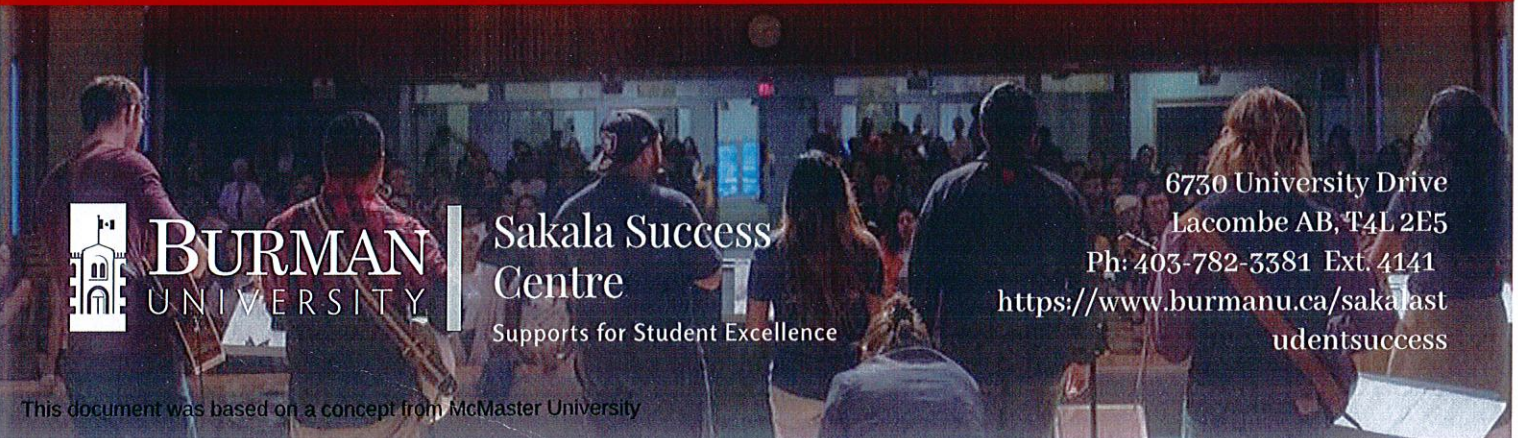




How to identify and refer a student in distress.



BURMAN
UNIVERSITY

**Sakala Success
Centre**

Supports for Student Excellence

6730 University Drive
Lacombe AB, T4L 2E5
Ph: 403-782-3381 Ext. 4141
<https://www.burmanu.ca/sakalastudentsuccess>

Situations requiring prompt referral or reporting

Direct or Indirect Reference to Suicide

Regardless of the circumstances or context, any reference to suicide should be taken very seriously and a mental health professional should be contacted

Warning Signs might include:

- Expressed feelings of hopelessness, worthlessness, and/or helplessness
- Expressed thoughts that the world, family, and friends would be better off without them
- Expressed feelings of powerful guilt
- Expressed desire to die or references to suicide

In the event of an actual suicide attempt, immediately call

Burman University Campus Security
Ph: 403-318-8221

For situations requiring immediate intervention:

Burman University Security:

Ph: 403-318-8221

Mental Health (Alberta Health Services):

Ph: 1-877-303-2462

Contact the Deans for any dormitory incidents

EMERGENCY SERVICES: 911

For non-emergency situations:

Burman University Security 403-318-8221

The Sakala Success Centre 403-782-3381

..... ext 4141

..... ext 4154

Threats and/or Disruptive Behavior

Immediately report any of the following

- Any type of physical violence causing bodily harm (self or other)
- Specific threats of violence or harm

Client confidentiality prohibits the Sakala Success Centre staff from providing you with information about a student whom you have referred. However, it is appropriate for you to check back with the student to determine whether he/she has followed up on your recommendation. Even if the student did not accept your attempted referral, it will show your continued interest and concern.

Substance Use at Burman University

This includes abstaining from substances such as alcohol, tobacco and other drugs that could interfere with social, emotional, physical and spiritual health. Burman University wishes to continue the Adventist history of promoting a holistic lifestyle among its students. As such Burman has developed a Substance Use Policy that has three primary goals:

- Identification and early intervention of substance use among students.
- Fair and equitable disciplinary action of substance use violations.
- The development of a supportive and remedial environment that will enhance the spiritual and academic goals of the students attending Burman.

Burman believes that the problem of substance use prevents it from satisfactorily carrying out its mission with students. It is Burman's desire to help students who are faced with problems of substance use and provide a safe, drug free environment for all students at Burman.

What to do and what to say if you think a student is in distress

Approach

"I've noticed you've been absent from class lately and I'm concerned about you"

Seek a quiet, safe location and an appropriate time to speak to the student. If there is a safety concern, it is best to ask someone else to be present as well.

It is okay to ask and express concern

Be specific about the behavior that worries you

Support

"Is there anything I can do to help you?"

Offer hope and reassure the student that you are concerned and want to help

Point out that there is help available and that seeking help is a healthy way to work through difficulties

Listen

"It sounds like you're feeling overwhelmed"

Listen carefully and non-judgmentally

Acknowledge the student's thoughts and feelings in a compassionate way

Reflect back the essence of what they have said

Refer

"If you'd like, you could call and book the appointment while you are here with me"

Provide the student with resources

Offer to make the call with the student and/or accompany them

HOW TO MAKE A GOOD REFERRAL

Research resources that might be helpful for the student.

If the student appears reluctant, you can help by:

- Offering to contact the resource on their behalf while they are in your office (students must make their own appointments for counselling)
- Reminding them that there is no charge for using Student Services
- Offering to sit with the student while they make the initial contact themselves
- Accompanying the student to the appointment if appropriate and you feel comfortable

"I respect your decision. I hope you will keep these options in mind. My door is always open"

If the student says "no" to a referral:

- Respect their decision. Accepting or refusing assistance must be left up to the student, except in emergencies, when life is in danger
- Don't force the issue or trick them into going
- Try and leave the door open for later reconsideration
- Provide the student with take-away materials and information (contact numbers, locations, etc.)
- Offer to follow-up with the student, but don't insist on knowing what the student has done

Other situations that require attention (non-immediate)

Marked Changes in Mood or Behavior

Changes in an individual's typical behavior such as:

- Withdrawal from social interactions or significant deterioration in academic work
- Notable changes in energy levels or appearance
- Disruptive behaviors in the classroom or on campus

The Sakala Success Centre
(Student Success)
403-782-3381
ext 4141 or ext 4154

Assault & Harassment

- Sexual assault
- Harassment, bullying, physical or emotional abuse
- Stalking
- Discrimination

Harassment & Bullying Prevention
Burman University Extensions:
Human Resources: 4470
Campus Security: 4135
Harassment Adviser: 4149

Difficulties with Communicating and/or Distortions of Reality

- Communication difficulties (e.g., trouble forming sentences, thoughts, irrational conversations)
- Distortions of reality (e.g., disturbing material in academic work)

Alberta Health Services:

Mental Health line
1-866-303-2642

Disordered Eating and/or Excessive Exercise

- Excessive dieting
- Uncontrolled binge eating
- Self-induced vomiting after eating
- Excessive exercise

Food Addicts in Recovery Anonymous:
For information about local meetings, you can call Joanne at
403-782-9397

Learning & Academic Difficulties

- Serious academic difficulties
- Considering withdrawal
- In jeopardy of failing

Learning Disabilities Association of Alberta:
Join the LDAA - Red Deer Chapter
Ph: 403-340-3885
Fax: 403-352-0099

Other potential signs of distress:

- Changes in personal hygiene or dress
- Significant weight loss or gain
- Difficulties concentrating or with communication
- Listlessness, falling asleep in class, lack of energy, or apparent loss of interest
- Apparent dependency on staff and/or faculty members
- Others (faculty, staff, students) have expressed concerns about the student

Complaints about physical symptoms

- Nausea, stomach aches, headaches, or problems with eating or sleeping

Changes in relationships or social behavior

- Social withdrawal, isolation, or excessive dependency on others

Changes in academic performance

- Deterioration in quality of work, missed classes and assignments, excessive procrastination, avoidance of participation

Unusual behavior

- Laughing to self, unexplained crying, rapid speech, suspiciousness, disorganized thinking