

NORTH DAKOTA STATE UNIVERSITY

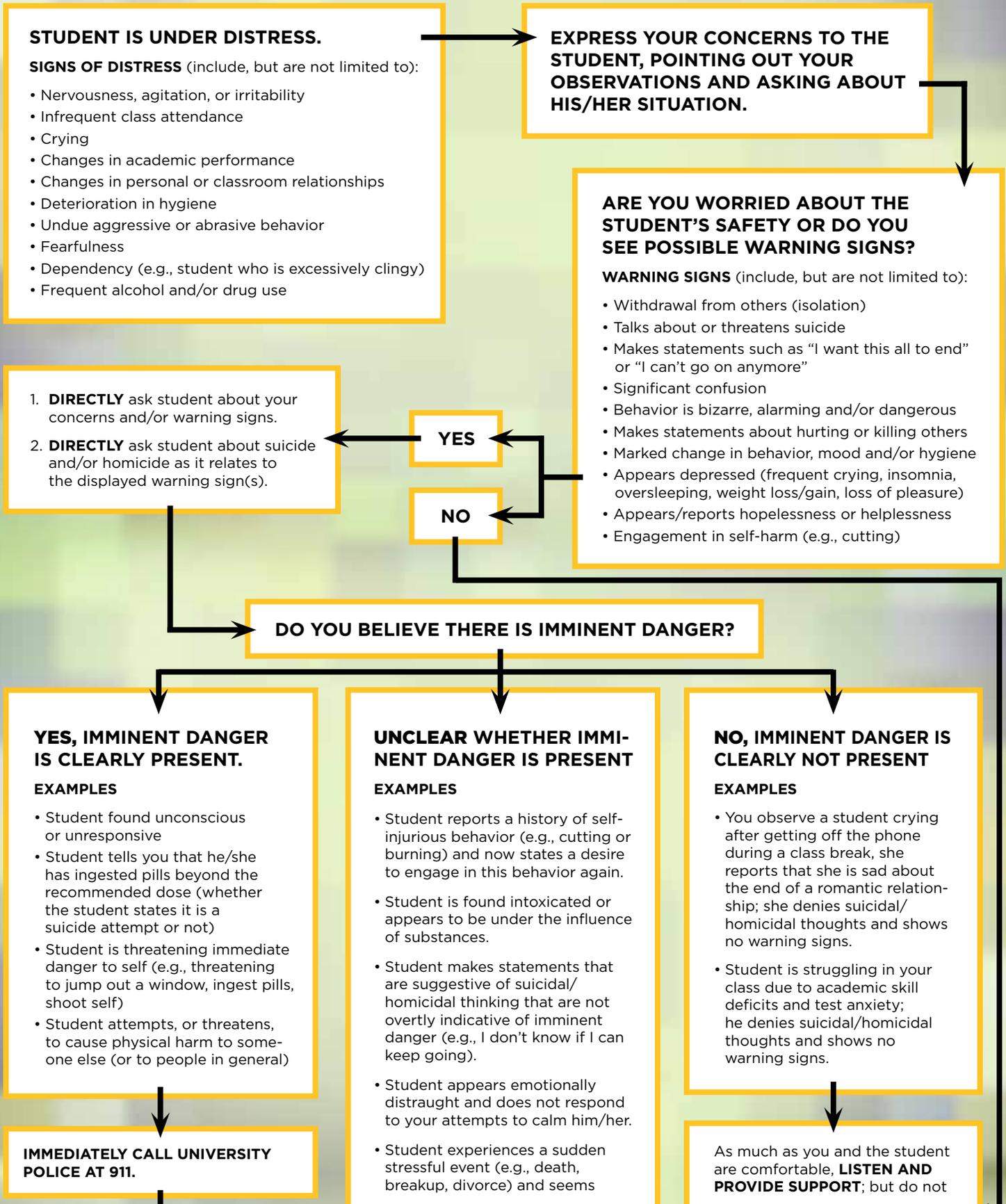
Behavioral Intervention Team (BIT) • www.ndsu.edu/student_life
Counseling Center • www.ndsu.edu/counseling

Working with Distressed Students: A Decision-Making Tree for Faculty and Staff

NDSU COUNSELING
CENTER



You want to help. As a North Dakota State University faculty or staff member, you sometimes encounter students in distress. This information will help you know what to look for, recognize the warning signs and take a course of action to get students the assistance they need.



CONTACT YOUR SUPERVISOR AND INFORM HIM/HER OF THE SITUATION.

Write down

1. Relevant details about the situation (who, what, when, where)
2. Any background information you have about the student's difficulties
3. A number where you can be reached

Give a copy to University Police

(to assist emergency treatment providers), a copy to your supervisor, and keep a copy yourself.

REPORT THE INCIDENT TO THE BEHAVIORAL INTERVENTION TEAM

by calling the Dean of Student Life Office (231-6537) or email ndsu.bit@ndsu.edu.

The Counseling Center (231-7671) is available for ongoing consultation (as needed) to help address the impact of the situation.

emotionally unstable/inconsolable, or the student's response appears unusual (e.g., uncontrollable crying over a failed exam, no apparent response to the death of immediate family member).

- Student's work, assignments and/or communications contain material that raises concerns about suicide, homicide and/or violence.

CALL THE COUNSELING CENTER

and ask to consult with a counselor (231-7671). Do not email, this situation requires an immediate response. If the situation occurs after normal business hours, contact University Police (231-8998).

PROVIDE ALL THE RELEVANT INFORMATION

you have about the student and situation to the counselor; if you are a faculty member you may have had the opportunity to observe the student over time, and with guidance, you can provide valuable information about the student's mental health.

When you contact the Counseling Center about a student, the **center will work with you** to determine the proper course of action.

CONTACT YOUR SUPERVISOR

and inform him/her of the situation. Document relevant details about the situation (who, what, when, where) and any background information you have about the student's difficulties. Keep a copy of this documentation.

REPORT THE INCIDENT TO THE BEHAVIORAL INTERVENTION TEAM

by calling the Dean of Student Life Office (231-6537) or email ndsu.bit@ndsu.edu.

become the student's counselor/therapist.

DISCUSS COUNSELING SERVICES AND/OR OTHER UNIVERSITY RESOURCES

that might be helpful and address any concerns the student might have about these resources. If you need assistance in determining the appropriate resource(s), or about how to refer, call the Counseling Center (231-7671) and ask to speak with a counselor.

SHOULD YOU DECIDE TO REFER TO THE COUNSELING CENTER:

- Know that the Counseling Center would like to hear your concerns about the student and your thoughts about the urgency of the situation.
- Consider calling with the student or accompanying the student to the Counseling Center to initiate counseling services.
- Continue to follow up with the student as appropriate; contact the Counseling Center if you observe a significant

NOTE: If at any point you believe the student's "Imminent Danger" status has changed, return to the "Imminent Danger" steps outlined in this decision-making tree.

CAMPUS RESOURCES

Advising Resource Center,	
Main Level, Memorial Union.....	231-8662
Behavior Intervention Team,	250 Memorial Union231-6537
Bison Connection,	
Main Level, Memorial Union and Barry Hall.....	231-6200
Career Center,	306 Ceres Hall.....231-7111
Counseling Center,	212 Ceres Hall.....231-7671
Customer Account Services,	302 Ceres Hall.....231-8782
Disability Services,	Wallman Wellness Center.....231-8463
Emergency	911
Graduate School,	201 Old Main.....231-7033
Information Technology Services,	Help Desk.....231-8685

International Programs,	116 Memorial Union	231-7895
Multicultural Programs,	178 Memorial Union	231-1029
Orientation and Student Success,		
West Dining Center, Lower Level.....		231-8379
Registration and Records,	110 Ceres Hall.....	231-7981
Residence Life,	Bison Court West.....	231-7557
Student Financial Services,	202 Ceres Hall	231-6200
Student Health Service,	Wallman Wellness Center	231-7331
Student Life,	250 Memorial Union	231-6560
University Police		231-8998
Vice President for Student Affairs,	100 Old Main	231-7701

NDSU BEHAVIOR INTERVENTION TEAM (BIT)

PURPOSE OF THE BIT

The Behavior Intervention Team assesses and coordinates responses to issues and concerns about students requiring intervention in order to help students achieve success at NDSU, and help the campus community members feel safe and supported. Addressed concerns may include specific incidents or general concerns about behavior of a student or a group of students. When a referral is made, the team will attempt to determine what is happening and what type of assistance the student may need.

MEMBERSHIP

The BIT includes representation from the following (the team also will consult with other NDSU office/departments as appropriate):

- Dean of Student Life Office
- Counseling Center

- Residence Life
- University Police and Safety Office
- Academic Affairs
- Office for Equity, Diversity and Global Outreach

CONTACT INFORMATION

Follow the steps outlined by this decision-making tree and, when appropriate, contact the BIT at 231-6537 or by email at ndsu.bit@ndsu.edu.

Some material in this brochure is borrowed with permission from Eastern Kentucky University.

NDSU COUNSELING CENTER, Ceres 212

WHAT IS COUNSELING?

Counseling is a collaborative process that involves the development of a unique relationship. Trained mental health professionals work with students to help them understand their feelings, behaviors, relationships, problems, choices and decisions. Discussion helps students reach a greater level of awareness and the power to make choices and take actions in all areas of life.

WHY COUNSELING?

At some point in most people's lives there is a need for help in resolving conflicts, anxieties and frustrations as well as the need to carefully plan a career decision. Counseling can provide another means of learning to address such issues while in college. Counseling is available to help students succeed in reaching their personal and academic goals. Some skills that can be gained through counseling include:

- Techniques for effectively relating to friends, parents, professors, etc.
- Methods for dealing with disappointment, loss and/or other life changes
- Skills for coping with depression, anxiety and/or severe emotional difficulties
- Techniques for improving concentration
- Skills for combating procrastination and implementing effective time management
- Strategies for overcoming test anxiety
- Techniques for selecting a major and/or career path
- Tools for achieving academic and personal goals
- Approaches for challenging negative thoughts and improving optimism
- Methods for improving motivation for consistent academic performance

SERVICES AVAILABLE

- Personal counseling
- Career counseling
- Academic skills counseling
- Couples' counseling
- Substance abuse counseling
- Group counseling
- Career and academic skills classes
- Workshops
- Resource library access
- ADHD assessment
- Psychiatric services

ELIGIBILITY AND FEES

All currently enrolled students are eligible for counseling services free of charge. There are some fees connected to psychiatric services, testing and ADHD assessment services.

REFERRAL

When students request or require services that are beyond the role and scope of the Counseling Center or beyond the qualifications of the center staff, referrals to other agencies or professionals are provided.

CONSULTATION

Counselors are available to the entire NDSU community to offer insights on how to be most helpful to distressed students.

CONFIDENTIALITY

Counseling sessions are kept in the strictest confidence as delineated by the professional ethical standards of the field and North Dakota state law. The few exceptions to confidentiality, as mandated by legal statutes, are reviewed with students at the beginning of counseling.

HOURS

Fall and Spring Semesters
Monday, Wednesday, Friday: 8 a.m.-5 p.m.
Tuesday, Thursday: 8 a.m.-7 p.m.

Summer
Monday-Friday: 7:30 a.m.-4 p.m.

The NDSU Counseling Center is accredited by the International Association of Counseling Services, Inc.

FOR MORE INFORMATION

about assisting distressed students, call the Counseling Center at **231-7671** and/or visit the center's website www.ndsu.edu/counseling.

North Dakota State University does not discriminate on the basis of age, color, disability, gender expression/identity, genetic information, marital status, national origin, public assistance status, race, religion, sex, sexual orientation or status as a U.S. veteran. Direct inquiries to the Vice President for Equity, Diversity and Global Outreach, 205 Old Main, (701) 231-7708.