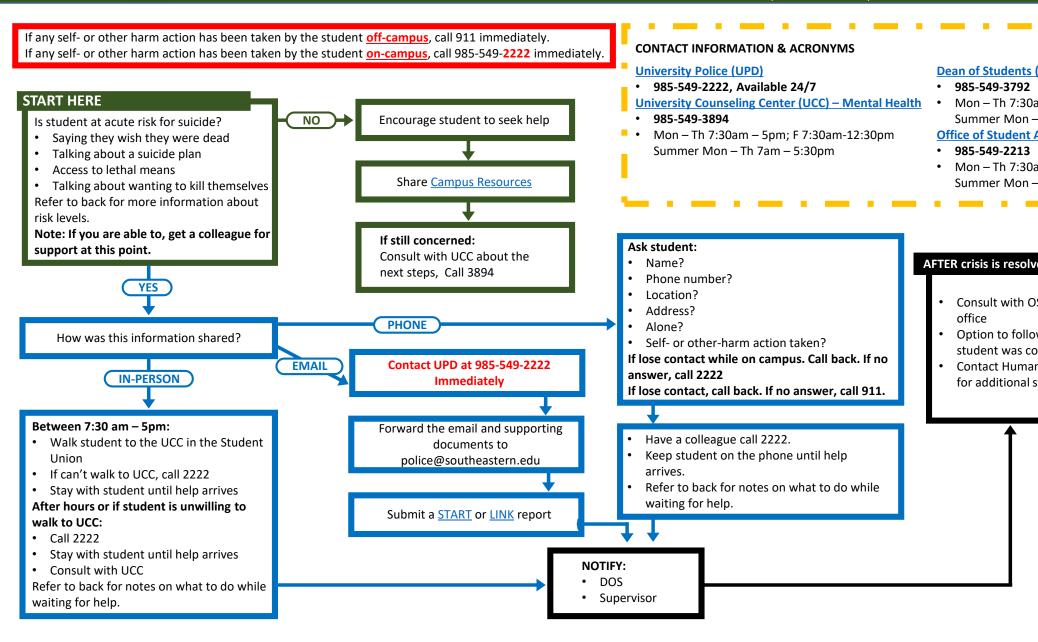
S START Southeastern Threat And Response

Threat And Response Team MENTAL HEALTH CRISIS INTERVENTION PLAN

Adopted from University of Wisconsin-Madison



# What to do while you wait (in person or on phone) with the student for assistance

## Questions you can ask:

- How can I best support you right now?
- When you have experienced difficulties in past, what has helped?

### Things you can say:

- You are not alone in this. I'm here for you .
- While I might not understand exactly how you feel, I care about you and I want to help.
- Share information about <u>campus resources</u>.

## Listen without judgment:

- Remain patient and accepting. The conversation might seem negative and uncomfortable, but talking is always a positive step.
- It's not about saying exactly the right words. The important thing is to do is show that you care.

### Explain what to expect after 2222 or 911 is called:

- In cases of mental health emergencies, the police and UCC will respond.
- Typically there will be one to two squad cars. The officers and mental health counselor will want to have a conversation to understand the situation and the needs of the student.
- The police will transport student to the hospital if needed (not an ambulance).
- Police officers care first and foremost about your safety and are here to support students in these difficult situations. Explain to the student that they are not in trouble.

# Guidelines for responding to at-risk students via email

- Contact the UPD at 985-549-2222 immediately (High Risk)
- Forward the email to <a href="mailto.police@southeastern.edu">police@southeastern.edu</a> (High Risk)
- Submit a <u>START</u> or <u>LINK</u> report (High, Moderate, and Mild)
  - Always complete a Southeastern Threat and Response Team (START) or Lion Intervention Network (LINK) form after contacting UPD (High)
- Always include the UPD 24/7 line, 985-549-2222 and 911 for 24-hour help (Mild/Moderate)
- Sincerely express concern/empathy. (Mild/Moderate)
- Direct the student towards appropriate <u>resources</u>. (Mild/ Moderate)
- Encourage student to continue reaching out. (Mild/Moderate)
- Request that the student respond to your email so you know they received it. (Mild/Moderate)
- Be transparent about your actions. Tell student that you want to ensure they receive the most comprehensive services available at Southeastern Louisiana University, so you have reached out to UCC and DOS. (Mild/Moderate)
- Inform the student that they are not in trouble. (Mild/Moderate)

## **RISK LEVELS**

## High Risk

## (acute – seek help immediately)

- Direct statement about self- or oth immediate thoughts/plan/means/a
- Under the influence of alcohol or d lead to harm

### Moderate Risk

- Direct statement about self- or oth immediate thoughts/plan/means/a
- On-going mental health issues
- Psychosis without threatening state behavior(s)

NOTE: In this situation, you must ofte judgment call. For assistance, call UCC 3894 or OSAA at 985-549-2213.

#### Mild Risk (non-acute)

- Mental Health Concern about self the risk of suicide
- Situational event concerning self o concerning to stress

