

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 the **PCCC Office of Student Advocacy**

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



The **Office of Student Advocacy** is a free and confidential resource for students

Offer to connect student with the **Office of Student Advocacy**



We can call the **Office of Student Advocacy** 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 by consulting with Office of Student Advocacy

OUTREACH...

If direct (in-person) or indirect (e-mail) outreach to a student is unsuccessful and you are concerned, please contact **Office of Student Advocacy, 973-684-5554**

CONCERN...

If your concern involves an immediate safety risk to self or others, please stop and call **Public Safety at 973-684-5403 OR dial 811** from any campus phone OR **911** immediately.

DON'T...



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



PCCC RESOURCES AND STUDENT ADVOCACY

Contact Student Advocacy:

studentadvocacy@pccc.edu • (973) 684-5554

IG: Pccc_studentadvocacy
Founder's Hall, Room E201

Food and Necessities

The "Comprehensive List of Resources" lists community resources and agencies that can help with things like food and basic care necessities. There are pantries and community non-profits that can help you out with groceries and food items- they are all listed in the document. Student Advocacy can help you figure out which ones are closest to you and go into more detail.

PCCC On The Go-Food for Thought

To register for the Food for Thought Meal pick-up program click here:

https://docs.google.com/forms/d/1c4qYJRpoEzVvMqfZZ_PJq5xh8iONI-U7-AGfG4tZgc0/

Food for Thought - On the Go Food Pantry

Food for Thought Meal Pick-Up Program

onthego@pccc.edu • (973) 684-6909

If you have any questions or concerns, please contact us at onthego@pccc.edu.

Eviction/Rent

Tenants Rights During the pandemic is an important issue. It is called "NJ Residential Evictions During Covid" Catholic Family Services of Paterson may also be able to help if you cannot pay rents: (973) 279 7100

Power/Home Energy Bills:

LIHEAP is a program to help cover or reduce home energy costs.

Here is the link:

<https://www.nj.gov/dca/divisions/dhcr/offices/hea.html>

You can apply online.

Discounted Laptop Program

If you would like to apply for our discounted laptop program, please e-mail bursar@pccc.edu.

Mental Health and Counseling Services

Mental Health Association of Passaic County

404 Clifton Avenue, Clifton, NJ 07011

973-478-4444

If you or someone you know is experiencing crisis, there is immediate help available:

- ✓ National Suicide Prevention Lifeline: (800) 273-8255
- ✓ For hearing & speech impaired: (800) 799-4TTY (4889)
- ✓ Crisis Text Line: **Text START to 741-741**
- ✓ NJ Hopeline: **1-855-654-6735**

M&S Psychotherapy and Counseling

1157 Main Ave. • Clifton, NJ 07011 • (973) 341-9869

<https://mnpsych.com/>

M&S Psychotherapy and Counseling is a New Jersey State Licensed Mental Health Clinic with locations in Clifton and Hawthorne. They provide a myriad of services including In-Home Counseling, Outpatient Psychiatric, Psychological, Psychotherapeutic Services and School Based Clinical Services.

Compassionate Care Services LLC.

365 Rifle Camp Rd. • Woodland Park, NJ 07424 • (973) 986-3177

<http://www.compassionatecareservices.us/>

Bilingual clinician in English and Arabic with specialties in trauma, anxiety, family dynamics, depression and chronic illness. Currently accepting new referrals!

Door Into the Future

823 Main Ave. • Passaic, NJ 07055 • (973) 928-4260

Door into the Future provides substance use and mental health treatment services to people who are dealing with the daily symptoms of addiction and mental illness. They offer outpatient, intensive outpatient, and partial care services that utilizes an integrated treatment approach, which address both substance use

Outpatient Mental Health Clinic, St. Joseph's Health

56 Hamilton St. • Paterson, NJ 07505 • (973) 754-4750

<https://www.stjosephshealth.org/clinical-focuses/behavioral-health-services/item/1332-outpatient-mental-health-clinic>

The Outpatient Mental Health Clinic offers a full range of outpatient services, including: psychiatric evaluations; medication monitoring; and individual, couples, group and family therapy for adults, teenagers and children.

Clifton Behavioral Healthcare

777 Bloomfield Ave., Suite B • Clifton, NJ 07012 • (973) 594-0125

<https://www.servbhs.org/programs-services/outpatient-services>

For more than 55 years, Clifton Behavioral Healthcare in Passaic County has been the place to turn for those who are uncertain where to turn next. They offer educational and support groups; family, couples and individual counseling; as well as adult and child psychiatric consultation, medication monitoring and follow-up.

Jewish Family Service & Children's Center of Clifton-Passaic

110 Main Ave. • Passaic, NJ 07055 • (973) 777-7638

<http://www.jfscifton.org/>

Jewish Family Service, under the auspices of its Children's Mental Health Arm - The Riskin Children's Center, provides a full array of children's mental health programs, parenting programs, a resource center for families of children with special needs and the Passaic County PALS program. Provides individual, family, marital, and group counseling services, as well as crisis intervention, home visitations, and care for the elderly.

Passaic Alliance

286 Passaic St. • Passaic, NJ 07055 • (973) 365-5740

<https://www.cityofpassaic.com/312/Passaic-Alliance>

Information and support services for families affected by substance abuse, HIV, Domestic Violence, Mental health issues, Sexual Assault, etc.

West Milford Counseling Center

241 Longhouse Dr. • Hewitt, NJ 07421 • (973) 853-2004

<http://www.westmilfordcounseling.com/>

West Milford Counseling Center offers a full range of psychological services. Individual, group, couples, and family counseling services are available. Specialized treatment for trauma using EMDR and Clinical Hypnosis is readily available. Psychosocial and personality testing services are also offered.

Mental Health Crisis Hotline Services

Veterans Crisis Lifeline: (800) 273-8255

LGBTQ Support Lines

The Trevor Project (LGBTQ Suicide Hotline): 1-866-488-7386

The Trans Lifeline: 1-877-565-8860

Psychiatric Emergency Services (PES) at St. Joseph's University Medical Center

24-hr Crisis Hotline: (973) 754-2230



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.



IMPORTANT ON-CAMPUS RESOURCES

Public Safety PCCC Main Campus (Paterson)

Parking / parking escort; campus security/compliance reports; reporting a crime; emergency response, etc.

973-684-5403 • psafety@pccc.edu

Office of Academic Affairs/ Dean of Students

Students rights and responsibilities; The code of conduct; Title IX reporting and student victim assistance.

973-684-6309 • sgoldstein@pccc.edu or studentaffairs@pccc.edu

Coordinator of Student Advocacy

Food insecurity; homelessness and housing; legal and medical resources; mental health and wellness counseling including short term counseling for personal struggles, crisis intervention with referrals to community mental health agencies.

973-684-5554 • studentadvocacy@pccc.edu

Disability Services

Students with a documented impairment that limits a major life activity will receive services and accommodations while completing regular course offerings.

973-684-6085 • ods@pccc.edu

Center for Violence Protection

Sexual assault; domestic and dating violence and stalking.

973-684-8093 • violenceprevention@pccc.edu

Student Meal Pickup/ Food Insecurity Effort:

Food Pickup Program: Food for Thought - On the Go Food Pantry Meal Pick-Up Program

Registering for this program will provide students with five (5) frozen pre-cooked meals each week. You can also receive other resources to community food services.

Meal pick-up is weekly on Tuesdays from 9:00am-12:00pm OR Wednesdays from 2:00pm-5:00pm in the cafeteria.

Just present your PCCC student ID number to the volunteers. If you cannot pick-up your meals, you may send someone to pick them up for you, however they must present your PCCC student ID number.

If you are interested in registering for the Food for Thought Meal Pick-Up Program, the link is available here:

https://docs.google.com/forms/d/14qYJRpoEzVvMqfZZ_PJq5xh8iONI-U7-AGfG4tZgc0/

If you have any questions or concerns about the Food for Thought Program, you may contact

ontheho@pccc.edu or studentadvocacy@pccc.edu