TRUE LIFE

PRESENTS

HELP ME! I’M IN CRISIS
STARRING TRUE LIFE

DR. JASON MILLER
TRUE
LIFE

STARRING

MAGHAN MALOY
STARRING

DR. NEETE SAHA

TRUE LIFE
TRUE LIFE

STARRING

RACHEL WALTER
This is the true story of 6 students, many who live on campus; living together, studying together and bound to a student code of conduct. These are stories about what happens when students stop being polite...and start getting real.
BACKGROUND

Kent State University
  College of Education, Health and Human Services

Maghan, Neete & Rachel
  Athletic Training, Exercise Science & Special Education Advisors

Dr. Jason Miller
  Director, Counseling Center
Since 2016, we have seen an increased number of students with mental health crises. We assume we are not alone in these findings so we created a roundtable discussion to help others when presented with similar scenarios.
Your table has been assigned one case study

You have 5 minutes to discuss this study and determine what you would do as an academic advisor

Appointment one person from your group to briefly (you have one minute) share what you would do
Drake: Is there anyway I can meet with you today as soon as possible?

Advisor: Hi Drake,

What would you like to meet about? I have walk-ins this afternoon from 2-3 but that will not fulfill required advising.

Thank you, Advisor

Drake: School and some of my options but what do you mean by "that will not fulfill required advising"?
CASE STUDY ONE - SUICIDE

Advisor: Hi Drake,

In order to fulfill required advising (the advising appointment that you must have so that you can register for classes), you must schedule that one. So, a walk-in cannot fulfill required advising. Walk-ins are reserved for 10 minute quick questions.

Thank you, Advisor

Drake: Say I haven't been feeling like myself and I'm positive it's from being here and I've been having suicidal thoughts for the past 2 months and I feel like the best thing to do is to take a break would that be a walk in or I have to schedule an appointment
WHAT WOULD YOU DO?
WHAT DID WE DO?

- Quickly messaged Drake back and invited him into the office ASAP
- Alerted supervisor and front desk staff about Drake
- Contacted Counseling Center to arrange for Drake to be seen for an assessment
CASE STUDY TWO - SUICIDE

You have been working with Katelyn over many years to get her grades up to 2.75 for your major and in that time she divulges the loss of both parents, one to drugs and one to cancer.

She also discloses her bi-polar disorder, and her frequent use of marijuana to cope with her losses and mental health.
CASE STUDY TWO - SUICIDE

When she has a semester of classes that are all F’s and not eligible for repeat for recalculation and her GPA drops very low, you tell her it may not be mathematically possible for her to reach the 2.75 GPA now because of that.

She jokingly says she “might as well start digging her grave and getting comfortable in it so she can die.”
WHAT WOULD YOU DO?
WHAT DID WE DO?

- The day she made that comment, I somewhat shrugged it off, assuming she was joking.

- Because of her mental health history and bipolar disorder, I recognized that I needed to call the Care Team on campus to alert them to possible harm to self threat.
WHAT WOULD DR. MILLER DO? - SUICIDE
Advisor,

My brother died yesterday and if you have time soon to meet for an advising appointment to figure this semester out that would be helpful.

Thanks,

Olivia
WHAT WOULD YOU DO?
WHAT DID WE DO?

- Emailed Olivia back asking her to come to my walk-ins that day and expressed my condolences

- When I met with Olivia, I offered resources and support but did not inquire about further about her brother’s death

- Set up recurring appointments for Olivia with me
WHAT WOULD DR. MILLER DO? — DEATH/GRIEF
CASE STUDY FOUR - ABUSE

Sherrie transferred from New York just for your program because it’s not offered at many institutions and yours is highly regarded.

She comes not knowing a single person besides you and has trouble connecting with others as friends.

She visits you early in her first semester with some concerns but you work through them with her and all is well.
CASE STUDY FOUR - ABUSE

It’s a Friday around 3pm and you’re leaving work at 4 for a concert.

You receive this email: “Hey, I’m having a domestic abuse emergency. Do you know anywhere I can get help?”
WHAT WOULD YOU DO?
WHAT DID WE DO?

- I tried calling her but she did not answer so I chose to email her information for the Office of Sexual and Relationship Violence, the Women’s Center, and Townhall 2’s 24-Hour Crisis Helpline

- After I left, I called my supervisor and we decided to call the police since I had not heard back to verify her safety, however, her address on file was for New York so we were unable to do
WHAT DID WE DO?

- My supervisor reached out by phone, as well, but again, no answer.

- She finally responded to my email saying, “I’m okay I guess. I got punched in my face and my arm is swollen. I’m just very upset. I’m going to call one of those numbers now.”
WHAT DID WE DO?

- I emailed her back telling her to go to the emergency room or health center, if it was still open, and bring a friend so she did not have to go alone.

- I asked her to update her address in our system but she refused and would not come to speak with me or any of the other offices in person. I reported it to the Office of Sexual and Relationship Violence that Monday.
WHAT DID WE DO?

▪ A few months later, I received another email from her, “I need an emergency therapy appointment please help me get one. That ex came back and I got into another physical altercation.”

▪ This time I got her an emergency appointment at Psychological Services and the Women’s Center where she received ongoing help.
WHAT WOULD DR. MILLER DO? — ABUSE
Angelica is a first semester freshman from a small town in southern Ohio.

You are meeting with her for the first time this Fall for required advising.

She has come in a little later than most freshmen (in week 13) but you don’t really think anything of it.
When you ask her how she is doing, she expresses that she is doing okay in her classes but has had to miss a few classes, tests and assignments because of a medical procedure.

When you ask her if she has talked to her faculty and instructors about everything, she instantly breaks down, starts crying and telling you everything about her medical procedure.
Before you have a chance to say anything, Angelica has told you the following: she was **sexually assaulted** at a party during the first weekend of school, she got **pregnant** from that assault and she got an **abortion** last week.
WHAT WOULD YOU DO?
WHAT DID WE DO?

- I was in shock and had to quickly hide my emotions!
- I had to assess the goals of our appointment
- Once she disclosed assault, I explained that I was a mandated reporter
- I asked her about support and offered her resources
WHAT DID WE DO?

- Once she left my office, I was required to report this to my supervisor.

- My supervisor advised me to contact the Office of Sexual and Relationship Violence Support Services to report the assault.
DISCRIMINATION

You and Marleigh have worked together for years through her mental health breakdowns and low grades moving up.

From the beginning, Marleigh planned on completing a double major with a minor and has worked hard with you to make a new plan each semester to bring her grades up.

Early last semester, she came to your walk-ins and told you about a faculty member who made some odd comments in class that were offensive to her.
DISCRIMINATION

Marleigh is black and comments were made in class that could have been considered racist were made by one of her faculty members.

Unfortunately, this faculty member teaches classes for the major every semester and there’s no getting around seeing her.

Marleigh tells you how uncomfortable she feels in class and feels the faculty member knows she reported it and may be getting treated unfairly because of it in class.
WHAT WOULD YOU DO?
Marleigh came to terms with the fact that she did not want to continue in the program with that faculty member teaching her every semester.

She met with the school director for that program and voiced her many concerns and complaints.
WHAT WOULD DR. MILLER DO? — DISCRIMINATION & TITLE IX
ON AND OFF CAMPUS RESOURCES

If your office/campus does not already have one…it is important to create your own resource guide!

Kent State: Step Up and Speak Out
- Resources for every campus
QUESTIONS?