

Crisis Counseling/ Mental Health Services

Carol Kimbrough, MA, MFT
Clinical Supervisor, Psychology Instructor

October, 2019



Quick Facts*

- 1 in every 4-5 American adults will experience a mental health illness this year.
- Statistics show that 75% of mental illnesses develop before age 25, making colleges ideal locations for early identification.
- The World Health Organization has compared the relative impact of illnesses around the world. According to their data, mental, behavioral, and neurological disorders together rank as **the biggest health problem in North America**, ahead of cardiovascular disease and cancer.

*Mental Health First Aid USA- National Council on Behavioral Health, 2016



Survey Data: Mental Health on Campus



Table 2: Prevalence of Mental Health Conditions

	Community colleges					Four-year schools		
	All	Male	Female	Age <25	Age ≥26	All	Age <25	Age ≥26
N	4,312	1,348	2,922	2,101	2,097	15,816	11,803	4,013
Depression								
Depression (overall)	35.6%	34.4%	36.2%	39.8%	31.5%	24.4%	25.7%	20.1%
Severe (PHQ≥15)	20.0%	18.6%	20.7%	22.7%	17.4%	10.4%	11.1%	8.0%
Moderate (PHQ=10-14)	15.6%	15.8%	15.5%	17.2%	14.2%	14.0%	14.6%	12.0%
Anxiety								
Anxiety (overall)	29.1%	25.9%	31.3%	32.8%	25.6%	20.4%	21.4%	16.6%
Severe (GAD≥15)	13.7%	11.6%	14.9%	14.7%	12.9%	7.9%	8.6%	5.7%
Moderate (GAD=10-14)	15.4%	14.3%	16.4%	18.1%	12.7%	12.5%	12.9%	11.0%
Suicide, past year								
Suicidal ideation	11.0%	11.6%	10.3%	13.8%	8.1%	10.2%	11.0%	7.4%
Suicide plan	4.5%	4.3%	4.5%	6.3%	2.5%	3.2%	3.7%	1.5%
Suicide attempt	1.3%	1.2%	1.3%	2.1%	0.4%	0.9%	1.1%	0.4%
Injury, past year								
Non-suicidal self-injury	15.4%	14.4%	15.6%	21.6%	9.3%	18.5%	20.4%	11.6%
Eating disorder								
Eating disorder (SCOFF≥3)	9.8%	6.0%	12.7%	12.0%	7.6%	8.8%	9.1%	7.6%
Mental health overall								
Any mental health problem above	49.4%	46.6%	51.1%	56.4%	42.1%	43.8%	46.0%	36.0%
Mental health affected academics, past 4 weeks								
0 days	42.8%	44.8%	41.5%	36.1%	48.9%	43.5%	42.7%	46.4%
1-2 days	25.3%	22.8%	27.4%	28.9%	22.1%	28.2%	29.0%	25.0%
3-5 days	15.7%	15.2%	16.2%	17.4%	13.9%	15.7%	15.9%	14.9%
6+ days	16.2%	17.2%	15.0%	17.6%	15.1%	12.7%	12.4%	13.7%

Note: Male and female sample sizes do not quite sum to overall total because 10 students self-reported as transgender and 32 students did not identify a gender. Also, one hundred and fourteen students did not report their age. Due to co-occurrence of problems, the prevalence of individual conditions sums to more than the prevalence of "any problem".

“Too Distressed to Learn – Mental Health Among Community College Students”, March 2016

CRISIS: anything that interferes with academic success

- We know that many Hartnell students attempt to cope with studies, full-time jobs and raising children while they attend Hartnell.
- Many feel overwhelmed, depressed, anxious, and hopeless.
- A high percentage of our students are the first in their family to attend college; although the family system may support the concept of college, the reality of college life may not be understood by family members.



RECOGNIZING STUDENTS IN DISTRESS

- What are some signs a student may need help?
 - Level 1: (Distress). Behaviors do not necessarily disrupt others, but indicate that something is troubling the student and he or she is having difficulty coping.
 - Level 2: (Crisis). Exhibit more significant changes in mood and behavior but may be reluctant/resistant to seeking help.
 - Level 3: (Disruptive students). Exhibit more intense expression of emotions without regard for classroom learning environment and rights of others.
 - Level 4: (Emergency!) Psychological Emergency. Danger to self and/or others

RECOGNIZING STUDENTS IN DISTRESS

- Students in distress may have:
 - Decreased academic achievement and motivation
 - Increased absences
 - Difficulties with concentration and focus, seem indecisive, confused
 - Marked changes in interaction patterns with instructor and peers (avoidance or increased dependency); social isolation
 - Changes in mood states: persistent sadness, anxiety, irritability, lethargy

RECOGNIZING STUDENTS IN DISTRESS

- Students in distress may have:
 - Fatigue and sleeping in class
 - Requests for special considerations (extensions of deadlines, make-up exams, grade changes)
 - Missed deadlines or incomplete work; poor academic performance
 - Diminished self-care including poor hygiene
 - Reluctance to accept help, denial of significance of problem(s)



RECOGNIZING STUDENTS IN CRISIS

•(Level 2): Possible Signs

- May exhibit more significant changes in mood and behavior or mood swings
- May behave in ways that are disruptive to the classroom (for example, angry outbursts, walking out, attacking the opinions of others)
- May state: “I’m going to withdraw from all my classes.”
- Alcohol/drug abuse
- Suicidal statements or thoughts, (without current plan, method, means)
- Written or verbal threats (without current plan, method, means)
- Victim of rape, assault, domestic violence, sexual abuse
- Other students may report changes in behavior or social isolation



Level 3: Disruptive Students

- Disruptive students may pose a threat to the campus community and the classroom learning environment; they **MAY** pose a threat to themselves and/or others.

They may:

- regularly fail to attend class, be tardy, leave early with little regard for the role of instructor or consideration for learning environment
- be least likely to accept help and may view efforts to assist as intrusive and unwanted
- be verbally antagonistic to staff/instructors/peers
- engage in inappropriate forms of contact such as threatening emails or stalking behaviors
- threaten the safety/security of others
- **Behaviors may stem from emotional/mental health issues**

Level 4: Emergency!

- **Severely troubled students MAY:**
 - demonstrate loss of contact with reality
 - have difficulty communicating, have abnormal speech or confused content
 - be hyper-vigilant or over-reactive to other's opinions
 - make verbal or written statements about suicide or killing others with current intent, plans, method, means

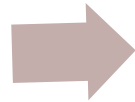


Helping Students in Distress: Interventions

STUDENT IN EMOTIONAL DISTRESS OR CRISIS (Levels 1 & 2)

NOT life threatening; student is troubled, confused, very sad, anxious, irritable; has thoughts about not wanting to live; difficulties in interacting with others; change in academic performance and attendance.

- REFER TO Crisis Counseling Services
- Walk with student to D-123, 124, 126, 127 and complete intake
- Phone: 770-7019
- Walk-in hours: 11:00am -12:00 M-F
- Appointment basis
- Free and confidential



DISRUPTIVE STUDENT

Safety is NOT an immediate concern
May violate standards of student conduct (AP 5500)

- Report to Behavior Intervention Team
- Call Campus Safety 755-6888
- Call Director Student Life 755-6825
- Call VP of Student Affairs 755-6822
- Document!
- Consultation: Crisis Counseling Services Clinical Supervisor 755-6856 and/or
- DSP&S 755-6760



DANGEROUS STUDENT

Safety IS an immediate concern; verbal or physical threats to harm self or others; active threats of suicide with imminent plan, method and means, may resist help

- EMERGENCY!
- CALL 911
- Call Campus Safety 755- 6888
- Call VP Student Affairs 755-6822
- Call Director Student Life 755-6825
- Behavior Intervention Team
- Document!

Reporting Behavior

The screenshot displays the Hartnell College website in a browser window. The address bar shows <https://www.hartnell.edu/>. The navigation menu includes [Enroll Now!](#), [About](#), [Academics](#), [Athletics](#), and [Students](#). The main content area features three news items:

- Oct 09, 2019**: Hands-on Science Fun for Families on Oct. 20. Author: Scott Faust <sfaust@hartnell.edu>
- Oct 02, 2019**: Patricia Hsieh Will Succeed Lewallen as Hartnell Executive. Author: Scott Faust <sfaust@hartnell.edu>
- Jul 31, 2019**: [No title visible]

A [More News](#) link is provided below the news items. At the bottom of the page, there are six navigation buttons with icons and text:

- [PRESS RELEASES](#)
- [REPORT BEHAVIOR](#)
- [ACADEMIC CALENDARS](#)
- [MAPS & LOCATIONS](#)
- [DIRECTORY](#)
- [CONTACT US](#)

The Windows taskbar on the right shows the time as 12:08 PM on 10/23/2019.

Free and confidential counseling services provided to enrolled students

- Currently four Marriage & Family Therapist (MFT) or Clinical Social Worker (CSW) associates provide counseling services
- Appointment basis (limited walk-in hours)
- Services often help students stay enrolled in their academic programs
- Screening for students who may pose a threat to themselves or others
- Interventions for students referred by BIT, DSPS, Student Life or Student Affairs
- Clinical supervision/consultation by licensed MFT/Hartnell faculty





<i>Reasons for Visit</i>		
Academic Stress	28	56%
Abuse - Emot	7	14%
Abuse - Phys	4	8%
Abuse - Sex	5	10%
Anxiety	33	66%
Alcohol Abuse	2	4%
Anger Manage	10	20%
Depression	26	52%
Drug Abuse	0	0%
Eating Disorder	4	8%
Extended Family	7	14%
Grief/Loss	7	14%
Low Self-Esteem	26	52%
Marital/Relation	13	26%
Money Problems	6	12%
Parenting Issues	3	6%
Sexual Issues	3	6%
Sucidal Thoughts	8	16%





Student Total		
50	Gender	
Female	35	70%
Male	15	30%
Transgender		
Unknown		0%
Race		
Afri-Am	0	0%
Hispanic	39	78%
Cauc	5	10%
Asian	1	2%
Multi-Ethnic	2	4%
Pac. Island	0	0%
Marital Status		
Single	35	70%
Married	1	2%
Divorced	1	2%
Separated	1	2%
Relationship	7	14%
Other		0%
Unknown		0%
Age		
Mean	24.70	
Median	21	
Mode	19	

Hartnell Crisis Counseling/Mental Health Services

• HOW DO I MAKE A REFERRAL?

- The best referral involves taking the person directly to someone who can help. . . .
- Office locations: D-123, -124, -125, -126, -127 (down the hall from HR)
- Students may complete a brief intake form with contact info to schedule an appointment
- Daily “walk-in” hours, 11:00-12:00 noon M-F during the semester
- Provide student with phone information: 770-7019 (24-hour voice mail, not a hot line)
- Services are confidential and free for Hartnell students
- Follow-up



Questions????

- Thank you!!!
- Carol Kimbrough, ckimbrough@hartnell.edu; or 755-6856
- Crisis Counseling Services 24-hour voicemail: 770-7019
- D-123, -124, -125, -126, -127

