

SEE SOMETHING. SAY SOMETHING. DO SOMETHING.

# RED FILE



Follow the chart to determine who to contact when faced with a distressed or distressing student/person.

\*If intervention is necessary after business hours,

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

**YES**

Conduct is clearly and imminently reckless, disorderly, dangerous, or threatening including self-harm behavior.

Call Campus Police  
209-381-6425 or Dial 911

**NO**

I'm not concerned for immediate safety, but he or she is having significant academic and/or personal issues and could use some additional support.

Refer students to an appropriate resource

If you are unsure how to proceed, contact your Dean/Manager immediately for further discussion and possible referral to Behavioral Intervention Team.

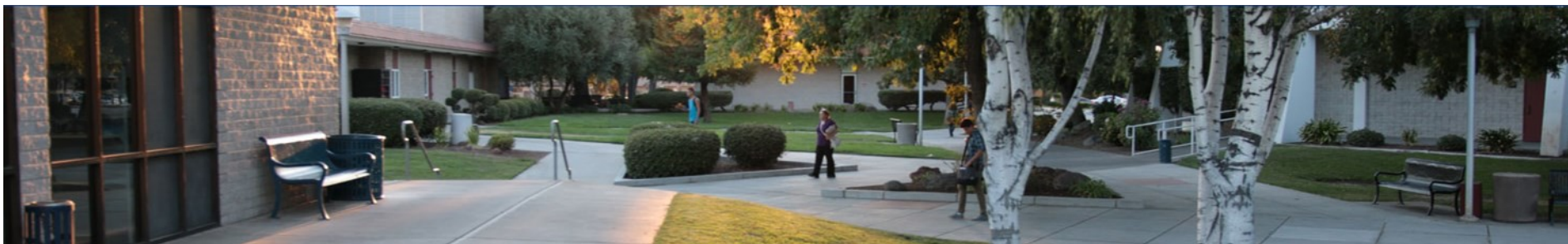
## LOS BANOS RESOURCE NUMBERS

- Campus Food Pantry/ASMC 384-6030
- Campus Police 381-6425
- Campus Shield: [www.mccd.edu/emergency/notification.html](http://www.mccd.edu/emergency/notification.html)
- Crisis Text Line  
(Text **COURAGE** to 741741)
- Disabled Students Program 381-6423
- Personal Counseling 386-6716
- Student Health 386-6716
- Title IX Coordinator 384-6102
- Valley Crisis Center (24/7) 725-4357
- Veterans Resource Center 384-6161



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## Message to our **MC Faculty & Staff:**

You may be the first person to notice a student in distress. As fellow members of the MC community, it is important that we act proactively and with compassion. By intervening, expressing concern, and following through, you may help save a student's academic career or even their life.

### **SEE SOMETHING.**

**MC** faculty and staff are in a unique position to demonstrate compassion for **MC** students in distress.

Our students may feel alone, isolated, and even hopeless when faced with academic and life challenges. These feelings can easily disrupt academic performance and may lead to difficulties coping and other serious consequences.

You may be the first person to **SEE SOMETHING** distressing in your students since you have frequent and prolonged contact with them. Merced College requests that you act with compassion when assisting students.

#### **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. Observation of a student's conduct or statement made by a students are not FERPA protected.

### **SAY SOMETHING.**

Students exhibiting troubling behaviors in your presence are likely having difficulties in various settings including the classroom, with roommates, with family, and even social 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 turn to family or friends. **DO SOMETHING!** Your expression of concern may be a critical factor. The purpose of this document is to help you recognize symptoms of student distress and identify appropriate referrals to campus resources.

## **ACADEMIC INDICATORS**

- Sudden decline in quality of work and grades
- Repeated absences
- Disturbing content in writing or presentations (e.g., violence, death)
- You find yourself doing more personal rather than academic counseling during office hours
- Continuous classroom disruption

## **SAFETY RISK INDICATORS**

- Unprovoked anger or hostility
- Making implied or direct threats to harm self or others
- Academic assignments dominated by themes of extreme hopelessness, rage, worthlessness, isolation, despair, acting out, suicidal ideations/violent behavior

## **PSYCHOLOGICAL INDICATORS**

- Self-disclosure of personal distress that could include family problems, financial difficulties, depression, grief, or thoughts of suicide
- Excessive tearfulness, panic reactions, irritability or unusual apathy
- Verbal abuse (e.g. taunting, badgering, intimidation)
- Expression of concern about the student by his/her peers

## **PHYSICAL INDICATORS**

- Marked changes in physical appearance including deterioration in grooming, hygiene, or weight loss/gain
- Excessive fatigue/sleep disturbance
- Intoxication, hangovers, or smelling of alcohol
- Disoriented or "out of it"



### DISRUPTIVE STUDENT

A student whose conduct is clearly and imminently reckless, disorderly, dangerous, or threatening, including self-harmful behavior or out of touch with reality.

### DISTRESSED STUDENT

- Overly anxious
- Sad
- Irritable
- Withdrawn
- Confused
- Lacks motivation and/or concentration
- Seeks constant attention
- Demonstrates erratic behavior or other severe disturbances in thinking and/or emotion
- Expresses thoughts of self-harm or suicide

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

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Call Campus Police  
209-381-6425 or Dial 911

NO

I'm not concerned for immediate safety, but he or she is having significant academic and/or personal issues and could use some additional support.

Refer students to an appropriate resource

If you are unsure how to proceed, contact your Dean/Manager immediately for further discussion and possible referral to Behavioral Intervention Team.

### RESOURCES & TIPS:

**BE PROACTIVE:** Engage students early on, pay attention to signs of distress, and set limits on disruptive behavior.

**BE DIRECT:** Don't be afraid to ask students directly if they are under the influence of drugs or alcohol, feeling confused or having thoughts of harming themselves or others. Set limits on behaviors that are inappropriate.

**LISTEN SENSITIVELY AND CAREFULLY:** Use a non-confrontational approach and calm voice. Avoid threatening, humiliating, and intimidating responses.

**SAFETY FIRST:** The welfare of the MC community is the top priority when a student displays threatening or potentially violent behavior. Do not hesitate to call for help. Ensure your safety (and the safety of others) in the environment. If disruptive behavior persists, notify the students that disciplinary action may be taken. Ask the student to leave. When a student displays threatening or potentially violent behavior, call Campus Police or 911 immediately.

**FOLLOW THROUGH:** Direct the student to the physical location of the resource you identify that offers them the most appropriate form of support for the cause of their distress and provide them with written contact information.

**CONSULTATION AND DOCUMENTATION:** Always document your interactions with distressed students so that other colleagues at MC are aware of the situation and can do needed follow-up. Consult with your Area Dean or Managers so that open lines of communication are developed and maintained, and to promote the best possible outcome for all parties involved.

If you believe there is a safety risk, contact Campus Police (209) 381-6425 or Dial 911

