

# MENTAL HEALTH & BASIC NEEDS RESOURCES FOR COMMUNITY COLLEGE STUDENTS



Faculty and staff are in a unique position to demonstrate care and compassion for students in distress. The purpose of this folder is to help you recognize potential symptoms of distress and identify appropriate campus resources to refer students to.

## MESSAGE TO FACULTY AND STAFF

*When faced with academic and life challenges, students may feel alone, isolated, and even hopeless. These feelings can easily disrupt academic performance and may lead to dysfunctional coping and other serious consequences. As a result of your frequent and prolonged contact, you may be the first person to notice a student in distress. As part of the community college mission, it is important that we act with compassion. Keep in mind that students exhibiting concerning behaviors may be having difficulties in other areas of their lives. Students sometimes feel that they can't share their struggles with family and friends but may be comfortable doing so with faculty or staff. By expressing concern, you may help save a student's academic career or even their life.*



## INDICATORS OF DISTRESS: WHAT TO LOOK FOR

### ACADEMIC INDICATORS

- Sudden decline in quality of work/grades
- Repeated absences
- Disorganized performance
- Multiple requests for extensions
- Disengagement through failure to hand in assignments, missing exams, and lack of participation
- Overly demanding of faculty/staff time and attention
- Bizarre content in writing/presentations
- Increased need for personal (rather than academic) counseling

### PSYCHOLOGICAL INDICATORS

- Self-disclosure of personal distress, including family problems, financial difficulties, suicidal thoughts, grief
- Unusual/disproportional emotional response to events
- Excessive tearfulness
- Panic reactions
- Irritability or unusual apathy
- Verbal abuse (e.g. taunting, badgering, intimidation)

### SAFETY RISK INDICATORS

- Unprovoked anger or hostility
- Physical violence (shoving, grabbing, assault, use of weapon)
- Implying or making a direct threat to harm self or others
- Academic assignments dominated by themes of extreme hopelessness, rage, worthlessness, isolation, despair, acting out, suicidal ideations, violent behaviors, or other "cries for help"
- Stalking or harassing
- Communicating threats via email, texting, phone calls

### PHYSICAL INDICATORS

- Marked changes in physical appearance (deterioration in grooming or hygiene, significant weight gain/loss)
- Excessive fatigue or sleep disturbance
- Intoxication, hangovers, smelling of alcohol
- Disoriented or "out of it"
- Garbled, tangential, disconnected, or slurred speech

## AWARENESS

Students in distress may be struggling with academic or personal challenges.

Remember that you are in a unique position to identify students who may be in need of help.

## COMMUNICATION

Sharing your concern directly with the student and reaching out to campus / community resources are important first steps in the helping process.

## ENGAGEMENT

Students may not be aware of what resources are available or how to find help. It's okay to check in with students to see how they're doing. Demonstrating a culture of care and compassion strengthens the campus community.



## COMMUNICATING YOUR CONCERNS WITH THE STUDENT

### ACTION

### EXAMPLE

Address the observable behavior



I have noticed a change in the quality of work

Communicate your care for the student's success



As your professor, I care about you and your success

Identify your concern related to recent events



I am worried about how your recent behavior/actions are affecting you

Encourage the student to consult with a counselor



I am wondering if you would be willing to consult with a **Brookdale Counselor**

Destigmatize help seeking and counseling utilization



Students often find it helpful to speak with an objective listener

Remind the student they can access counseling services



**Brookdale Counselors** are a free and confidential resource for students

Offer to connect student with a **Brookdale Counselor**



We can call a **Brookdale Counselor** together now at **732-224-2329**

## DO...



- Make time and space available to speak to students
- Use empathy and active listening skills
- Connect students with available resources
- Ask for additional help if needed

## DON'T...



- Make promises you can't keep
- Try to "fix" everything
- Pass judgement or dismiss the student's needs
- Wait to refer if you are concerned about a student



## STUDENT RESOURCES

### Aggression or Threats of Violence

Lincroft Campus: Brookdale Police

**732-224-2222 or extension 2222**

Regional Locations: Contact the location's security guard

### Alcohol or Drug Concern

Lincroft Campus: Brookdale Police

**732-224-2222 or extension 2222**

Regional Locations: Contact the location's security guard

All Locations: Counseling Consultation Line

**732-224-2329 or extension 2329** (M-F, 9a-5p)

### Anxiety, Depression, or Intense Emotion

All Locations: Counseling Consultation Line

**732-224-2329 or extension 2329** (M-F, 9a-5p)

### Accessibility to Special Learning Needs

All Locations: Disability Services

**732-224-2730 or extension 2730**

### Discrimination and/or Harassment

All Locations: Student Conduct & Compliance

**732-224-2253 or extension 2253**

### Food Insecurity

All Locations: Student Basic Needs

**732-224-2025 or extension 2025**

Lincroft Pantry Location: MAN Building, Room 214

### Social Services Support

**(cash assistance, homeless and housing services, disability services, utility assistance, food insecurity, etc.)**

Monmouth County Social Services Liaison at Brookdale

**732-224-1983 or extension 1983**

### Medical Emergency: Dial 9-1-1

### Sexual Misconduct

All Locations: Student Conduct & Compliance:

**732-224-2253 or extension 2025**

### Talk Campus

24/7 peer-to-peer mental health and wellness network that students can download onto their mobile device. The platform is safeguarded 24/7/365

<https://www.talkcampus.io/brookdale-community-college>



## COMMUNITY RESOURCES

### Local 24/7/365 Crisis Support

Monmouth Medical Center Psychiatric Emergency Services –

**732-923-6999**

### Suicidal Thoughts

National Suicide Prevention Lifeline:

**800-273-8255**

### Child Care Assistance

New Jersey Childcare Assistance Program: [www.childcarenj.gov](http://www.childcarenj.gov)

### Eviction Protection

Housing Help NJ [www.housinghelpnj.org](http://www.housinghelpnj.org)

### Food Assistance, Cash Assistance, and Health Insurance Assistance:

New Jersey Helps [www.njhelps.org](http://www.njhelps.org)



## STUDENT STATEWIDE AND NATIONAL RESOURCES

### Trevor Project: 1-866-488-7386

Crisis counselors are trained to answer calls, chats, or texts from young people in the LGBTQ community who reach out on this free, confidential, and secure 24/7 service when they are struggling with issues such as coming out, LGBTQ identity, depression, and suicide.

### New Jersey Vet2Vet: 866-838-7654

Provides 24/7 specialized services by veterans. You can call, chat online, text or contact us on social media [@njvet2vet](https://twitter.com/njvet2vet)

### NJ Hopeline: 1-855-654-6735

Provides support, assessment, and, if needed, intervention in the most cooperative and least restrictive manner to New Jersey residents in emotional distress and suicidal crisis.

### National Crisis Text Line: 741741

Text HOME to 741741 from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from a secure online platform.

### NJ Connect for Recovery: 855-652-3737

Free, confidential call line focused on helping family members and friends coping with a loved one's substance use disorder.

### Mental Health Cares: 1-866-202-HELP (4357)

MentalHealthCares is New Jersey's behavioral health information and referral service. Our staff of specialists uses their experience

and understanding of the behavioral health system to provide callers information and connect them to the behavioral health and services they need, such as legal, housing, employment, rehabilitation, inpatient and outpatient, self-help and more.

### Peer Recovery Warmline: 877-292-5588

Peer Recovery Warmline (PRW) is a peer-run service providing ongoing telephone support to mental health consumers as they work towards their recovery.

### 211

NJ 211 provides live assistance 24 hours a day, every day of the year. Services are free, confidential, and multilingual.

#### There are several ways to reach these services:

- ✓ By phone (simply dial 2-1-1);
- ✓ via text (send your zip code to 898-211);
- ✓ e-mail ([info@nj211.org](mailto:info@nj211.org));
- ✓ or chat online.

Whichever method you choose, you will be communicating with a community resource specialist who has been educated about federal, state, and local systems created to help people who are struggling. Our specialists have access to a resource database of over 8,800 community programs and services that assist people who need help with life's most basic needs... things like food, utilities, affordable housing, rental assistance, mental and physical health, substance use disorders, childcare, senior needs, legal assistance, transportation, disability services and so much more.



# RESPONSE PROTOCOL

FOLLOW THE BELOW PROTOCOL TO DETERMINE WHAT TO DO WHEN FACED WITH A DISTRESSED OR DISRUPTIVE STUDENT.

## ✓ EMERGENCY SITUATIONS

### Examples Include:

- Eminent Self-Harm/Cutting/Attempted Suicide
- Physical Altercations/Fights
- Medical Emergency
- Threatening Actions/Behavior
- Other crime/emergency in progress

To report an incident to the

**Brookdale police: 732-224-2222**

To receive an immediate response to an

**Emergency Situation: 911**

(on or off-campus)

*PLEASE NOTE: Brookdale police CANNOT respond to off-campus incidents. If you are off-campus and need immediate assistance, please call 911 to be connected with your local authorities.*

## ✓ CONSULTATION HOTLINE

### Examples Include

- Severe Mood Swings
- Uncontrollable Emotions (crying, laughing, anger)
- Victim of bullying/assault/sexual assault
- Specific talk of harm to self or others
- Classroom Behavior Issues

The Consultation Hotline is available for Brookdale employees to connect with a Counseling Faculty Member. These counselors can provide assessment and referrals regarding various student incidents, including crises. Call this line to connect a student with one of our Faculty Counselors. The Hotline is also available for advice or input regarding questions about classroom management or other student incidents.

**Consultation Hotline: 732-224-2329, x2329**

(on-campus)

Counselors are available Mon – Fri, 9am – 5pm.

After hours, please contact the

**Brookdale Police or 911**

## ✓ STUDENTS OF CONCERN

### Concerning Behavior Includes:

- Notable changes in appearance/behaviors
- Perceived mental health issues\*
- Perceived alcohol or drug concerns\*
- Perceived medical or health issues\*
- Relationship issues/violence\*
- Sudden, extended and/or unexplained class absences

The Behavioral Review Team (BRT) is a cross-functional group of College officials who review evaluate and respond to reports of “Students of Concern”.

Reports to the BRT should be made online via a **Student of Concern (SOC) Report\*** at [www.brookdalecc.edu/brt](http://www.brookdalecc.edu/brt).

\*Student of Concern Reports should never be used in an urgent situation, but rather to report incidents/behaviors that have already occurred and require follow-up.

## ✓ CODE OF CONDUCT

The Code of Conduct governs the behavior expected of our students, and the process that is followed when those expectations are not met.

### Code Violations Include:

- Severe/repeated classroom/Zoom disruptions\*
- Fights/threats\*
- Assault/sexual assault\*
- Damage/theft of property\*
- Bullying/harassment\*
- Drug/alcohol use/possession\*

Reports of alleged Code violations should be made online via an **Incident Report\*** at [www.brookdalecc.edu/conduct](http://www.brookdalecc.edu/conduct).

\*Incident Reports should never be used in an urgent situation, but rather to report incidents/behaviors that have already occurred and require follow-up.