MANAGING RESIDENTS WITH MENTAL HEALTH ISSUES

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October 24, 2013
Agenda

- Problems?
- Procedures
- How to’s…
Did You Know…

• While an estimated 1 in 5 Americans (20%) 18 and older—which translates to more than 54 million Americans—will experience mental health problems in any given year, fewer than 1 out of 9 of those individuals will seek treatment.

• Nearly half of all college students report feeling so depressed at some point in time that they have trouble functioning.

• Suicide is the second leading cause of death of college students.

• Unintentional fatal injuries related to alcohol use increased from about 1,500 in 1998 to more than 1,700 in 2001 among U.S. college students aged 18-24.

• In 2000, almost 7% of college students reported experiencing anxiety disorders within the previous year.

• Eating disorders affect 5-10 million women and 1 million men, with the highest rates occurring in college-aged women.
Steps for referral

• Recognize – situation is feeling weird
• Consult – even the pros do this!!!
• Refer
Assertive Skills

- Tips for talking to others about their struggles:
  - Be direct
  - Make the issue theirs. This situation might evoke anxiety, but don’t make the conversation about your anxiety. It’s about their issues.
  - Do not underestimate the power of your connection to this person if you are close to him/her
  - Talk to the person about what you have observed and why you are concerned.
  - Express your concern clearly-make observations, not judgments
  - Be genuine
Suicide/Self-harm Assessment

- Ask direct questions:
  
  - “Are you thinking of hurting yourself?”
  
  - “Are you thinking of killing yourself?”
If the answer is yes…

• If yes:
  • Call 911 or BYUPD 801.422.2222
  • Stay there until EMS arrives and try to help manage the situation. Be cooperative with EMS after they arrive.
  • Answer the questions as clearly as you can for dispatch
  • Inform Off-campus housing office 801.422.1513
  • Inform CAPS 801.422.3035 – could help you walk through the next few steps
  • Inform Dean of Students Office 801.422.1513
If the answer is no…

- Talk with the student
- Refer to CAPS 801.422.3035
- http://caps.byu.edu
Examples of communication

• Direct questions:
  “We’ve been noticing ________, how are you feeling?”
  “Have you ever had a period in your life before now when you’ve felt this way?”
  “What do you know about depression/anxiety?”
  “Do you have an eating disorder?”
  “Has anyone in your family gone through this before?”

• Listen!!!
  • Most people just want to be heard and validated:
  • Reflect what you hear, “What I hear you to be saying is ________.”
  • Empathy, “That must be really tough for you.” or “It sounds like you’re feeling really overwhelmed.”
  • No judgments or assumptions
Making a referral

- Explain that depression/anxiety, etc. is a medical condition that is usually treated successfully.
- Be **direct**:
  - “I’m concerned about you and I want to help, but I’m not trained or qualified to help you with this. BYU provides free services at the Counseling Center and there are psychologists there that can help you with these things.”
- Suggest that the person see a mental health provider or his or her primary care physician.
- Explain that some signs and symptoms associated with depression or anxiety could be caused by other medical conditions that should be ruled out.
Getting him/her to CAPS

- Be direct
- Offer to help them make an initial appointment. [http://caps.byu.edu/paperwork](http://caps.byu.edu/paperwork)
- Help prepare a list of questions to discuss with a physician or therapist.
- Offer to accompany him/her to the initial appointment(s).
Completed Suicide

- Call 911 immediately
- Inform off-campus housing office
- Inform Dean of Students Office
- Inform BYU CAPS 801.422.3035
  - Those left behind:
    - Roommates
    - Ward Members
- Take care of yourself, too!
CAPS Policies

• Therapy sessions free of charge
• Client confidentiality strictly kept
  • Confidentiality is the client’s privilege
  • We do not report to the honor code
  • Release of information is not ever required
If you need anything...

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