

SEE SOMETHING

SAY SOMETHING

DO SOMETHING

IDENTIFYING STUDENTS OF CONCERN:

HELPFUL CONVERSATION TECHNIQUES:

RESPONSE PROTOCOL

Distress does not look the same for every person or culture. Pay attention to the changes in behaviors, presence of more than one symptom, and the persistence of symptoms that may indicate distress.

- If safe, find time to connect with the student. Speak privately, in a direct and matter of fact manner, expressing your concern
- Offer calm, direct, kind, non-abrasive support
- Listen to the student's experience or response and summarize it back to them
- Listen with the goal of being supportive and empowering.
- Consider any cultural, racial, or family of origin differences, and be sensitive to their expressions in behavior
- Try not to minimize the student's concerns or current struggles
- Ask about current supports, and emphasize the importance of professional help
- Offer resources and referrals
- Respect the student's privacy, using the standards of mandatory reporting and academic need-to-know, without making false promises of confidentiality
- Suggest having a support person present for any difficult conversations, and clearly document interactions

Refer to the chart below to determine who to contact when faced with a distressed or disruptive student

ACADEMIC INDICATORS

EMOTIONAL INDICATORS

- Significant change in performance
- Excessive absences or tardiness
- Consistent indecisiveness or procrastination
- Repeated requests for special consideration
- Concern about grades despite good performance
- Increased dependence (i.e. excessive emails)
- Bizarre or inappropriate content in verbal or written work
- New or recurring behavior that disturbs learning or living environment

- Helplessness or hopelessness
- Irritability or unusual apathy
- Impaired speech, disjointed, confusing thoughts, or loss of reality
- Excessive sadness, tearfulness, or anxiety/panic symptoms
- Unusual or excessive emotional response
- Disclosure of family, financial, or relationship problems, grief, suicidal thinking, or past attempts
- Listlessness, lack of energy, or excessive sleeping
- Unprovoked anger or explosive episodes

PHYSICAL INDICATORS

RISK INDICATORS

- Noticeable changes in appearance, which may include hygiene, weight, grooming, or posture
- Excessive fatigue or restlessness/and excessive energy
- Use of mood altering chemicals
- Appearing "out of it"
- Loose, confused, pressured, or tangential speech
- Delusions or paranoia
- Inability to stay awake in class
- Difficulty concentrating or increased forgetfulness
- Bizarre, confusing, or strange behavior

- Physical violence (posturing, shoving, grabbing, or using weapons)
- Overt or veiled references to suicide or homicide - spoken or in writing
- Implying or making a direct threat of harm
- Excessive themes of hopelessness, rage, revenge, worthlessness, isolation, despair, or unhappiness
- Physical or cyber stalking or harassing
- Expression of concern about the student by his/her peers

**Students of Concern
forms can be
accessed through
Student Success**

Is the student a danger to self, or others, or does the student need immediate assistance for any reason?

"YES"

The students' conduct is clearly and imminently reckless, disorderly, dangerous, or threatening to self or others, including severe self-harm behavior

"NOT SURE"

The student shows signs of distress but I am unsure how serious it is. My interaction has left me feeling uneasy and/or very concerned about the student

"NO"

I am not concerned for the student's immediate safety, but they are having academic and/or personal issues and could use some support

First call 911
then call
Campus Safety
(503) 251-6499

After speaking with police, report the concern to the
Dean of Students:
503.251.5311

Submit a Student of Concern Form, and you may call one of these numbers:

Counseling Center for consultation:
(503) 251-6511

Student Life for consultation
(503) 251-5311

Campus Safety to check on student
(503)251-6499

Refer the student to an appropriate campus resource

- Counseling Center
- Spiritual Life
- Student Success
- Residence Life
- Diversity & Inclusive Development

**Support for faculty, staff, and peers
after working with a distressed student:
MU COUNSELING & WELLNESS CENTER - (503) 251-0000**

SEE
SAY
DO

Something
Something
Something

STUDENTS OF CONCERN
RESPONDING AND REPORTING INFORMATION

See Something.

MU faculty/staff are in a unique position to demonstrate compassion and offer help to students in distress.

Students may feel alone and/or hopeless when faced with challenges. These feelings can disrupt their academic performance and may lead to dysfunctional coping and/or other serious consequences.

You may be the first person to **SEE SOMETHING** distressing in students since you have frequent and extensive contact with them.

Say Something.

Students exhibiting distressing behaviors in your presence are likely having difficulties in various other settings.

Trust your instincts and **SAY SOMETHING** if a student leaves you feeling worried, alarmed, or threatened

Do Something.

Sometimes students cannot, or will not seek out support for themselves. **DO SOMETHING!** Your willingness to act may be a critical factor in saving a student's academic career or even their life.

The purpose of this resource is to help you recognize the symptoms of student distress and identify appropriate referrals to campus resources.

CAMPUS RESOURCES

Campus Safety.....(503) 251-6499
Career Center.....(503) 251-6472
Student Counseling & Wellness..(503) 251-6511
Disability Services(503) 251-5301
Human Resources(503) 251-5308
Multicultural Center.....(503) 251-6440
Residence Life.....(503) 251-5311
Spiritual Life Center.....(503) 251-5313
Student Life.....(503) 251-5311
Student Success Center.....(503) 251-5301
Title IX Coordinator.....(503) 251-5378
University Ombuds(503) 251-5325
University Registrar.....(503) 251-5370

PORTLAND RESOURCES

A New Day Counseling.....(503) 517-1895
Abuse Recovery Ministry.....(503) 846-9284
Cascadia Urgent Clinic.....(503) 963-2575
Clackamas Co. Crisis Line.....(503) 655-8585
Clark Co. Crisis Line.....(800) 686-8137
Celebrate Recovery.....(503) 784-2063
Gateway Center.....(503) 988-6400
Multnomah Co. Crisis Line.....(503) 988-4888
Nat'l Child Abuse Hotline.....(800) 442-4918
Nat'l Suicide Prevention.....(800) 273-8400
Project Respond.....(503) 988-4888
Providence Portland.....(503) 582-2185
Unity Center.....(503) 944-8009
Veterans Crisis Line.....(503) 237-8255
Washington Co. Crisis Line.....(503) 291-9111

SEE
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DO

Student of Concern
Responding & Reporting

Experiencing a Crisis:



Emergency..... 911
Campus Safety.....(503) 251-6499
Dean of Students ... (503) 251-5311
Counseling.....(503) 251-6511



Counseling & Wellness Center

The Family Educational Rights and Privacy Act (FERPA)

The Family Educational Rights and Privacy Act (FERPA) permits communication about a student of concern in connection with a health and safety emergency. Observations of a student's conduct or statements made by a student are not FERPA protected. Such information should be shared with appropriate consideration for student privacy.



Counseling & Wellness Center