



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!



See Something.

Cabrillo employees are in a unique position to demonstrate compassion and sensitivity to Cabrillo students in distress.

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. Cabrillo College, in collaboration with the California Mental Health Services Authority (CalMHSA), requests that you act with compassion in your dealings with such students.

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.

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 health and safety emergency. **Observations of a student's conduct or statement made by a student are not FERPA protected.** Such information should be shared with appropriate consideration for student privacy.

Resources & Tips: Use the following tips to refer students to one of the resources below:

- ♦ Be Proactive: Engage students early on, pay attention to signs of distress, and set limits on disruptive behavior. Use progressive consequences.
- ♦ Be Direct: Don't be afraid to ask students directly if they are under the influence of drugs or alcohol, feeling confused, or having thoughts of harming themselves or others.
- ♦ Listen Sensitivity and carefully: Use a non-confrontational approach, and calm voice. Avoid Threatening, humiliating, and intimidating responses.
- ♦ Safety First: The welfare of the campus community is the top priority when a student displays threatening or potentially violent behavior. Do not hesitate to call for help.
- ♦ Follow Through: Direct the student to the physical location of the identified resource.

Always document your interactions with distressed students and consult with your department chair/ supervisor after any incident.

<u>Cabrillo Sheriff's Office</u>	
Emergency	911
Non-Emergency Crime Reports	831-471-1121
<u>For Students</u>	
Academic Counseling and Guidance	831-479-6274
Accessibility Support Center (ASC) Formerly DSPS	831-479-6379
EOPS (Extended Opportunity Programs)	831-479-6305
Financial Aid	831-479-6415
Food Pantry	831-479-6378
PEERS (People Empowering Each Other to Realize Success)	831-479-6435
Student Affairs	831-479-6378
Student Health Services - Mental Health Counseling	831-479-6435
Veteran Affairs Office	831-477-5697

<u>For Faculty/Staff</u>	
Dean of Students Services Office	831-477-3584
Academic Dishonesty	
Discipline/Student Behavior Issues	
Sexual Harassment & Discrimination	
Employee Assistance Program	800-999-7222
Human Resources	831-479-6217
Safety Committee Referrals	831-479-6465
Student Health Services	831-479-6435
Sexual Violence Prevention	
Substance Abuse Prevention	

<u>In The Community</u>	
County Wide Services	211
Dominican Emergency	831-462-7710
Dominican Hospital	831-462-7700
National Suicide Prevention Hotline	800-273-8255
Red Cross, Santa Cruz	831-462-2881
Santa Cruz County Mental Health	831-454-4170
Suicide Prevention Service-Santa Cruz	831-458-5300
Sutter Hospital	831-477-2200
Watsonville Hospital	831-724-4741

Students In Distress

See Something. Say Something. Do Something.



Indicators of Distress

Be aware of the following indicators of distress. Look for groupings, frequency, duration and severity- not just isolated symptoms.

Academic Indicators

- ◆ Sudden decline in quality of work and grades
- ◆ Repeated absences
- ◆ Disorganized Performance
- ◆ Multiple requests for extensions
- ◆ Overly demanding of faculty and staff time and attention
- ◆ Bizarre content in writings or presentations
- ◆ You find yourself doing more personal rather than academic counseling during office hours
- ◆ Behavior that impedes instructional engagement

Physical Indicators

- ◆ Marked changes in physical appearance including deterioration in grooming, hygiene, or weight loss/gain
- ◆ Excessive fatigue/sleep disturbance
- ◆ Intoxication, hangovers, or smelling of alcohol
- ◆ Disorientation or “out of it”
- ◆ Garbled, tangential, disconnected, or slurred speech
- ◆ Behavior is out of context or bizarre

Psychological Indicators

- ◆ Self-disclosure of personal distress such as family problems, financial difficulties, contemplating suicide, grief
- ◆ Unusual/disproportional emotional response to events
- ◆ Excessive tearfulness, panic reactions
- ◆ Irritability or unusual apathy
- ◆ Verbal abuse (e.g., taunting, badgering, intimidation)
- ◆ Expressions of concern about student by his/her peers

Safety Risk Indicators

- ◆ Unprovoked anger or hostility
- ◆ Physical violence (shoving, grabbing, assault, use of weapon)
- ◆ Implying or making a direct threat to harm self or others
- ◆ Academic assignments dominated by themes of extreme hopelessness, rage, worthlessness, isolation, despair, acting out, suicidal ideation/violent behaviors- a “cry for help”
- ◆ Stalking or harassing
- ◆ Communicating threats via email, correspondence, texting, or phone calls

REPORTING PROCESS

Response Protocol: Follow the chart to determine who to contact when faced with a distressed or distressing student.



Is the student a danger to self, or others, or does the student need immediate assistance for any reason?

"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

Note: If dialing from a campus phone, you will reach the Sheriff Dispatch.

File a Report

After speaking with the Sheriff, report the concern online at:
<http://go.cabrillo.edu/StudentReports>

"I'M NOT SURE"

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

Call Counseling & Psychological Services

For consultation: 831-479-6435

*For *non-emergency* consultation or reporting

Dean of Student Services: 831-479-6525

Sheriff: 831-471-1121

Online Reporting: <http://go.cabrillo.edu/StudentReports>

"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 the student to an appropriate campus resource.

See inside for Resources & Tips, or for a complete list visit:

Counseling & Psychological Services at 831-479-6435