Working with Students in Distress



University Counseling Service (UCS) University of Iowa 319.335.7294



Your Experiences Already?



Previous Situations:

- What Did You Do That Went Right?
- What Would You Do Over, Given The Chance?

DO OVER



Framework for Recognition ABES -What To Look For & Recognizing It When It Is Happening

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- Irritability
- Sadness, Helplessness
- Distancing
- Acting-Out Behaviors
- Unusual or Alarming Comments or Writings

Framework for Recognition



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- If You Think It Is Odd, It Is!
- Your Worry Is "Smoke" For What May Be Fire.
- If You Have Any Concerns Whatsoever, Ask About It.
- Within The Boundaries Of Your Role, It Is Better To Do Too Much Than Too Little.
- Snapshot Or Pattern

Common Situations of Students in Distress

- Anxious

- Challenging of Boundaries
- Depressed
- **Relationship Problems**
- WHAT IS THE IMPACT OF CULTRAL IDENTITY CHARACTERISTICS! What is the Impact On You!?

Questioning Your Student

- Minimal Encouragers to Talk Open Ended Questions
- Naming Affect

- Yes, but. . . Techniques Sitting With Anger Techniques
- **Dealing With Dangerousness Techniques**

Referral



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- - https://counseling.uiowa.edu

 - https://dos.uiowa.edu/assistance
 - When to Call the Police (911 Call)



Faculty and Staff Responses



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Ideal Responses. . .And Not So Ideal?
And What About Follow-Up?

A Chance to Try It Out

- Importance Of Practical Experience
- Importance Of Having Words To Express Your Knowledge
- Importance Of Managing The Emotional "Heat" Of The Moment
- No Safer Space To Try Yourself Out Than In A Role Play
- Review The Scenarios Again, Or Use Your Own
- Some Ground Rules For Role Playing
 - Debrief

Some Important Reminders

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- Hope!
- Help is Available
- Campuses Are Very Safe
- Reach Out For Assistance
- Trust Your Intuition
- Use The Techniques You Learned
- Refer to The "Quick Guide"
- CALL When You Have Questions Or Concerns.

What's Next?

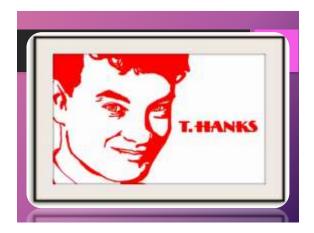
- Invite Us Back For Follow-up Trainings
- Call For Additional Discussion/Follow-Up/Debriefing
- Want To Do More?

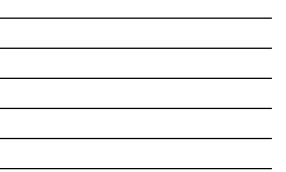




Our Survey







Only Hammer For Every Nail

- ~15% of Students Who Complete Suicide Had Contact with the Counseling Service
- B1G 10 Schools Average ~6%-10% of Student Population Contact
- Most Common Service Usage is 1 Session
- Western Model of a Mental Health Service Not the Right Fit for Every Student
- Everyone Can Do Prevention 🎥

Programs Already in Place?

What Are You Doing Already On Campus?

