COYOTE RESOURCE GUIDE

SUPPORT FOR FACULTY, STAFF AND PEERS WORKING WITH A STUDENT IN NEED OF ASSISTANCE

University of South Dakota Student Counseling Center (SCC)

usd.edu/SCC
RESPONSE PROTOCOL

Follow the chart below to determine who to contact when working with a student who needs assistance.

ASK YOURSELF: IS THE STUDENT A DANGER TO SELF OR OTHERS?

**YES**

The student’s conduct is clearly and/or imminently reckless, disorderly, dangerous or threatening, including self-harm behavior.

- **Call 911 or Campus Police 605-658-6199**
- **Report the Concern to CARE Team**
  - link.usd.edu/CARE-Referral
  - After-hours/weekend phone crisis consultation for students and staff available by calling 211. USD also has 24-hour crisis response available by calling UPD (605-658-6199)

**I’M NOT SURE**

The student shows signs of distress, but I am unsure how serious it is. My interaction left me feeling uneasy/concerned for the student.

- **During Business Hours**
  - Call the SCC to help student schedule an appointment (605-658-3580) or sign up for a Same Day Appointment on our website.
  - After-hours and Holidays
    - Call 211 and file CARE Team Report
      - link.usd.edu/CARE-Referral

**NO**

I am not concerned for the student’s immediate safety, but the individual is having significant academic or personal issues and could use support.

- **During or After Business Hours**
  - Help the student request or self-schedule an appointment online on our website. We do have Same Day Appointments available as well.
  - **Refer Students to Campus Resources.**
    - See resource guide on next page.
What does the Student Counseling Center offer?

<table>
<thead>
<tr>
<th>GROUP APPOINTMENTS</th>
<th>SAME DAY APPOINTMENTS</th>
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<tbody>
<tr>
<td>Different groups are offered each semester. Visit our website to see which groups are currently being offered.</td>
<td>One-time appointment with a counselor. This appointment consists of short focus-based therapy.</td>
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<tr>
<th>COUPLES COUNSELING</th>
<th>INDIVIDUAL COUNSELING</th>
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<tbody>
<tr>
<td>Using Gottman’s theory we offer couples a place to work through marital or relationship issues.</td>
<td>One-on-one counseling for eight sessions a semester.</td>
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</tbody>
</table>

SCAN THE QR CODES BELOW TO SIGN UP FOR ANY OF THE APPOINTMENTS ABOVE
## Confidentiality and HIPAA

While specific student records and information within offices are confidential by law (meaning information cannot be shared without consent or legal exception), we can always receive information and provide support through general consultation.

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## Safety First

If a student is in crisis and needs immediate support outside of business hours, please call UPD at 605-658-6199. They will connect you with our on-call counselor.

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### What to Watch For:

<table>
<thead>
<tr>
<th><strong>Academic Indicators</strong></th>
<th><strong>Physical Indicators</strong></th>
<th><strong>Safety Risk Indicators</strong></th>
<th><strong>Psychological Indicators</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Sudden decline in quality of work and grades</td>
<td>Marked changes in physical appearance</td>
<td>Unprovoked anger or hostility</td>
<td>Self disclosure of personal distress</td>
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<tr>
<td>Repeated absences</td>
<td>Excessive fatigue/sleep disturbance</td>
<td>Implying or making direct threat to harm self or others</td>
<td>Excessive tearfulness, panic reactions, irritability, unusual apathy</td>
</tr>
<tr>
<td>Bizarre content in writings or presentation</td>
<td>Intoxication, hungover, smelling of alcohol</td>
<td>Communicating threats via email, text, social media or phone calls</td>
<td>Verbal abuse (taunting, badgering, intimidation)</td>
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<tr>
<td>You find yourself doing more personal than academic counseling during academic hours</td>
<td>Disoriented</td>
<td></td>
<td>Expressions of concern about student by peers</td>
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<tr>
<td>Slurred or garbled speech</td>
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</table>

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SEE SOMETHING. SAY SOMETHING. DO SOMETHING.

SEE

OBSERVE
Since you may have frequent and/or prolonged contact with a student, you are in a unique position to see a noticeable change or distress in a student.

Become familiar with symptoms of distress and attend to their occurrence.

TRUST YOUR INSTINCTS
If you feel uneasy about a student, contact the Dean of Students office or file a CARE Team referral. Early intervention can prevent more serious problems from developing.

INITIATE CONTACT (BE PROACTIVE)
Don’t ignore strange, inappropriate or unusual behavior. Talk to the student privately, indicating concern in a direct manner.

LISTEN CAREFULLY
Allow the student time and latitude to express their thoughts and feelings. Refrain from expressing negative opinions. Don’t minimize their concerns.

Say

KNOW YOUR LIMITS
Students in distress often require a great deal of time and energy. If you think or feel a student’s problems are more than you can handle, trust your feelings.

CLARIFY YOUR ROLE
When supporting a student, be frank with the student about your expertise and role.

Frame any decision to seek and accept help as an intelligent and wise choice. Emphasize that asking for help is a sign of strength.

Respect the student’s privacy and autonomy without false promises of confidentiality.

OFFER SUPPORT AND ASSISTANCE
Make reflective comments; repeat back to the student what they have said to clarify and demonstrate understanding.

Meet and talk privately to minimize embarrassment and defensiveness.

DON’T minimize the student’s distress
DON’T challenge or argue
DON’T assume a student’s motivation or behavior

DO keep your voice low and speak slowly
DO convey your concern and your desire for their well-being

• Clearly express your concerns focusing on the specific/observable behaviors in nondisparaging terms.
• Offer supportive alternatives, resources, and referrals.
• Explore student’s support systems on and off campus

If you have any concerns about self-harm, BE SURE to ask explicitly if the student has thoughts or plans to end their life or harm themselves.

Do

PREPARE
Before you are in a situation where you are dealing with a student who needs assistance:

• Have your resources at hand
• Know who to call for support in the moment
• Know how to make a referral
• Take QPR training

DE-ESCALATE
Remain calm and non-threatening (consider the tone of your voice and posture/body position); people will often mirror your demeanor, minimizing escalation.

Acknowledge student concerns; people in distress need to hear/feel that they are being heard. In the event student is not de-escalating and you have safety concerns, remove yourself/others, and call for appropriate support.

REFER
For safety concerns, remember to call UPD first. Recommend services and provide student with realistic expectations.

Call the Student Counseling Center with the student to assist in making a connection or appointment. Remember the SCC offers Same Day Appointments every day from 1-3p.m.

When appropriate, make plans to follow up with the student on how the referral went.

CONSULT
As part of supporting a student in distress, you may need additional support and guidance.

Either before, during, or after meeting with a student, file a CARE Team referral (link.usd.edu/CARE-Referral) and follow up with department chair or leadership representative.

While it is generally recommended you consult openly with the student present, you may want to consult privately if there are safety concerns. If necessary, find someone to stay with the student while you consult with appropriate resources.
Below are some examples of situations that could arise and what action should be taken.

<table>
<thead>
<tr>
<th>SCENARIO</th>
<th>CONTACT</th>
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<tr>
<td>Student is threatening or reporting a threat to the safety of themselves or others.</td>
<td>University Police Department 605-658-6199 Vermillion Police Department 911</td>
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<tr>
<td>Student discloses they have been a victim of sexual assault, stalking, dating or domestic violence, sexual exploitation or harassment, or gender discrimination.</td>
<td>Title IX Coordinator 605-658-3665 Slagle 206</td>
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<tr>
<td>Student demonstrates any mental health concern: depression, anxiety, suicidal thoughts, a loss of touch with reality.</td>
<td>Student Counseling Center · 605-658-3580 Suicide Hotline · 988</td>
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<tr>
<td>Student is considering withdrawing from USD, is debilitated/overwhelmed by personal/family situation, displays unhealthy or dangerous patterns of behavior, or is hospitalized or experiencing serious illness.</td>
<td>Dean of Students · <a href="mailto:deanofstudents@usd.edu">deanofstudents@usd.edu</a> 605-658-3555 USD CARE Team link.usd.edu/CARE-Referral</td>
</tr>
<tr>
<td>Student reports having academic difficulty or a need for academic accommodation due to a physical, psychological, or learning disability.</td>
<td>Disability Services · 605-658-3745</td>
</tr>
<tr>
<td>Student is struggling academically. Student is chronically late, missing class, and does not complete assignments.</td>
<td>Academic Advising · 605-658-3600 USD CARE Team link.usd.edu/CARE-Referral</td>
</tr>
<tr>
<td>Student violates the academic integrity policy, reports that they have been subjected to hazing/harassment/discrimination, violates local/state/federal law, violates any university policy, or causes a significant or ongoing disruption to the classroom.</td>
<td>Student Rights &amp; Responsibilities · 605-658-3561 <a href="mailto:SRR@usd.edu">SRR@usd.edu</a></td>
</tr>
<tr>
<td><strong>REFERRAL, RESOURCES &amp; INTERVENTION</strong></td>
<td><strong>HEALTH AND WELL-BEING</strong></td>
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<td>CARE Team PH:605-677-5331 • Provides action and support to address the needs of students who are distressed. link.usd.edu/CARE-Referral</td>
<td>Student Counseling Center PH:605-658-3580 Dakota Hall/East Hall • Licensed therapists • 24 Hour crisis response 605-658-6199 (UPD) • Offers groups, one-on-one, and couples Counseling.</td>
</tr>
<tr>
<td>Dean of Students MUC 218 PH: 605-658-3555 • Works with students on an individual basis to provide personal, social, and academic support to promote student success.</td>
<td>Counseling School &amp; Psychological Services Center PH:605-658-6638 Delzell Education Building • Provides one-on-one Counseling.</td>
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<tr>
<td>Charlie's Cupboard UCE 114 PH: 605-658-3555 • Student-led campus food pantry open every week.</td>
<td>Psychological Services Center Union Building PH:605-658-3720 • Provides one-on-one counseling as well as diagnostic assessments.</td>
</tr>
<tr>
<td>Community Connection Center 9 Court St. PH: 605-658-0118 • A one-stop-shop that addresses the needs of community members by coordinating the efforts of local organizations.</td>
<td>Student Health PH:605-677-3700 • Located off campus at Sanford Medical Clinic • Nurse Line to ask questions 800-821-5167</td>
</tr>
<tr>
<td>Vermillion Food Pantry • Open weekly but hours vary. Call 605-658-0118 to get availability.</td>
<td>Disability Services PH:605-658-3745 • Can help with academic accommodations.</td>
</tr>
<tr>
<td>Opportunity Center MUC 204B PH:605-658-3434 • Centralized hub for student success resources &amp; leadership programming.</td>
<td>Wellness Center PH:605-677-8803 • Gym, classes, rock climbing wall • Free to students</td>
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**Hotlines**

- Suicide Hotline - 988
- Sexual Assault - 800-658-4673
- Domestic Violence - 800-799-7233
- Veterans - 800-173-8255(press 1)
- Substance Abuse - 800-662-4357
- Child Abuse - 800-422-4453
- Crisis text line - Text HOME to 741741

**Title IX Office**

- Slagle Hall 205
- PH: 605-658-3665
- Student wishes to file a complaint of sexual harassment or assault.
- Any questions regarding sexual assault or sexual harassment.

**Legal Aid**

- Austin Felts, Attorney at Law
- AFelts@FribergLaw.com
- PH:605-777-7607
- Consultations are available Monday and Wednesday from 3-5 p.m. in MUC 219F or by appointment.

**Student Rights & Responsibilities**

- MUC 206
- PH:605-658-3561
- Offers consultations to determine if a student’s behavior warrants corrective action and clarification regarding USD’s policies.

**University Police Department**

- Davidson Building
- PH: 605-658-6199

**Vermillion Police Department**

- Main St.
- Non-Emergency PH: 605-677-7070
- Emergency PH: 911

**I CARE**

- PH: 605-658-6155
- North Commons RM. 101H
- Provides education for sexual assault, domestic and dating violence, and stalking.
- Can provide resources regarding a sexual assault or sexual violence.