



Red Folder Presentation:

Increasing campus readiness to respond to student mental health needs

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CAL POLY
Counseling Services
CAMPUS HEALTH
& WELLBEING

SERVICES OFFERED

- Primary Care Services (appointments recommended)
- Immunizations
- Laboratory Tests
- X-Ray Procedures
- Pharmacy Services
- Travel Clinic
- Health Education Programs
- Wellbeing Services
- Mental Health Services (Individual, group, crisis)
- Gender- and Power-Based Violence Advocacy & Support
- Recovery Services
- Food Pantry
- Alcohol & Drug Education

CAMPUS HEALTH & WELLBEING



Building 27



chw.calpoly.edu



@myCPWELL



Health Services

805-756-1211

health@calpoly.edu



Health Education/PULSE

805-756-6181

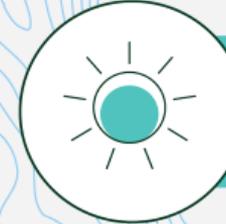
pulse@calpoly.edu



Wellbeing & Food Pantry

805-756-6181

wellbeing@calpoly.edu



Safer

805-756-2282

safer@calpoly.edu

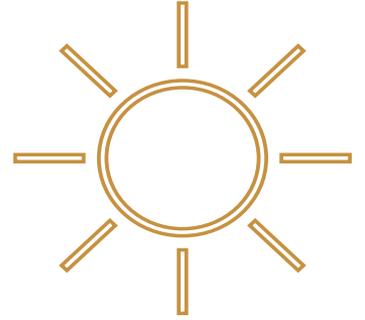


Counseling Services

805-756-2511

counseling@calpoly.edu

Today's Goals



- 1 Identify Signs of Distress vs Disruption
- 2 Clarify Appropriate Response Pathways
- 3 Build Confidence in Speaking to a Student
- 4 Review Mental Health Resources on Campus

Mental Health on Campus

Roughly **20-25% of adults** experience a mental health concern each year

Counseling Services sees **more** students per year than the national average for college counseling centers.



Academics

34% felt their schoolwork was negatively impacted by stress

26% by anxiety

22% by trouble sleeping

17% by depression

10% by relationship difficulties



CAL POLY

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Distressed vs. Disruptive

Distressed Students

Displaying symptoms like sadness or irritability

Lack of concentration or motivation

Withdrawn, confused, bizarre behavior

Expressed suicidal thoughts

Follow next steps to See Something, Say Something, or Do Something.

Disruptive Students

Conduct is clearly and imminently

reckless,

disorderly,

dangerous, or

threatening.

Call CPPD for further support and evaluation.



Disruption without a Threat

- Ensure your safety in the environment
 - Use calm, non-confrontational approach to defuse/deescalate the situation
 - Set limits by explaining how behavior is inappropriate
- If disruptive behavior persists:
 1. Notify student of potential disciplinary action
 2. Ask student to leave
 3. Inform that refusal to leave may lead to discipline

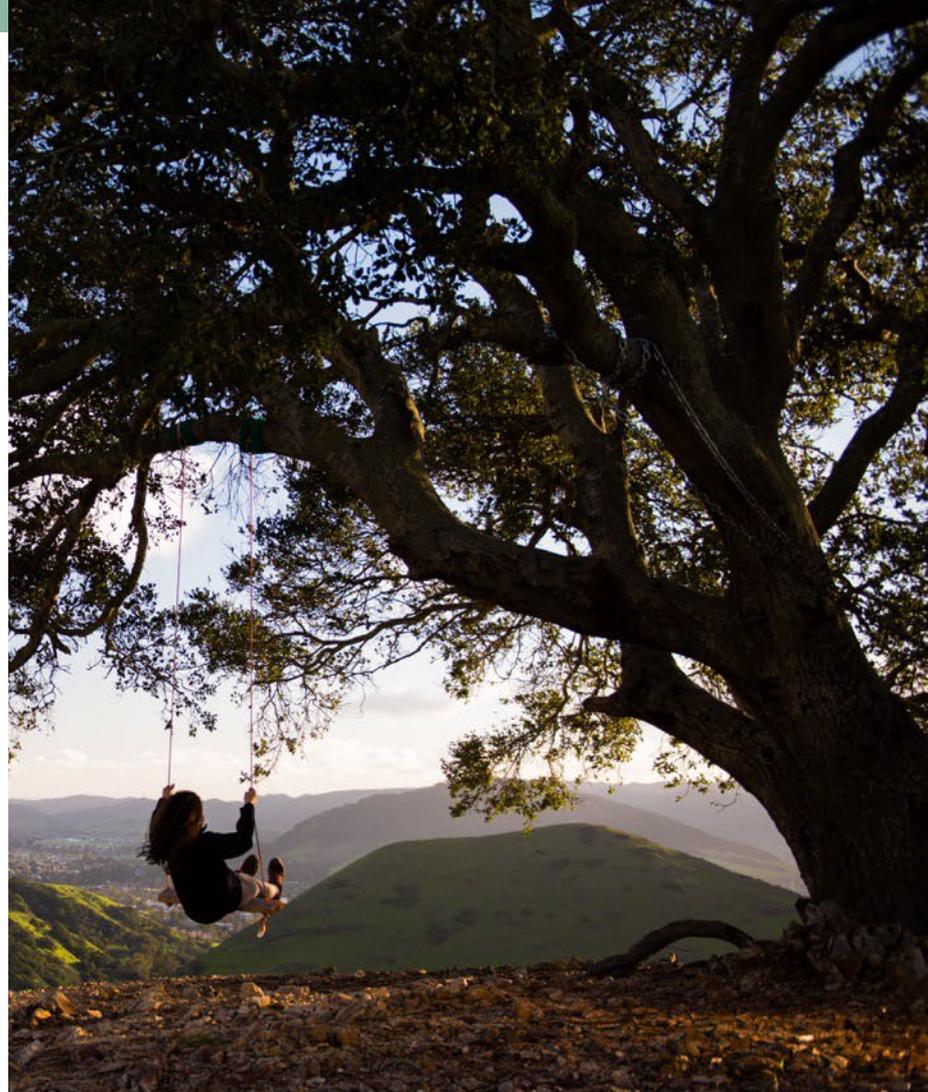
Response Pathways

Call 911 or campus police when clearly and imminently reckless, disorderly, dangerous, or threatening.

Call MHET Team when visibly distressed, acutely suicidal, or can't take care of themselves

Call Counseling Services (24/7) if you're unsure, or the situation is stable.

Refer to other campus resource for academic or other personal issues



Student Crisis Response Flow Chart

STUDENT CRISIS RESPONSE

Use this guide to identify the best resource to support students in crisis or needing mental health support



COUNSELING SERVICES

805-756-2511

Contact when...

- ✓ Situation is stable and student poses no imminent danger to self or others
- ✓ Student has thoughts of harm to self or others
- ✓ Student is interested in additional support, including safety planning and resources
- ✓ You are unsure of what support is needed

Tell the student...

"The Crisis Line is available to support them 24/7 and in person and virtual services are available M-F 8:30am-4:30pm."



SLO County MENTAL HEALTH EVALUATION TEAM

800-838-1381

Contact when...

- ✓ Student is in visible distress, but no active danger is present
- ✓ Student is expressing strong suicidal thoughts
- ✓ Student has a plan to end their life
- ✓ Student may qualify for an involuntary mental health hold (unable to care for self, intensifying thoughts of suicide or homicide with plan and intention)

Tell the student...

"Whenever MHET is contacted, CPPD is informed but does not typically accompany response."



CAL POLY POLICE (CPPD)

911/ 805-756-2281

Contact when...

- ✓ Situation poses imminent danger for student or community; intensifying suicidal or homicidal thoughts
- ✓ Weapons are present
- ✓ Student is displaying aggression or hostility
- ✓ Student is intoxicated and unable to care for themselves
- ✓ Student has medical concerns

Tell the student...

"The police have been contacted and they are responding."



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**ADDITIONAL
RESOURCES**

**Crisis Stabilization
Unit (CSU):**
24/7 Mental Health Facility

Drop In Hours: 10am - 9pm
Contact: (805) 788-2507
2180 B. Johnson Ave,
San Luis Obispo, 93401

SLO Fire Mobile Crisis Unit:
Rapid Response for Disruptive
Behavior/ Inability to care for oneself

Hours: 9 a.m. - 5 p.m.
Contact: (805) 781-7312

How to Intervene



SEE SOMETHING



SAY SOMETHING



DO SOMETHING





See Something

Look for the Following Signs

Distress Behaviors

Changes in Personality

Troubling Changes in Behavior

High Level of Negative Talk

Goodbye Behaviors

Talking of Suicide





Say Something

Listen and Accept

Show Concern

Keep Conversation Focused

Ask About Suicide Directly

Offer Hope





Do Something: EMERGENCY RESOURCES

Counseling Services 24/7 Crisis Line	805.756.2511
Cal Poly Police Department or SLO Police	805.756.2281 or 911
SLO County Mental Health Evaluation Team	800.838.1381
SLO Crisis Stabilization Unit	805.788.2507
Central Coast Hotline	800.783.0607 or 988
Dean of Students	805.756.0327



Do Something: COUNSELING SERVICES



Formal Services

Individual Therapy, Group Therapy, Emotional Wellbeing Workshops



Drop-In Services

Let's Talk, Support Groups, Yoga, End of Quarter Workshops



24/7 Talk/Crisis Line

805-756-2511 and select to talk to mental health professional now





Do Something: NON-EMERGENCY RESOURCES

PULSE (Peer Health Educators) 805.756.6181

Wellbeing (BASICS/CASICS) 805.756.6181

Counseling Services 24/7 Line 805.756.2511

Residential Advisor/CSD (Housing)

Safer (sexual assault advocacy) 805.756.2282

Red Folder (Student Portal)

Let's Review

1. See Something

Notice the Signs

2. Say Something

Show your Concerns

3. Do Something

Connect to Resources



Resources & Tips

Be Proactive & Direct:

Engage students early, pay attention to signs of distress, set limits.

Ask questions directly about suicide, alcohol or drug use, or disruption.

Listen Carefully:

Be non-confrontative.

Use a calm voice

Avoid threatening, humiliating, or intimidating responses.

Safety First:

Campus safety is a top priority especially when a student is displaying threatening or violent behavior.

Don't hesitate to call for help.

Follow Through:

Direct the student to the resource they need. And ensure they get there.

Document what you did and what happened.

CONSULT, CONSULT, CONSULT!

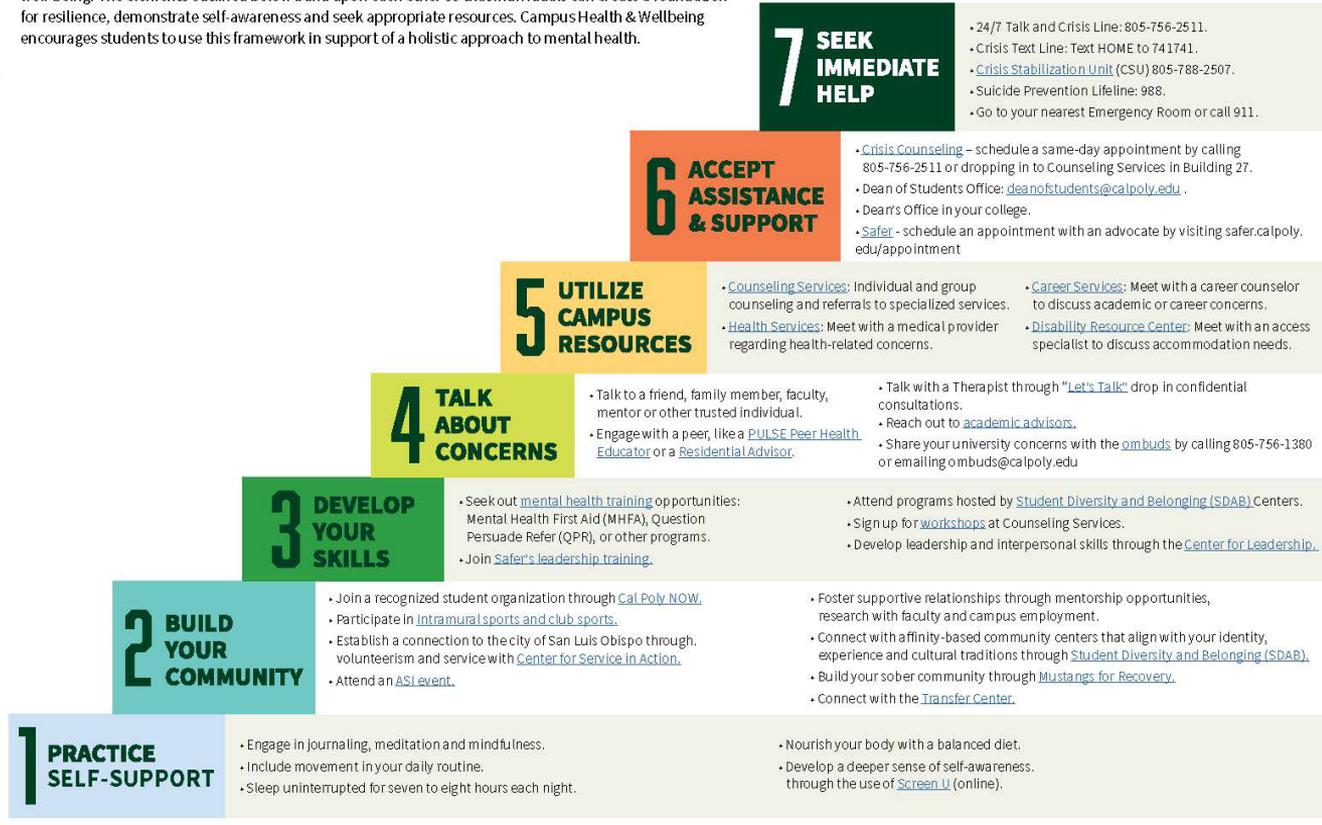
Holistic Approach to Mental Health

HOLISTIC APPROACH TO MENTAL HEALTH

Cal Poly provides a variety of resources and support for students to overcome challenges, build resilience and thrive at the university and beyond. Particularly in times of distress, it can be helpful for students to turn to those with whom they have established relationships. Therefore, it is appropriate and encouraged to reach out to individuals directly, show concern and have conversation guided by this framework about their well-being. The elements outlined below build upon each other so that individuals can create a foundation for resilience, demonstrate self-awareness and seek appropriate resources. Campus Health & Wellbeing encourages students to use this framework in support of a holistic approach to mental health.

RESPONSIVE

PROACTIVE



AUTONOMY

INTERVENTION

For More Information:



Call Us
(805) 756-2511



Email Us
counseling@calpoly.edu



Our Website
chw.calpoly.edu/counseling

Have Feedback?

Please scan this code or
email us at
counseling@calpoly.edu

