

Recognizing and Helping Students in Distress

A Guide for Faculty and Staff



THE STUDENT BEHAVIOR CONSULTATION TEAM

The Student Behavior Consultation Team

The University of Delaware is committed to maintaining a safe working, learning and living environment for all members of the campus community. The Student Behavior Consultation Team (SBCT) develops support plans to promote student health, well-being and successful academic experiences; and promotes campus safety through an active process of threat assessment and behavioral intervention. Representatives from Student Life and Campus Safety meet weekly to share information and develop action plans. The SBCT also seeks information from and consults with faculty and staff to identify problematic behaviors.

Members of the campus community concerned about a student are encouraged to involve the SBCT by:

- calling the Office of the Dean of Students, (302) 831-8939
- sending an email to sbct-contact@udel.edu

In an emergency, please call the University of Delaware Police Department at 302-831-2222 or 911.

Recognizing and Helping Students in Distress

Are you concerned about a student's physical or mental health? Has a student's behavior disrupted your class or caused you to worry about his or her future actions? You have the opportunity to help a student avoid dangerous situations and obtain assistance. The SBCT has compiled this guide as an aid for identifying signs of possible distress and making appropriate referrals.

Where do I start?

A situation, observation or instinct tells you to be concerned about a student. But, you're not sure what to do or where to start, and worry that you'll make things worse. Don't let that stop you from taking action. Use this resource guide, talk to your supervisor or department chair, or contact the SBCT. Help is available – for your student, and for you!

Helping a student who is:

Anxious

SIGNS Stress, panic, avoidance, excessive worry, sleeping or eating problems	CONSULTATION AND REFERRAL <ul style="list-style-type: none">• Center for Counseling and Student Development• Office of the Dean of Students
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Demanding

SIGNS Sense of entitlement, need for control, difficulty with structure and limits, perfectionism, disruptive behavior	CONSULTATION AND REFERRAL <ul style="list-style-type: none">• Office of Student Conduct• Office of the Dean of Students• Center for Counseling and Student Development
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Abusing substances

SIGNS Coming to class high or smelling of alcohol, excessive absence, neglecting work, inappropriate behavior	CONSULTATION AND REFERRAL <ul style="list-style-type: none">• Wellspring Student Wellness Program• Center for Counseling and Student Development• Office of the Dean of Students
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A victim of assault or abuse

SIGNS Self-reporting, appears with bruises	CONSULTATION AND REFERRAL <ul style="list-style-type: none">• University of Delaware Police Department• Office of the Dean of Students• Sexual Offense Support (SOS)• Student Health Services• Center for Counseling and Student Development
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Depressed, suicidal, disoriented

SIGNS Deep sense of sadness, fatigue and social withdrawal, difficulty with concentration, memory and decision-making, feelings of helplessness, hopelessness or worthlessness	CONSULTATION AND REFERRAL <ul style="list-style-type: none">• Center for Counseling and Student Development
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Aggressive or potentially violent

SIGNS Paranoia, distrust, fascination with weapons, violence evident in communication or writings, direct or indirect threats	CONSULTATION AND REFERRAL <i>Immediate safety concern:</i> <ul style="list-style-type: none">• Call 911, University of Delaware Police Department <i>Assessment:</i> <ul style="list-style-type: none">• Office of the Dean of Students• Center for Counseling and Student Development
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Resources:

Office of the Dean of Students

101 Hulihan Hall 302-831-8939

- support and provide resources to undergraduate students
- consultation with faculty and staff about student behaviors and concerns
- referral assistance for undergraduate students

Office of Student Conduct

218 Hulihan Hall 302-831-2117

- educate students who violate the University's Code of Conduct
- support victims involved in the student conduct process
- adjudicate/arbitrate/mediate conflicts between faculty and students
- consult with faculty concerned about disruptive classroom behavior

Center for Counseling and Student Development

261 Perkins Student Center 302-831-2141

- brief psychotherapies, crisis intervention and 24/7 emergency services
- consultation with faculty and staff about student behaviors, psychological or emotional concerns
- student referral assistance

Wellspring Student Wellness Program

231 South College Avenue 302-831-3457

- confidential alcohol screening and brief intervention
- confidential alcohol & drug assessment
- training on identifying high-risk use of alcohol and other drugs
- support services for individuals in recovery

Sexual Offense Support (SOS)

(24 hr. crisis) 302-831-2226

Wellspring Student Wellness Program

231 South College Avenue

(non-emergency appointments) . . . 302-831-3457

- 24 hour support and victim advocacy for survivors of all forms of sexual assault, intimate partner violence, and stalking
- one-on-one crisis counseling, follow-up care and referral with a professional staff member
- support group for survivors of sexual violence
- education and training on these topics

Student Health Services

Laurel Hall 302-831-2226

- open 24/7 fall, winter, and spring semesters when the residence halls are open

Residence Life

5 Courtney Street 302-831-1201

- crisis management for residence hall situations
- mediation of student conflicts in the residence halls
- referral assistance for on-campus students

UD Police Department (emergency & non-emergency)

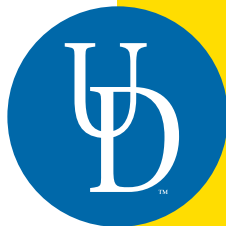
413 Academy Street 302-831-2222 or 911

- immediate emergency services for threatening or dangerous behavior

If you are not sure what campus resource to utilize, or believe the situation merits the intervention of many campus units, contact the Student Behavior Consultation Team at 302-831-8939 or sbct-contact@udel.edu .

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