

Assistance Resources

Managing Distress in the University Community

For UCIrvine Faculty and Staff

If you have questions or are uncertain about a student, please call one of the resources listed below. Each of these agencies serves as consultants and resource persons to faculty and staff.

**AVC Wellness, Health
& Counseling Services**
949.824.4642

Counseling Center
949.824.6457

Clinical Social Worker
949.824.1418

Campus Counsel
949.824.2880

Dean of Students
949.824.5590

UCI Police Department
949.824.5223



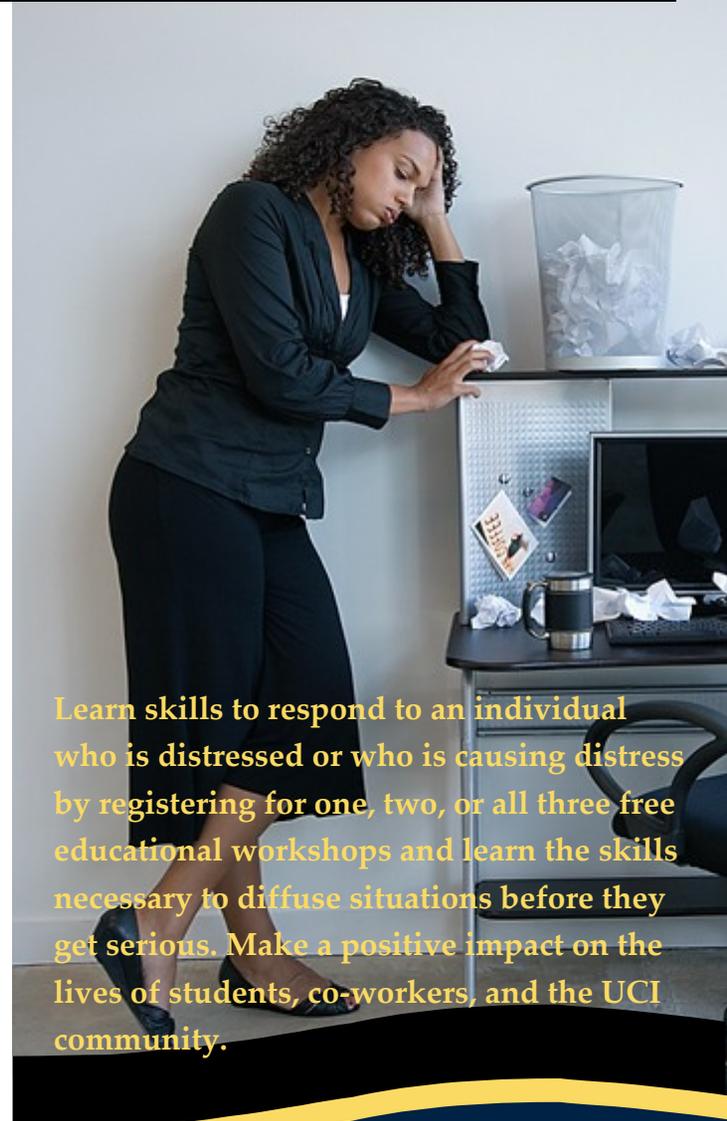
"A George Hill Company Administration, JDA"



UCI Faculty and Staff Register Now!

1. Go to the UC Learning Center at www.uclc.uci.edu
2. Click Login, then enter your UCI NetID and password
3. Type the word "Distress" in the search field and click "Go"
4. Click on each title of the class you wish to attend and select "Register"
5. Review the activity details and select "Submit" to complete your registration

UCI Counseling Center
203 Student Services I
Irvine, CA 92697
949.824.6457
www.counseling.uci.edu



Learn skills to respond to an individual who is distressed or who is causing distress by registering for one, two, or all three free educational workshops and learn the skills necessary to diffuse situations before they get serious. Make a positive impact on the lives of students, co-workers, and the UCI community.

Overview of Workshops

Register for **one, two, or all three** *free* educational workshops. Attending all three will help you be well prepared for a variety of situations and needs. Although these trainings are focused on learning how to help students, these same skills can be used to help a colleague or peer in distress.

Information about dates, times, and locations are available at:
www.uclc.uci.edu, keyword "distress"

Workshop 1

Dealing with Disruptive or Distressed Students
(60 minutes)

Instructors: UCI Campus Consultation Staff

Learn how to recognize and respond to distressed or distressing students. Topics include:

- An introduction to the UCI Consultation Team and how and when to consult them
- Tips and strategies for interacting with a distressed and/or disruptive student
- When and how to notify appropriate staff and refer a student to the right resources
- Information on UCI resources and policies to support faculty, staff, and student leaders faced with a distressed student, disruptive student, or workplace violence

Workshop 2

Suicide Prevention Training: QPR – Question, Persuade, Refer
(60 minutes)

Instructors: UCI Counseling Center's Professional Staff

Through experiential exercises and frank discussion, learn how to effectively interact with a suicidal individual and overcome obstacles that often leave someone in crisis feeling judged, misunderstood, invalidated and dismissed. Topics include:

- Helping participants to identify risk and protective factors for suicide
- How to intervene with individual at risk for suicide
- Practice in the QPR skills of questioning, persuading, and referring suicidal individuals
- How to contribute to suicide prevention

Workshop 3

Bystander Intervention Training: Step Up! UCI
(60 minutes)

Instructors: Wellness, Health & Counseling Staff

Step Up! is a pro-social behavior bystander intervention training that educates faculty and staff to be proactive in helping others. Teaching people about the determinants of pro-social behaviors increases awareness of their reticence to be more helpful. As a result they are more likely to help in the future. Topics include:

- Increased awareness of helping behaviors
- Determinants of motivation to help
- Skills and confidence development when responding to problems or concerns
- How to ensure the safety and well-being of self and others