

Helping Students in Distress



Presenter:

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A Profile of Student Well-Being

- Association of University and College Counseling Center Directors (AUCCCD)
 - 13.7% significant history of prior treatment
 - 24.7% taking psychotropic medications
 - 38.0% reported depression
 - 40.4% reported anxiety
 - 36.3% relationship issues
 - 9.0% engaged in self injury
 - 15.2% suicidal thoughts and behaviors
 - 11.3% alcohol abuse/dependence

A Profile of Student Well-Being

- American College Health Association (ACHA) – National College Health Assessment: In the last 12 months
 - Felt things were hopeless 21%
 - Felt very lonely 22%
 - Felt so depressed it was difficult to function 16%
 - Seriously considered suicide 4.6%
 - Attempted suicide 0.8%
 - NSSI 3.2%
 - Did something they later regretted due to drinking alcohol 36%

A Profile of Student Well-Being

- ACHA – Top 8 Impacts on Academic Performance within the last 12 months:
 - Stress 29.0%
 - Sleep Difficulties 20.6%
 - Anxiety 20.2%
 - Cold/Flu/Sore throat: 15.6%
 - Work 13.9%
 - Internet use/computer games 13.2%
 - Depression 12.4%
 - Concern for a troubled friend or family member 11.1%

Signs of Mild to Moderate Distress

- Fatigue and sleeping in class
- Irritability
- Preoccupation
- Missed deadlines or incomplete work
- Frequent or inappropriate emails
- Poor hygiene
- Significant changes in mood
- Resistant to accept help
- Repeated requests for special considerations or adjustment to academic requirements
- Expression of emotions more intensely
- Disrupting classroom culture (e.g. angry outbursts in class, walking out, failing to collaborate, attacking the opinion of others)

Helping this Student

- Listening 101
- Consult with campus resources
- Work with the student on an individual level
- Address specific behaviors of concern
- Be clear about expectations and consequences
- Refer to campus resources
- Document your interaction

Signs of Severe Distress

- Similar to signs of mild to moderate distress but often with an increase in frequency and/or intensity
- May view efforts to assist as intrusive
- Little regard or deference to the role of the instructor
- Lack of empathy for others
- Verbally antagonistic to peers/instructor
- Unwilling to collaborate with team members
- Slurred speech, confused content, highly suspicious of others
- Engage in inappropriate forms of contact
- Veiled or overt references to suicidal or homicidal thoughts

Helping this Student

- If this student *does not* pose an imminent threat:
 - Utilize similar tools as those with the mild to moderately distress student
 - Avoid promising confidentiality
 - Avoid making promises
 - Focus on an aspect of the problem that can be managed
 - Contact the Dean of Students Office
- If this student *does* pose an imminent threat:
 - Maintain a safe distance
 - Attempt to maintain a calm demeanor and level voice
 - Remove yourself and call UPD (352.392.1111)

More Training Available

- At-Risk: Kognito
 - 45 minute, online interactive training
 - Identify, approach, address common indicators of psychological distress in students
 - Available through the CWC website at **www.counseling.ufl.edu**

- Question, Persuade, Refer (QPR)
 - 90 minute, in-person, training
 - Learn myths regarding suicide, warning signs, how to inquire about suicide, and refer to resources
 - Learn more through the CWC website at **www.counseling.ufl.edu** or call **352.392.1575**

Video: UF Resources for Students in Distress



Available for viewing at:
www.counseling.ufl.edu/cwc/helping-students-in-distress

Campus Resources

- Dean of Students Office 352.392.1261
- Counseling and Wellness 352.392.1575
- Student Health Services 352.392.1161
- Office of Victim Services 352.392.5648
- International Center 352.392.5323
- Housing and Residence 352.392.2171
- Division of Student Affairs 352.392.1265
- Employee Assistance Prog 352.392.5787
- University Police 352.392.1111

Community Resources

- Alachua County Crisis Center 352.264.6789
- Information and Referral 352.332.4636 or 211
- Alachua County Sheriff 911
- Gainesville Police Dept 911
- Alachua County Fire 911
- Gainesville Fire 911