

Kevin Hines- Story of HOPE

Kevin was yelling on a train: leave me alone and NO ONE RESPONDED to HIM. He paced back and forth on the San Francisco Bridge for 45 minutes and a lady asked him to take his picture and he still felt like no one cared.

[It Was An Instant Regret | This Is My #MentalHealth Story - YouTube](#)

Respond Training

Please take this quick Pre-Test





Missouri University of Science and Technology

RESPOND Training

Partnering for Campus Mental Health

Student Well-Being

Summer 2024

Intro Slide

- ▶ Created by Christy Hutton PhD for Mizzou and the UM system, copyright 2014
- ▶ Modified by Bethany Quay, MS LPC for Missouri S&T
- ▶ Traci Krygiel MSW, LCSW updated June 2024

Goals of this Training

You will be able to:

- ▶ Recognize signs of mental health problems
- ▶ Confidently express concern
- ▶ Ask important questions
- ▶ Assist in accessing appropriate services
- ▶ Help prevent suicide



We all strive for mental health

A close-up, high-contrast photograph of a person's face, focusing on the right side. A single, large, clear tear is visible on the cheek, just below the eye. The skin is fair and has a visible texture. The background is dark and out of focus. A bright yellow horizontal band is superimposed across the middle of the image, containing the text.

What is a Mental Health Problem?

Facing Mental Illness

Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others, and daily functions. Mental illnesses affect tens of millions of people each year, only a fraction of whom receive treatment.

42%

of S&T students were
diagnosed in the past 12
months

9%

of S&T students seek
counseling through Student
Well-Being

15%

of S&T students say they
do not know any resources

What Gets in the Way?



Respect Diversity

- ▶ Listen and ask many questions
- ▶ Allow the person to teach you how to help
- ▶ Respect beliefs, customs, and values
- ▶ Offer resources as possibilities
- ▶ Discuss culturally diverse and inclusive resources

That's Where YOU Come In!



Early identification
and intervention are
the keys to
recovery.

Recognize signs

Empathize

Share your concerns

Pose open questions

Offer hope

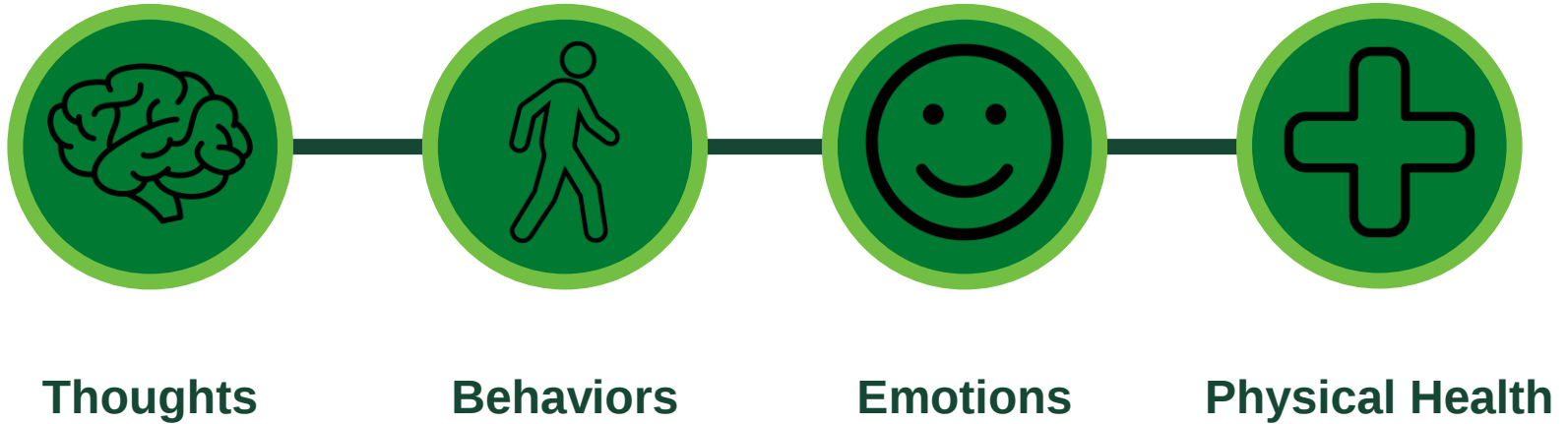
Navigate resources and policies

Do self care



Recognize the Signs

Common Signs



Recognize the Signs

Less Common Signs



Substance Misuse



Psychosis



Disordered Eating



Break Time

10 minutes

<https://www.youtube.com/watch?v=1Vpq-ceWoPc>

Facing Mental Illness

86%

of college students
who die by suicide
never accessed
counseling services

Suicide is the
***second leading
cause of death***
for college students

Suicide Risk Factors

- ▶ Age
- ▶ Biological sex
- ▶ Hopelessness
- ▶ Financial stress
- ▶ Recent loss or breakup
- ▶ Lack of social support
- ▶ Academic failure or perceived failure
- ▶ Close friend or family who died by suicide
- ▶ Previous attempt
- ▶ Having an organized plan

A hand in a dark suit sleeve holds a small red flag on a wooden stick. The flag is waving slightly. The background is a light gray gradient.

Suicide Warning Signs

Suicide Warning Signs

- ▶ Talking or writing about death
- ▶ Expressing hopelessness or helplessness
- ▶ Increased anger or rage
- ▶ Putting affairs in order
- ▶ Giving away valued possessions
- ▶ Talking about feeling trapped or that there are no other options
- ▶ Isolating from friends and family
- ▶ Dramatic change in mood
- ▶ Threatening or talking about suicide

Recognize signs

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Empathy is...

seeing with the eyes of another
hearing with the eyes of another
and feeling with the heart of another



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Share your Concerns



Stay Calm
Use a quiet voice
Act confident

Share Your Concerns

- ▶ Stay calm
- ▶ Use a quiet voice
- ▶ Act confidently



Share examples of behaviors:

- ▶ “I haven’t seen you at dinner lately. How are things going?”
- ▶ “The past few weeks you’ve mentioned being tired and yesterday you missed a deadline, that’s unusual. How are you feeling?”
- ▶ “You haven’t spoken up at all in the last three classes. What has changed?”

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Pose Open Questions



“I’m sorry to hear about your grandmother. How are you doing?”



“Who can help?”



“You haven’t joined us for three weeks, what’s keeping you away?”



Lunch Break

40 minutes

[Ultimate Stress Relief - Soothing Music for Relaxation,
Meditation and Anxiety Reduction - YouTube](#)

Recognize signs

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Take Action to Stop Suicide

When open questions raise concerns about someone's safety,

ASK DIRECT QUESTIONS

A man wearing a blue hoodie and a black baseball cap with a red logo is standing on the Golden Gate Bridge. He is looking out over the water. The bridge's red steel structure is prominent in the foreground and background. Other people can be seen walking on the bridge in the distance. The sky is overcast and the water is a muted greenish-grey.

*Talking about Suicide can be scary
Remember, all you have
to do is tell someone*

Ready to Go?

and other myths



Are you thinking of killing yourself?



Do you know how you will kill yourself?



Do you know when?



Do you have what you need?



Never keep suicide plans secret

Never leave an actively suicidal person alone



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BREAK

10 minute

<https://youtu.be/-5ajUAYLUOg>

Offer Hope



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Do self care

Campus Resources

- ▶ **Missouri S&T Police Department** - 911 or 573.341.4300, 24/7
 - Crisis intervention, de-escalation, support, education
- ▶ **Student Health Services** - 573.341.4284
 - Physical health, medication management, sleep concerns
 - studenthealth.mst.edu

Campus Resources

- ▶ **Student Well-Being** - 573.341.4211, 8am-5pm (students)
 - Counseling, wellness consultations, peer support, groups
 - wellbeing.mst.edu
- ▶ **Missouri S&T UCARE** - 573.341.4292
 - Submit a concern online: go.mst.edu/ucare-report
- ▶ **Optum**, 24/71-844-875-5719 (faculty, staff, family members)-
 - Confidential emotional support, resources, information

Campus Resources

- ▶ **Student Diversity Initiatives**
 - Food Pantry
 - Clothes are for closet exchange and boutique
- ▶ **Equity and Title IX**
- ▶ **Student Accessibility and Testing**
- ▶ **Student Success Center**
- ▶ **Better You App**

Hotlines

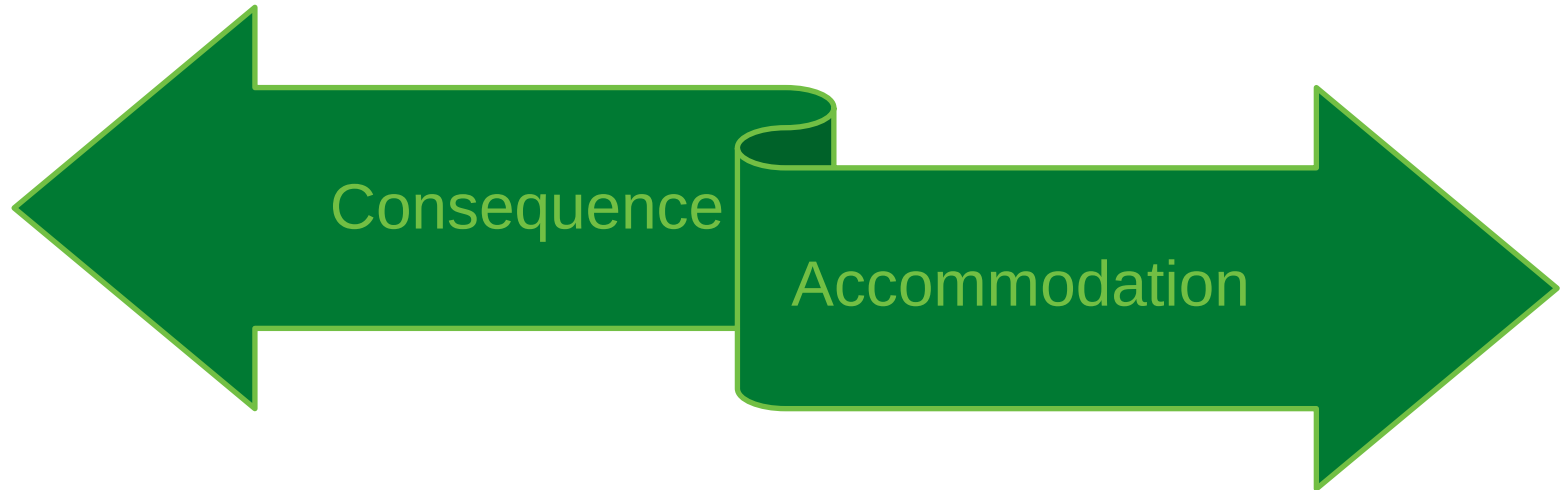
- ▶ **National Suicide Prevention Lifeline** - call or text 988, 24/7 or chat online 988lifeline.org/chat, option 1 for Veterans Crisis line
- ▶ **Missouri Crisis Line** (888)761-4357 or text “HAND” to 839-863
- ▶ **Compass Health Hotline** (833)356-2427
- ▶ **Crisis Text Line** Text “HOME” to 741741
- ▶ **The Trevor Project** - 866.488.7386, 24/7 or chat online at thetrevorproject.org
- ▶ **Helpline for Substance Abuse** (800) 663-4357

Local Resources

- ▶ **Crisis Access Point** - 833.356.2427, 24/7
 - 1450 E 10th Street, Rolla
 - For ages 18+ having mental health or substance use crisis
 - NOT for anyone experiencing a medical emergency
 - A safe, less costly alternative to hospitalization
- ▶ **Phelps Health Emergency Department** - 573.458.7800, 24/7
 - 1000 W 10th Street, Rolla

Navigate Policies

FERPA



Recognize signs

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Navigate resources and policies

Do self care

Practicing Self Care

- ▶ Exercise
- ▶ Peer support
- ▶ Maintain a consistent routine
- ▶ Relaxation and mindfulness practice
- ▶ Consultation with a counselor
- ▶ Family, friends, faith, and other social networks
- ▶ Maintaining healthy boundaries

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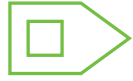
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ROLE PLAY



Putting It All Together



Respond Training Course Evaluation





Student Well-Being

Thank you for attending **RESPOND Training**

Partnering for Campus Mental Health

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