

UMES Behavioral
Assessment Team
Directory

Dr. James White, Chair, x8440

Dr. Joseph Beatus, x6357

Ms. Marie Billie, Esq., x6400

Dr. Evita Bynum, x8918

Ms. Sharone Grant, x6597

Dr. Dorling Joseph, x6461

Dr. George Shorter, x6193

Chief Warner Sumpter, x6590

(Counseling Center Dir.), 6449

Emergencies, Dial 911

**University of Maryland Eastern Shore
Princess Anne, MD**

Thelma B. Thompson, Ph.D.
President

Responding to Substance Abuse

Substance abuse among college students is often a misguided way to cope with anxiety, depression, and the stressors of college life. Research shows that the most abused substance is alcohol and that a large number of college students engage in binge drinking.

Responding to Victims of Violence

Abusive relationships often involve a repeated pattern of verbal, sexual, emotional, and physical abuse or assault that increases over time. Be mindful of hate incidents and about hazing as part of a rite of passage. Take seriously any reports of stalking.

WHAT TO DO

- Treat the situation as serious
- Listen non-judgmentally
- Realize that the student may feel vulnerable
- Share your concern and encourage the student to get help and to report the accuser(s)

AVOID

- Downplaying the situation
- Chastising
- Pressuring the student to file a police report



Helping Students in Distress

A Faculty & Staff Guide for Assisting Students in Need

created by the
**UMES Behavioral
Assessment
Team**

www.umes.edu/emergency

Helping Students in Distress

Dear Faculty and Staff:

Has this ever happened to you?

- A student comes to your class and is obviously intoxicated and disruptive.
- A student reveals to you that (s)he is having thoughts of suicide.
- A student, who is usually well prepared for class begins to miss class, fails to complete assignments, and becomes inattentive to hygiene and personal appearance.

Your role

Faculty and staff play a key role in identifying and responding to distressed students. You often get the first glimpse of students in trouble and may be the first person students turn to for help. Responding to students in distress, however, can be confusing and overwhelming. The UMES Behavioral Assessment Team has prepared this guide to assist you in responding to students in distress. We appreciate the role you play as a help-giver in the Hawk Family, and hope that this guide will be useful to you.

We are required by law and by professional ethics to protect the confidentiality of communication between counselor and student. Consequently, details cannot be discussed with you once a student has been referred.

Responding to Student Emergencies

Immediate and decisive intervention is needed when student behavior poses a danger to self or others, including:



- Suicidal gestures, intentions, or attempts
- Other behavior posing a threat to the student, e.g., hallucinations, drug abuse
- Threats or aggression directed toward others
- Demonstrated inability to care for oneself

Campus resources for responding to mental health emergencies are:

- Counseling Center, x6449, in the Student Development Center
- University Police, x3300, in the Public Safety Building

Health concerns can be referred to the Student Health Center, x6597.

Other non-emergency concerns can be forwarded to any UMES Behavioral Assessment Team member (see Directory). Contact a Team member if you are unsure how to best deal with a situation that is not immediately dangerous.

WHAT TO DO

- Move the student to a quiet and secure place
- Listen attentively and respond in a considerate and straightforward way
- Make arrangements for appropriate University intervention

Responding to Emotional Distress

Be mindful of

- The Anxious Student
- The Demanding Student
- The Depressed Student
- The Eating Disordered Student
- The Suicidal Student
- The Severely Disoriented or Psychotic Student
- The Aggressive or Potentially Violent Student

WHAT TO DO

- Talk to the student in private
- Remain calm and in control
- Respond to disruptive behavior quickly and with firm limits
- Assess danger to self or others
- Assess your level of safety
- Be knowledgeable in advance about referral systems

AVOID

- Overwhelming or arguing with a student
- Ignoring behavior which is having an impact on other students

In the event of an emergency or crisis situation, contact the University Police/Department of Public Safety:

On-/Off-Campus Phone: 911

Emergencies: x3300 (410) 651-3300