



**NORTH DAKOTA STATE UNIVERSITY**

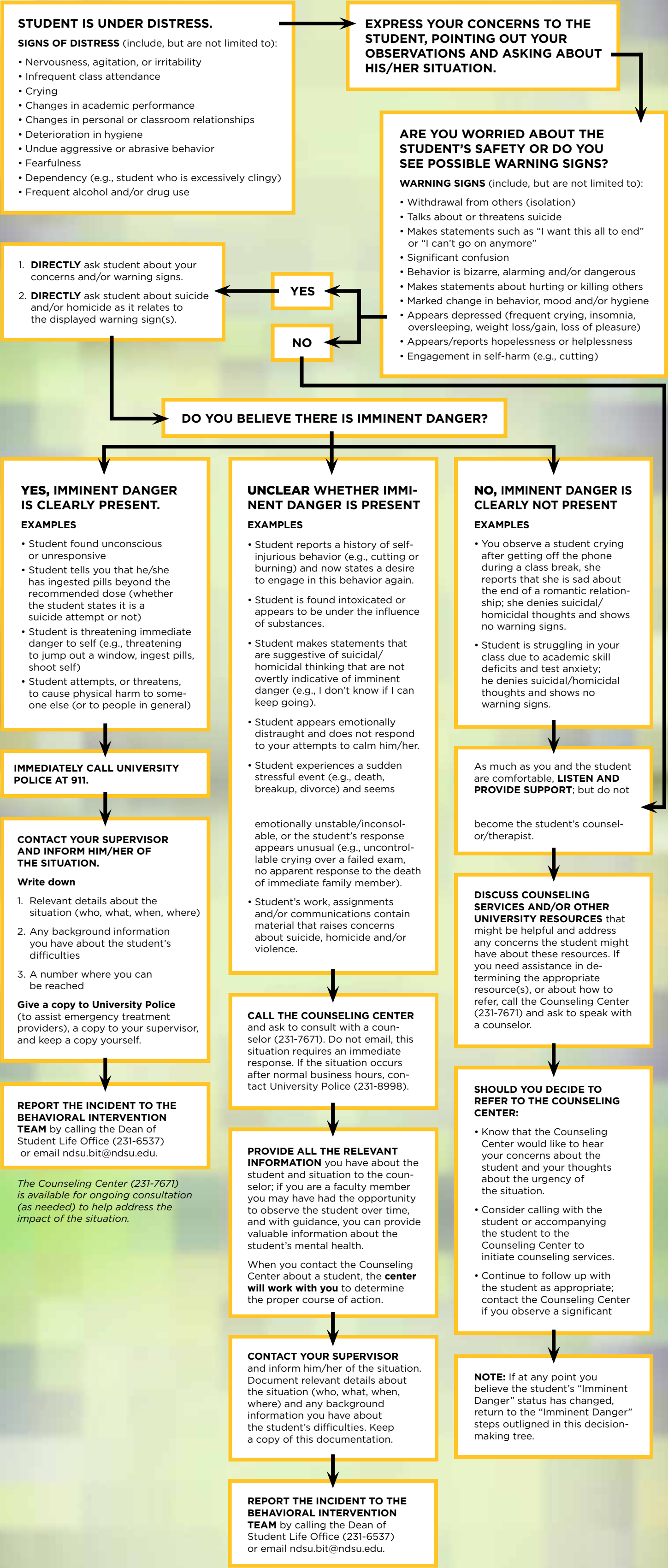
Behavioral Intervention Team (BIT) • [www.ndsu.edu/student\\_life](http://www.ndsu.edu/student_life)  
Counseling Center • [www.ndsu.edu/counseling](http://www.ndsu.edu/counseling)

# 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.



CAMPUS RESOURCES	<b>Advising Resource Center,</b> Main Level, Memorial Union.....	231-8662
	<b>Behavior Intervention Team,</b> 250 Memorial Union .....	231-6537
	<b>Bison Connection,</b> Main Level, Memorial Union and Barry Hall.....	231-6200
	<b>Career Center,</b> 306 Ceres Hall .....	231-7111
	<b>Counseling Center,</b> 212 Ceres Hall.....	231-7671
	<b>Customer Account Services,</b> 302 Ceres Hall .....	231-8782
	<b>Disability Services,</b> Wallman Wellness Center .....	231-8463
	<b>Emergency</b> .....	911
	<b>Graduate School,</b> 201 Old Main.....	231-7033
	<b>Information Technology Services,</b> Help Desk.....	231-8685
	<b>International Programs,</b> 116 Memorial Union .....	231-7895
	<b>Multicultural Programs,</b> 178 Memorial Union .....	231-1029
	<b>Orientation and Student Success,</b> West Dining Center, Lower Level.....	231-8379
	<b>Registration and Records,</b> 110 Ceres Hall.....	231-7981
	<b>Residence Life,</b> Bison Court West.....	231-7557

<b>Student Financial Services,</b> 202 Ceres Hall .....	231-6200
<b>Student Health Service,</b> Wallman Wellness Center .....	231-7331
<b>Student Life,</b> 250 Memorial Union .....	231-6560
<b>University Police</b> .....	231-8998
<b>Vice President for Student Affairs,</b> 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 [ndsubit@ndsu.edu](mailto:ndsubit@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](http://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.*