Public Safety
- Ms. Polly Parks, Director of University Health Services
- Dr. Andrea Allen, Faculty Member
- Ms. Alicia Myrick, Assistant Director of Community Standards & Case Manger

QUICK FACTS ABOUT COUNSELING AND PSYCHOLOGICAL SERVICES

- Staffed by professionals
- No additional charge to students
- All counseling services are confidential (with exceptions)
- Hours of operation are 8:00 to 5:00; until 7:00 on Wednesdays
- Emergency after-hours services are available on-call through Public Safety (678) 466-4050

CLINICAL STAFF

- Shiraz Karaa, LPC
- Keisha Tanner, LPC
- Nicole Keating, LCSW
- Caulecia Jones, LPC
- Bernard Duvivier, LAPC
- Interns

CONFIDENTIALITY

- Professional ethics, state and federal law
- Faculty members often have an understandable desire to know if a student who has been referred has actually attended and made any progress.

RESOURCES FOR FACULTY AND STAFF

- CAPS Consultation
- Employee Assistance Program