

SEE SOMETHING.

Be alert to symptoms:

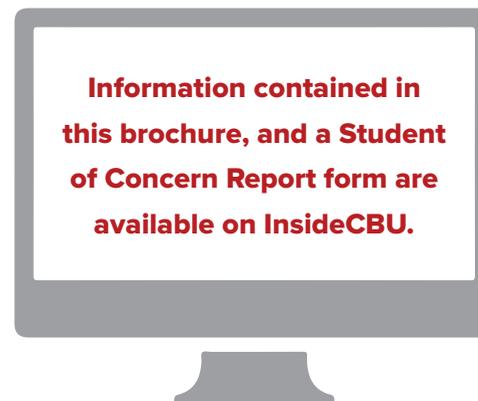
Be aware of the following indicators of distress (two or more symptoms for two or more weeks). Look for groupings, frequency, duration and severity—not just isolated symptoms.

Academic Indicators	Emotional Indicators
Sudden decline in quality of work, grades, and/or classroom participation.	Self-disclosure of personal distress such as family problems, financial difficulties, contemplating suicide, grief
Repeated absences	Unusual/disproportional emotional response to events
Multiple requests for extensions	Excessive sadness, tearfulness, panic reactions
Overly demanding of time and attention	Helplessness or hopelessness
Bizarre content in writings or presentations	Irritability or unusual apathy
New or regularly occurring behavior that disrupts class or living area	Increased impulsivity
Displays a greater need for personal attention rather than academic counseling	Unprovoked anger or hostility
	Loss of contact with reality
Physical Indicators	Safety Risk Indicators
Significant changes in physical appearance including deterioration in grooming, hygiene, or weight loss/gain	Physical violence (shoving, grabbing, assault, use of weapon)
Excessive fatigue or excessive energy/restlessness	Verbal or written references to suicide or homicide
Intoxication, hangovers, or smelling of alcohol/drugs	Implying or making a direct threat to harm self or others
Disoriented or “out of it”	Academic assignments dominated by themes of extreme hopelessness, rage, worthlessness, isolation, despair, acting out, a “cry for help”
Poor concentration or forgetfulness	
Disconnected, garbled, tangential, or slurred speech	Stalking or harassing
Behavior is out of context or bizarre	Communicating threats via email, correspondence, texting or phone calls
Delusion and paranoia	Expressions of concern about the student by his/her peers

SAY SOMETHING.

Helpful conversation techniques:

- Connect with the distressed student. If safe, meet and talk in private to minimize embarrassment and defensiveness.
- Use a calm, non-confrontational approach to defuse/deescalate the situation.
- Clearly express your concerns, focusing on the behavior in non-disparaging terms.
- Listen supportively, sensitively, and carefully. Reflect the student’s statement to clarify and to demonstrate an understanding of the student’s perspective.
- Do not try to minimize the student’s distress.
- Ask if the student is considering suicide, harm to self, or harm to others. (Asking does not plant ideas in the student’s mind.)
- 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.
- Offer resources and referrals.



DO SOMETHING.

Response Protocol:

Refer to the chart below to determine who to contact when faced with a distressed or disruptive student.

Is the student a danger to self, or others, or does the student need immediate assistance for any reason?		
“YES”	“I’M NOT SURE”	“NO”
The student’s conduct is clearly and imminently reckless, disorderly, dangerous, or threatening to self or others, including severe self-harm behavior.	The student shows signs of distress but I am unsure how serious it is. My interaction has left me feeling uneasy and/or really concerned about the student.	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.
First call 911, then call Safety Services 951-343-4311	Submit a Student of Concern Report Form Call the Counseling Center for consultation: 951-689-1120.	Refer the student to an appropriate campus resource: • Counseling Center • Office of Spiritual Life • Academic Counseling • Office of Student Success • Resident Director
After speaking with police, report the concern to the Director of Student Conduct: 951-343-4243		

Support for faculty, staff, and peers after working with a distressed student:
CBU Counseling Center | 951-689-1120

SEE SOMETHING. SAY SOMETHING. DO SOMETHING.

Student of Concern Responding & Reporting Information

See Something.

CBU faculty/staff are in a unique position to demonstrate compassion and offer help for students in distress.

Both undergraduate and graduate students may feel alone, isolated, and/or 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 students since you have frequent and prolonged contact with them.

Say Something.

Students exhibiting troubling behaviors in your presence are likely having difficulties in various settings including the classroom, with roommates, with family, 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 brochure is to help you recognize symptoms of student distress and identify appropriate referrals to campus resources.

On-Campus Resources

Academic Advising.....	951-343-4567
Compassion and Women's Ministries.....	951-552-8703
Counseling Center.....	951-689-1120
Disability Services.....	951-343-4962
Health Center.....	951-321-6520
International Student Services.....	951-552-8474
Office of Spiritual Life.....	951-343-5015
Office of Student Success.....	951-343-4349
Residence Life.....	951-552-8000
Safety Services.....	951-343-4311
Student Conduct.....	951-343-4243
Student Services/Dean of Students.....	951-343-4217
Title IX Coordinator.....	951-343-4948
University Registrar.....	951-343-4566

Riverside Community Resources

Alternatives to Domestic Violence Crisis Line.....	951-683-0829
Celebrate Recovery.....	951-784-4490 x103
Loma Linda Behavioral Medicine Center.....	909-558-9344
National Child Abuse Hotline.....	800-442-4918
National Suicide Prevention Lifeline.....	800-273-8255
Pacific Grove Hospital.....	951-275-8400
Riverside Area Rape Crisis Hotline.....	909-686-7273
Riverside Community Hospital.....	951-788-3000
Riverside County Medical Center.....	951-486-4000
Riverside Crisis Helpline.....	951-686-4357
Riverside Police Department.....	911
UCR Health (Psychiatry).....	951-827-7964
Veterans Crisis Line.....	800-237-8255

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.

SEE SOMETHING. SAY SOMETHING. DO SOMETHING.

Student of Concern Responding & Reporting Information

See Something.

Identify a student of concern—know the symptoms of emotional distress.

Say Something

Engage in a dialogue: listen, question, reflect their story.

Do Something.

Make appropriate contacts and/or offer resources.

To get help:

Call 911	
CBU Safety Services.....	951-343-4311
Director of Student Conduct.....	951-343-4243
Counseling Center.....	951-689-1120