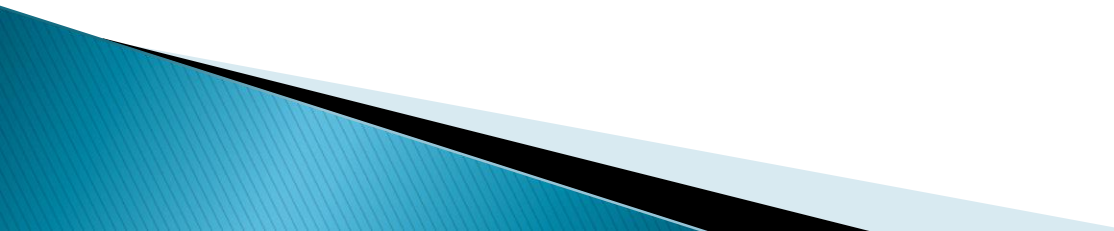


Counseling Referral *versus* ACT Reporting

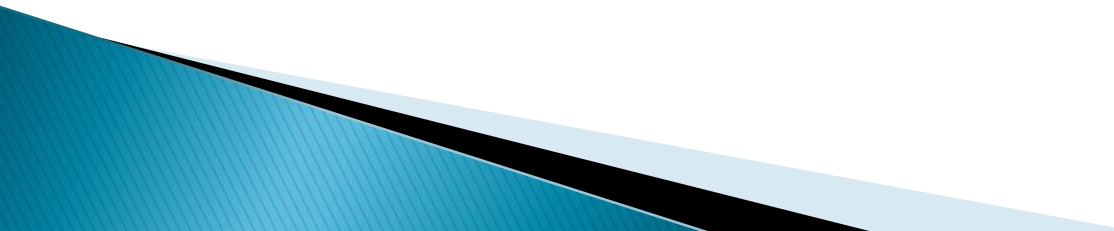
What is the difference?

Presented by Alvin Community College's
Assessment and Care Team (ACT) – 2018

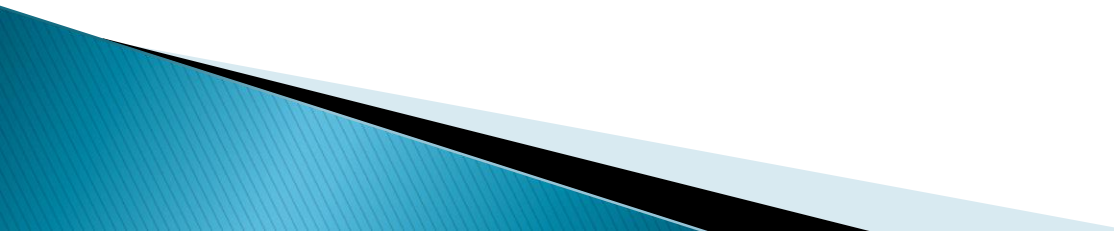
Overview

- ▶ Today, colleges are confronted with making difficult decisions about students or persons who may be distressed, suicidal, or threatening.
 - ▶ This number is increasing.
 - ▶ Today, colleges are taking a proactive approach in providing a system of referring, reporting and caring.
- 

Objectives

- Counseling issues/resources at ACC
 - Referring to Counseling Services
 - Reporting to the Assessment and Care Team (ACT) and Campus Police
 - Defining examples of behavior to refer or report
 - Resources
- 

Suicidal Ideation vs. Self Injury

- ▶ Self injury is a process by which individual's make themselves feel something. There is no single reason for why a person chooses to hurt themselves. The person might be dealing with a trauma, guilt, shame, etc. Self injury allows the individual to feel something when they feel numb or to relieve the pain that is overwhelming.
 - ▶ Self Injury is not an attempt to commit suicide.
- 

Suicidal Ideation vs. Self Injury

- ▶ Suicidal ideation is the thought of committing suicide.
- ▶ Suicide attempts are caused by a variety of reasons (psychological disorders, substance abuse, relationship & financial problems)


Counseling (Referral)

- ▶ In most student situations, care and concern will be enough to reassure the student, however, there will also be *non-threatening* student issues. You can make a referral to a Professional Counselor on campus.

<http://www.alvincollege.edu/Mental-Health-Wellness>


(Counseling Referral Form)

Counseling Issues: Students


- ▶ Express no career direction
 - ▶ Display visible signs of self mutilation (cutting, burning, hair pulling)
 - ▶ Show grief and bereavement issues
 - ▶ Appear to be a victim of assault
 - ▶ Show visible signs of anxiety and/or depression
 - ▶ Show substance abuse or addiction problems
 - ▶ Appear to need resources for shelter and food
- 

Noticeable Issues


Instructor notices:

- ▶ Increasing withdrawal or isolation of a student
 - ▶ Increased disorganization and confusion;
unable to focus on topics
 - ▶ Outbursts of negative behaviors and/or crying
in the classrooms or hallways
 - ▶ Issues that are impacting their academic
success
- 

Counseling Resources

- ▶ Advising Services employs full-time Licensed Professional Counselors (LPC's)
 - ▶ LPC's assist students with personal issues that may impact their academic success
 - ▶ Counseling services include:
 - Career counseling and assessments
 - Crisis intervention and short-term personal counseling
 - Referrals to community resources
- 

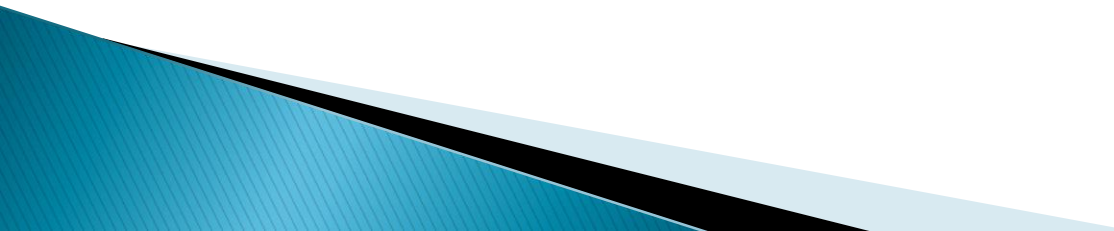
Student Consultation and Referral

- It is recommended to consult with a Counselor or Director of Advising if you find:
 - You are dealing with a student in distress with problems beyond your level of comfort;
 - The boundaries of your role make it unwise to work with students on personal issues;
 - The student declines the referral and you remain uneasy about the situation
- 

Resources in Advising

- Regan Metoyer Peterson, Director of Advising Services at 281-756-3527 or
 - Diana Stiles, LPC at 281-756-3534
- ▶ A face-to-face consultation can be arranged

Immediate Assistance

- Faculty/staff are encouraged to walk a **distraught** student to the Advising Services department in Building A. Place a phone call first so counseling services can be in place.
 - For non-emergency situations, the Counseling Referral form is located at:
<http://www.alvincollege.edu/Mental-Health-Wellness>
(Counseling Referral Form)
 - This referral will be received in Advising Services immediately once submitted.
- 


What is the Assessment and Care Team (ACT)?

- ▶ ACC's ACT is a multidisciplinary and multijurisdictional team that meets and communicates regularly.
- ▶ The ACT is committed to improving community safety through a proactive, collaborative, coordinated, objective and thoughtful approach to the prevention, identification, assessment, intervention and management of situations that pose, or may reasonably pose, a threat to the safety and well being of the campus community.

Reporting to the ACT

- ▶ Reporting to ACT plays a secondary role to all urgent circumstances and should be contacted only after initial emergency notifications are made.
- ▶ The Alvin Community College ACT accepts reports regarding any individual or incident at any time through an online referral form on the Assessment and Care Team page at www.alvincollege.edu, direct email to: ACareTeam@alvincollege.edu, or by contacting the Alvin Community College Police Department at 281-756-3700 or 832-250-3365 (after hours).
- ▶ The ACT will evaluate the reported behaviors and put in place a course of action or intervention.
- ▶ Reporting persons of concern depends on all faculty and staff.

Report Unusual Behavior to ACT

- ▶ Erratic behavior that disrupts the normal operation of the college or your classroom
 - ▶ Strange or bizarre behavior including speech that is disjointed, slurred, fragmented and not based in reality
 - ▶ Clearly noticeable changes in behavior, dress or personality from what was typical or standard for that individual
 - ▶ The PERSON makes references verbally or written regarding suicide, homicide or death
- 

Reporting Emergencies

- ▶ Reporters must contact ACC's campus police (281-756-3700) and/or 911 IMMEDIATELY if the individual:
 - Poses an immediate threat to self or others
 - Experiences a medical emergency (e.g. seizure, loss of consciousness)

Examples: Action To Take

- Student has written in their English paper they want to die, OR a PERSON is fascinated with death OR mentions a suicide plan.

Action: Call Counselors/Report to ACT immediately

- A PERSON is walking around campus talking strangely to himself and is carrying something.

Action: Call Campus Police/Report to ACT

- A PERSON appears confused and lost.

Action: Call Campus Police/Report to ACT

- A person expresses suicide ideation.

Action: Call Advising Services immediately and walk student over to Advising Services

Examples: Action To Take

- A PERSON has made a threat against a faculty or staff person.

Action: Call Campus Police/Report to ACT

- A PERSON is argumentative and disruptive and threats are made.

Action: Report to Campus Police/Report to ACT and your Department Chair

- A PERSON tells you their spouse has just texted them and is waiting for them in the parking lot and may hurt them.

Action: Call Police/Report to ACT immediately

- A PERSON has a negative attitude toward the rules.

Action: Report to ACT

Summary

Counseling:

Refer distraught students for counseling.

ACT:

Report concerning behaviors online or directly to the Campus Police.

Emergencies:

Report emergencies or threatening behaviors to Campus Police immediately.

4-R's:

(Print and have accessible).

The 4 R's:

RECOGNIZE, RESPOND, REFER, and/or REPORT

- ▶ Recognize: Be familiar with and acknowledge symptoms of distress.
- ▶ Respond: Privately initiate contact with a student that is displaying symptoms of distress. Express your concerns in non-judgmental terms and listen to the student in a sensitive, non-threatening way.
- ▶ Refer: Know your limits as a help-giver; only go as far as your expertise, training and resources allow. When a student needs more help than you are able or willing to give, make a referral by completing a Counseling Referral Form at <http://www.alvincollege.edu/Mental-Health-Wellness> OR
- ▶ Report: Report your concerns and actions taken with a person of concern by going to referral form on the Assessment and Care Team page at www.alvincollege.edu, direct email to: ACareTeam@alvincollege.edu, or by contacting the Alvin Community College Police Department at 281-756-3700 or 832-250-3365 (after hours).