

College of Podiatric Medicine Resources



www.kent.edu/stepupspkout

This card will assist you in determining how to respond to distressed, disruptive or at-risk individuals. On the reverse side, you will find the College of Podiatric Medicine Response Guide, which is divided into three categories: situations requiring immediate assistance, situations requiring some assistance and situations you can address on your own. You will also find signs and symptoms, examples and action steps for each of these categories.

The colored symbols below designate resources that can be utilized in the following types of situations:

- : Requires immediate assistance; imminent risk to self or others
- ▲: Requires assistance; possible risk to self or others
- : Address and make referrals; minimal risk to self or others
- ★: Mental health resources

STUDENT RESOURCES

Campus Security

P: 216-916-7539 ▲ ●
P: 17539 [on campus]

Counseling and Wellness Services

P: 216-916-7524 ▲ ● ★
E: cmpcounseling@kent.edu
W: www.kent.edu/cpm/cws

Independence Police Department

P: 911 [emergency] ● ▲
P: 216-524-1234 [nonemergency]
W: www.independenceohio.org/Departments/Police.aspx

Kent State University College of Podiatric Medicine Office of Student Affairs

P: 216-916-7489 ▲ ●
W: www.kent.edu/cpm/student-affairs

Office of Sexual and Relationship Violence Support Services [SRVSS]

P: 330-672-8016 ▲ ●
W: www.kent.edu/srvss

Office of Student Conduct

P: 330-672-4054 ●
W: www.kent.edu/studentconduct

Office of the Student Ombuds

P: 330-672-9494 ▲ ●
W: www.kent.edu/studentaffairs/student-ombuds

Student Accessibility Services

P: 216-916-7499 ●
W: www.kent.edu/cpm/student-accessibility-services

University Counseling at Case Western Reserve University

P: 216-368-5872 ● ▲ ★
W: students.case.edu/counseling
After hours, weekends and holidays, ask to speak with the university counselor on call.

University Health Services at Case Western Reserve University

P: 216-368-2450 ▲ ●
W: students.case.edu/health

FACULTY/STAFF RESOURCES

Campus Security

P: 216-916-7539 ▲ ●
P: 17539 [on campus]

Human Resources

P: 216-643-9060 ▲ ●
W: www.kent.edu/hr

IMPACT Employee Assistance and Work/Life Program

P: 800-227-6007 ▲ ● ★
W: www.kent.edu/hr/benefits/employee-assistance-program-impact-solutions

24-HOUR RESOURCES

Kent State 24-Hour Hotline

P: 216-707-8022 ● ▲ ★

Crisis Text Line

Txt: 4hope to 741741 ● ▲ ★

Front Line Service 24/7 Crisis Hotline Mobile Crisis Team

P: 216-623-6888 ● ▲ ★
W: www.frontlineservice.org/

National Suicide Prevention Lifeline

P: 800-273-TALK [8255] ● ▲ ★
P: 888-628-9454 [En Espanol]
W: www.suicidepreventionlifeline.org/chat

The Trevor Lifeline: Preventing Suicide Among LGBTQ Youth

P: 866-488-7386 ● ▲ ★
W: www.thetrevorproject.org

United Way

W: www.211.org ●

University Counseling at Case Western Reserve University

P: 216-368-5872 ● ▲ ★
W: students.case.edu/counseling
After hours, weekends and holidays, ask to speak with the university counselor on call.

Veterans Crisis Line

P: 800-273-8255 [Press 1] ● ▲ ★
Txt: 838255
W: www.veteranscrisisline.net



**COLLEGE OF
PODIATRIC MEDICINE**

College of Podiatric Medicine Response Guide

Situations You Can Address and Make Referrals

Minimal risk to self or others

Types of signs and symptoms:

- Individual does not express or indicate issues of risk to self or others.
- Only a few indicators of distress are evident (e.g., difficulty focusing, troubles with sleep).
- Disrespectful or inappropriate language.
- Visible distress, academic difficulties, sleep or eating problems, emotional outbursts, social withdrawal.
- Issue is typically impacting only one area of the individual's life (e.g., family, academic or social).

Examples:

- Individual reports being depressed or anxious and denies suicidal or homicidal thoughts.
- Individual sends an email with profanity demanding immediate response.
- Individual appears to have distorted body image and frequently references a desire to lose weight.
- Student will not put away a laptop when requested by an instructor.
- Student raises voice at the office receptionist and demands assistance.
- Individual is stressed about upcoming exam and discloses history of test anxiety.

What you can do: Offer information and resources

- Share your concerns and offer campus and/or community resources that may help with the individual's issue. Consult this card for specific resources.
- Consider following up with the individual to express concern and see if help is needed getting connected to campus resources.
- If in doubt, consult with your supervisor or chair/director.

Situations Requiring Assistance

Possible risk to self or others

Types of signs and symptoms:

- Individual may be at risk to self or others.
- Several indicators of distress are evident (e.g., difficulty focusing, decreased appetite, poor class attendance, can't sleep).
- Expressions of hopelessness; talk of suicide; being out-of-touch with reality.
- Emotional reaction out of proportion to situation.
- Issue is impacting more than one area of an individual's life (e.g., family, academic, social, personal).

Examples:

- Individual exhibits behavior that seems out-of-touch with reality (e.g., is seeing or hearing things that others do not, is speaking or thinking in a disorganized fashion, appears paranoid).
- Individual reports a history of self-injurious behavior (e.g., cutting or burning self) and reports the urge to engage in this behavior again.
- Student has not followed an employee's repeated requests to stop the disruptive behavior and is ignoring the employee's request that the student leave the office.
- Individual experiencing a sudden and distressing event (e.g., death of loved one, break up, divorce) and seems emotionally inconsolable.

What you can do: Consult with a resource about your concerns

- Inform a distressed individual that you would like to call a mental health resource to obtain guidance about how to best help.
- Review "Dealing With Disruptive Individuals" section of file folder for guidance.
- Contact the Office of Student Affairs or Director of Enrollment Management for additional support, consultation and follow-up.

Urgent Situations Requiring Immediate Assistance

Imminent risk to self or others

Types of signs and symptoms:

- Situation presents an immediate threat of harm to self or others (e.g., individual has a weapon, verbal threats are being made).
- Individual discloses intent to harm others or take own life.
- Multiple indicators of distress are evident (e.g., difficulty focusing, decreased appetite or weight loss, poor class attendance, can't sleep and appears exhausted).
- Issue is impacting multiple areas of an individual's life (e.g., family, academic, social, personal).

Examples:

- Individual attempts or threatens to cause physical harm to others.
- Individual states that if a situation is not resolved appropriately "you will pay for it."
- Individual threatens immediate danger to self (e.g., threatens to shoot self, take pills, jump off a building).
- Student in the classroom is yelling, does not respond to the instructor's attempts to de-escalate the situation, and begins to throw a chair.
- Individual is unconscious, unresponsive or tells you that pills were ingested.

What you can do: Contact an emergency resource

- Call 911 when the individual poses an immediate danger to self or others.
- Contact the Office of Student Affairs or Director of Enrollment Management for additional support, consultation and follow-up.
- Share documentation with your supervisor or chair/director per department protocol.