



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 [inset behavior] is affecting you

Encourage the student to consult with a counselor



I am wondering if you would be willing to consult with a student advocate in the Office of the Associate Dean of Students

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



Student advocate in the Office of the Associate Dean of Students is a free and confidential resource for students

Offer to connect student with a student advocate in the Office of the Associate Dean of Students



We can call a student advocate in the Office of the Associate Dean of Students now or I can walk with you to the office

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



CAMDEN COUNTY COLLEGE STUDENT RESOURCES

→ Aggression or Threats of Violence

✓ Blackwood Campus, Community Center

- Emergency..... (856) 374-5089
- Public Safety..... (856) 227-7200, ext. 4288

✓ Camden City Campus,

Camden Technology Center Lobby

- Emergency..... (856) 986-1393
- Public Safety..... (856) 227-7200, ext. 1393

✓ William G. Rohrer Center (Cherry Hill), First Floor

- Emergency..... (856) 874-6000
- Public Safety..... (856) 874-6000

The Department of Public Safety is open 24 hours a day, 365 days a year. (The William G. Rohrer Center is staffed only during the open hours). There are direct emergency phones located at each campus that are clearly identified and can be called from any extension by dialing 7777 at Blackwood; 1393 at Camden; and 6666 at Rohrer.

→ Alcohol or Drug Concern

Camden County Substance Abuse Resources
<https://www.camdencc.edu/wp-content/uploads/2020/02/Substance-Abuse-Resour-List.pdf>

→ Anxiety, Depression, or Intense Emotion

- Public Safety (Camden, Blackwood, Cherry Hill)
- Oaks Integrative Care
2051 Springdale Road, Cherry Hill, NJ, 08003 • (856) 254-3800
- Student Services (856-374-5088)
- NJ Hopeline (855-654-6735)
- Suicide Prevention Lifeline (1-800-572-8255)
- Call 911
- Crisis Text Line (Text "HELLO" to 741-741)
- LGBTQ Trevor Project (1-866-488-7386)
- Military Help (1-800-273-8255)

Twin Oaks Integrated Care, Early Intervention Support Services:

- First Come, First Served
2051 Springdale Road, Cherry Hill, NJ, 08003
Mon-Sat: 9 am – 3 pm (856)254-3800

Services include individual therapy, case management, psychiatric medications, peer support. Program is short term.

Emergency Hotlines:

- **NJ HopeLine:** (855) 654-6735 (24 hrs/7 days a week)
- **National Suicide Prevention Hotline:** (800) 273-8255
- **Crisis Text Line:** Text HELLO to 741-741
- **Camden County College Office of Public Safety:** (856) 374-5089
- **Crisis Screening Center:** (856) 428-4357 (24 hrs/7 days a week)

→ Disability or Special Learning Needs

- **Taryn Burkholder**, Director
Taft Hall, Office 311 Blackwood Campus
disabilityservices@camdencc.edu • (856) 227-7200 ext. 4430
- **FERPA**
<https://www.camdencc.edu/wp-content/uploads/Universal-Release-Form.pdf>
- **Americans with Disability Policy**
<https://www.camdencc.edu/wp-content/uploads/223-Americans-with-Disabilities.pdf>

→ Discrimination and/or Harassment

- Sexual Assault Policy
- Bias Incident Response
- Campus Sexual Assault Victim's Bill Of Rights
- Campus Judicial rights
- Rights to on and off-campus resources
- Legal Rights
- Campus Intervention Rights
- Registering a Complaint with the Accrediting Body
- Registering a Complaint with Office of Secretary of Higher Education of NJ

→ Title IX Coordinator & Team

✓ Title IX Coordinator –

Anne Daly-Eimer Executive Dean of Student Affairs
Taft Hall, Office 233 – Blackwood Campus
Phone: 856-227-7200, Ext. 4371
Email: adalyeimer@camdencc.edu

✓ Title IX Deputy Coordinator (Students) –

Jackie Tenuto Associate Dean of Students
Taft Hall, Office 302– Blackwood Campus
Phone: 856-227-7200, Ext. 5088
Email: jtenuto@camdencc.edu

→ Food Insecurity

The Marketplace Food Pantry Locations

✓ Blackwood Campus

College Community Center, Room 200
Open: Tues and Thurs from 1:00 to 4:00 pm
(or by appointment request if needed.)

✓ Camden Campus

College Hall, Room 405
Open: Tues and Thurs from 1:00 to 4:00 pm
(or by appointment request if needed.)

• Jackie Tenuto

jtenuto@camdencc.edu • 856-374-5088

→ Medical Emergency: Dial 9-1-1

→ Sexual Misconduct

Call 911 for police emergency

• Camden County Women's Shelter-Domestic Violence Services: 856.227.1800

24 hour hotline; emergency shelter, provides emergency safe hour; individual and group counseling; children's counseling program; legal advocacy; court accompaniment; 911 cell phone program: 800.246.8910

• Camden County Prosecutor's Office: 856.225.8400

• Domestic Violence Crisis Intervention Unit: 856.227.1234

Victim/Witness Unit: <https://camdenccpros.org/tip-line/>

→ 24 Hour Hotlines

• Contact Camden County 24 hour crisis intervention helpline;

for a non-judgmental, loving, concerned ear: 856.227.1234

• Contact Camden County

Services Empowering Rights of Victims (SERV)

24 hour crisis intervention helpline; for a non-judgmental, compassionate, concerned ear: 866.295.7378



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

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); 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.

MENTAL HEALTH PRACTICES RESOURCES:

- Simple Breathing Practice to Calm Panic
- Practicing Wellness While You Stay At Home
- Care for Your Coronavirus Anxiety
- 5 Ways to Manage Stress
- Free TAO Mindfulness Exercises
- Free Headspace Meditations
- Why Taking Care of Your Own Well-Being Helps Others
- Guide to Well-Being During Coronavirus
- Tips for Succeeding in Online Classes
- Guide to Living With Worry and Anxiety Amidst Global Uncertainty