

Crisis Counseling/ Mental Health Services

Carol Kimbrough, MA, MFT
Clinical Supervisor, Psychology Instructor

October, 2019



Quick Facts*

-
-
-

*Mental Health First Aid USA- National Council on Behavioral Health, 2016



CRISIS: anything that interferes with academic success

- We know that many Hartnell students attempt to cope with studies, full-time jobs and raising children while they attend Hartnell.
- Many feel overwhelmed, depressed, anxious, and hopeless.
- A high percentage of our students are the first in their family to attend college; although the family system may support the concept of college, the reality of college life may not be understood by family members.



RECOGNIZING STUDENTS IN DISTRESS

- What are some signs a student may need help?
 - Level 1: (Distress). Behaviors do not necessarily disrupt others, but indicate that something is troubling the student and he or she is having difficulty coping.
 - Level 2: (Crisis). Exhibit more significant changes in mood and behavior but may be reluctant/resistant to seeking help.
 - Level 3: (Disruptive students). Exhibit more intense expression of emotions without regard for classroom learning environment and rights of others.
 - Level 4: (Emergency!) Psychological Emergency. Danger to self and/or others

RECOGNIZING STUDENTS IN DISTRESS

-

RECOGNIZING STUDENTS IN DISTRESS

- Students in distress may have:
 - Fatigue and sleeping in class
 -



Level 3: Disruptive Students

- Disruptive students may pose a threat to the campus community and the classroom learning environment; they MAY pose a threat to themselves and/or others.

They may:

- regularly fail to attend class, be tardy, leave early with little regard for the role of instructor or consideration for learning e3(rn)rs<aaEMC /P <</

Level 4: Emergency!

- Severely troubled students MAY:
 - demonstrate loss of contact with reality
 - have difficulty communicating, have abnormal speech or confused content
 - be hyper-vigilant communicating,



Reporting Behavior

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

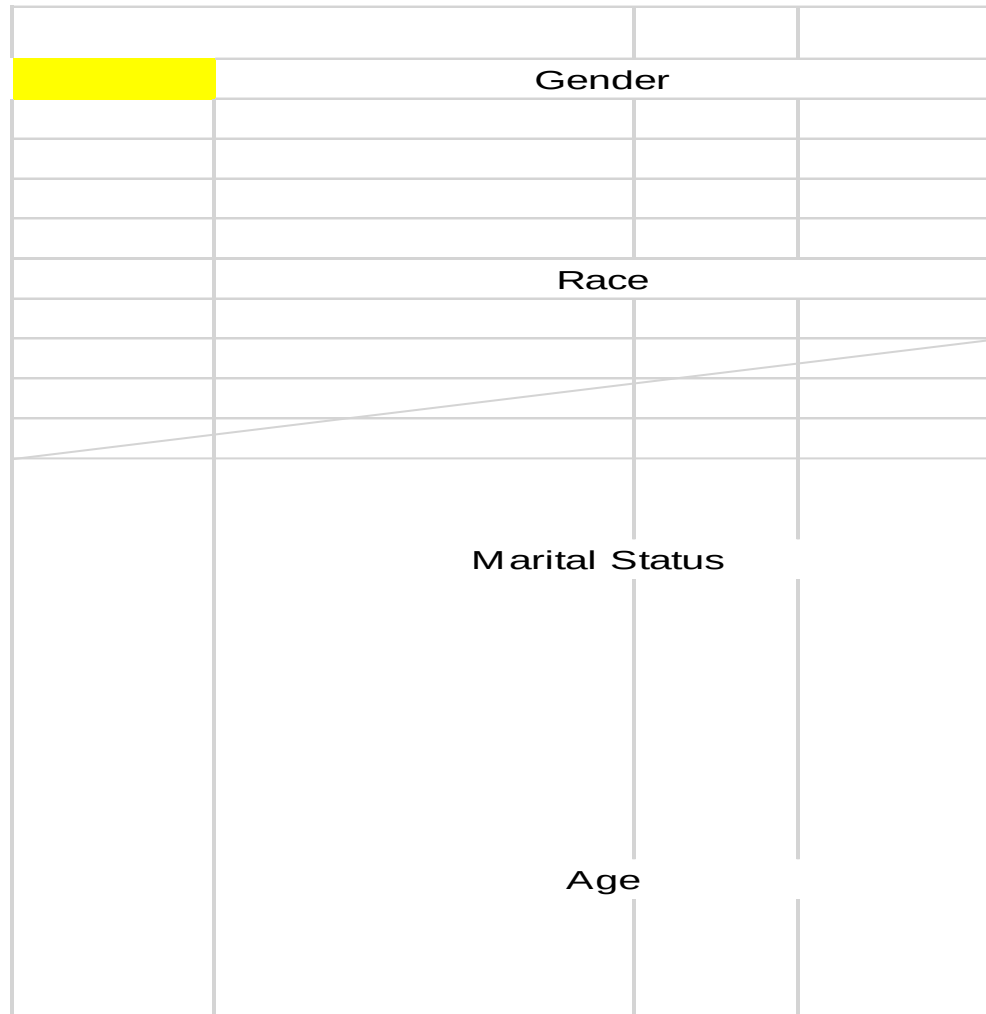
[Redacted]

[Redacted]

[Redacted]

[Redacted]





Questions????

- Thank you!!!
- Carol Kimbrough, ckimbrough@hartnell.edu; or 755-6856
- Crisis Counseling Services 24-hour voicemail: 770-7019
- D-123, -124, -125, -126, -127

