

Student Medical, Mental Health and Behavioral Crises

The University of Maine is committed to the health and safety of all students. If a student's behavior is disruptive and/or poses potential harm to self or others, University resources will be used to protect the health and safety of any individual affected by the behavior/crisis, including the student themselves, as well as other UMaine community members who are adversely affected by the behavior or crises.

The Vice President for Student Life Office, Residence Life staff, UMaine Police, the Counseling Center, and the University Volunteer Ambulance Corps (UVAC) are the primary resources that work together in medical, mental health and behavioral crisis situations to address issues as they arise, and minimize the impact on students of concern and the surrounding community of students.

The Division of Student Life has developed the **Student Behavior Review Team (SBRT)** which will review any student situation (outlined below) that involves medical, mental health or behavioral problems. The Student Behavior Review Team meetings will provide a forum for professional consultation and collaboration regarding students whose behavior has caused significant concern for faculty, staff or other students, or disruption of the community or the academic pursuits of other students. This team will review each situation that comes to their attention to determine the facts of the situation and develop a strategy for further fact-finding, intervention, management, and/or referral to appropriate resources. Findings of the review process will be immediately reported to the Vice President for Student Life and Dean of Students for any recommended actions.

Mission: The mission of the University of Maine Student Behavior Review Team is to promote and support: 1) the health and safety of the campus community, and 2) community member health, wellbeing, and success by coordinating information and developing support plans for people of concern.

Purpose: The purpose of the SBRT is to serve as the coordinating hub of a network of existing resources, focused on prevention and early intervention in community situations involving campus community members experiencing distress or engaging in harmful and/or disruptive behaviors. The SBRT will develop intervention and support strategies and offer case coordination. This team regularly reviews and assesses these situations and recommends actions/responses in accord with existing university policies, procedures and resources.

The core members of the **SBRT** are:

- Andra Bowen, Director of Residence Life
- Scott Delcourt, Associate Dean Graduate School

- James Psalidas, Student Life Fellow
- Andrea Gifford, Associate Dean (chair)
- Sara Henry, Director Student Accessibility Services
- Doug Johnson, Director of Counseling Center (chief mental health consultant)
- Roland Lacroix, Chief of UMaine Police
- Heather Hogan, Deputy Title IX Officer
- Peter Reid, Assistant Dean Natural Sciences, Forestry and Agriculture
- Ryan Taylor, Head Athletic Trainer

Additional staff and faculty will be invited to meetings when their area of expertise is needed or when they have information pertinent to a particular situation. During the academic year meetings will be held weekly on Mondays at 2:00 p.m. and additional meetings will be scheduled as needed.

Student Behaviors of Concern

Behaviors of concern include, but are not limited to (see addendum for additional behaviors of concern and resources):

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| • Suicide | • Suicide attempts |
| • Suicidal behavior | • Self-Injury |
| • Threats of harm to self or others | • Violence |
| • Destruction of property | • Extensive attention seeking |
| • Serious or repeated student code violations | • Patterns of disordered eating |
| • Excessive substance abuse | |
| • Behaviors that alarm, frighten or raise significant concern among others, such as extreme isolation, noticeable symptoms of depression, classroom outbursts, anxiety or other possible mental illnesses. | |

Definition of a Crisis

While the above list of behaviors will raise concern for the health and safety of students, not all behaviors are severe enough to constitute a crisis. A crisis is any situation in which there is reasonable cause to suspect that there is an imminent risk to the health and safety of a student and/or UMaine community member.

All crisis situations should be immediately reported to the UMaine Police at 581-4040 or 911 and to the Vice President for Student Life and Dean of Students or his/her designee.

In situations where staff have concern about a student's behavior and do not believe it constitutes a crisis or are in doubt about whether it constitutes a crisis the following offices may be contacted and/or consulted:

UMaine Police

581-4040

**Vice President for Student Life/Dean of Students
Counseling Center**

**581-1406
581-1392**

If consultation is needed after 5:00 p.m., UMaine Police will serve as the access point for all resources so contact UMPD and they will make the appropriate and necessary referrals and consultations.

UMaine Police will dispatch UVAC for any medical emergency or mental health emergency that requires medical assessment. UMaine Police will consult with the Counseling Center as appropriate regarding any behavior that may indicate the necessity or desirability of an assessment of health and safety of a student and/or UMaine. Appropriate notification of the Vice President for Student Life and/or their designee will occur as quickly as practicable and in accordance with the notification policy.

In some situations, the SBRT or some subset of that group may be called upon to assess and manage a threat. In this role, the SBRT is committed to improving community safety through a proactive, collaborative, coordinated, objective, and thoughtful approach to the prevention, identification, assessment, intervention, and management of situations that pose, or may reasonably pose, a threat to the safety and wellbeing of any member or members of the campus community.

NOTE: As the SBRT carries out its charge and responsibilities, all members not only sign a confidentiality agreement annually but also comply with all applicable confidentiality provisions, such as those that can be found in FERPA, Maine statutes, the Americans with Disabilities Act, and all pertinent federal rules and regulations dealing with but not limited to sexual assault, domestic violence and other crimes.

Applicable Definitions

Suicide: Suicide is intentional self-harm behavior that results in death. Upon the violent and/or accidental death of a student, established post-vention procedures will be followed.

Suicide Attempt: A suicide attempt is taking actions to try to end one's own life but does not result in death. All suicide attempts should be reported to UMaine Police immediately at 581-4040, or 911, your immediate supervisor, and the Office of the Vice President for Student Life. **Transportation to a local Emergency Department (ED) will be requested via UVAC or local community ambulance service.**

Suicidal Behavior: Suicidal Behaviors include any thoughts about suicide, talking about suicide, and warning signs that a person is thinking about or planning his/her own death. **If you encounter a student or individual who has suicidal thoughts, or is displaying warning signs of suicide, contact UMaine Police (581-4040) and ask them to**

conduct a Health and Safety Check. UMaine Police will conduct an on site interview of the individual and will consult with the Counseling Center to determine the appropriate course of action.

Self –Injury: Self-Injury is defined as “intentional, self-effected, low lethality bodily harm of a socially unacceptable nature, performed to reduce psychological distress.” **If you encounter a student or individual who has intentionally injured themselves contact UMaine Police (581-4040) and ask them to conduct a Health and Safety Check.**

UMaine Police will conduct an on site interview of the individual and will consult with the Counseling Center to determine the appropriate course of action. Also contact your immediate supervisor and apprise them of the situation. **Any injury requiring medical evaluation should be reported to UMaine Police immediately, who will dispatch UVAC or local ambulance service.**

Threats to Harm Others: Any threat to harm another individual should be reported immediately to UMaine Police at 581-4040 or 911. If staff know of an **immediate threat made by a student to harm, injure or kill another individual**, UMaine Police and the person who is threatened shall be informed immediately. The Vice President for Student Life and the University General Counsel (attorney) should also be notified as soon as possible.

Alcohol or Substance Overdose: Alcohol and substance overdoses constitute a medical emergency. UMaine Police should be contacted immediately at 581-4040 or 911. UVAC or a local ambulance service will be dispatched to evaluate the situation

Utilization of UMaine Police

UMaine Police are the primary contact for crisis and emergency. UMaine Police Dispatch at 581-4040 serves as the central point of contact to reach the UVAC, the Counseling Center or other resources. UMaine Police will:

- Dispatch UVAC or other local ambulance service to evaluate any medical crisis including any suicide attempt.
- Conduct Health and Safety Checks for individuals who have demonstrated suicidal behaviors or self-injury.
- Consult with the Counseling Center on-call counselor regarding disposition of individuals who have demonstrated suicidal behaviors or self-injury. Disposition options may include
 - Follow up assessment at the Counseling Center on the following day
 - Arrange transportation through UVAC to EMMC or St. Joseph Emergency Department (ED) for suicide assessment as needed.
 - Arranging for assessment by the Mobile Crisis Team at the Police Department

- Take a student into protective custody if their health and safety is at risk and transport them to EMMC or St. Joseph ED.

ADDENDUM

I. Recognizing People in Distress

A. Academic Indicators

1. Repeated absences
2. Missed assignments, exams, and/or appointments
3. Deterioration in quality or quantity of work
4. Extreme disorganization and/or erratic performance
5. Written or artistic expression of unusual violence, morbidity, social isolation, despair, confusion; essays or papers that focus on suicide or death
6. Continual seeking of special provisions (e.g., make-up exams, extensions on papers or other assignments)
7. Patterns of perfectionism (e.g., can't accept given grade, can't accept getting below an A, etc.)
8. Overblown or disproportionate response to grades or other evaluations

B. Behavioral and Emotional Indicators

1. Direct statements indicating distress, family problems, and/or loss
2. Angry or hostile outbursts, yelling, or aggressive comments/behavior
3. More withdrawn or animated than usual or in the past
4. Expressions of hopelessness or worthlessness; crying or tearfulness
5. Expressions of severe anxiety or irritability
6. Excessively demanding or dependent behavior
7. Lack of response to outreach from instructors, professors or other staff
8. Shakiness, tremors, fidgeting, or pacing

C. Physical Indicators

1. Deterioration in physical appearance or person hygiene
2. Deterioration in maintenance of room, apartment, office, other personal area
3. Excessive fatigue, exhaustion; falling asleep in class repeatedly
4. Visible changes in weight; statements about change in appetite or sleep
5. Noticeable cuts, bruises, or burns
6. Frequent or chronic illness

7. Disorganized speech, rapid or slurred speech, confusion
8. Unusual inability to make eye contact
9. Coming to class, lab or events bleary-eyed or smelling of alcohol
10. Violent behavior in and/or out of class (throwing things, hitting people, etc.)
11. Direct or veiled threats of harm (previous or current)

D. Other Factors

1. Concern expressed by co-worker, student, peers, instructors, etc.
2. A hunch or gut-level reaction that something is not right/wrong
3. Physical or verbal aggression directed at self, others, animals, property, etc.
4. Statements indicating the person will be going away for a long time, or no need to put up with them for much longer, etc.

II. Responding to People in Distress: Your level of experience, the nature and/or severity of the issue(s), your ability to give time to the situation, and a variety of other factors will influence how you choose to respond.

A. Respond Yourself (if you feel comfortable doing so, have had training, etc.)

1. If you know or have a relationship with the person, express concern in person, via email or other mode

B. Consult with Others

1. Student Life: 581-1406. Call Student Life, and this is strongly encouraged, for any concern no matter how major or minor it might seem to be. Student Life will gladly discuss any concern you may have and will help assess the situation and consult on best next steps. This is a great resource and again is strongly encouraged.
2. Counseling Center: 581-1392
3. UM Police Department: 581-4040 (non-emergency); 911 (emergency, immediate response by police needed)
4. Academic department dean, chair or director
5. Academic Advising Center (EDHD and LAS)

C. Make Referral

1. General referral of concern: Student Life (581-1406)
2. Specific concern referral: Student Life (581-1406)
 - a. Student Behavior Review Team (SBRT)—meets weekly
 - b. Andrea Gifford, Associate Dean of Students is the chair, Dr. Doug Johnson, Counseling Center Director (581-1392) is the chief mental health consultant.

3. Contact Counseling Center to make student referral (581-1392)
 4. Contact Equal Opportunity (581-1226) or Human Resources/Employee Assistance Program (1-877-622-4327) for employee referral
 5. Contact University of Maine Police Department (581-4040 or 911 for emergencies)
 6. On-line referral: <http://umaine.edu/studentlife/referral/>
 7. For any concern regarding sexual harassment, sexual assault, stalking, relationship/domestic violence, be sure to contact the Office of Title IX Student Services (207-581-1406), UMPD (207-581-4040) or 911 in an emergency.
 8. For any concern related to a hate or bias incident (where someone is targeted because of their gender or gender expression, sex, sexual orientation or expression, religion, ethnicity, culture, race, age or other protected class), be sure to contact the Bias Response Team (207-581-1406), UMPD (207-581-4040) or 911 (if an emergency).
- D. No question is too big or too small to ask, simply contact Student Life at 581-1406. It is much better to ask questions or seek consultation than to ignore your concerns.

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