

FACULTY AND STAFF

GENERAL INTERVENTION GUIDELINES

We encourage you, whenever possible, to speak directly and honestly to students when you sense they are in academic or personal distress. Openly acknowledge to students you have observed signs of distress and are sincerely concerned about their welfare and are wanting to help them explore their options to manage their distress.

Signs of Student Distress:

- Inability to concentrate
- Confusion
- Depression
- Persistent worry
- Social isolation
- Bizarre behavior
- Increased irritability
- Missed classes/assignments
- Procrastination
- Dangerous or high-risk behavior
- Restlessness
- Disheveled appearance
- Mood swings
- Indecisiveness
- Catastrophic thinking

Guidelines for Interaction:

1. Request to see the student in private unless there is a potential for danger. This may help to minimize embarrassment and defensiveness. It also minimizes environmental stimulation that could be stressful.
2. In an unbiased and non-judgmental way, let the student know you have observed signs of distress (giving examples of what has been observed) and let them know you are wanting to support them.
3. Listen without bias to the student's experiences and ask them what they need to be successful. Provide student with information about resources available on campus.
4. Flexibility with classroom procedures, such as hard deadline, testing policy, may allow an alienated student to respond more to your concerns.
5. Know your limitations. Offer referrals and warm hand-offs to campus resources the student has expressed interest in. If you know of community resources that may benefit the student, offer information about those as well.
6. If you become too uncomfortable or are concerned that you or others are unsafe, contact Campus Police at 530-895-2351 or 2677 (COPS) from campus phones or dial 911 for immediate assistance.
7. If you need additional assistance, please e-mail vpstudentservices@butte.edu.