See Something.

UCI faculty/staff and graduate teaching/research assistants are in a unique position to demonstrate compassion for UC 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 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. The University of California, in collaboration with the California Mental Health Services Authority (CalMHA), requests that you act with compassion in your dealings with such students.

Say Something.

Students exhibiting troubling behaviors in your presence are likely having difficulties in various settings including the classroom, with roommates, and even in social settings.

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

Am I Allowed to Share the Information I Have about this Student of Concern?

According to the Federal Educational Rights and Privacy Act (FERPA), University faculty and staff are permitted to disclose information about a student with appropriate university officials when there is an urgent health and/or safety concern.

Assisting Students in Distress


Academic Indicators

- Sudden decline in quality of work and grades
- Repeated absences
- Bizarre content in writings or presentations
- Multiple requests for extensions
- Overly demanding of faculty/staff attention
- One or more of the following social or physical isolation
- A change in appearance
- Withdrawal from family
- Self-destructive behaviors
- Compulsive or irrational behavior
- Sudden onset of extreme hopelessness, rage, worthlessness, depression
- Academic assignments dominated by themes of extreme hopelessness, rage, worthlessness, isolation, despair, acting out, suicide, ideations/violent behaviors — a “cry for help”

Physical Indicators

- Marked changes in physical appearance including deterioration in grooming, hygiene or weight/weight gain
- Excessive fatigue/sleep disturbance
- Irritability or unusual apathy
- Excessive tearfulness, panic reactions, suicide, grief
- Unprovoked anger or hostility
- Communicating threats via email, correspondence, texting or phone calls
- Implying or making a direct threat to harm self or others
- Self-disclosure of personal distress family problems, financial difficulties, contemplating suicide, grief
- Excessive tearfulness, panic reactions, irritability or unusual apathy
- Verbal abuse (e.g. taunting, bullying, intimidation)
- Expressions of concern about the student by their peers

Safety Risk Indicators

- Unprovoked anger or hostility
- Imposing or making a direct threat to harm self or others
- Academic assignments dominated by themes of extreme hopelessness, rage, worthlessness, isolation, despair, acting out, suicide, ideations/violent behaviors — a “cry for help”

Psychological Indicators

- Self-disclosure of personal distress family problems, financial difficulties, contemplating suicide, grief
- Excessive tearfulness, panic reactions, irritability or unusual apathy
- Verbal abuse (e.g. taunting, bullying, intimidation)
- Expressions of concern about the student by their peers

Campus Emergency Notifications

zotALERT - UCIPD will send out emergency text message notifications in the event of a known threat to the campus. Sign up for zotALERT here: www.ot.uc Irvine/zotalert/
zotALERT may advise you of actions to take to keep safe such as:
- Secure in place: Go to the nearest room or office and close and lock the door. Turn off lights and close blinds. If outside, get inside the nearest building.
- Evacuate: Evacuate to your designated Assembly Area, unless you are directed otherwise.

Campus Resources for Students

Academic Indicators

- Sudden decline in quality of work and grades
- Repeated absences
- Bizarre content in writings or presentations
- Multiple requests for extensions
- Overly demanding of faculty/staff attention
- One or more of the following social or physical isolation
- A change in appearance
- Withdrawal from family
- Self-destructive behaviors
- Compulsive or irrational behavior
- Sudden onset of extreme hopelessness, rage, worthlessness, depression
- Academic assignments dominated by themes of extreme hopelessness, rage, worthlessness, isolation, despair, acting out, suicide, ideations/violent behaviors — a “cry for help”

Physical Indicators

- Marked changes in physical appearance including deterioration in grooming, hygiene or weight/weight gain
- Excessive fatigue/sleep disturbance
- Irritability or unusual apathy
- Excessive tearfulness, panic reactions, suicide, grief
- Unprovoked anger or hostility
- Communicating threats via email, correspondence, texting or phone calls
- Implying or making a direct threat to harm self or others
- Self-disclosure of personal distress family problems, financial difficulties, contemplating suicide, grief
- Excessive tearfulness, panic reactions, irritability or unusual apathy
- Verbal abuse (e.g. taunting, bullying, intimidation)
- Expressions of concern about the student by their peers

Safety Risk Indicators

- Unprovoked anger or hostility
- Imposing or making a direct threat to harm self or others
- Academic assignments dominated by themes of extreme hopelessness, rage, worthlessness, isolation, despair, acting out, suicide, ideations/violent behaviors — a “cry for help”

Psychological Indicators

- Self-disclosure of personal distress family problems, financial difficulties, contemplating suicide, grief
- Excessive tearfulness, panic reactions, irritability or unusual apathy
- Verbal abuse (e.g. taunting, bullying, intimidation)
- Expressions of concern about the student by their peers

Dispute or Dismissed?

If a student is classified as a student in distress:

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

- Am I allowed to share the information I have about this student of concern?

- According to the Federal Educational Rights and Privacy Act (FERPA), University faculty and staff are permitted to disclose information about a student with appropriate university officials when there is an urgent health and/or safety concern.

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

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

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

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

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

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

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

- 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 folder is to help you recognize symptoms of student distress and identify appropriate referrals to campus resources.
Response Protocol Follow the chart to determine what to do when faced with a distressed or disruptive student.

Is the student a danger to self, or others, or does the student need emergency assistance?

**“Yes”**
The student's conduct is clearly and imminently reckless, disorderly, dangerous, or threatening and is suggestive of harm to self or others in the community.

Call 911 or Campus Police 949.824.5223

After speaking with police report the concern to: Campus Consultation Team by contacting the Associate Vice Chancellor 949.824.4642

**“I’m not sure”**
The student shows signs of distress, but I am not sure how serious it is. My interaction has left me feeling uneasy and/or concerned about the student.

Call the Counseling Center for consultation 949.824.6457

After Hours & Holidays: select the after hours service option to be connected to a live mental health specialist

**“No”**
I am not concerned for the student's immediate safety, but he/she is having significant academic and/or personal issues and could use some support or additional resources.

Refer student to an appropriate campus resource. See back panel for options.

For a complete list visit: www.whcs.uci.edu/csw

How to Reach Out and Refer Use these tips to help you refer a student in need of assistance.

<table>
<thead>
<tr>
<th>Preparing to reach out to the student</th>
<th>Connecting with the student</th>
<th>Making the referral</th>
</tr>
</thead>
<tbody>
<tr>
<td>Know the available campus resources and the referral process.</td>
<td>Listen supportively. Repeat the student’s statement to clarify and to demonstrate an understanding of the student’s perspective.</td>
<td>Recommend services and provide student with realistic expectations. Note that some campus resources can offer confidential support while others are required by mandates to respond or report.</td>
</tr>
<tr>
<td>Seek suggestions from experienced colleagues and the department chair.</td>
<td>Do not challenge or become argumentative with the student.</td>
<td>Reassure the student that students often seek help over the course of their college career to effectively achieve their goals.</td>
</tr>
<tr>
<td>If in need of additional consultation, contact the Counseling Center to explore the issues involved and course of intervention.</td>
<td>Do not try to minimize the student’s distress.</td>
<td>Direct the student to a preferred assistance source.</td>
</tr>
<tr>
<td>Allow sufficient time to thoroughly address the issues of concern.</td>
<td>Clearly express your concerns focusing on the behavior in non-disparaging terms.</td>
<td>Be frank with the student about your limits (time, expertise, student's reluctance to talk).</td>
</tr>
<tr>
<td>Review your physical environment and make provisions for your safety and that of others. If necessary, notify colleagues in close proximity of your intended intervention.</td>
<td>Ask if the student wants to hurt themselves. Asking does not plant ideas in the student’s mind.</td>
<td>Frame any decision to seek and accept help as an intelligent and wise choice.</td>
</tr>
<tr>
<td>Remain calm and know whom to call for help in case of need.</td>
<td>If a student expresses a direct threat to self or others, or acts in a bizarre, highly irrational and disruptive way, contact UCIPD.</td>
<td>Make sure the student understands what actions are necessary.</td>
</tr>
<tr>
<td>If you decide not to have direct contact with the student, refer incident to the proper resources, including the Campus Consultation Team if appropriate.</td>
<td>Offer supportive alternatives, resources and referrals.</td>
<td>Encourage and assist the student to make and keep an appointment.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>If necessary, find someone to stay with the student while calls to the appropriate resources are made, and offer to escort the student.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Set a follow-up appointment with the student.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Document all incidents and attempts to resolve the situation. Be factual and objective.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Know the available campus resources and the referral process. Seek suggestions from experienced colleagues and the department chair. If in need of additional consultation, contact the Counseling Center to explore the issues involved and course of intervention. Allow sufficient time to thoroughly address the issues of concern. Review your physical environment and make provisions for your safety and that of others. If necessary, notify colleagues in close proximity of your intended intervention. Remain calm and know whom to call for help in case of need. If you decide not to have direct contact with the student, refer incident to the proper resources, including the Campus Consultation Team if appropriate.

Listen supportively. Repeat the student’s statement to clarify and to demonstrate an understanding of the student’s perspective. Do not challenge or become argumentative with the student. Do not try to minimize the student’s distress. Clearly express your concerns focusing on the behavior in non-disparaging terms. Ask if the student wants to hurt themselves. Asking does not plant ideas in the student’s mind. If a student expresses a direct threat to self or others, or acts in a bizarre, highly irrational and disruptive way, contact UCIPD. Offer supportive alternatives, resources and referrals. Respect the student’s privacy without making false promises of confidentiality.

Explore the student’s support system(s). Emphasize the importance of professional help for the student. Explore the student’s support system(s). Document all incidents and attempts to resolve the situation. Be factual and objective.

Find more helpful referral information online: www.counseling.uci.edu/#staff

Personal support for faculty and staff after working with a distressed or disruptive student:
UC Irvine EAP administered by ComPsych Guidance Resources 844.824.3723
The purpose of the Consultation Team is to bring the collective wisdom, professional perspectives, campus management and agency responsibilities to bear on a crisis that, because of its reach, complexity, or potential for risk, demands the involvement of multiple campus departments. The UCI Consultation Team meets to discuss crisis management issues, to review hypothetical and actual cases, and to update campus protocols for responding to these crises. Members adhere to legal, ethical, professional laws and guidelines while working together.

The UCI Consultation Team was established in the early 1990s by Dr. Thomas Parham in response to a UCI staff member who requested a consultation concerning a threat of violence. Since its inception, the team continues to address crises that demand a sense of urgency and require the involvement of various department heads both during and after these emergent situations concerning students and university personnel.

CORE GROUP
The Core Group collaborates to create a plan to address the situation.

ACTIVATED MEMBERS
Those departments not included in the Core are activated as needed or on a need-to-know basis. Activation of the Consultation Team typically begins by a Point of Contact where the critical incident or issue begins.

*The role of the University Ombudsman is to observe the discussion and bring up areas which should be considered. Due to impartiality, however, the Ombudsman does not participate in any decisions made during the meetings.*
UCI CONSULTATION TEAM ACTIVATION

When a student or personnel issue rises and poses the potential for risk or harm to others, and where University liability is a possibility, the Consultation Team coordinates multiple units and services in an effort to take a proactive stance in preventing and managing the issue.

TO ACTIVATE THE CONSULTATION TEAM

CRITICAL INCIDENT & CIRCUMSTANCE

1. A faculty or staff member – Point of Contact – believes that a critical incident or circumstance has reached a high level of concern.

2. Point of Contact consults a member of the UCI Consultation Team Core Group.

3. The Core Group may activate some (or all) members of the UCI Consultation Team, including those areas determined to have a need to know and/or are relevant for the planning of interventions.

4. Point of Contact personnel receive coordinated plans of action for various critical scenarios, with duties and responsibilities assigned to the appropriate unit.