



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 **RCSJ Center for Counseling and Wellness Services**

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 **Center for Counseling and Wellness Services** is a free and confidential resource for students

Offer to connect student with the **Center for Counseling and Wellness Services**



We can call the Center for Counseling and Wellness Services 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

DON'T...



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



ROWAN COLLEGE OF SOUTH JERSEY STUDENT RESOURCES

Aggression or Threats of Violence

✓ Gloucester campus

Safety & Security Department

Phone (on campus) 856-681-6287

Phone (off campus) 856-464-5207 • Hours: Mon – Fri 7 am – 11 pm

Sheriff's Office on Campus

Phone: 856-415-2200 • Hours: 24/7

✓ Cumberland campus

Safety & Security Department –

Phone (on campus) 856-200-4777

Alcohol or Drug Concern

✓ Living Proof Recovery Center at RCSJ

www.centerffs.org/lprc/home or 856-216-7134

Anxiety, Depression, or Intense Emotion

✓ Gloucester campus

The Center for Counseling & Wellness Services

Location: College Center, room 206

Phone: 856-464-5236 • Hours: 9:00 a.m. – 4:00 p.m.

✓ Rowan Choice Gloucester campus

Location: College Center, room 202

Phone: 856-494-5665 • Hours: 9:00 a.m. – 4:00 p.m.

✓ Cumberland campus

Location: Academic Building, 1st Floor

Phone: 856-200-4761 • Hours: 8:30 a.m. – 4:30 p.m.

Disability or Special Learning Needs

✓ Gloucester campus

Location: Education and Humanities Center, room 425A

Phone: 856-415-2265/2247

✓ Cumberland campus

Location: Center for Academic & Student Success (CASS)

Phone: 856-200-4688

Discrimination and/or Harassment

✓ Diversity and Equity/Title IX and Compliance (Gloucester campus)

Location: College Center, room 116

Phone: 856-415-2154

✓ Diversity and Equity/Title IX and Judicial Affairs (Cumberland campus)

Location: Academic building, 2nd floor

Phone: 856-498-9948

Food Insecurity

✓ Food Pantry - (Gloucester campus)

Roadrunner's Refuel

Location: College Center, room 202

Email: food@rcsj.edu

✓ Food Panty - (Cumberland campus)

Email: Got Food? food@rcsj.edu

Medical Emergency: Dial 9-1-1

Sexual Misconduct

✓ Diversity and Equity/Title IX and Compliance (Gloucester campus)

Location: College Center, room 116

Phone: 856-415-2154

✓ Diversity and Equity/Title IX and Judicial Affairs (Cumberland campus)

Location: Academic building, 2nd floor

Phone: 856-498-9948



COMMUNITY RESOURCES

Mental Health/Suicide Prevention

- **Cumberland County Psychiatric Emergency Screening Services:** 856-455-5555
- **Gloucester County Psychiatric Emergency Screening Services:** 856-845-9100
- NJ PerformCare Mobile Response Stabilization Services (ages 5-21): 1-877-652-7624
- National Suicide Prevention Lifeline: 1-800-273-8255
- NJ HopeLine: 1-855-654-6735
- Veterans Crisis Line: 1-800-273-8255, press 1
- Trans LifeLine: 877-565-8860
- 2nd Floor Youth Helpline: 888-222-2228 (call or text)
- Crisis TextLine: Text "HOME" to 741741
- **Rowan Medicine Neuromusculoskeletal Institute Outpatient**
Addiction Treatment Center 856-566-7017

Child Care Assistance

- New Jersey Childcare Assistance Program: www.childcarenj.gov
- Rutgers Southern Regional Child Care Resource & Referral Agency: <https://www.rusouthernccrr.org/families.html>

Housing/Homeless Resources

- FindHelp.org: <https://www.findhelp.org/>
- NJ211: <https://www.nj211.org/contact-us>
- Eviction Protection: <https://www.housinghelpnj.org/>
- **Cumberland:**
https://www.hud.gov/states/new_jersey/homeless/shelters/cumberland
- **Gloucester:**
https://www.hud.gov/states/new_jersey/homeless/shelters/gloucester

Home Energy Assistance

- NJ LIHEAP and USF:
<https://www.nj.gov/dca/divisions/dhcr/offices/agencydirectorylist.html>

Food Assistance, Cash Assistance, and Health Insurance Assistance

- New Jersey Helps: www.njhelps.org

Laptop/Internet Options

- RCSJ Internet Options and Laptop Loan program:
<https://www.rcsj.edu/wifi>



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.



RESPONSE PROTOCOL

Follow the below protocol to determine what to do when faced with a distressed or disruptive student.

DOES THE STUDENT NEED IMMEDIATE ASSISTANCE?

YES

- ✓ The student's conduct is clearly reckless, disorderly, dangerous, or threatening and suggestive of immediate harm to self or others in the community.
- ✓ Call 911 for immediate response and notify RCSJ's Safety & Security Department 856-681-6287 (Gloucester campus); 856-200-4777 (Cumberland campus)
- ✓ Report the concern to the Counseling and Wellness Services on the campus of the incident.

NOT SURE

- ✓ Indicators of distress are observed but severity is unclear. The interaction has left you feeling uneasy or concerned about the student.
- ✓ Refer the student to the Counseling Wellness Services on your campus. Speak to someone in the Counseling Wellness office for advice.

NO

- ✓ I'm not concerned for the student's immediate safety, but they are having significant academic and/or personal issues and could use some support.
- ✓ Refer the student to the Counseling & Wellness Services or to the appropriate campus resource using the resources listed above.